

# South Suburban

FALL/WINTER 2015-16

EXPLORE.  
ENJOY.

PARENT - TOT SKATING

SNOWSHOE  
OUTTING

BALLROOM  
DANCING

BASICS OF  
DRAWING

ADULT  
LACROSSE LEAGUE

PERSONAL TRAINING

MONSTER  
BASH





# WE'RE HERE FOR YOU

People come to South Suburban to work out, take a class, play a round of golf or simply engage with others. Fun experiences growing up in South Suburban bring you back to explore new opportunities.

South Suburban has been creating memories for more than 50 years. We're part of your past, part of your future.

And the future looks bright indeed. Thanks to District voters who approved 4C in November 2014, we're moving forward to improve recreation facilities, parks and playgrounds; install energy efficient systems for greater energy and water savings; and protect and enhance trails. The newly remodeled Willow Creek Park Playground is just one of many exciting projects to come.

And, we're excited about our new Executive Director Rob Hanna. He's a proven dedicated leader who will continue the fine work of South Suburban.

**Explore and enjoy all that South Suburban has to offer!  
See you soon!**



GO AHEAD.  
EXPLORE. ENJOY.





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1st Friday of the month  
from 6:30-10 pm at  
the Family Sports Center

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## COUNTRY WESTERN DANCE LESSONS

Learn to glide with heel  
and toe in a fun, casual  
atmosphere.

See page 40

## BUGLING ELK OF AUTUMN

Watch bull elk bugle  
and parade in the limited-  
access Highlands Ranch  
Backcountry.

See page 55

## SOUTH SUBURBAN BOARD MEMBERS



Left to right -  
Board members Scott A. LaBrash, Susan M. Rosser,  
John K. Ostermiller (Chair), Pamela M. Eller,  
Michael T. Anderson

### Board Meetings

Regular public meetings are held each month on the second Wednesday; regular study sessions on the fourth Wednesday at Goodson Recreation Center, 6315 S. University Boulevard. The public is encouraged to attend. Agendas and meeting times are posted at major South Suburban facilities and ssprd.org

<b>Recreation Centers</b>	<b>Douglas H. Buck Community Recreation Center</b> 2004 W. Powers Avenue, Littleton 303-797-8787	<b>Goodson Recreation Center</b> 6315 S. University Blvd., Centennial 303-798-2476	<b>Lone Tree Recreation Center</b> 10249 Ridgeway Circle, Lone Tree 303-708-3500	<b>Sheridan Recreation Center</b> 3325 W. Oxford Ave, Sheridan 303-761-2241
<b>Center Hours</b>	Mon - Fri: 5 AM – 10 PM Sat: 6:30 AM – 6 PM Sun: 8 AM – 6 PM	Mon - Fri: 5 AM – 10 PM Sat: 6:30 AM – 6 PM Sun: 8 AM – 6 PM	Mon - Fri: 5 AM – 10 PM Sat: 6:30 AM – 6 PM Sun: 8 AM – 6 PM	Mon-Fri: 7 AM - 8 PM Sat/Sun: Closed
<b>Gymnasium</b>	✓	✓	✓	✓
<b>Fitness studio</b>	✓	✓	✓	✓
<b>Dance studio</b>		✓		
<b>Running track</b>	16 laps per mile	10 laps per mile	12 laps per mile	
<b>Babysitting services</b>	✓	✓	✓	
<b>Rentable craftrooms</b>	✓	✓	✓	✓
<b>Performing arts stage</b>	✓		✓	
<b>Wet crafts room</b>	✓	✓	✓	
<b>Creativity Lab</b>				✓
<b>Commercial kitchen</b>	✓			
<b>Lounge</b>	Billiards, paperback library, craft sales		Library	Billiards, table games
<b>Gymnastics</b>		✓		
<b>Pickleball courts</b>	3	3	3	3
<b>Racquetball courts</b>		✓	✓	✓
<b>Swimming pool</b>	25-yard, 3 lanes	25-yard, 6 lanes	25-yard, 3 lanes	
<b>Therapy pool</b>	✓			
<b>Hot tub</b>	✓	✓	✓	
<b>Family changing rooms</b>	✓	✓	✓	
<b>Steamrooms</b>	✓	✓		
<b>Leisure pool with lazy river</b>	✓		✓	
<b>Drop-in fitness classes</b>	✓	✓	✓	✓
<b>Free weights</b>	✓	✓	✓	✓
<b>Circuit equipment</b>	✓	✓	✓	✓
<b>Cardio equipment</b>	Stair steppers, upright cycles, treadmills, recumbent bikes, rowing machines, cross-trainers, elliptical machines	Stair steppers, upright cycles, treadmills, recumbent bikes, rowing machines, cross-trainers, elliptical machines	Stair steppers, upright cycles, treadmills, recumbent bikes, rowing machines, cross-trainers, elliptical machines	Stair steppers, upright cycles, recumbent bikes, treadmills, rowing machines, elliptical machines

November 23-January 3

HOLIDAY PASS  
SPECIAL10% Off Passes, Punches,  
Personal Training

# ADMISSION FEES

## Youth (ages 2-17) - Buck, Goodson, Lone Tree Recreation Center

Dates	Resident	Nonresident	Resident Buddy Pass	Nonresident Buddy Pass
Daily	\$4.00	\$5.25		
Monthly	\$38.00	\$51.00	\$27.00	\$36.00
Annual	\$300.00	\$399.00	\$210.00	\$279.00
30-punch	\$74.00	\$110.00		
15-punch	\$40.00	\$63.00		

## Adult - Buck, Goodson, Lone Tree Recreation Center

Dates	Resident	Nonresident	Resident Buddy Pass	Nonresident Buddy Pass
Daily	\$5.25	\$7.25		
Monthly	\$52.00	\$69.00	\$36.00	\$48.00
Annual	\$455.00	\$605.00	\$319.00	\$424.00
30-punch	\$114.00	\$150.00		
15-punch	\$59.00	\$85.00		

## Senior (65+) - Buck, Goodson, Lone Tree Recreation Center

Dates	Resident	Nonresident	Resident Buddy Pass	Nonresident Buddy Pass
Daily	\$4.25	\$5.50		
Monthly	\$39.00	\$52.00	\$27.00	\$36.00
Annual	\$310.00	\$410.00	\$217.00	\$287.00
30-punch	\$89.00	\$114.00		
15-punch	\$48.00	\$67.00		

## Household - Buck, Goodson, Lone Tree Recreation Center

Dates	Resident	Nonresident	Resident Add'l Child Fee	Nonresident Add'l Child Fee
Daily	\$14.00	\$19.00	\$3.00	\$4.00
Monthly	\$99.00	\$132.00	\$10.00	\$20.00
Annual	\$855.00	\$1,139.00	\$60.00	\$75.00
30-punch				
15-punch				

## Youth (ages 2-17) - Sheridan Recreation Center

Dates	Resident	Nonresident	Resident Buddy Pass	Nonresident Buddy Pass
Daily	\$2.25	\$3.00		
Monthly				
3-Month	\$7.00	\$9.00		
Annual	\$25.00	\$32.00		
30-punch				
15-punch				

## Adult - Sheridan Recreation Center

Dates	Resident	Nonresident	Resident Buddy Pass	Nonresident Buddy Pass
Daily	\$3.25	\$4.25		
Monthly	\$13.00	\$16.50		
3-Month	\$34.00	\$45.00		
Annual	\$132.00	\$161.00		
30-punch	\$39.00	\$50.00		
15-punch	\$21.00	\$26.00		

## Senior (65+) - Sheridan Recreation Center

Dates	Resident	Nonresident	Resident Buddy Pass	Nonresident Buddy Pass
Daily	\$2.00	\$4.25		
Monthly	\$8.00	\$13.00		
3-Month	\$22.25	\$36.00		
Annual	\$79.00	\$129.00		
30-punch	\$25.00	\$40.00		
15-punch	\$14.00	\$21.00		

## Household - Sheridan Recreation Center

Dates	Resident	Nonresident	Resident Buddy Pass	Nonresident Buddy Pass
Daily	\$5.75	\$7.50		
Monthly				
3-Month				
Annual				
30-punch				
15-punch				



## FACILITIES

### Golf Course Restaurants

#### Avalanche Grill

##### Family Sports Center

6901 S. Peoria Street • 303-754-0544

Hours: 11 am – midnight daily

- Great lunch and dinner menus
- Patio dining with views of the mountains and sunsets
- Group/banquet space
- All food and beverage needs
- Dine while watching Avalanche Hockey Team practices.

Happy Hour: 4-7 pm M-F

Visit [ssprd.org](http://ssprd.org) for monthly specials.

##### Concessions:

M-Th 11 am - 8 pm

Fri 11 am - 9 pm

Sat 9 am - 9 pm

Sun 9 am - 8 pm

#### Centennial Grill

##### Littleton Golf and Tennis

5800 S. Federal Blvd. • 303-795-7466

Fall Hours: 7:30 am-11 pm

Nov - Feb: 9 am-11 pm

#### The Club Restaurant

##### South Suburban Golf Course

7900 S. Colorado Blvd. • 303-770-1882

Hours: 7 am- dusk.

Weddings, meeting and event space, contact Marianne Lind at 303-770-1882.

#### The Lone Tree Grill

##### Lone Tree Golf Club & Hotel

9808 Sunningdale Blvd. • 303-790-0202

Full Service Bar & Grill

Hours: 7 am- 7 pm

For weddings, meeting and event space, contact 303-790-0202.

### Family Sports Center

6901 S. Peoria Street • 303-708-9500

Fun for the entire Family!

- Arcade • Laser Tag • Inflatables • Bumper Cars • Climbing Wall
- Golf • Mini-Golf • Ice Skating • Adventure Camp
- Avalanche Grill • Concessions • eXerGame Zone

#### Family Sports is Where Groups Gather

Family Sports Center can accommodate corporate meetings, team builders, company picnics, after prom parties, sports team banquets and more.

Call 303-754-0555 for reservations and help planning your important event. Tours available.

#### Fun Pass

Unlimited Laser Tag, Ice Skating, Miniature Golf,, Climbing Wall eXerGames, Bumper Cars & Inflatables \$16.95

#### Public Skating

Schedule check [ssprd.org](http://ssprd.org) for current public session hours.

#### Public Skating Fees:

\$6.75 /\$4.75 R Weekdays

\$7.75 /\$5.75 R Fri Evenings, Sa, Su

Skate Rental: \$3.50/\$2.50 R

Helmet Rental \$1/\$0.75 R

Skate sharpening available.

20-Punch Skate Card: \$115/\$75 R

20 public skating admissions. Skate rental not included.

30 Punch Card: \$175/\$115 R

30 Public Skating admissions; skate rental not included.

#### Rock 'N Skate

1st Friday of the month, 7-10 pm (skating 8-10 pm)

Music, skating, bumper cars & Inflatables

### Family Sports Center Birthday Parties

Celebrate birthdays and special occasions at Family Sports Center and leave the mess with us!

All party packages emphasize Fun and Engaging Activities.

Call 303-754-0557 to book a party.

Visit [ssprd.org/NewsPromotions/Promotions/BirthdayParties](http://ssprd.org/NewsPromotions/Promotions/BirthdayParties) for party packages.

# FACILITIES

## Family Sports Dome

6959 S. Peoria St., Centennial, CO 80112  
303-754-0541

### Field Rentals

Rent the 86 x 44 yd FIFA approved synthetic turf field.

Call for availability. Full payment required for all rentals at time of booking.

Full field Resident: \$175; Nonresident: \$195/hour

Half-field Resident: \$95; Nonresident: \$110/hour

Drop-in Resident: \$8; Nonresident: \$10/hour

Adult and youth leagues available.

## South Suburban Ice Arena

6580 S. Vine St. Centennial, CO 80121 • 303-798-7881

Information Hotline: 303-794-6522

This nationally-recognized ice skating complex is open year-round. It features twin ice sheets, concession stand, skating lessons for all ages and ability levels, and competitive programs for figure skating and hockey.

### Private Rentals & Parties

Rent this cool locale by the hour for birthday parties, social gatherings or get-togethers with religious organizations or clubs. Available for skating, hockey or broomball. Call 303-798-7881 or email [dirkd@ssprd.org](mailto:dirkd@ssprd.org).

Hourly: Resident: \$240; Nonresident: \$250

### Public Skating Sessions

Check [ssprd.org](http://ssprd.org) for current public session hours.

### Public Skating Session Fees:

Resident: \$4.75; Nonresident: \$6.75 Mon-Thu

Resident: \$5.75; Nonresident: \$7.75 Fri, Sa, Su

Skate Rental: Resident: \$2.50; Nonresident: \$3.50

Skate Sharpening available

30 Punch Card: Resident: \$115; Nonresident: \$175

30 Public Skating admissions; skate rental not included.

### Family Sk8 Nights

Fridays 6-7:30 pm, All Ages.

Friday Night Ice! Dance to music and the disco ball. Public skating fees apply.

## County Line BMX

David A. Lorenz Regional Park • 8560 S. Colorado Blvd.

The track is open to the public on non race days, free of charge, when weather permits. Bike helmets required. Motorized vehicles including RC cars are NOT allowed on the track.

Please note: the gates will be locked when any part of the BMX track is too wet to ride. It can take several days of completely dry weather for the track to dry after a rain/snow. To find out if the gates are open, Follow us at [facebook.com/countylinbmx](https://facebook.com/countylinbmx).

## The Hudson Gardens & Event Center

115 S. Santa Fe Drive, Littleton, CO 80120, 303-797-8565

### Overview

Open from 9-5 daily, The Hudson Gardens & Event Center is a non-profit event center in Littleton that offers educational and cultural programs throughout the year. Various rental venues create a unique and memorable setting for social and business events. Guests can explore the displays of thousands of plants, flowers, trees and shrubs that grow successfully in the Front Range Colorado climate.

A variety of events held throughout the year touch the lives of over 120,000 local and out-of-town guests. Of those visitors, more than 30,000 concert goers came through the gates in 2014 for the nationally known classic rock bands that perform in the outdoor amphitheater. Families come together at Hudson Gardens for milestone events like weddings and social events, as well as for casual family outings and frequent educational experiences.

Nature Discovery Days feature hands-on activities that connect kids with the plants and animals of Hudson Gardens. Friends of Hudson Gardens have found our tribute, membership, and volunteer programs provide valuable opportunities for staying involved in the community. An inspiring new sculpture, *Collective Nest*, by Joshua Weiner, was installed at Hudson Gardens thanks to the South Suburban Public Art Committee's decision to enrich the gardens.

For more information, e-mail us at [info@hudsongardens.org](mailto:info@hudsongardens.org) or visit [www.hudsongardens.org](http://www.hudsongardens.org).

## Cornerstone Batting Cages

5098 S. Windermere St.

Warm-up for your next game at Cornerstone Batting Cages. Check out nine pitching machines with various speeds for baseball and softball.

Located on the NE corner of Bellevue and Windermere

Call 303-797-3796.

### OPERATING HOURS

Weather permitting

#### Aug 18-Nov 1

M-F 4-8 pm

Sa & Su 12-8 pm

#### Closed Nov 2 - Mar 6

M-F 4-8 pm

Sa & Su 12-8 pm

#### 1 Token-16 Pitches

SSPRD/Englewood

SSPRD/Englewood

Rec Card Holders \$1.50

Non-Rec Card Holders \$1.75

Discount cards and cage rentals available.





## FACILITIES

### Colorado Journey Mini Golf

5150 S. Windermere St.

Located on the SE corner of Belleview & Windermere  
303-734-1083

Visit [ssprd.org](http://ssprd.org) for coupons.

Two 18-hole adventure courses take you on a journey through some of Colorado's most distinctive geological features! Play through Eisenhower Tunnel, into the Royal Gorge, past the Garden of the Gods and through the Cripple Creek Gold Mine.

**Open** Weather permitting

#### Sep 1 - Nov 1

M-Th	3-9 pm
F-Su	10 am-9 pm

#### Nov 2 - Feb 28

Sat & Sun	Noon - 5 pm
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#### Feb 29 - May 1

M-Thu	3-9 pm
Fri-Su	10 am-9 pm
Mar 21-Apr 1	(Spring Break)
M-Su	10 am-9 pm

#### 18 Holes      Fee      Resident\*

Youth	\$6.25	\$4.75
Adult	\$7.00	\$6.75
Seniors	\$6.25	\$4.75

#### 36 -Holes      Fee      Resident\*

Youth	\$10.50	\$8.00
Adult	\$11.75	\$9.25
Seniors	\$10.50	\$8.00

\*Rate valid for South Suburban and Englewood residents with respective ID.

Visit [ssprd.org](http://ssprd.org) for Group Rates of 10 or more people. Prices vary from \$3.75/youth to \$6.25/Adult.

### Miniature Golf Family Sports Center

6901 S. Peoria St. 303-649-1115

Located near Centennial Airport, south of Arapahoe Rd.

Visit [ssprd.org](http://ssprd.org) for coupons.

Miniature golf is fun for the entire family. The course features a waterfall and stream with 18 challenging holes. Open year round, late at night, 7 days a week.

	<b>Fee</b>	<b>Resident</b>
All ages	\$5	\$4.50

(4 and under free with a paying adult)

### South Platte Park

3000 W. Carson Dr.

North of Mineral, West of Santa Fe  
303-730-1022

#### A Natural Area

Open daily from sunrise to sunset.

- 880 acres along the South Platte River
- 5 lakes provide excellent fishing
- Mary Carter Greenway Dual- surface Trail
- Forested hiking trails

#### Carson Nature Center

Open: Tu-F, 12-4:30 pm and Sa/Su, 9:30 am-4:30 pm

- Interactive nature exhibits
  - Year-round activities
  - Volunteer program and training
  - Birthday Parties
  - Room Rentals
  - Guided Programs
  - Request programs for schools, scouts and other organizations
- Programs supported in part by the Arapahoe County Cultural Council of the Scientific and Cultural Facilities District.

### Outdoor Pools

OPEN May 24-Aug 16, 2015

Weekends ONLY Aug 18 -Sep 7

#### Franklin

1600 E. Panama • 303-798-5922

M-F 12-7 pm      Sa, Su 12-6 pm

#### Cook Creek

8711 Lone Tree Pkwy • 303-790-7665

M-F      11 am-7 pm

Sa/Su      10 am-6 pm

#### Harlow

5151 S. Lowell • 303-798-6269

M-Su 12-6 pm

HARLOW'S Season Ends AUG 16

#### Holly

6651 S. Krameria Way • 303-770-0333

M-F 12-7 pm      Sa, Su 12-6 pm

### Cornerstone Skate Park

Located on the SE corner of Belleview and Windermere.

Open dawn to dusk

### Sheridan Skate Park

Located north of Sheridan

Recreation Center's parking lot,

3325 W Oxford Ave, on the east side. Open dawn to dusk





## REGISTRATION

### 3 EASY WAYS TO REGISTER

Online [ssprd.org](https://ssprd.org)

Phone In 303.347.5999

Walk In

Registration Office is located in the Goodson Recreation Center  
6315 S. University Blvd. Centennial, CO 80121. 303.347.8499

Hours: M-Th 7:30 am-7 pm  
F 7:30 am-5 pm  
Sa 9 am-4 pm

Athletics League Registration is located in the Administration Building

6631 S University Blvd Centennial, CO 80121

M-F 8 am-5 pm

Questions? 303-798-7515

#### How Do I Get a District Photo ID?

- To receive Resident rates, you need a South Suburban photo ID.
- ID cards cost \$4 for Residents and are valid for two years. Proof of residency is a current photo ID with in-District address printed on the front. If address is not printed on the front, then a second form of proof is required: a bill (Xcel, phone, water, etc.) mailed to the customer; or a lease, rental agreement or property tax statement showing the customer's in-District address. Bring proof of residency to: Buck, Goodson, Sheridan, Lone Tree recreation centers or Family Sports Center or Littleton and Lone Tree golf courses. Non-district cards are available for \$5 but are only needed if you are purchasing punch passes, monthly passes or annual passes.

#### Refunds/Cancellations

Refunds and transfers must be requested 3 business days prior to scheduled start of activity. There is a \$5 service charge per class on requested refunds, or save the service charge by requesting a South Suburban Gift Card. Certain contractual classes may have additional cancellation charges. If we cancel an activity, no service charge will be assessed and a refund will be issued. Please allow 3 to 4 weeks for processing. Returned checks subject to additional fees. Please check receipts for policy exceptions.

#### Code of Conduct

Appropriate social behavior is requested for all programs and facility use. Individuals are encouraged to act in a way that will not hurt another person physically, mentally or emotionally. A participant may be asked to withdraw from a class or program, or to leave a facility if behavior does not comply with program and/or facility standards.

#### Nondiscrimination Policy

We prohibit unlawful discrimination against volunteers and program participants on the basis of age 40 and over, race, sex, color, creed, religion, national origin, ancestry, disability, sexual orientation, transgender status, veteran status, genetic information, or any other applicable status protected by state or local law.

Americans with Disabilities Act If you require special assistance, please call 303-730-4608.

#### Indemnification and Waiver of Liability

By registering for any program, registrant acknowledges that program activities carry certain risks for participants. Further, by registering, registrant releases and indemnifies District, its employees, agents, leaders, instructors, contractors or volunteers from and against any and all claims, demands, loss or injury to person or property, caused during participation in the activity. This release and indemnity is intended to be as broad as permitted by law.

#### Photos and Email Addresses

We may periodically send you email updates. You can unsubscribe at any time. We do not sell email addresses.

Any photos or videos taken in class or on District-managed property belong to South Suburban and may be used at its discretion.

For the most current activities and information, visit [ssprd.org](https://ssprd.org). Fees and dates subject to change.

#### Family Passes

Our fee structure for families is based on the following definition of "household": two adults and up to three (3) dependent children under the age of twenty-one (21) all residing year round in the same residence. For additional dependent children under the age of twenty-one (21) residing year round in the same household, an additional fee will be charged. Additional adults living in the household need to create their own account and purchase their own individual admission or pass.



## GOLF COURSES

Golf Courses	Lone Tree Golf Club & Hotel 9808 Sunningdale Blvd Lone Tree Pro Shop 303-799-9940 Hotel 303-790-0202	South Suburban Golf Course 7900 S. Colorado Blvd Centennial 303-770-5500	Littleton Golf and Tennis Club 5800 S. Federal Blvd. Littleton 303-794-5838	Family Sports Center Golf Course 6901 S. Peoria St. Centennial 303-649-1115
9-Hole Executive Golf Course-Par 31				✓
9-Hole par 3		✓		
18-Hole Par 72	✓	✓		
18-Hole Execurive Golf Course Par 63			✓	
Driving Range	✓	✓	✓	✓
Heated Driving Range				✓
Group/Private Instruction for Adults	✓	✓	✓	✓
Group/Private Instruction for juniors	✓	✓	✓	✓
Putting Green	✓	✓	✓	✓
Practice Area	✓	✓	✓	✓
Golf Leagues	✓	✓	✓	✓
Company Golf Tournaments	✓	✓	✓	✓
Season Pass	✓	✓	✓	
Miniature Golf				✓
Locker Rooms	✓		✓	
5 Sets of Tees	✓			
Restaurant	The Lone Tree Grill	The Club at South Suburban	Centennial Grill Restaurant	Avalanche Grill Restaurant
Online Tee Time Reservation	✓	✓	✓	✓
App for Tee Time Reservations	✓	✓	✓	✓
Tennis	✓		✓	
Other Amenities	Spectacular views. Arnold Palmer designed course. Hotel, wedding and event space. Dress code enforced.	Great for families. Rolling fairways and large undulating greens which challenge players of all abilities.	Locker rooms with showers. Six indoor tennis courts. Indoor and outdoor lounge areas. Superbly maintained executive 18 hole par-63.	Year round, 2-tiered, 30 covered, lighted and heated driving range with vivid target areas. Family Sports Golf Academy.

## Lone Tree Golf Club & Hotel

Green Fees (Mon-Thu)	9 Holes	18 Holes
Resident	\$24	\$47
Nonresident	\$31	\$61
Nonresident guest	\$27	\$54
Junior (after 12 p.m.)	\$15	\$25
Senior resident (Mon-Fri)	\$20	\$32
Senior nonresident (Mon-Fri)	\$25	\$40
Twilight, resident	\$41	
Twilight, nonresident	\$59	
Non-Resident Guest Fee	\$27	\$54
Resident Twilight (includes cart)	\$41	
Fee Twilight (includes cart)	\$59	

Green Fees (Fri-Sun)	9 Holes	18 Holes
Resident	\$27	\$50
Nonresident	\$34	\$66
Nonresident guest	\$30	\$56
Twilight, resident	\$46	
Twilight, nonresident	\$64	

Rentals	9 Holes	18 Holes
Golf carts	\$9/rider	\$16/rider
Pull carts	\$4	\$7
Standard clubs	\$8	\$16
Top-line clubs	\$16	\$32

## Family Sports Golf

Green Fees (Mon-Thu)	9 Holes
Resident	\$16
Nonresident	\$17

Green Fees (Fri-Sun)	9 Holes
Resident	\$18
Nonresident	\$19

Green Fees (everday)	9 Holes
Youth resident	\$7
Youth nonresident	\$9
Junior resident	\$10
Junior nonresident	\$12
Senior resident	\$12
Senior nonresident	\$13

Rentals	9 Holes
Golf carts	\$9/rider
Pull carts	\$5

## ONLINE TEE TIME

make your reservations at  
ssprd.org/TeeTime.

## South Suburban Golf Course

Green Fees (Mon-Thu)	Par 3	9 Holes	18 Holes
Resident	\$10	\$19	\$33
Nonresident	\$13	\$23	\$44
Nonresident guest	\$12	\$21	\$39
Junior (after 12 p.m.)	\$5	\$10	\$18
Senior resident (Mon-Fri)	\$9	\$14	\$23
Senior nonresident (Mon-Fri)	\$11	\$17	\$28

Green Fees (Fri-Sun)	Par 3	9 Holes	18 Holes
Resident	\$12	\$22	\$37
Nonresident	\$15	\$25	\$46
Nonresident guest	\$14	\$23	\$41

Rentals	Par 3	9 Holes	18 Holes
Golf carts	\$9/rider	\$9/rider	\$16/rider
Pull carts	\$4	\$4	\$7
Clubs	\$8	\$8	\$16
Top-line clubs	\$16	\$32	

## RESERVATIONS

Residents with a current South Suburban photo ID card may reserve a tee time online at [ssprd.org](http://ssprd.org) or call seven days in advance beginning at 7 pm for reservations. (Note: during MST, the beginning call-in time for residents changes to 4 pm).

Non-resident players and Corporate Wellness members may call or go online at [ssprd.org](http://ssprd.org) five days in advance beginning at 12 pm for reservations. Example: call after 12 pm on Monday for Saturday.

Weekday reservations may be made by telephone or online or in person. Weekend reservations may be made by telephone or online.

## Littleton Golf and Tennis Club

Green Fees (Mon-Thu)	9 Holes	18 Holes
Resident	\$16	\$26
Nonresident	\$18	\$31
Nonresident guest	\$17	\$29
Junior (Mon-Thu after 12 p.m.)	\$9	\$18
Senior resident (Mon-Fri)	\$14	\$21
Senior nonresident (Mon-Fri)	\$17	\$18

Green Fees (Fri-Sun)	9 Holes	18 Holes
Resident	\$19	\$30
Nonresident	\$21	\$35
Nonresident guest	\$20	\$33

Rentals	9 Holes	18 Holes
Golf carts	\$9/rider	\$16/rider
Pull carts	\$4	\$7

## GOLF LEAGUES

Men's, women's and senior leagues for 18-hole, 9-hole and par 3 are formed at each course. For league information, contact the pro shop at the course you wish to play. Each league determines membership fees and qualifications. Most leagues begin play the first week of April and play through September. Applications may be picked up at each course. Visit [ssprd.org](http://ssprd.org) for more information.

South Suburban Parks and Recreation has four golf courses, each with its own personality and golfing challenges. Please refer to [ssprd.org/golf](http://ssprd.org/golf) for locations.

Each course is managed and staffed by PGA and LPGA trained professionals with a pro shop stocked with quality merchandise and knowledgeable staff ready to assist. Rental carts, pull carts, clubs, practice driving ranges and putting greens are available at each course. All courses are open year-round, weather permitting (except Christmas Day) and enforce a mandatory spikeless shoe policy. Lone Tree Golf Club enforces a dress code.



## BUCK

## Ages 3–5

## PreSchool Level 1

## Sat — 4 Weeks

## 9–9:30 AM:

Sep 12	201179
Oct 10	2011710
Nov 07	2011711
Jan 09	201171
Feb 06	201172
Mar 05	201173

## 9:35–10:05 AM:

Sep 12	201219
Oct 10	2012110
Nov 07	2012111
Jan 09	201211
Feb 06	201212
Mar 05	201213

## 10:10–10:40 AM:

Sep 12	201229
Oct 10	2012210
Nov 07	2012211
Jan 09	201221
Feb 06	201222
Mar 05	201223

## 10:45–11:15 AM:

Sep 12	201239
Oct 10	2012310
Nov 07	2012311
Jan 09	201231
Feb 06	201232
Mar 05	201233

## Tue Thu — 4 Weeks

## 9:35–10:05 AM:

Sep 15	201359
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## 4–4:30 PM:

Sep 15	201709
Oct 13	2017010
Nov 10	2017011
Jan 05	201701
Feb 02	201702
Mar 01	201703

## 4:35–5:05 PM:

Sep 15	201719
Oct 13	2017110
Nov 10	2017111
Jan 05	201711
Feb 02	201712
Mar 01	201713

## 5:10–5:40 PM:

Sep 15	201729
Oct 13	2017210
Nov 10	2017211
Jan 05	201721
Feb 02	201722
Mar 01	201723

## Ages 3–5

## PreSchool Level 2

## Sat — 4 Weeks

## 9–9:30 AM:

Sep 12	202179
Oct 10	2021710
Nov 07	2021711
Jan 09	202171
Feb 06	202172

## 9:35–10:05 AM:

Sep 12	202219
Oct 10	2022110
Nov 07	2022111
Jan 09	202211
Feb 06	202212
Mar 05	202213

## 10:10–10:40 AM:

Sep 12	202209
Oct 10	2022010
Nov 07	2022011
Jan 09	202201
Feb 06	202202
Mar 05	202203

## 11:20–11:50 AM:

Sep 12	202249
Oct 10	2022410
Nov 07	2022411
Jan 09	202241
Feb 06	202242
Mar 05	202243

## Tue Thu — 4 Weeks

## 10:10–10:40 AM:

Sep 15	202609
Oct 13	2026010
Nov 10	2026011
Jan 05	202601
Feb 02	202602
Mar 01	202603

## 4–4:30 PM:

Sep 15	202709
Oct 13	2027010
Nov 10	2027011
Jan 05	202701
Feb 02	202702
Mar 01	202703

## 4:35–5:05 PM:

Sep 15	202719
Oct 13	2027110
Nov 10	2027111
Jan 05	202711
Feb 02	202712
Mar 01	202713

## 5:10–5:35 PM:

Sep 15	202729
Oct 13	2027210
Nov 10	2027211
Jan 05	202721
Feb 02	202722
Mar 01	202723

## Ages 3–5

## PreSchool Level 3

## Sat — 4 Weeks

## 9–9:30 AM:

Sep 12	203189
Oct 10	2031810
Nov 07	2031811
Jan 09	203181
Feb 06	203182
Mar 05	203183

## 10:10–10:40 AM:

Sep 12	203219
Oct 10	2032110
Nov 07	2032111
Jan 09	203211
Feb 06	203212
Mar 05	203213

## 10:45–11:15 AM:

Sep 12	203229
Oct 10	2032210
Nov 07	2032211
Jan 09	203221
Feb 06	203222
Mar 05	203223

## 11:20–11:50 AM:

Sep 12	203259
Oct 10	2032510
Nov 07	2032511
Jan 09	203251
Feb 06	203252
Mar 05	203253

## Tue Thu — 4 Weeks

## 10:45–11:15 AM:

Sep 15	203729
Oct 13	2037210
Nov 10	2037211

## 4–4:30 PM:

Sep 15	203709
Oct 13	2037010
Nov 10	2037011
Jan 05	203701
Feb 02	203702
Mar 01	203703

## 4:35–5:05 PM:

Sep 15	203719
Oct 13	2037110
Nov 10	2037111
Jan 05	203711
Feb 02	203712
Mar 01	203713

## Ages 6–12

## Level 1

## Sat — 4 Weeks

## 9–9:30 AM:

Sep 12	205199
Oct 10	2051910
Nov 07	2051911
Jan 09	205191
Feb 06	205192
Mar 05	205193

## 9:35–10:05 AM:

Sep 12	205209
Oct 10	2052010
Nov 07	2052011
Jan 09	205201
Feb 06	205202
Mar 05	205203

## 10:45–11:15 AM:

Sep 12	205219
Oct 10	2052110
Nov 07	2052111
Jan 09	205211
Feb 06	205212
Mar 05	205213

## Tue Thu — 4 Weeks

## 4–4:30 PM:

Sep 15	205709
Oct 13	2057010
Nov 10	2057011
Jan 05	205701
Feb 02	205702
Mar 01	205703

## 5:10–5:40 PM:

Sep 15	205729
Oct 13	2057210
Nov 10	2057211
Jan 05	205721
Feb 02	205722
Mar 01	205723

## Level 2

## Sat — 4 Weeks

## 9–9:30 AM:

Sep 12	206239
Oct 10	2062310
Nov 07	2062311
Jan 09	206231
Feb 06	206232
Mar 05	206233

## 9:35–10:05 AM:

Sep 12	206249
Oct 10	2062410
Nov 07	2062411
Jan 09	206241
Feb 06	206242
Mar 05	206243

## 10:10–10:40 AM:

Sep 12	206209
Oct 10	2062010
Nov 07	2062011
Jan 09	206201
Feb 06	206202
Mar 05	206203

## Ages 6–12

## Level 2

## Tue Thu — 4 Weeks

## 4–4:30 PM:

Sep 15	206709
Oct 13	2067010
Nov 10	2067011
Jan 05	206701
Feb 02	206702
Mar 01	206703

## 4:35–5:05 PM:

Sep 15	206719
Oct 13	2067110
Nov 10	2067111
Jan 05	206711
Feb 02	206712
Mar 01	206713

## Level 3

## Sat — 4 Weeks

## 10:10–10:40 AM:

Sep 12	207209
Oct 10	2072010
Nov 07	2072011
Jan 09	207201
Feb 06	207202
Mar 05	207203

## 10:45–11:15 AM:

Sep 12	207219
Oct 10	2072110
Nov 07	2072111
Jan 09	207211
Feb 06	207212
Mar 05	207213

## 11:20–11:50 AM:

Sep 12	207229
Oct 10	2072210
Nov 07	2072211
Jan 09	207221
Feb 06	207222
Mar 05	207223

## Tue Thu — 4 Weeks

## 4:35–5:05 PM:

Sep 15	207719
Oct 13	2077110
Nov 10	2077111
Jan 05	207711
Feb 02	207712
Mar 01	207713

## Level 4

## Sat — 4 Weeks

## 11:20–11:50 AM:

Sep 12	208219
Oct 10	2082110
Nov 07	2082111
Jan 09	208211
Feb 06	208212
Mar 05	208213

## Ages 6–12

## Level 4

## Tue Thu — 4 Weeks

## 5:10–5:40 PM:

Sep 15	208729
Oct 13	2087210
Nov 10	2087211
Jan 05	208721
Feb 02	208722
Mar 01	208723

## Level 5

## Sat — 4 Weeks

## 11:20–11:50 AM:

Sep 12	209209
Oct 10	2092010
Nov 07	2092011
Jan 09	209201
Feb 06	209202
Mar 05	209203

## Tue Thu — 4 Weeks

## 5:10–5:40 PM:

Sep 15	209059
Oct 13	2090510
Nov 10	2090511
Jan 05	209051
Feb 02	209052
Mar 01	209053

## Ages 6 mos–3

## Parent-Tot

## Sat — 4 Weeks

## 9:35–10:05 AM:

Sep 12	200219
Oct 10	2002110
Nov 07	2002111
Jan 09	200211
Feb 06	200212
Mar 05	200213

## 10:45–11:15 AM:

Sep 12	200259
Oct 10	2002510
Nov 07	2002511
Jan 09	200251
Feb 06	200252
Mar 05	200253

## Tue Thu — 4 Weeks

## 9–9:30 AM:

Sep 15	200359
Oct 13	2003510
Nov 10	2003511
Jan 05	200351
Feb 02	200352
Mar 01	200353

## Tue Thu — 4 Weeks

## 5:10–5:40 PM:

Sep 15	200729
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## GOODSON

## Ages 3–5

## PreSchool Level 1

## Sat — 4 Weeks

## 9:30–10 AM:

Oct 10	2218010
Nov 07	2218011
Jan 09	221801
Feb 06	221802
Mar 05	221803

## 10:40–11:10 AM:

Oct 10	2218410
Nov 07	2218411
Jan 09	221841
Feb 06	221842
Mar 05	221843

## 11:15–11:45 AM:

Oct 10	2218610
Nov 07	2218611
Jan 09	221861
Feb 06	221862
Mar 05	221863

## Mon Wed — 4 Weeks

## 4:35–5:05 PM:

Oct 12	2212510
Nov 09	2212511
Jan 04	221251
Feb 01	221252
Feb 01	221253

## 5:45–6:15 PM:

Oct 12	2212610
Nov 09	2212611
Jan 04	221261
Feb 01	221262
Feb 01	221263

## PreSchool Level 2

## Sat — 4 Weeks

## 10:05–10:35 AM:

Oct 10	2228210
Nov 07	2228211
Jan 09	222821
Feb 06	222822
Mar 05	222823

## 10:40–11:10 AM:

Oct 10	2228410
Nov 07	2228411
Jan 09	222841
Feb 06	222842
Mar 05	222843

## Mon Wed — 4 Weeks

## 4–4:30 PM:

Oct 12	2222410
Nov 09	2222411
Jan 04	222241
Feb 01	222242
Feb 01	222243

## 5:10–5:40 PM:

Oct 12	2222810
Nov 09	2222811
Jan 04	222281
Feb 01	222282
Feb 01	222283

## Ages 3–5

## PreSchool Level 3

## Sat — 4 Weeks

## 10:05–10:35 AM:

Oct 10	2238010
Nov 07	2238011
Jan 09	223801
Feb 06	223802
Mar 05	223803

## 11:15–11:45 AM:

Oct 10	2238410
Nov 07	2238411
Jan 09	223841
Feb 06	223842
Mar 05	223843

## Mon Wed — 4 Weeks

## 4:35–5:05 PM:

Oct 12	2232010
Nov 09	2232011
Jan 04	223201
Feb 01	223202
Feb 01	223203

## 5:10–5:40 PM:

Oct 12	2232110
Nov 09	2232111
Jan 04	223211
Feb 01	223212
Feb 01	223213

## Ages 6–12

## Level 1

## Sat — 4 Weeks

## 10:05–10:35 AM:

Oct 10	2258110
Nov 07	2258111
Jan 09	225811
Feb 06	225812
Mar 05	225813

## 11:15–11:45 AM:

Oct 10	2258210
Nov 07	2258211
Jan 09	225821
Feb 06	225822
Mar 05	225823

## Mon Wed — 4 Weeks

## 4–4:30 PM:

Oct 12	2252010
Nov 09	2252011
Jan 04	225201
Feb 01	225202
Feb 01	225203

## 5:15–5:45 PM:

Oct 12	2252610
Nov 09	2252611
Jan 04	225261
Feb 01	225262
Feb 01	225263

## Level 2

## Sat — 4 Weeks

## 9:30–10 AM:

Oct 10	2268210
Nov 07	2268211
Jan 09	226821
Feb 06	226822
Mar 05	226823

## 11:15–11:45 AM:

Oct 10	2268810
Nov 07	2268811
Jan 09	226881
Feb 06	226882
Mar 05	226883

## Mon Wed — 4 Weeks

## 4–4:30 PM:

Sep 14	226209
Oct 12	2262010
Nov 09	2262011
Jan 04	226201
Feb 01	226202
Feb 01	226203

## Ages 6–12

## Level 3

## Sat — 4 Weeks

## 9:30–10 AM:

Oct 10	2278210
Nov 07	2278211
Jan 09	227821
Feb 06	227822
Mar 05	227823

## 10:05–10:35 AM:

Oct 10	2278410
Nov 07	2278411
Jan 09	227841
Feb 06	227842
Mar 05	227843

## Mon Wed — 4 Weeks

## 4:35–5:05 PM:

Oct 12	2272210
Nov 09	2272211
Jan 04	227221
Feb 01	227222
Feb 01	227223

## Level 4

## Sat — 4 Weeks

## 10:40–11:10 AM:

Oct 10	2283210
Nov 07	2283211
Jan 09	228321
Feb 06	228322
Mar 05	228323

## Mon Wed — 4 Weeks

## 5:10–5:40 PM:

Oct 12	2282410
Nov 09	2282411
Jan 04	228241
Feb 01	228242
Feb 01	228243

## Level 5

## Sat — 4 Weeks

## 9:30–10 AM:

Oct 10	2286610
Nov 07	2286611
Jan 09	228661
Feb 06	228662
Feb 01	228663

## Mon Wed — 4 Weeks

## 5:45–6:15 PM:

Oct 12	2285610
Nov 09	2285611
Jan 04	228561
Feb 01	228562
Feb 01	228563

## Ages 6 mos–3

## Parent-Tot

## Sat — 4 Weeks

## 10:40–11:10 AM:

Oct 10	2208210
Nov 07	2208211
Jan 09	220821
Feb 06	220822
Mar 05	220823

**Mon/Wed AM & PM 4 wks,**  
240 min instructor time  
**Parent/Tot and Preschool:**  
Resident: \$44; Nonresident: \$60  
Resident: \$42; Nonresident: \$58  
**School Age**  
240-min instructor time  
**Parent/Tot and Preschool:**  
Resident: \$44; Nonresident: \$60  
**School Age**  
Resident: \$58; Nonresident: \$42  
**School Age**  
Resident: \$22; Nonresident: \$30  
Parent-Tot & Pre-school  
Resident: \$21; Nonresident: \$29

## LONE TREE

## Ages 3–5

## PreSchool Level 1

## Sat — 4 Weeks

## 9:35–10:05 AM:

Sep 12	241839
Oct 10	2418310
Nov 07	2418311
Jan 09	241831
Feb 06	241832
Mar 05	241833

## 9–9:30 AM:

Sep 12	241809
Oct 10	2418010
Nov 07	2418011
Jan 09	241801
Feb 06	241802
Mar 05	241803

## 10:10–10:40 AM:

Sep 12	241879
Oct 10	2418710
Nov 07	2418711
Jan 09	241871
Feb 06	241872
Mar 05	241873

## 10:45–11:15 AM:

Sep 12	241929
Oct 10	2419210
Nov 07	2419211
Jan 09	241921
Feb 06	241922
Mar 05	241923

## Tue Thu — 5 Weeks

## 4:15–4:45 PM:

Sep 15	241429
Oct 13	2414210
Nov 10	2414211
Jan 05	241421
Feb 02	241422
Mar 01	241423

## 4:50–5:20 PM:

Sep 15	241459
Oct 13	2414510
Nov 10	2414511
Jan 05	241451
Feb 02	241452
Mar 01	241453

## 5:25–5:55 PM:

Sep 15	241509
Oct 13	2415010
Nov 10	2415011
Jan 05	241501
Feb 02	241502
Mar 01	241503

## 6–6:30 PM:

Sep 15	241529
Oct 13	2415210
Nov 10	2415211
Jan 05	241521
Feb 02	241522
Mar 01	241523

## Ages 3–5

## PreSchool Level 2

## Sat — 4 Weeks

## 9–9:30 AM:

Sep 12	242809
Oct 10	2428010
Nov 07	2428011
Jan 09	242801
Feb 06	242802
Mar 05	242803

## 10:10–10:40 AM:

Sep 12	242859
Oct 10	2428510
Nov 07	2428511
Jan 09	242851
Feb 06	242852
Mar 05	242853

## 10:45–11:15 AM:

Sep 12	242909
Oct 10	2429010
Nov 07	2429011
Jan 09	242901
Feb 06	242902
Mar 05	242903

## Tue Thu — 4 Weeks

## 4:15–4:45 PM:

Sep 15	242389
Oct 13	2423810
Nov 10	2423811
Jan 05	242381
Feb 02	242382
Mar 01	242383

## 4:50–5:20 PM:

Sep 15	242469
Oct 13	2424610
Nov 10	2424611
Jan 05	242461
Feb 02	242462
Mar 01	242463

## 6–6:30 PM:

Sep 15	242509
Oct 13	2425010
Nov 10	2425011
Jan 05	242501
Feb 02	242502
Mar 01	242503

## Ages 3–5

## PreSchool Level 3

## Sat — 4 Weeks

## 9:35–10:05 AM:

Sep 12	243819
Oct 10	2438110
Nov 07	2438111
Jan 09	243811
Feb 06	243812
Mar 05	243813

## 9–9:30 AM:

Sep 12	243809
Oct 10	2438010
Nov 07	2438011
Jan 09	243801
Feb 06	243802
Mar 05	243803

## 10:45–11:15 AM:

Sep 12	243889
Oct 10	2438810
Nov 07	2438811
Jan 09	243881
Feb 06	243882
Mar 05	243883

## Tue Thu — 4 Weeks

## 4:50–5:20 PM:

Sep 15	243389
Oct 13	2433810
Nov 10	2433811
Jan 05	243381
Feb 02	243382
Mar 01	243383

## 6–6:30 PM:

Sep 15	243529
Oct 13	2435210
Nov 10	2435211
Jan 05	243521
Feb 02	243522
Mar 01	243523

## Ages 6–12

## Level 1

## Sat — 4 Weeks

## 9:35–10:05 AM:

Sep 12	245819
Oct 10	2458110
Nov 07	2458111
Jan 09	245811
Feb 06	245812
Mar 05	245813

## 10:10–10:40 AM:

Sep 12	245859
Oct 10	2458510
Nov 07	2458511
Jan 09	245851
Feb 06	245852
Mar 05	245853

## Tue Thu — 4 Weeks

## 4:50–5:20 PM:

Sep 15	245509
Oct 13	2455010
Nov 10	2455011
Jan 05	245501
Feb 02	245502
Mar 01	245503

## Level 2

## Sat — 4 Weeks

## 9–9:30 AM:

Sep 12	246809
Oct 10	2468010
Nov 07	2468011
Jan 09	246801
Feb 06	246802
Mar 05	246803

## 10:10–10:40 AM:

Sep 12	246819
Oct 10	2468110
Nov 07	2468111
Jan 09	246811
Feb 06	246812
Mar 05	246813

## Tue Thu — 4 Weeks

## 4:15–4:45 PM:

Sep 15	246379
Oct 13	2463710
Nov 10	2463711
Jan 05	246371
Feb 02	246372
Mar 01	246373

## 5:25–5:55 PM:

Sep 15	246439
Oct 13	2464310
Nov 10	2464311
Jan 05	246431
Feb 02	246432
Mar 01	246433

## Ages 6–12

## Level 3

## Sat — 4 Weeks

## 9:35–10:05 AM:

Sep 12	247799
Oct 10	2477910
Nov 07	2477911
Jan 09	247791
Feb 06	247792
Mar 05	247793

## 10:45–11:15 AM:

Sep 12	247879
Oct 10	2478710
Nov 07	2478711
Jan 09	247871
Feb 06	247872
Mar 05	247873

## Tue Thu — 4 Weeks

## 4:15–4:45 PM:

Sep 15	247409
Oct 13	2474010
Nov 10	2474011
Jan 05	247401
Feb 02	247402
Mar 01	247403

## 5:25–5:55 PM:

Sep 15	247449
Oct 13	2474410
Nov 10	2474411
Jan 05	247441
Feb 02	247442
Mar 01	247443

## Level 4

## Sat — 4 Weeks

## 10:10–10:40 AM:

Sep 12	248359
Oct 10	2483510
Nov 07	2483511
Jan 09	248351
Feb 06	248352
Mar 05	248353

## Tue Thu — 4 Weeks

## 5:25–5:55 PM:

Sep 15	248209
Oct 13	2482010
Nov 10	2482011
Jan 05	248201
Feb 02	248202
Mar 01	248203

## Ages 6–12

## Level 5

## Sat — 4 Weeks

## 9–9:30 AM:

Sep 12	248909
Oct 10	2489010
Nov 07	2489011
Jan 09	248901
Feb 06	248902
Mar 05	248903

## Tue Thu — 4 Weeks

## 6–6:30 PM:

Sep 15	248709
Oct 13	2487010
Nov 10	2487011
Jan 05	248701
Feb 02	248702
Mar 01	248703

## Ages 6 mos–3

## Parent-Tot

## Sat — 4 Weeks

## 9:35–10:05 AM:

Sep 12	240909
Oct 10	2409010
Nov 07	2409011
Jan 09	240901
Feb 06	240902
Mar 05	240903



# AQUATICS

## SPECIALTY AQUATICS

### Competitive Swimming

Fine tune strokes and maintain off-season endurance in all four competitive strokes as well as flip turns. Pre-requisite: Must be able to demonstrate all required skills of pre-competitive class or have completed pre-competitive class. A swim assessment may be done on the first day of class.

#### 4 Weeks — Youth: \$73; Youth Nonresident: \$97 (Ages 6–15)

Sep 15 – Oct 08	Tue Thu 5:15–6:15 PM	Lone Tree	249269
Oct 13 – Nov 05	Tue Thu 5:15–6:15 PM	Lone Tree	2492610
Nov 10 – Dec 10	Tue Thu 5:15–6:15 PM	Lone Tree	2492611
Jan 05 – Jan 28	Tue Thu 5:15–6:15 PM	Lone Tree	249261
Mar 01 – Mar 24	Tue Thu 5:15–6:15 PM	Lone Tree	249263

#### 4 Weeks — Youth: \$73; Youth Nonresident: \$97 (Ages 8–15)

Feb 02 – Feb 25	Tue Thu 5:15–6:15 PM	Lone Tree	249272
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#### 4 Weeks — Youth: \$37; Youth Nonresident: \$49 (Ages 6–15)

Sep 12 – Oct 03	Sat 1–2 PM	Buck	210209
Oct 10 – Oct 31	Sat 1–2 PM	Buck	2102010
Nov 07 – Dec 05	Sat 1–2 PM	Buck	2102011
Jan 09 – Jan 30	Sat 1–2 PM	Buck	210201
Feb 06 – Feb 27	Sat 1–2 PM	Buck	210202
Mar 05 – Mar 26	Sat 1–2 PM	Buck	210203

### Pre-Competitive Swimming

Concentrate on stroke technique for butterfly, breaststroke, flip turns, build endurance and learn about competitive swimming. Participants must be a level 4 swimmer or above.

#### 4 Weeks — Youth: \$37; Youth Nonresident: \$49 (Ages 6–15)

Sep 12 – Oct 03	Sat 12–1 PM	Buck	210109
Oct 10 – Oct 31	Sat 12–1 PM	Buck	2101010
Nov 07 – Dec 05	Sat 12–1 PM	Buck	2101011
Jan 09 – Jan 30	Sat 12–1 PM	Buck	210101
Feb 06 – Feb 27	Sat 12–1 PM	Buck	210102
Mar 05 – Mar 26	Sat 12–1 PM	Buck	210103

#### 4 Weeks — Youth: \$73; Youth Nonresident: \$97 (Ages 6–15)

Sep 15 – Oct 08	Tue Thu 4:15–5:15 PM	Lone Tree	249019
Oct 12 – Nov 04	Mon Wed 6:30–7:30 PM	Goodson	2286910
Oct 13 – Nov 05	Tue Thu 4:15–5:15 PM	Lone Tree	2490110
Nov 09 – Dec 09	Mon Wed 6:30–7:30 PM	Goodson	2286911
Nov 10 – Dec 10	Tue Thu 4:15–5:15 PM	Lone Tree	2490111
Jan 04 – Jan 27	Mon Wed 6:30–7:30 PM	Goodson	228691
Jan 05 – Jan 28	Tue Thu 4:15–5:15 PM	Lone Tree	249011
Feb 01 – Feb 24	Mon Wed 6:30–7:30 PM	Goodson	228692
Feb 02 – Feb 25	Tue Thu 4:15–5:15 PM	Lone Tree	249012
Mar 01 – Mar 23	Mon Wed 6:30–7:30 PM	Goodson	228693
Mar 01 – Mar 24	Tue Thu 4:15–5:15 PM	Lone Tree	249013

### Puppy Paddle

Come bring your furry friend for a dip in the pool. Only dogs may swim at this event.

#### 1 Week — Resident: \$8; Nonresident: \$8 (Ages 3 mos+)

Sep 12	Sat 10 AM–2 PM	Holly Pool	101009
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### MASTERS SWIM TEAM GOODSON

Train and compete with people of similar age and skill level. Our program offers quality swim workouts prepared by our in house swim coach.

#### Drop In — Resident: \$5.50; Nonresident: \$8

#### Monthly — Resident: \$40; Nonresident: \$55

#### 20 punch — Resident: \$100; Nonresident: \$140 (Ages 19 & up)

Oct 10 - Oct 31; Nov 7 - Dec 5; Jan 9 - Jan 30; Feb 6 - Feb 27; Mar 5 - Mar 26

Mon/Wed 12 - 1 PM; Tue/Thu 5:15 - 6:56 AM & 7-8:30 PM; Sat 7:45 - 9:15 AM

### Private swim lessons

One-on-one private lessons are scheduled for YOUR availability.

Private: Resident: \$26; Nonresident: \$32

Semi Private: (2-3 students): Resident: \$36; Nonresident: \$43

4 pack private lessons: Resident: \$96; Nonresident \$116

4 pack semi private lessons: Resident: \$124; Nonresident: \$142

*See class locations, schedules and fees on page 12-14.*

### SWIMMING for Ages 6 mos–3

*See class locations, schedules and fees on page 12-14.*

### Parent-Tot

Teach yourself and your child how to be safe in the water. Each child must be accompanied by a parent or guardian. Swim diapers are required under bathing suit!

### SWIMMING for Ages 3–5

*See class locations, schedules and fees on page 12-14.*

### PreSchool Level 1 Swimming Lessons

Independent swimmers will go underwater, blow bubbles, front and back glide and learn appropriate arm actions and kicking. All skills are demonstrated with support.

### PreSchool Level 2 Swimming Lessons

Swimmers comfortable in the water on their front and back and can go under water are ready for more. Combines arm and leg actions, floats unassisted and starts to become comfortable in deeper water.

### PreSchool Level 3 Swimming Lessons

Swimmers will continue improvement on front and back glide, coordination of arm and legs on both the front and back and float unassisted for 15 seconds. Swimmers will also start to learn the elementary backstroke.

### SWIMMING for Ages 6–12

*See class locations, schedules and fees on pages 12-14.*

### Level 1 Swimming Lessons

First timers and timid swimmers become independent going underwater, blowing bubbles, gliding front and back. Learn appropriate arm action and kicking for both the front and back crawl.

## Level 2 Swimming Lessons

Continuing to & improve front and back glides, float unassisted for 15 seconds, coordinate arm and legs on both the front and back. Swimmers will also start to learn the elementary backstroke and scissors kick.

## Level 3 Swimming Lessons

We are really swimming now! Swimmers front glide, swim front crawl with rotary breathing and elementary backstroke. Swimmers will also start work on the dolphin and scissors kicks.

## Level 4 Swimming Lessons

Refine skills and increase endurance by swimming familiar strokes. The basics of turning at a wall are introduced in this level.

## Level 5 Swimming Lessons

Swimmers will polish all the strokes and increase distances. Flip turns on the front and back are also introduced. Swimmers who successfully complete this level are highly encouraged to participate in our Pre-Competitive and Summer Swim Team programs.

# ARTS

## CRAFTS

### Adult Specialty Craft Series

Januray - Encaustic Painting Learn the art of Encaustic Painting - Also known as hot wax painting, this involves using heated beeswax to which colored pigments are added. February - Egg Tempera Hardboard Painting. The ancient method used for classical frescos is Egg Tempera Painting. Learn the secrets and how it is used today to create amazing works of art. March - Still Life Collage Combine the use of photos with other 3-dimensional found objects to create a wall hanging.

**3 Weeks — Resident: \$54; Nonresident: \$59 (Ages 16+)**

Jan 12 – Jan 26	Tue 6:30–8:30 PM	Sheridan	439601
Feb 09 – Feb 23	Tue 6:30–8:30 PM	Sheridan	439602
Mar 08 – Mar 22	Tue 6:30–8:30 PM	Sheridan	439603

### Beginning Crochet Class

Learn the basics for crocheting, including how to hold the yarn and four basic stitches for making baby blankets and scarves.

**1 Day — Resident: \$11; Nonresident: \$13 (Ages 18+)**

Sep 05	Sat 9–11 AM	Lone Tree	460379
Nov 07	Sat 9–11 AM	Lone Tree	4603711
Feb 13	Sat 9–11 AM	Lone Tree	460372

### Canvas and Cookies

Create a work of art while enjoying some cookies and milk.

**1 Day — Youth: \$8; Youth Nonresident: \$9 (Ages 4–8)**

Sep 25	Fri 2:30–3:30 PM	Lone Tree	455549
Jan 15	Fri 2:30–3:30 PM	Lone Tree	455541

## Creation Station

Explore multiple media such as paint, glue, fabric, clay, canvas, paper and more to create art.

**3 Weeks — Youth: \$18; Youth Nonresident: \$21 (Ages 6–12)**

Sep 14 – Sep 28	Mon 4–5:30 PM	Lone Tree	455639
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## Holiday Art

Be creative making festive, fun holiday projects.

**3 Weeks — Youth: \$31; Youth Nonresident: \$36 (Ages 3–6)**

Dec 01 – Dec 15	Tue 10–11:30 AM	Goodson	4201212
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## Holiday Art For An Hour

Create holiday themed art for Halloween and Valentine's Day.

**1 Day — Youth: \$9; Youth Nonresident: \$12 (Ages 3–6)**

Oct 30	Fri 9:30–10:30 AM	Lone Tree	4680510
Feb 12	Fri 9:30–10:30 AM	Lone Tree	468052

## Knitting 101

Learn the basics of knitting. Projects include scarves, hot pads and slippers.

**2 Weeks — Resident: \$20; Nonresident: \$23 (Ages 18+)**

Oct 18 – Oct 25	Sun 1–3 PM	Lone Tree	4609610
Jan 10 – Jan 17	Sun 1–3 PM	Lone Tree	460961

## Parent-Tot Clay Ornaments

Explore the joy of creating art together during these bonding experiences for parent/grandparent and child. Make festive clay ornaments and decorate after firing for long lasting holiday treasures. Class fee is per child; no charge for adults.

**2 Weeks — Youth: \$17; Youth Nonresident: \$19 (Ages 3–7)**

Dec 01 – Dec 08	Tue 4–5 PM	Lone Tree	4682212
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**2 Weeks — Youth: \$17; Youth Nonresident: \$19 (Ages 30 mos–5)**

Dec 02 – Dec 09	Wed 11:15 AM–12:15 PM	Goodson	4214712
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## DRAWING

### Cartooning Illustration

Design your very own character as you learn how to convey shape and color, action and style.

**7 Weeks — Youth: \$43; Youth Nonresident: \$50 (Ages 8–15)**

Sep 03 – Oct 15	Thu 5–6 PM	Goodson	420629
Oct 22 – Dec 10	Thu 5–6 PM	Goodson	4206210
Jan 07 – Feb 18	Thu 5–6 PM	Goodson	420621
Feb 25 – Apr 07	Thu 5–6 PM	Goodson	420622

### Charcoal Drawing

This class is for beginners and on-going students alike. Charcoal, so easy to use - puts shadows in quickly and lets you spend more time getting the shapes and sizes of what's in front of you drawn.

**6 Weeks — Resident: \$62; Nonresident: \$68 (Ages 16+)**

Sep 12 – Oct 17	Sat 1–3 PM	Goodson	430969
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## Daytime Drawing Workshop

Learn different drawing techniques and discover which ones you like best.

**1 Day** — Resident: \$15; Nonresident: \$18 (Ages 15+)

Nov 23	Mon 9–11 AM	Goodson	4309511
Dec 21	Mon 9–11 AM	Goodson	4309512

## The Basics of Drawing

Learn the basics of line, texture, shading and perspective using a variety of mediums like graphite, charcoal, pastels and ink. All levels of experience welcome. Supply list online.

**4 Weeks** — Resident: \$50; Nonresident: \$56 (Ages 14+)

Oct 29 – Nov 19	Thu 6–8 PM	Buck	4004410
Mar 03 – Mar 31	Thu 6–8 PM	Buck	400443

## Drawing Continuing

Explore drawing techniques beyond the basics. Use a variety of mediums including graphite, charcoal, pastels and ink. Supply list online.

**4 Weeks** — Resident: \$50; Nonresident: \$56 (Ages 14+)

Jan 07 – Jan 28	Thu 6–8 PM	Buck	400241
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## MLK Art Workshop

Create exciting multi-media art pieces inspired by winter motifs on your morning off from school.

**1 Day** — Resident: \$20; Nonresident: \$23 (Ages 6–12)

Jan 18	Mon 9 AM–12 PM	Goodson	415011
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## President's Day Art Workshop

Create exciting multi-media art projects with spring themes on your morning off from school.

**1 Day** — Youth: \$20; Youth Nonresident: \$23 (Ages 6–12)

Feb 15	Mon 9 AM–12 PM	Goodson	415022
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## Zen Doodle Art

Learn the trendy new drawing technique that is all the rage.

**4 Weeks** — Youth: \$24; Youth Nonresident: \$28 (Ages 6–12)

Oct 05 – Oct 26	Mon 4–5 PM	Lone Tree	4556210
Feb 01 – Feb 22	Mon 4–5 PM	Lone Tree	455622

## FILMMAKING AND PHOTOGRAPHY

### Creative Photography Workshop

Create art using a digital camera. Lighting, composition and other important elements will be discussed. Bring a familiar camera or one will be provided in class. A total of 3 images will be printed and a photo project will be made.

**3 Weeks** — Youth: \$40; Youth Nonresident: \$45 (Ages 14–17)

Sep 12 – Sep 26	Sat 9–11 AM	Lone Tree	455769
Mar 05 – Mar 19	Sat 9–11 AM	Lone Tree	455763

### Nature and Wildlife Photography Workshop

Photograph natural beauty under the direction of an experienced photographer. Bring a familiar and charged digital camera.

**1 Day** — Youth: \$15; Youth Nonresident: \$17 (Ages 8–14)

Sep 19	Sat 3–5 PM	Sweetwater	454759
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## JEWELRY MAKING

### 1 Day Jewelry Making Camp

Use beads, wire and jewelry tools to make fashionable earrings and more on your day off from school. \$10 material fee due to instructor at first class.

**1 Day** — Youth: \$18; Youth Nonresident: \$19 (Ages 7–14)

Jan 18	Mon 1–3 PM	Goodson	424091
Feb 15	Mon 1–3 PM	Goodson	424092

### 2 Day Jewelry Making Camp

Create earrings, necklaces and more to give as holiday gifts or to keep for yourself. \$10 material fee due to instructor at first class.

**2 Day** — Youth: \$37; Youth Nonresident: \$39 (Ages 7–14)

Dec 21 – Dec 22	Mon Tue 10 AM–12 PM	Goodson	4240712
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### Bedazzled Earrings

Build and take home three pairs of bedazzled, handcrafted earrings for holiday gift giving.

**1 Day** — Resident: \$12; Nonresident: \$13 (Ages 16+)

Nov 18	Wed 6:30–8:30 PM	Goodson	4309111
Mar 09	Wed 6:30–8:30 PM	Goodson	430913

### Intermediate Mixed Jewelry Making

Expanded Mixed Jewelry Sampler utilizing intermediate techniques. Tools furnished. \$10 material fee due to instructor at first class.

**4 Weeks** — Resident: \$48; Nonresident: \$52 (Ages 16+)

Oct 21 – Nov 11	Wed 6:30–8:30 PM	Goodson	4309410
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### Mixed Jewelry Making Sampler

Take your beading experience to the next level with techniques that include jig design, wire wrapping, coiled wire wrapping and chain maille. \$10 material fee due to instructor at first class.

**4 Weeks** — Resident: \$48; Nonresident: \$52 (Ages 16+)

Sep 14 – Oct 05	Mon 6:30–8:30 PM	Sheridan	439419
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### Mixed Jewelry Making Sampler

Take your beading experience to the next level with techniques that include jig design, wire wrapping, coiled wire wrapping and chain maille.

**4 Weeks** — Resident: \$48; Nonresident: \$52 (Ages 16+)

Sep 16 – Oct 07	Wed 6:30–8:30 PM	Goodson	430899
Jan 06 – Jan 27	Wed 6:30–8:30 PM	Goodson	430891

### More Mixed Jewelry Making

Expanded Mixed Jewelry Sampler utilizing intermediate techniques. Tools furnished. \$10 material fee due to instructor at first class.

**4 Weeks** — Resident: \$48; Nonresident: \$52 (Ages 16+)

Oct 19 – Nov 09	Mon 6:30–8:30 PM	Sheridan	4394210
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## PAINTING

### Adult Art Studio

Explore a variety of materials such as painting, drawing and clay.

**3 Weeks — Resident: \$46; Nonresident: \$51 (Ages 16+)**

Sep 01 – Sep 15	Tue 7–9 PM	Goodson	430939
Oct 06 – Oct 20	Tue 7–9 PM	Goodson	4309310
Nov 03 – Nov 17	Tue 7–9 PM	Goodson	4309311
Dec 01 – Dec 15	Tue 7–9 PM	Goodson	4309312
Jan 05 – Jan 19	Tue 7–9 PM	Goodson	430931
Feb 02 – Feb 16	Tue 7–9 PM	Goodson	430932
Mar 01 – Mar 15	Tue 7–9 PM	Goodson	430933

### Adult Mixed Media

Use various materials to create collages, interesting texture and unique pieces of art. This small class size will provide the perfect environment to get your creative juices flowing.

**4 Weeks — Resident: \$62; Nonresident: \$68 (Ages 16+)**

Dec 02 – Dec 23	Wed 6–8 PM	Goodson	4305212
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### Adult Painting Studio

Create original art for your home or to give as a gift in this relaxing class for beginners and advanced artists alike. Instructor provides individual guidance on composition, color mixing and techniques. Bring your own painting supplies.

**4 Weeks — Resident: \$38; Nonresident: \$42 (Ages 15+)**

Sep 02 – Sep 23	Wed 6:30–8 PM	Sheridan	439119
Oct 07 – Oct 28	Wed 6:30–8 PM	Sheridan	4391110
Nov 04 – Nov 25	Wed 6:30–8 PM	Sheridan	4391111
Jan 06 – Jan 27	Wed 6:30–8 PM	Sheridan	439111
Feb 03 – Feb 24	Wed 6:30–8 PM	Sheridan	439112
Mar 02 – Mar 23	Wed 6:30–8 PM	Sheridan	439113

### Art Studio

Explore a variety of materials such as painting, drawing and clay.

**4 Weeks — Resident: \$48; Nonresident: \$52 (Ages 18+)**

Sep 01 – Sep 22	Tue 6–8 PM	Lone Tree	460879
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### Watercolor Techniques

Explore paint mixing and brushwork technique led by an exceptional artist. No experience necessary. Supply list online.

**4 Weeks — Resident: \$50; Nonresident: \$56 (Ages 14+)**

Sep 03 – Sep 24	Thu 6–8 PM	Buck	400429
Feb 04 – Feb 25	Thu 6–8 PM	Buck	400422

### Continuing Watercolor Techniques

Explore various watercolor techniques beyond the basics. Led by an exceptional artist in a friendly setting. Supply list online.

**4 Weeks — Resident: \$50; Nonresident: \$56 (Ages 14+)**

Oct 01 – Oct 22	Thu 6–8 PM	Buck	4004110
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## Daytime Art Experience

Experience what it is like to work with oil, watercolor, pastel, ink and acrylics. Learn new techniques or refresh your skills.

**6 Weeks — Resident: \$82; Nonresident: \$92 (Ages 16+)**

Sep 04 – Oct 09	Fri 12:30–2:30 PM	Goodson	430569
Jan 08 – Feb 12	Fri 12:30–2:30 PM	Goodson	430561

## Daytime Creative Studio

Adults are invited to work in our studio using their own supplies. An experienced artist is on hand to provide guidance. Drawing, painting, sewing and other types of creative projects are welcome!

**3 Weeks — Resident: \$28; Nonresident: \$31 (Ages 16+)**

Sep 03 – Sep 17	Thu 1–2:30 PM	Sheridan	439059
Oct 01 – Oct 15	Thu 1–2:30 PM	Sheridan	4390510
Nov 05 – Nov 19	Thu 1–2:30 PM	Sheridan	4390511
Dec 03 – Dec 17	Thu 1–2:30 PM	Sheridan	4390512
Jan 07 – Jan 21	Thu 1–2:30 PM	Sheridan	439051
Feb 04 – Feb 18	Thu 1–2:30 PM	Sheridan	439052

## Daytime Watercolor

Explore paint mixing and brushwork techniques led by an exceptional artist in a friendly setting. No experience necessary.

**6 Weeks — Resident: \$82; Nonresident: \$92 (Ages 16+)**

Oct 23 – Dec 04	Fri 12:30–2:30 PM	Goodson	4305110
Apr 08 – May 13	Fri 12:30–2:30 PM	Goodson	430514

## Little Artists

Explore art with a wide variety of media, while learning fundamental art concepts.

**4 Weeks — Youth: \$41; Youth Nonresident: \$48 (Ages 3–6)**

Sep 08 – Sep 29	Tue 10–11:30 AM	Goodson	421709
Oct 06 – Oct 27	Tue 10–11:30 AM	Goodson	4217010
Nov 03 – Nov 24	Tue 10–11:30 AM	Goodson	4217011
Jan 05 – Jan 26	Tue 10–11:30 AM	Goodson	421701
Feb 02 – Feb 23	Tue 10–11:30 AM	Goodson	421702
Mar 01 – Mar 29	Tue 10–11:30 AM	Goodson	421703

## Pastels for Beginners

Learning this new media will let you easily add color to your drawings. Here you will learn the basics of line making, cross-hatching, stippling, blended lines, layering and how to build your drawing.

**6 Weeks — Resident: \$62; Nonresident: \$68 (Ages 16+)**

Sep 12 – Oct 17	Sat 10 AM–12 PM	Goodson	430979
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## PRIVATE MUSIC LESSONS

Experienced Music Instructor, Jose Melendez is available for half-hour private music lessons in Piano, Drums, Guitar, Bass and Voice. Call Sheridan Recreation Center for more information.

Call Jose Melendez to schedule your lesson: 720-252-5304

## POTTERY

### Beginning Pottery

Learn the basics of pottery wheel throwing and glazing with individual attention given to students.

**6 Weeks — Resident: \$92; Nonresident: \$107 (Ages 16+)**

Sep 14 – Oct 19	Mon 6:30–9:30 PM	Goodson	431179
Sep 23 – Oct 28	Wed 3–6 PM	Goodson	431169
Oct 26 – Nov 30	Mon 6:30–9:30 PM	Goodson	4311710
Nov 11 – Dec 16	Wed 3–6 PM	Goodson	4311611
Jan 06 – Feb 10	Wed 3–6 PM	Goodson	431161
Jan 11 – Feb 15	Mon 6:30–9:30 PM	Goodson	431171
Feb 22 – Apr 04	Mon 6:30–9:30 PM	Goodson	431172
Feb 24 – Mar 30	Wed 3–6 PM	Goodson	431162

### Clay Creations

Learn pinch, coil and slab techniques, includes firing and glazing.

**8 Weeks — Youth: \$72; Youth Nonresident: \$80 (Ages 5–12)**

Oct 06 – Nov 24	Tue 4:15–5:30 PM	Goodson	4248010
Dec 01 – Jan 19	Tue 4:15–5:30 PM	Goodson	4248012
Jan 26 – Mar 15	Tue 4:15–5:30 PM	Goodson	424801

### Clay Handbuilding and Sculpture

Learn handbuilding techniques to make projects such as functional or abstract vessels and sculptures. Some projects may take more than one session to complete. Clay and tools must be purchased through an instructor.

**4 Weeks — Resident: \$60; Nonresident: \$67 (Ages 16+)**

Sep 01 – Sep 22	Tue 6–9 PM	Goodson	431379
Oct 06 – Oct 27	Tue 6–9 PM	Goodson	4313710
Nov 03 – Nov 24	Tue 6–9 PM	Goodson	4313711
Dec 01 – Dec 22	Tue 6–9 PM	Goodson	4313712
Jan 05 – Jan 26	Tue 6–9 PM	Goodson	431371
Feb 02 – Feb 23	Tue 6–9 PM	Goodson	431372
Mar 01 – Mar 22	Tue 6–9 PM	Goodson	431373

### Continuing Wheel Pottery Daytime

Whether you are a beginner, or & have been throwing for years, practice your throwing skills with individual guidance. Clay purchased during class.

**3 Weeks — Resident: \$45; Nonresident: \$51 (Ages 16+)**

Sep 14 – Sep 28	Mon 11:30 AM–2:30 PM	Goodson	431139
Dec 04 – Dec 18	Fri 10:30 AM–1:30 PM	Goodson	4315312
Dec 07 – Dec 21	Mon 11:30 AM–2:30 PM	Goodson	4311312
Mar 04 – Mar 18	Fri 10:30 AM–1:30 PM	Goodson	431533

**4 Weeks — Resident: \$60; Nonresident: \$67 (Ages 16+)**

Sep 04 – Sep 25	Fri 10:30 AM–1:30 PM	Goodson	431539
Oct 02 – Oct 23	Fri 10:30 AM–1:30 PM	Goodson	4315310
Oct 05 – Oct 26	Mon 11:30 AM–2:30 PM	Goodson	4311310
Oct 30 – Nov 20	Fri 10:30 AM–1:30 PM	Goodson	4315311
Nov 02 – Nov 23	Mon 11:30 AM–2:30 PM	Goodson	4311311
Jan 04 – Jan 25	Mon 11:30 AM–2:30 PM	Goodson	431131

Jan 08 – Jan 29	Fri 10:30 AM–1:30 PM	Goodson	431531
Feb 01 – Feb 22	Mon 11:30 AM–2:30 PM	Goodson	431132
Feb 05 – Feb 26	Fri 10:30 AM–1:30 PM	Goodson	431532
Mar 07 – Mar 28	Mon 11:30 AM–2:30 PM	Goodson	431133

### Continuing Wheel Pottery Evening

Whether you are a beginner, or have been throwing for years, practice your throwing skills with individual guidance. Clay purchased during class.

**3 Weeks — Resident: \$45; Nonresident: \$51 (Ages 16+)**

Sep 14 – Sep 28	Mon 11:30 AM–2:30 PM	Goodson	431139
Nov 04 – Nov 18	Wed 6:30–9:30 PM	Goodson	4313811
Nov 05 – Nov 19	Thu 6:30–9:30 PM	Goodson	4314811
Dec 02 – Dec 16	Wed 6:30–9:30 PM	Goodson	4313812
Dec 03 – Dec 17	Thu 6:30–9:30 PM	Goodson	4314812
Dec 04 – Dec 18	Fri 10:30 AM–1:30 PM	Goodson	4315312
Dec 07 – Dec 21	Mon 11:30 AM–2:30 PM	Goodson	4311312
Mar 04 – Mar 18	Fri 10:30 AM–1:30 PM	Goodson	431533

**4 Weeks — Resident: \$60; Nonresident: \$67 (Ages 16+)**

Sep 02 – Sep 23	Wed 6:30–9:30 PM	Goodson	431389
Sep 03 – Sep 24	Thu 6:30–9:30 PM	Goodson	431489
Sep 04 – Sep 25	Fri 10:30 AM–1:30 PM	Goodson	431539
Oct 01 – Oct 22	Thu 6:30–9:30 PM	Goodson	4314810
Oct 02 – Oct 23	Fri 10:30 AM–1:30 PM	Goodson	4315310
Oct 05 – Oct 26	Mon 11:30 AM–2:30 PM	Goodson	4311310
Oct 07 – Oct 28	Wed 6:30–9:30 PM	Goodson	4313810
Oct 30 – Nov 20	Fri 10:30 AM–1:30 PM	Goodson	4315311
Nov 02 – Nov 23	Mon 11:30 AM–2:30 PM	Goodson	4311311
Jan 04 – Jan 25	Mon 11:30 AM–2:30 PM	Goodson	431131
Jan 06 – Jan 27	Wed 6:30–9:30 PM	Goodson	431381
Jan 07 – Jan 28	Thu 6:30–9:30 PM	Goodson	431481
Jan 08 – Jan 29	Fri 10:30 AM–1:30 PM	Goodson	431531
Feb 01 – Feb 22	Mon 11:30 AM–2:30 PM	Goodson	431132
Feb 03 – Feb 24	Wed 6:30–9:30 PM	Goodson	431382
Feb 04 – Feb 25	Thu 6:30–9:30 PM	Goodson	431482
Feb 05 – Feb 26	Fri 10:30 AM–1:30 PM	Goodson	431532
Mar 02 – Mar 30	Wed 6:30–9:30 PM	Goodson	431383
Mar 03 – Mar 24	Thu 6:30–9:30 PM	Goodson	431483
Mar 07 – Mar 28	Mon 11:30 AM–2:30 PM	Goodson	431133

## Goodson Pottery Studio Labtime

Registration for lab time allows you to use the studio and be a member of the Pottery Guild. Work all month during center hours, except during wheel classes. Participants must have recently taken a pottery class at Goodson to be eligible. Clay must be purchased through an instructor.

**Monthly — Resident: \$50; Nonresident: \$61 (Ages 16+)**

Sep 01 – Sep 30	Mon–Sun 6 AM–9:30 PM	Goodson	431909
Oct 01 – Oct 31	Mon–Sun 6 AM–9:30 PM	Goodson	4319010
Nov 01 – Nov 30	Mon–Sun 6 AM–9:30 PM	Goodson	4319011
Dec 01 – Dec 31	Mon–Sun 6 AM–9:30 PM	Goodson	4319012
Jan 01 – Jan 31	Mon–Sun 6 AM–9:30 PM	Goodson	431901
Feb 01 – Feb 29	Mon–Sun 6 AM–9:30 PM	Goodson	431902
Mar 01 – Mar 31	Mon–Sun 6 AM–9:30 PM	Goodson	431903

## Introduction to RAKU

Explore RAKU firing and techniques. The pottery class utilizes an outdoor firing kiln and other specialized handling. Instructor assists with glazing and firing. Contact art department for restrictions and guidelines. Bring prepared bisque-ware for firing to the workshop.

**1 Day — Resident: \$54; Nonresident: \$59 (Ages 16+)**

Sep 19	Sat 9 AM–3 PM	Goodson	431608
Mar 19	Sat 9 AM–3 PM	Goodson	431603

## Open RAKU Firing

This is a RAKU firing open drop in; no instruction is provided. Register for one of 3 spots and get priority firing which allows you to fire as many pieces as you want for the day, or pay a single firing fee per piece and fire one or two pieces. Instructor has pieces for sale.

**1 Day — Resident: \$54; Nonresident: \$59 (Ages 16+)**

Oct 24	Sat 9 AM–3 PM	Goodson	4316510
Dec 05	Sat 9 AM–3 PM	Goodson	4316512
Feb 13	Sat 9 AM–3 PM	Goodson	431652

## Holiday Clay Projects

Use clay sculpting techniques to build festive projects for the holidays.

**4 Weeks — Youth: \$37; Youth Nonresident: \$41 (Ages 5–12)**

Nov 30 – Dec 21	Mon 4:15–5:30 PM	Goodson	4211911
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## Kids Clay Fun

Children can fine tune their motor skills by using clay, and experiment with new textures in an inspiring and educational way.

**3 Weeks — Youth: \$31; Youth Nonresident: \$36 (Ages 3–6)**

Dec 03 – Dec 17	Thu 9:15–10:45 AM	Goodson	4214512
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**4 Weeks — Youth: \$41; Youth Nonresident: \$48 (Ages 3–6)**

Sep 03 – Sep 24	Thu 9:15–10:45 AM	Goodson	421459
Oct 01 – Oct 22	Thu 9:15–10:45 AM	Goodson	4214510
Oct 29 – Nov 19	Thu 9:15–10:45 AM	Goodson	4214511
Jan 04 – Jan 25	Mon 1:30–3 PM	Lone Tree	451041
Jan 07 – Jan 28	Thu 9:15–10:45 AM	Goodson	421451
Feb 01 – Feb 22	Mon 1:30–3 PM	Lone Tree	451042
Feb 04 – Feb 25	Thu 9:15–10:45 AM	Goodson	421452
Mar 03 – Mar 31	Thu 9:15–10:45 AM	Goodson	421453

## Mud Puppies Clay Parent-Tot

You and your child will create beautiful permanent clay art treasures.

**4 Weeks — Youth: \$33; Youth Nonresident: \$37 (Ages 3–7)**

Jan 04 – Jan 25	Mon 4–5 PM	Lone Tree	468301
Mar 07 – Mar 28	Mon 4–5 PM	Lone Tree	468303

**3 Weeks — Youth: \$25; Youth Nonresident: \$28 (Ages 30 mos–5)**

Dec 03 – Dec 17	Thu 11 AM–12 PM	Goodson	4374412
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**4 Weeks — Youth: \$33; Youth Nonresident: \$37 (Ages 30 mos–5)**

Sep 03 – Sep 24	Thu 11 AM–12 PM	Goodson	437449
Oct 01 – Oct 22	Thu 11 AM–12 PM	Goodson	4374410
Oct 29 – Nov 19	Thu 11 AM–12 PM	Goodson	4374411
Jan 07 – Jan 28	Thu 11 AM–12 PM	Goodson	437441
Feb 04 – Feb 25	Thu 11 AM–12 PM	Goodson	437442
Mar 03 – Mar 31	Thu 11 AM–12 PM	Goodson	437443

## Parent-Tot Handprint Workshop

Take home a keepsake clay plaque of your child's hand or foot. All pieces will be fired and glazed.

**1 Day — Youth: \$16; Youth Nonresident: \$20 (Ages 0–5)**

Dec 08	Tue 11:30 AM–1 PM	Lone Tree	4682312
Feb 02	Tue 11:30 AM–1 PM	Lone Tree	468232

**1 Day — Youth: \$16; Youth Nonresident: \$20 (Ages 3 mos–3)**

Nov 17	Tue 12:30–2 PM	Goodson	4200811
Feb 09	Tue 12:30–2 PM	Goodson	420082

## Youth Pottery

Learn the basics of wheel throwing and glazing.

**6 Weeks — Youth: \$54; Youth Nonresident: \$65 (Ages 10–15)**

Sep 03 – Oct 08	Thu 4–6 PM	Goodson	421509
Oct 15 – Nov 19	Thu 4–6 PM	Goodson	4215010
Jan 07 – Feb 11	Thu 4–6 PM	Goodson	421501
Feb 25 – Mar 31	Thu 4–6 PM	Goodson	421502

## WRITING

### Writer's Workshop

Learn writing basics or polish your writing skills and create stories. Class taught by a published writer.

**2 Weeks — Resident: \$14; Nonresident: \$18 (Ages 16+)**

Nov 08 – Nov 15	Sun 1–3 PM	Lone Tree	4640011
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# ATHLETICS

## COUNTY LINE BMX TRACK

Check us out on Facebook! [www.facebook.com/CountyLineBMX](http://www.facebook.com/CountyLineBMX) for updates including weather.

Getting started in BMX Racing is easy and the fun is endless! Open daily, 8 am to sunset, weather permitting and for all ages.

County Line BMX track is located on the SE corner of Colorado Blvd. County Line Rd. in David A. Lorenz Regional Park. accessible from Colorado Blvd.

Full face helmet, long sleeves and pants required for racing.

Memberships can be purchased at the track for Sunday races. All ages and ability levels welcome!

USA BMX membership required: 1 day temporary, 30 day temporary, 1 year Full Member.

Race fees are \$10.

## COUNTY LINE BMX 2015 RACE INFORMATION

Sunday Races Aug 2-Nov 22

Register at 10 am, Race at 11 am

\* Check Facebook for weekly updates and information for each of the special events.

Earned Double, Aug 16, Registration 9 - 11 AM \$20

Passionately Pink, Oct 4, Registration 10 - 11 AM \$10

## FENCING

### Fencing - Youth

Integrate mind and body, gain balance, better reflexes, confidence, and self-esteem. All equipment is provided. \$20 equipment fee paid to instructor first day.

**6 Weeks — Youth: \$72; Youth Nonresident: \$82 (Ages 8–14)**

Sep 15 – Oct 20	Tue 4:15–5:45 PM	Goodson	411209
Oct 27 – Dec 01	Tue 4:15–5:45 PM	Goodson	4112010
Dec 08 – Jan 12	Tue 4:15–5:45 PM	Goodson	4112012
Jan 19 – Feb 23	Tue 4:15–5:45 PM	Goodson	411201
Mar 01 – Apr 05	Tue 4:15–5:45 PM	Goodson	411203

## GYMNASTICS

### Tiny Tots Gymnastics

Parents play with tots, while encouraging motor skill development in a safe environment.

**6 Weeks — Youth: \$41; Youth Nonresident: \$51 (Ages 18 mos–3)**

Nov 02 – Dec 14	Mon 10:40–11:25 AM	Goodson	6250711
Nov 03 – Dec 15	Tue 10:40–11:25 AM	Goodson	6251111
Nov 04 – Dec 16	Wed 9:45–10:30 AM	Goodson	6251711
Nov 05 – Dec 17	Thu 10:40–11:25 AM	Goodson	6252211
Nov 06 – Dec 18	Fri 9:45 AM–10:30 PM	Goodson	6253111

**7 Weeks — Youth: \$48; Youth Nonresident: \$60 (Ages 18 mos–3)**

Sep 14 – Oct 26	Mon 10:40–11:25 AM	Goodson	625079
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**8 Weeks — Youth: \$55; Youth Nonresident: \$68 (Ages 18 mos–3)**

Sep 08 – Oct 27	Tue 10:40–11:25 AM	Goodson	625119
Sep 09 – Oct 28	Wed 9:45–10:30 AM	Goodson	625179
Sep 10 – Oct 29	Thu 10:40–11:25 AM	Goodson	625229

Sep 11 – Oct 30	Fri 9:45 AM–10:30 PM	Goodson	625319
Jan 04 – Feb 22	Mon 10:40–11:25 AM	Goodson	625071
Jan 05 – Feb 23	Tue 10:40–11:25 AM	Goodson	625111
Jan 06 – Feb 24	Wed 9:45–10:30 AM	Goodson	625171
Jan 07 – Feb 25	Thu 10:40–11:25 AM	Goodson	625221
Jan 08 – Feb 26	Fri 9:45 AM–10:30 PM	Goodson	625311
Feb 01 – Apr 25	Mon 10:40–11:25 AM	Goodson	625073
Mar 01 – Apr 26	Tue 10:40–11:25 AM	Goodson	625113
Mar 02 – Apr 27	Wed 9:45–10:30 AM	Goodson	625173
Mar 03 – Apr 28	Thu 10:40–11:25 AM	Goodson	625223
Mar 04 – Apr 29	Fri 9:45 AM–10:30 PM	Goodson	625313

### Tumble Bugs Gymnastics

This structured program is for the active toddler to build a base for gymnastics and practice socialization skills.

**6 Weeks — Youth: \$41; Youth Nonresident: \$51 (Ages 30 mos–4)**

Nov 02 – Dec 14	Mon 9:45–10:30 AM	Goodson	6253411
Nov 03 – Dec 15	Tue 9:45–10:30 AM	Goodson	6253611
Nov 04 – Dec 16	Wed 10:40–11:25 AM	Goodson	6254411
Nov 06 – Dec 18	Fri 10:40–11:25 AM	Goodson	6255811

**7 Weeks — Youth: \$48; Youth Nonresident: \$60 (Ages 30 mos–4)**

Sep 14 – Oct 26	Mon 9:45–10:30 AM	Goodson	625349
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**8 Weeks — Youth: \$55; Youth Nonresident: \$68 (Ages 30 mos–4)**

Sep 08 – Oct 27	Tue 9:45–10:30 AM	Goodson	625369
Sep 09 – Oct 28	Wed 10:40–11:25 AM	Goodson	625449
Sep 11 – Oct 30	Fri 10:40–11:25 AM	Goodson	625589
Jan 04 – Feb 22	Mon 9:45–10:30 AM	Goodson	625341
Jan 05 – Feb 23	Tue 9:45–10:30 AM	Goodson	625361
Jan 06 – Feb 24	Wed 10:40–11:25 AM	Goodson	625441
Jan 08 – Feb 26	Fri 10:40–11:25 AM	Goodson	625581
Feb 01 – Apr 25	Mon 9:45–10:30 AM	Goodson	625343
Mar 01 – Apr 26	Tue 9:45–10:30 AM	Goodson	625363
Mar 02 – Apr 27	Wed 10:40–11:25 AM	Goodson	625443
Mar 04 – Apr 29	Fri 10:40–11:25 AM		

### Mighty Munchkins

Parents and tots engage in fun games and basic gymnastic skills. This is a great class for families with multiple children.

**6 Weeks — Youth: \$41; Youth Nonresident: \$51 (Ages 6 mos–5)**

Nov 02 – Dec 14	Mon 11:30 AM–12:15 PM	Goodson	6250311
Nov 07 – Dec 19	Sat 8–8:45 AM	Goodson Gym	6259911
Mar 12 – Apr 23	Sat 8–8:45 AM	Goodson Gym	625993

**7 Weeks — Youth: \$48; Youth Nonresident: \$60 (Ages 6 mos–5)**

Sep 14 – Oct 26	Mon 11:30 AM–12:15 PM	Goodson	625039
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**8 Weeks — Youth: \$55; Youth Nonresident: \$68 (Ages 6 mos–5)**

Sep 12 – Oct 31	Sat 8–8:45 AM	Goodson Gym	625999
Jan 04 – Feb 22	Mon 11:30 AM–12:15 PM	Goodson	625031
Jan 09 – Feb 27	Sat 8–8:45 AM	Goodson Gym	625991
Feb 01 – Apr 25	Mon 11:30 AM–12:15 PM	Goodson	625033

## Tumble Tykes

Build gymnastics skills through fun, creative techniques while discovering body awareness through jumping, balancing and coordination drills.

### 8 Weeks — Youth: \$55; Youth Nonresident: \$68 (Ages 4–5)

Sep 10 – Oct 29	Thu 11:30 AM–12:15 PM	Goodson	625719
Jan 07 – Feb 25	Thu 11:30 AM–12:15 PM	Goodson	625711
Mar 03 – Apr 28	Thu 11:30 AM–12:15 PM	Goodson	625713

### 7 Weeks — Youth: \$41; Youth Nonresident: \$51 (Ages 4–5)

Nov 02 – Dec 14	Mon 2–2:45 PM	Goodson	6256011
Nov 02 – Dec 14	Mon 4–4:45 PM	Goodson	6256311
Nov 03 – Dec 25	Tue 11:30 AM–12:15 PM	Goodson	6256411
Nov 03 – Dec 15	Tue 3–3:45 PM	Goodson	6256711
Nov 03 – Dec 15	Tue 5:10–5:55 PM	Goodson	6258111
Nov 04 – Dec 26	Wed 11:30 AM–12:15 PM	Goodson	6257011
Nov 04 – Dec 16	Wed 2–2:45 PM	Goodson	6257911
Nov 05 – Dec 17	Thu 11:30 AM–12:15 PM	Goodson	6257111
Nov 05 – Dec 17	Thu 4–4:45 PM	Goodson	6257311
Nov 05 – Dec 17	Thu 2–2:45 PM	Goodson	6258211
Nov 06 – Dec 18	Fri 2–2:45 PM	Goodson	6257511
Nov 06 – Dec 18	Fri 11:30 AM–12:15 PM	Goodson	6257611
Nov 06 – Dec 18	Fri 3–3:45 PM	Goodson	6258611
Nov 07 – Dec 19	Sat 9–9:45 AM	Goodson	6258011
Mar 12 – Apr 23	Sat 9–9:45 AM	Goodson	625803

### 7 Weeks — Youth: \$48; Youth Nonresident: \$60 (Ages 4–5)

Sep 14 – Oct 26	Mon 2–2:45 PM	Goodson	625609
Sep 14 – Oct 26	Mon 4–4:45 PM	Goodson	625639

### 8 Weeks — Youth: \$55; Youth Nonresident: \$68 (Ages 4–5)

Sep 08 – Oct 27	Tue 11:30 AM–12:15 PM	Goodson	625649
Sep 08 – Oct 27	Tue 3–3:45 PM	Goodson	625679
Sep 08 – Oct 27	Tue 5:10–5:55 PM	Goodson	625819
Sep 09 – Oct 28	Wed 11:30 AM–12:15 PM	Goodson	625709
Sep 09 – Oct 28	Wed 2–2:45 PM	Goodson	625799
Sep 10 – Oct 29	Thu 4–4:45 PM	Goodson	625739
Sep 10 – Oct 29	Thu 2–2:45 PM	Goodson	625829
Sep 11 – Oct 30	Fri 2–2:45 PM	Goodson	625759
Sep 11 – Oct 30	Fri 11:30 AM–12:15 PM	Goodson	625769
Sep 11 – Oct 30	Fri 3–3:45 PM	Goodson	625869
Sep 12 – Oct 31	Sat 9–9:45 AM	Goodson	625809
Jan 04 – Feb 22	Mon 2–2:45 PM	Goodson	625601
Jan 04 – Feb 22	Mon 4–4:45 PM	Goodson	625631
Jan 05 – Feb 23	Tue 11:30 AM–12:15 PM	Goodson	625641
Jan 05 – Feb 23	Tue 3–3:45 PM	Goodson	625671
Jan 05 – Feb 23	Tue 5:10–5:55 PM	Goodson	625811
Jan 06 – Feb 24	Wed 11:30 AM–12:15 PM	Goodson	625701
Jan 06 – Feb 24	Wed 2–2:45 PM	Goodson	625791
Jan 07 – Feb 25	Thu 4–4:45 PM	Goodson	625731
Jan 07 – Feb 25	Thu 2–2:45 PM	Goodson	625821
Jan 08 – Feb 26	Fri 2–2:45 PM	Goodson	625751

Jan 08 – Feb 26	Fri 11:30 AM–12:15 PM	Goodson	625761
Jan 08 – Feb 26	Fri 3–3:45 PM	Goodson	625861
Jan 09 – Feb 27	Sat 9–9:45 AM	Goodson	625801
Feb 01 – Apr 25	Mon 2–2:45 PM	Goodson	625603
Feb 01 – Apr 25	Mon 4–4:45 PM	Goodson	625633
Mar 01 – Apr 26	Tue 11:30 AM–12:15 PM	Goodson	625643
Mar 01 – Apr 26	Tue 3–3:45 PM	Goodson	625673
Mar 01 – Apr 26	Tue 5:10–5:55 PM	Goodson	625813
Mar 02 – Apr 27	Wed 11:30 AM–12:15 PM	Goodson	625703
Mar 02 – Apr 27	Wed 2–2:45 PM	Goodson	625793
Mar 03 – Apr 28	Thu 4–4:45 PM	Goodson	625733
Mar 03 – Apr 28	Thu 2–2:45 PM	Goodson	625823
Mar 04 – Apr 29	Fri 2–2:45 PM	Goodson	625753
Mar 04 – Apr 29	Fri 11:30 AM–12:15 PM	Goodson	625763
Mar 04 – Apr 29	Fri 3–3:45 PM	Goodson	625863

## Kindernastics

Kids explore the world of gymnastics and basic movement with interactive training and body awareness. Gymnastics skills will be taught on floor, bars, beam and vault.

### 6 Weeks — Youth: \$41; Youth Nonresident: \$51 (Ages 5–6)

Nov 02 – Dec 14	Mon 4–4:45 PM	Goodson	6263511
Nov 03 – Dec 15	Tue 4–4:45 PM	Goodson	6260711
Nov 03 – Dec 15	Tue 2–2:45 PM	Goodson	6260811
Nov 04 – Dec 16	Wed 3–3:45 PM	Goodson	6267011
Nov 05 – Dec 17	Thu 5:10–5:55 PM	Goodson	6261611
Nov 05 – Dec 17	Thu 3–3:45 PM	Goodson	6261711
Nov 06 – Dec 18	Fri 4–4:45 PM	Goodson	6266511
Nov 07 – Dec 19	Sat 10–10:45 AM	Goodson	6262611
Mar 12 – Apr 23	Sat 10–10:45 AM	Goodson	626263

### 7 Weeks — Youth: \$48; Youth Nonresident: \$60 (Ages 5–6)

Sep 11 – Oct 30	Fri 4–4:45 PM	Goodson	626659
Sep 14 – Oct 26	Mon 4–4:45 PM	Goodson	626359

### 8 Weeks — Youth: \$55; Youth Nonresident: \$68 (Ages 5–6)

Sep 08 – Oct 27	Tue 4–4:45 PM	Goodson	626079
Sep 08 – Oct 27	Tue 2–2:45 PM	Goodson	626089
Sep 09 – Oct 28	Wed 3–3:45 PM	Goodson	626709
Sep 10 – Oct 29	Thu 5:10–5:55 PM	Goodson	626169
Sep 10 – Oct 29	Thu 3–3:45 PM	Goodson	626179
Sep 10 – Oct 29	Thu 4–4:45 PM	Goodson	626459
Sep 12 – Oct 31	Sat 10–10:45 AM	Goodson	626269
Nov 05 – Dec 17	Thu 4–4:45 PM	Goodson	6264511
Jan 04 – Feb 22	Mon 4–4:45 PM	Goodson	626351
Jan 05 – Feb 23	Tue 4–4:45 PM	Goodson	626071
Jan 05 – Feb 23	Tue 2–2:45 PM	Goodson	626081
Jan 06 – Feb 24	Wed 3–3:45 PM	Goodson	626701
Jan 07 – Feb 25	Thu 5:10–5:55 PM	Goodson	626161
Jan 07 – Feb 25	Thu 3–3:45 PM	Goodson	626171
Jan 07 – Feb 25	Thu 4–4:45 PM	Goodson	626451
Jan 08 – Feb 26	Fri 4–4:45 PM	Goodson	626651

Jan 09 – Feb 27	Sat 10–10:45 AM	Goodson	626261
Feb 01 – Apr 25	Mon 4–4:45 PM	Goodson	626353
Mar 01 – Apr 26	Tue 4–4:45 PM	Goodson	626073
Mar 01 – Apr 26	Tue 2–2:45 PM	Goodson	626083
Mar 02 – Apr 27	Wed 3–3:45 PM	Goodson	626703
Mar 03 – Apr 28	Thu 5:10–5:55 PM	Goodson	626163
Mar 03 – Apr 28	Thu 3–3:45 PM	Goodson	626173
Mar 03 – Apr 28	Thu 4–4:45 PM	Goodson	626453
Mar 04 – Apr 29	Fri 4–4:45 PM	Goodson	626653

### Gymnastics - Pre-Beginner

Boys and girls learn basic introductory skills including those on vault, bars, beam and floor.

#### 7 Weeks — Youth: \$45; Youth Nonresident: \$55 (Ages 6–11)

Nov 05 – Dec 17	Thu 6:20–7:20 PM	Goodson	6308011
Nov 06 – Dec 18	Fri 4–5 PM	Goodson	6308511
Nov 07 – Dec 19	Sat 9–10 AM	Goodson	6309511
Mar 12 – Apr 23	Sat 9–10 AM	Goodson	630953

#### 8 Weeks — Youth: \$53; Youth Nonresident: \$65 (Ages 6–11)

Sep 11 – Oct 30	Fri 4–5 PM	Goodson	630859
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#### 8 Weeks — Youth: \$60; Youth Nonresident: \$74 (Ages 6–11)

Sep 10 – Oct 29	Thu 6:20–7:20 PM	Goodson	630809
Sep 12 – Oct 31	Sat 9–10 AM	Goodson	630959
Jan 07 – Feb 25	Thu 6:20–7:20 PM	Goodson	630801
Jan 08 – Feb 26	Fri 4–5 PM	Goodson	630851
Jan 09 – Feb 27	Sat 9–10 AM	Goodson	630951
Mar 03 – Apr 28	Thu 6:20–7:20 PM	Goodson	630803
Mar 04 – Apr 29	Fri 4–5 PM	Goodson	630853

### Gymnastics - Girls Beginner

Learn specific beginning skills including those on vault, bars, beam and floor.

#### 6 Weeks — Youth: \$45; Youth Nonresident: \$55 (Ages 6–11)

Nov 02 – Dec 14	Mon 4–5 PM	Goodson	6300011
Nov 02 – Dec 14	Mon 6:20–7:20 PM	Goodson	6303511
Nov 03 – Dec 15	Tue 5:10–6:10 PM	Goodson	6311011
Nov 04 – Dec 16	Wed 6:20–7:20 PM	Goodson	6311511
Nov 05 – Dec 17	Thu 5:10–6:10 PM	Goodson	6302511
Nov 06 – Dec 18	Fri 5:10–6:10 PM	Goodson	6313511
Nov 06 – Dec 18	Fri 6:20–7:20 PM	Goodson	6316011
Nov 07 – Dec 19	Sat 10–11 AM	Goodson	6303011
Mar 12 – Apr 23	Sat 10–11 AM	Goodson	630303

#### 7 Weeks — Youth: \$53; Youth Nonresident: \$65 (Ages 6–11)

Sep 11 – Oct 30	Fri 5:10–6:10 PM	Goodson	631359
Sep 11 – Oct 30	Fri 6:20–7:20 PM	Goodson	631609
Sep 14 – Oct 26	Mon 4–5 PM	Goodson	630009
Sep 14 – Oct 26	Mon 6:20–7:20 PM	Goodson	630359

#### 8 Weeks — Youth: \$60; Youth Nonresident: \$74 (Ages 6–11)

Sep 08 – Oct 27	Tue 5:10–6:10 PM	Goodson	631109
Sep 09 – Oct 28	Wed 6:20–7:20 PM	Goodson	631159
Sep 10 – Oct 29	Thu 5:10–6:10 PM	Goodson	630259
Sep 12 – Oct 31	Sat 10–11 AM	Goodson	630309
Jan 04 – Feb 22	Mon 4–5 PM	Goodson	630001
Jan 04 – Feb 22	Mon 6:20–7:20 PM	Goodson	630351
Jan 05 – Feb 23	Tue 5:10–6:10 PM	Goodson	631101
Jan 06 – Feb 24	Wed 6:20–7:20 PM	Goodson	631151
Jan 07 – Feb 25	Thu 5:10–6:10 PM	Goodson	630251
Jan 08 – Feb 26	Fri 5:10–6:10 PM	Goodson	631351
Jan 08 – Feb 26	Fri 6:20–7:20 PM	Goodson	631601
Jan 09 – Feb 27	Sat 10–11 AM	Goodson	630301
Feb 01 – Apr 25	Mon 4–5 PM	Goodson	630003
Feb 01 – Apr 25	Mon 6:20–7:20 PM	Goodson	630353
Mar 01 – Apr 26	Tue 5:10–6:10 PM	Goodson	631103
Mar 02 – Apr 27	Wed 6:20–7:20 PM	Goodson	631153
Mar 04 – Apr 29	Fri 6:20–7:20 PM	Goodson	631603

## Gymnastics - Girls Intermediate

Achieve proper execution, form, technique and grace with an emphasis on improving strength and flexibility.

### 6 Weeks — Youth: \$45; Youth Nonresident: \$55 (Ages 6–11)

Nov 02 – Dec 14	Mon 5:10–6:10 PM	Goodson	6320011
Nov 03 – Dec 15	Tue 4–5 PM	Goodson	6320511
Nov 03 – Dec 15	Tue 6:20–7:20 PM	Goodson	6327011
Nov 04 – Dec 16	Wed 5:10–6:10 PM	Goodson	6321511
Nov 05 – Dec 17	Thu 4–5 PM	Goodson	6323011
Nov 06 – Dec 18	Fri 5:10–6:10 PM	Goodson	6327511
Nov 07 – Dec 19	Sat 11 AM–12 PM	Goodson	6328011
Mar 12 – Apr 23	Sat 11 AM–12 PM	Goodson	632803

### 7 Weeks — Youth: \$53; Youth Nonresident: \$65 (Ages 6–11)

Sep 11 – Oct 30	Fri 5:10–6:10 PM	Goodson	632759
Sep 14 – Oct 26	Mon 5:10–6:10 PM	Goodson	632009

### 8 Weeks — Youth: \$60; Youth Nonresident: \$74 (Ages 6–11)

Sep 08 – Oct 27	Tue 4–5 PM	Goodson	632059
Sep 08 – Oct 27	Tue 6:20–7:20 PM	Goodson	632709
Sep 09 – Oct 28	Wed 5:10–6:10 PM	Goodson	632159
Sep 10 – Oct 29	Thu 4–5 PM	Goodson	632309
Sep 12 – Oct 31	Sat 11 AM–12 PM	Goodson	632809
Jan 04 – Feb 22	Mon 5:10–6:10 PM	Goodson	632001
Jan 05 – Feb 23	Tue 4–5 PM	Goodson	632051
Jan 05 – Feb 23	Tue 6:20–7:20 PM	Goodson	632701
Jan 06 – Feb 24	Wed 5:10–6:10 PM	Goodson	632151
Jan 07 – Feb 25	Thu 4–5 PM	Goodson	632301
Jan 08 – Feb 26	Fri 5:10–6:10 PM	Goodson	632751
Jan 09 – Feb 27	Sat 11 AM–12 PM	Goodson	632801
Feb 01 – Apr 25	Mon 5:10–6:10 PM	Goodson	632003
Mar 01 – Apr 26	Tue 4–5 PM	Goodson	632053
Mar 01 – Apr 27	Tue 6:20–7:20 PM	Goodson	632703
Mar 02 – Apr 27	Wed 5:10–6:10 PM	Goodson	632153
Mar 03 – Apr 28	Thu 4–5 PM	Goodson	632303
Mar 04 – Apr 29	Fri 5:10–6:10 PM	Goodson	632753

## Gymnastics - Girls Advanced

Focus on training, perfection, connecting skills and advanced tricks required for pre-competitive/competitive gymnastics program entry. Gymnasts must be able to perform basic competitive skills to the highest degree.

### 6 Weeks — Youth: \$45; Youth Nonresident: \$55 (Ages 6–11)

Nov 02 – Dec 14	Mon 4–5 PM	Goodson	6333011
Nov 03 – Dec 15	Tue 6:20–7:20 PM	Goodson	6333511
Nov 04 – Dec 16	Wed 6:30–7:30 PM	Goodson	6331011
Nov 04 – Dec 16	Wed 4–5 PM	Goodson	6335511
Nov 05 – Dec 17	Thu 6:20–7:20 PM	Goodson	6338511
Nov 06 – Dec 18	Fri 4–5 PM	Goodson	6336511
Nov 06 – Dec 18	Fri 6:20–7:20 PM	Goodson	6337511
Nov 07 – Dec 19	Sat 11 AM–12 PM	Goodson	6332011
Mar 12 – Apr 23	Sat 11 AM–12 PM	Goodson	633203

### 7 Weeks — Youth: \$53; Youth Nonresident: \$65 (Ages 6–11)

Sep 11 – Oct 30	Fri 4–5 PM	Goodson	633659
Sep 11 – Oct 30	Fri 6:20–7:20 PM	Goodson	633759
Sep 14 – Oct 26	Mon 4–5 PM	Goodson	633309
Mar 04 – Apr 29	Fri 4–5 PM	Goodson	633653
Mar 04 – Apr 29	Fri 6:20–7:20 PM	Goodson	633753

### 8 Weeks — Youth: \$60; Youth Nonresident: \$74 (Ages 6–11)

Sep 08 – Oct 27	Tue 6:20–7:20 PM	Goodson	633359
Sep 09 – Oct 28	Wed 6:30–7:30 PM	Goodson	633109
Sep 09 – Oct 28	Wed 4–5 PM	Goodson	633559
Sep 10 – Oct 29	Thu 6:20–7:20 PM	Goodson	633859
Sep 12 – Oct 31	Sat 11 AM–12 PM	Goodson	633209
Jan 04 – Feb 22	Mon 4–5 PM	Goodson	633301
Jan 05 – Feb 23	Tue 6:20–7:20 PM	Goodson	633351
Jan 06 – Feb 24	Wed 6:30–7:30 PM	Goodson	633101
Jan 06 – Feb 24	Wed 4–5 PM	Goodson	633551
Jan 07 – Feb 25	Thu 6:20–7:20 PM	Goodson	633851
Jan 08 – Feb 26	Fri 4–5 PM	Goodson	633651
Jan 08 – Feb 26	Fri 6:20–7:20 PM	Goodson	633751
Jan 09 – Feb 27	Sat 11 AM–12 PM	Goodson	633201
Feb 01 – Apr 25	Mon 4–5 PM	Goodson	633303
Mar 01 – Apr 26	Tue 6:20–7:20 PM	Goodson	633353
Mar 02 – Apr 27	Wed 6:30–7:30 PM	Goodson	633103
Mar 02 – Apr 27	Wed 4–5 PM	Goodson	633553
Mar 03 – Apr 28	Thu 6:20–7:20 PM	Goodson	633853

## Gymnastics - Boys Beginner

Learn specific beginning skills including vault, parallel bar, floor, pommel horse, rings and high bar.

### 6 Weeks — Youth: \$45; Youth Nonresident: \$55 (Ages 6–11)

Nov 02 – Dec 14	Mon 6:20–7:20 PM	Goodson	6400411
Nov 04 – Dec 16	Wed 4–5 PM	Goodson	6400511
Nov 07 – Dec 19	Sat 9–10 AM	Goodson	6402511
Mar 12 – Apr 23	Sat 9–10 AM	Goodson	640253

### 7 Weeks — Youth: \$53; Youth Nonresident: \$65 (Ages 6–11)

Sep 14 – Oct 26	Mon 6:20–7:20 PM	Goodson	640049
Feb 01 – Apr 25	Mon 6:20–7:20 PM	Goodson	640043

### 8 Weeks — Youth: \$60; Youth Nonresident: \$74 (Ages 6–11)

Sep 09 – Oct 29	Wed 4–5 PM	Goodson	640059
Sep 12 – Oct 31	Sat 9–10 AM	Goodson	640259
Jan 04 – Feb 22	Mon 6:20–7:20 PM	Goodson	640041
Jan 06 – Feb 24	Wed 4–5 PM	Goodson	640051
Jan 09 – Feb 27	Sat 9–10 AM	Goodson	640251
Mar 02 – Apr 27	Wed 4–5 PM	Goodson	640053



## Gymnastics - Boys Intermediate (6-11 years)

Achieve proper execution, form, technique and grace with emphasis on improving strength and flexibility.

**6 Weeks — Youth: \$45; Youth Nonresident: \$55 (Ages 6–11)**

Nov 04 – Dec 16	Wed 4–5 PM	Goodson	6414011
Nov 07 – Dec 19	Sat 10–11 AM	Goodson	6404511
Mar 12 – Apr 23	Sat 10–11 AM	Goodson	640453

**8 Weeks — Youth: \$60; Youth Nonresident: \$74 (Ages 6–11)**

Sep 09 – Oct 28	Wed 4–5 PM	Goodson	641409
Sep 12 – Oct 31	Sat 10–11 AM	Goodson	640459
Jan 06 – Feb 24	Wed 4–5 PM	Goodson	641401
Jan 09 – Feb 27	Sat 10–11 AM	Goodson	640451
Mar 02 – Apr 27	Wed 4–5 PM	Goodson	641403

## Gymnastics - Boys Advanced

Focus on training, perfection, connecting skills and advanced tricks required for pre-competitive/competitive gymnastics program entry. Gymnasts must be able to perform basic competitive skills to the highest degree.

**6 Weeks — Youth: \$45; Youth Nonresident: \$55 (Ages 6–11)**

Nov 04 – Dec 16	Wed 5:10–6:10 PM	Goodson	6414411
Nov 07 – Dec 19	Sat 11 AM–12 PM	Goodson	6435011
Mar 12 – Apr 23	Sat 11 AM–12 PM		

**8 Weeks — Youth: \$60; Youth Nonresident: \$74 (Ages 6–11)**

Sep 09 – Oct 28	Wed 5:10–6:10 PM	Goodson	641449
Sep 12 – Oct 31	Sat 11 AM–12 PM	Goodson	643509
Jan 06 – Feb 24	Wed 5:10–6:10 PM	Goodson	641441
Jan 09 – Feb 27	Sat 11 AM–12 PM	Goodson	643501
Mar 02 – Apr 27	Wed 5:10–6:10 PM	Goodson	641443

## Gymnastics - Girls Teen Beginner

Teen girls achieve gymnastic fundamentals on bars, beam, vault and floor.

**6 Weeks — Youth: \$45; Youth Nonresident: \$55 (Ages 12–18)**

Nov 02 – Dec 14	Mon 7:30–8:30 PM	Goodson	6274011
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**7 Weeks — Youth: \$53; Youth Nonresident: \$65 (Ages 12–18)**

Sep 14 – Oct 26	Mon 7:30–8:30 PM	Goodson	627409
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**8 Weeks — Youth: \$60; Youth Nonresident: \$74 (Ages 12–18)**

Jan 04 – Feb 22	Mon 7:30–8:30 PM	Goodson	627401
Feb 01 – Apr 25	Mon 7:30–8:30 PM	Goodson	627403

## Gymnastics - Girls Teen Intermediate

Continue to develop gymnastics skills beyond the beginner level.

**7 Weeks — Youth: \$45; Youth Nonresident: \$55 (Ages 12–18)**

Nov 03 – Dec 15	Tue 7:30–8:30 PM	Goodson	6283510
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**8 Weeks — Youth: \$60; Youth Nonresident: \$74 (Ages 12–18)**

Sep 14 – Oct 26	Tue 7:30–8:30 PM	Goodson	628359
Jan 05 – Feb 23	Tue 7:30–8:30 PM	Goodson	628351
Mar 01 – Apr 26	Tue 7:30–8:30 PM	Goodson	628353

## Gymnastics Camp

Learn new skills and perfect old ones while making new friends! Camps integrate practice on all events as well as fun and games.

**1 Day — Youth: \$33; Youth Nonresident: \$36 Intro/Beginner (Ages 4–11)**

Nov 23	Mon 9 AM–12 PM	Goodson	6246011
Nov 24	Tue 9 AM–12 PM	Goodson	6247011
Dec 21	Mon 9 AM–12 PM	Goodson	6246012
Dec 22	Tue 9 AM–12 PM	Goodson	6247012
Dec 28	Mon 9 AM–12 PM	Goodson	6287012
Dec 29	Tue 9 AM–12 PM	Goodson	6288012
Mar 21	Mon 9 AM–12 PM	Goodson	624603
Mar 22	Tue 9 AM–12 PM	Goodson	628803
Mar 23	Wed 9 AM–12 PM	Goodson	628903
Mar 24	Thu 9 AM–12 PM	Goodson	628603

**1 Day — Youth: \$33; Youth Nonresident: \$36 Intermediate/Advanced (Ages 6–11)**

Nov 23	Mon 1:30–4:30 PM	Goodson	6246511
Nov 24	Tue 1:30–4:30 PM	Goodson	6247511
Dec 21	Mon 1:30–4:30 PM	Goodson	6246512
Dec 22	Tue 1:30–4:30 PM	Goodson	6247512
Dec 28	Mon 1:30–4:30 PM	Goodson	6287512
Dec 29	Tue 1:30–4:30 PM	Goodson	6288512
Mar 21	Mon 1:30–4:30 PM	Goodson	624653
Mar 22	Tue 1:30–4:30 PM	Goodson	624753
Mar 23	Tue 1:30–4:30 PM	Goodson	628953
Mar 24	Thu 1:30–4:30 PM	Goodson	628653

## Mommy/Daddy and Me Gymnastics

Learn about infant motor development, interactive play and group activities.

**7 Weeks — Youth: \$41; Youth Nonresident: \$51 (Ages 6 mos–18 Months)**

Nov 05 – Dec 17	Thu 9:45–10:30 AM	Goodson	6249911
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**8 Weeks — Youth: \$55; Youth Nonresident: \$68 (Ages 6 mos–18 Months)**

Sep 10 – Oct 29	Thu 9:45–10:30 AM	Goodson	624999
Jan 07 – Feb 25	Thu 9:45–10:30 AM	Goodson	624991
Mar 03 – Apr 28	Thu 9:45–10:30 AM	Goodson	624993

Please note, the number 7, 8 and 9 indicate the number of weeks each class meets.

## FAMILY SPORTS CENTER

### Ages 2–3

#### Parent-Tot

##### Sat 10–10:30 AM

9 Sep 05	490909
7 Nov 07	4909011
8 Jan 09	490901
9 Mar 05	490903

### Ages 4–6

#### Hockey Pre 1

##### Mon 5:30–6 PM

8 Sep 14	500199
7 Nov 02	5001911
9 Jan 04	500191
8 Mar 07	500193

##### Sat 10:30–11 AM

9 Sep 05	500189
7 Nov 07	5001811
8 Jan 09	500181
9 Mar 05	500183

#### Hockey Pre 2

##### Mon 5:30–6 PM

8 Sep 14	500299
7 Nov 02	5002911
9 Jan 04	500291
8 Mar 07	500293

##### Sat 10:30–11 AM

9 Sep 05	500289
7 Nov 07	5002811
8 Jan 09	500281
9 Mar 05	500283

#### Hockey Pre 3

##### Mon 5:30–6 PM

8 Sep 14	500399
7 Nov 02	5003911
9 Jan 04	500391
8 Mar 07	500393

##### Sat 10:30–11 AM

9 Sep 05	500389
7 Nov 07	5003811
8 Jan 09	500381
9 Mar 05	500383

#### Mighty Mites Hockey

##### Wed 1:30–2:30 PM

9 Sep 02	500029
7 Nov 04	5000211
8 Jan 06	500021
9 Mar 02	500023

##### Thu 1:30–2:30 PM

9 Sep 03	500069
7 Nov 05	5000611
8 Jan 07	500061
9 Mar 03	500063

### Pre 1

##### Mon 5:30–6 PM

8 Sep 14	490129
7 Nov 02	4901211
9 Jan 04	490121
8 Mar 07	490123

##### Mon 6–6:30 PM

8 Sep 14	490149
7 Nov 02	4901411
9 Jan 04	490141
8 Mar 07	490143

##### Tue 1–1:30 PM

9 Sep 01	490229
7 Nov 03	4902211
8 Jan 05	490221
9 Mar 01	490223

##### Thu 10–10:30 AM

9 Sep 03	490329
7 Nov 05	4903211
8 Jan 07	490321
9 Mar 03	490323

##### Thu 6–6:30 PM

9 Sep 03	490379
7 Nov 05	4903711
8 Jan 07	490371
9 Mar 03	490373

##### Sat 10–10:30 AM

9 Sep 05	490469
7 Nov 07	4904611

##### Sat 10:30–11 AM

9 Sep 05	490479
7 Nov 07	4904711
8 Jan 09	490471
9 Mar 05	490473

### Pre 2

##### Mon 5:30–6 PM

8 Sep 14	490599
7 Nov 02	4905911
9 Jan 04	490591
8 Mar 07	490593

##### Tue 1–1:30 PM

9 Sep 01	490649
7 Nov 03	4906411
8 Jan 05	490641
9 Mar 01	490643

##### Thu 10–10:30 AM

9 Sep 03	490729
7 Nov 05	4907211
8 Jan 07	490721
9 Mar 03	490723

##### Thu 6–6:30 PM

9 Sep 03	490769
7 Nov 05	4907611
8 Jan 07	490761
9 Mar 03	490763

##### Sat 10:30–11 AM

9 Sep 05	490809
7 Nov 07	4908011
8 Jan 09	490801
9 Mar 05	490803

### Pre 3

##### Mon 5:30–6 PM

8 Sep 14	491139
7 Nov 02	4911311
8 Mar 07	491133
9 Jan 04	491131

##### Tue 1:30–2 PM

9 Sep 01	491209
7 Nov 03	4912011
8 Jan 05	491201
9 Mar 01	491203

##### Thu 10:30–11 AM

9 Sep 03	491329
7 Nov 05	4913211
8 Jan 07	491321
9 Mar 03	491323

##### Thu 6–6:30 PM

9 Sep 03	491369
7 Nov 05	4913611
8 Jan 07	491361
9 Mar 03	491363

##### Sat 10:30–11 AM

9 Sep 05	491459
7 Nov 07	4914511
8 Jan 09	491451
8 Mar 05	491453

### Pre 4

##### Mon 5:30–6 PM

8 Sep 07	491579
7 Nov 02	4915711
9 Jan 04	491571
9 Mar 07	491573

##### Tue 1:30–2 PM

9 Sep 01	491629
7 Nov 03	4916211
8 Jan 05	491621
9 Mar 01	491623

##### Thu 10:30–11 AM

9 Sep 03	491739
7 Nov 05	4917311
8 Jan 07	491731
9 Mar 03	491733

##### Thu 6–6:30 PM

9 Sep 03	491759
7 Nov 05	4917511
8 Jan 07	491751
9 Mar 03	491753

##### Sat 10:30–11 AM

9 Sep 05	491799
7 Nov 07	4917911
8 Jan 09	491791
9 Mar 05	491793

### Ages 7–17

#### Freestyle 1-4

##### Mon 6–6:30 PM

8 Sep 14	498639
7 Nov 02	4986311
9 Jan 04	498631
8 Mar 07	498633

##### Thu 7–7:30 PM

9 Sep 03	498829
7 Nov 05	4988211
8 Jan 07	498821
9 Mar 03	498823

##### Sat 10–10:30 AM

9 Sep 05	498849
7 Nov 07	4988411

#### Hockey 1

##### Mon 6–6:30 PM

8 Sep 14	500219
7 Nov 02	5002111
9 Jan 04	500211
8 Mar 07	500213

##### Sat 10–10:30 AM

9 Sep 05	500249
7 Nov 07	5002411
8 Jan 09	500241
9 Mar 05	500243

#### Hockey 2

##### Mon 6–6:30 PM

8 Sep 14	500319
7 Nov 02	5003111
9 Jan 04	500311
8 Mar 07	500313

##### Sat 10–10:30 AM

9 Sep 05	500329
7 Nov 07	5003211
8 Jan 09	500321
9 Mar 05	500323

#### Hockey 3

##### Mon 6–6:30 PM

8 Sep 14	500419
7 Nov 02	5004111
9 Jan 04	500411
8 Mar 07	500413

##### Sat 10–10:30 AM

9 Sep 05	500429
7 Nov 07	5004211
8 Jan 09	500421
9 Mar 05	500423

#### Hockey 4

##### Mon 6:30–7:20 PM

8 Sep 14	500209
7 Nov 02	5002011
9 Jan 04	500201
8 Mar 07	500203

### Hockey 5

##### Mon 6:30–7:20 PM

8 Sep 14	500309
7 Nov 02	5003011
9 Jan 04	500301
8 Mar 07	500303

#### Hockey 6

##### Mon 6:30–7:20 PM

8 Sep 14	500409
7 Nov 02	5004011
9 Jan 04	500401
8 Mar 07	500403

### Level 1

##### Mon 5:30–6 PM

8 Sep 14	492149
7 Nov 02	4921411
9 Jan 04	492141
8 Mar 07	492143

##### Mon 6–6:30 PM

8 Sep 14	492159
7 Nov 02	4921511
9 Jan 04	492151
8 Mar 07	492153

##### Thu 6:30–7 PM

9 Sep 03	492399
7 Nov 05	4923911
8 Jan 07	492391
9 Mar 03	492393

##### Sat 10–10:30 AM

9 Sep 05	492499
7 Nov 07	4924911
8 Jan 09	492491
9 Mar 05	492493

##### Sat 10:30–11 AM

9 Sep 05	492509
7 Nov 07	4925011
8 Jan 09	492501
9 Mar 05	492503

### Level 2

##### Mon 5:30–6 PM

8 Sep 14	493149
7 Nov 02	4931411
9 Jan 04	493141
8 Mar 07	493143

##### Mon 6–6:30 PM

8 Sep 14	493159
7 Nov 02	4931511
9 Jan 04	493151
8 Mar 07	493153

##### Thu 6:30–7 PM

9 Sep 03	493399
7 Nov 05	4933911
8 Jan 07	493391
9 Mar 03	493393

##### Sat 10:30–11 AM

9 Sep 05	493509
7 Nov 07	4935011
8 Jan 09	493501
9 Mar 05	493503

### Level 3

##### Mon 6–6:30 PM

8 Sep 07	494159
7 Nov 02	4941511
9 Jan 04	494151
9 Mar 04	494153

##### Thu 6:30–7 PM

9 Sep 03	494399
7 Nov 05	4943911
8 Jan 07	494391
9 Mar 03	494393

##### Sat 10:30–11 AM

9 Sep 05	494509
7 Nov 07	4945011
8 Jan 09	494501
9 Mar 05	494503

### Level 4

##### Mon 6–6:30 PM

8 Sep 14	495159
7 Nov 02	4951511
9 Jan 04	495151

##### Thu 6:30–7 PM

9 Sep 03	495399
7 Nov 05	4953911
8 Jan 07	495391
9 Mar 03	495393

##### Sat 10:30–11 AM

9 Sep 05	495509
7 Nov 07	4955011
8 Jan 09	495501
9 Mar 05	495503

### Level 5

##### Thu 7–7:30 PM

9 Sep 03	496399
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Please note, the number 7, 8 and 9 indicate the number of weeks each class meets.

## FAMILY SPORTS CENTER

### Sat 10–10:30 AM

9	Sep 05	497509
7	Nov 07	4975011
8	Jan 09	497501
9	Mar 05	497503

### Ages 18+

## Adult Advanced

### Sat 10–10:30 AM

9	Sep 05	499179
7	Nov 07	4991711
8	Jan 09	499171
9	Mar 05	499173

## Adult Beginner

### Sat 10–10:30 AM

9	Sep 05	499059
7	Nov 07	4990511
8	Jan 09	499051
9	Mar 05	499053

## Adult Intermediate

### Sat 10–10:30 AM

9	Sep 05	499119
7	Nov 07	4991111
8	Jan 09	499111
9	Mar 05	499113

## SOUTH SUBURBAN ICE ARENA

### Ages 2–3

## Parent-Tot

### Tue 10:30–11 AM

9	Sep 01	650899
7	Nov 03	6508911
8	Jan 05	650891
9	Mar 01	650893

### Thu 1:30–2 PM

9	Sep 03	650889
7	Nov 05	6508811
8	Jan 07	650881
9	Mar 03	650883

### Sat 10:45–11:15 AM

9	Sep 05	650919
7	Nov 07	6509111
8	Jan 09	650911
9	Mar 05	650913

### Ages 4–6

## Hockey Pre 1

### Sat 10:45–11:15 AM

9	Sep 05	659169
7	Nov 07	6591611
8	Jan 09	659161
9	Mar 05	659163

## Hockey Pre 2

### Sat 10:45–11:15 AM

9	Sep 05	659179
7	Nov 07	6591711
8	Jan 09	659171
9	Mar 05	659173

## Hockey Pre 3

### Sat 10:45–11:15 AM

9	Sep 05	659189
7	Nov 07	6591811
8	Jan 09	659181
9	Mar 05	659183

## Mighty Mites Hockey

### Sat 09–10 AM

9	Sep 05	659149
7	Nov 07	6591411
8	Jan 09	659141
9	Mar 05	659143

## Pre 1

### Tue 10–10:30 AM

9	Sep 01	650169
7	Nov 03	6501611
8	Jan 05	650161
9	Mar 01	650163

### Wed 6–6:30 PM

9	Sep 02	650289
7	Nov 04	6502811
8	Jan 06	650281
9	Mar 02	650283

### Thu 1–1:30 PM

9	Sep 03	650359
7	Nov 05	6503511
8	Jan 07	650351
9	Mar 03	650353

### Sat 10:45–11:15 AM

9	Sep 05	650509
7	Nov 07	6505011
8	Jan 09	650501
9	Mar 05	650503

## Pre 2

### Tue 10–10:30 AM

9	Sep 01	650579
7	Nov 03	6505711
8	Jan 05	650571
9	Mar 01	650573

### Wed 6–6:30 PM

9	Sep 02	650709
7	Nov 04	6507011
8	Jan 06	650701
9	Mar 02	650703

### Thu 1–1:30 PM

9	Sep 03	650749
7	Nov 05	6507411
8	Jan 07	650741
9	Mar 03	650743

### Sat 10:45–11:15 AM

9	Sep 05	650829
7	Nov 07	6508211
8	Jan 09	650821
9	Mar 05	650823

## Pre 3

### Tue 10:30–11 AM

9	Sep 01	651179
7	Nov 03	6511711
8	Jan 05	651171
9	Mar 01	651173

### Wed 6–6:30 PM

9	Sep 02	651289
7	Nov 04	6512811
8	Jan 06	651281
9	Mar 02	651283

### Thu 1:30–2 PM

9	Sep 03	651369
7	Nov 05	6513611
8	Jan 07	651361
9	Mar 03	651363

### Sat 10:45–11:15 AM

9	Sep 05	651499
7	Nov 07	6514911
8	Jan 09	651491
9	Mar 05	651493

## Pre 4

### Tue 10:30–11 AM

9	Sep 01	651579
7	Nov 03	6515711
8	Jan 05	651571
9	Mar 01	651573

### Wed 6–6:30 PM

9	Sep 02	651709
7	Nov 04	6517011
8	Jan 06	651701
9	Mar 02	651703

### Thu 1:30–2 PM

9	Sep 03	651749
7	Nov 05	6517411
8	Jan 07	651741
9	Mar 03	651743

### Sat 10:45–11:15 AM

9	Sep 05	651639
7	Nov 07	6516311
8	Jan 09	651631
9	Mar 05	651633

### Ages 7–17

## Advanced Freestyle

### Sat 10:15–10:45 AM

9	Sep 05	659419
7	Nov 07	6594111
8	Jan 09	659411
9	Mar 05	659413

## Freestyle 1-4

### Sat 10:15–10:45 AM

9	Sep 05	659299
7	Nov 07	6592911
8	Jan 09	659291
9	Mar 05	659293

## Hockey 1

### Sat 11:15–11:45 AM

9	Sep 05	659099
7	Nov 07	6590911
8	Jan 09	659091
9	Mar 05	659093

## Hockey 2

### Sat 11:15–11:45 AM

9	Sep 05	659199
7	Nov 07	6591911
8	Jan 09	659191
9	Mar 05	659193

## Hockey 3

### Sat 11:15–11:45 AM

9	Sep 05	659339
7	Nov 07	6593311
8	Jan 09	659331
9	Mar 05	659333

## Level 1

### Wed 6–6:30 PM

9	Sep 02	652369
7	Nov 04	6523611
8	Jan 06	652361
9	Mar 02	652363

### Sat 11:15–11:45 AM

9	Sep 05	652329
7	Nov 07	6523211
8	Jan 09	652321
9	Mar 05	652323

## Level 2

### Wed 6:30–7 PM

9	Sep 02	653309
7	Nov 04	6533011
8	Jan 06	653301
9	Mar 02	653303

### Sat 11:15–11:45 AM

9	Sep 05	653319
7	Nov 07	6533111
8	Jan 09	653311
9	Mar 05	653313

## Level 3

### Wed 6:30–7 PM

9	Sep 02	654309
7	Nov 04	6543011
8	Jan 06	654301
9	Mar 02	654303

### Sat 11:15–11:45 AM

9	Sep 05	654239
7	Nov 07	6542311
8	Jan 09	654231
9	Mar 05	654233

## Level 4

### Wed 6:30–7 PM

9	Sep 02	655309
7	Nov 04	6553011
8	Jan 06	655301
9	Mar 02	655303

### Sat 11:15–11:45 AM

9	Sep 05	655499
7	Nov 07	6554911
8	Jan 09	655491
9	Mar 05	655493

## Level 4-6

### Sat 8-9 AM

9	Sep 05	659049
6	Nov 07	6590411
8	Jan 09	659041
9	Mar 05	659043

## Level 5

### Wed 6:30–7 PM

9	Sep 02	656169
7	Nov 04	6561611
8	Jan 06	656161
9	Mar 02	656163

### Sat 10:45–11:15 AM

9	Sep 05	656519
7	Nov 07	6565111
8	Jan 09	656511
9	Mar 05	656513

## Level 6

### Wed 6:30–7 PM

9	Sep 02	657169
7	Nov 04	6571611
8	Jan 06	657161
9	Mar 02	657163

### Sat 10:45–11:15 AM

9	Sep 05	657409
7	Nov 07	6574011
8	Jan 09	657401
9	Mar 05	657403

### Ages 18+

## Adult Advanced

### Wed 7–7:30 PM

9	Sep 02	659929
7	Nov 04	6599211
8	Jan 06	659921
9	Mar 02	659923

## Adult Beginner

### Tue 10–10:30 AM

9	Sep 01	659529
7	Nov 03	6595211
8	Jan 05	659521
9	Mar 01	659523

### Wed 7–7:30 PM

9	Sep 02	659609
7	Nov 04	6596011
8	Jan 06	659601
9	Mar 02	659603

## Adult Intermediate

### Tue 10:30–11 AM

9	Sep 01	659729
7	Nov 03	6597211
8	Jan 05	659721
9	Mar 01	659723

### Wed 7–7:30 PM

## ICE SKATING

### Ice Skating Lessons - Family Sports Center and South Suburban Ice Arena

#### Learn to Skate Fees - 9 weeks

	NonResident	Resident
Youth and Adult Classes	\$108	\$99
Parent-Tot Classes	\$108	\$99
Learn to Play Hockey 4-6	\$127	\$117
Mighty Mites Hockey	\$127	\$117

#### Learn to Skate Fees - 8 weeks

	NonResident	Resident
Youth and Adult Classes	\$96	\$88
Parent-Tot Classes	\$96	\$88
Learn to Play Hockey 4-6	\$113	\$104
Mighty Mites Hockey	\$113	\$104

Eight and nine week classes -No make-ups allowed.

## ICE SKATING for Ages 18+

See class locations and schedules on pages 26-27.

### Adult Advanced Ice Skating

Power, edging skills, jumps, spins and other skills pertinent to the skater's interests are included in the Advanced class.

### Adult Beginner Ice Skating

Beginning skating for adults. Skills include falling and getting up, forward and backwards swizzles, glides, beginning edges and crossovers.

### Adult Intermediate Ice Skating

Skills will include backward skating skills, turns and stopping skills. Skate rental is not included.

## ICE SKATING for Ages 7-17

See class locations and schedules on pages 26-27.

### Advanced Freestyle

Covering beginning moves in the field, more advanced jumps alone and in combination and combination spins.

### Freestyle 1-4 Ice Skating

Each class includes a half hour of instruction and admission to public skating session during which the class is held. Freestyle 1: Toe loop jumps, Mazurkas, Edge spins. Freestyle 2: Salchow jumps, Forward change of edges, Half flips. Freestyle 3: Half lutz jumps, One foot spins, Combination jumps. Freestyle 4: Back spins, Sit spins, Two foot loop jumps.

### Freestyle 1-4 Skating

Each class includes a half hour of instruction and admission to public skating session during which the class is held. Freestyle 1: Toe loop jumps, Mazurkas, Edge spins. Freestyle 2: Salchow jumps, Forward change of edges, Half flips. Freestyle 3: Half lutz jumps, One foot spins, Combination jumps. Freestyle 4: Back spins, Sit spins, Two foot loop jumps.

## Hockey 1 Ice Skating Lessons

Beginning skating skills will include fall down/get up, marching, two foot glide, dips, one foot snowplow, back skating, forward swizzles, hops, back swizzles and back two foot glide.

## Hockey 2 Ice Skating Lessons

Review and introduce forward stroking, two foot turns on a circle, one foot glides on a circle, forward slaloms, back one foot glide, forward pumps on a circle and lunge.

## Hockey 3 Ice Skating Lessons

Skating skills for ages 7-17. Review previous skills and learn forward cross-overs, forward outer/inner circle, back pumps on a circle, T-stops, two foot spin, forward outside three turns.

## Hockey 4 Ice Skating Lessons

Participants learn advanced hockey skating techniques including hockey stops, back cross overs, turnouts, V-start, advanced forward crossovers and back cross over starts. Full Hockey gear required.

## Hockey 4-6

Hockey 4 participants learn advanced hockey skating techniques. Hockey 5 & 6 teach fundamental skills like stick handling and passing and shooting. Prerequisites: Must pass South Suburban's Hockey Pre 3 (ages 4-6) or Hockey Level 3 (ages 7-17). Full Hockey gear required.

## Hockey 5 Ice Skating Lessons

Fundamental skills are taught, including stick handling, passing and shooting, Mohawks, forward inside/outside edge glides-pylons, back outside/inside edge glides-pylons, shoot the duck or lunge, back V-stop, forward cross over starts, advanced back crossovers and power turns. Full hockey gear required.

## Hockey 6 Ice Skating Lessons

Fundamental skills are taught, including stick handling, passing and shooting. Full hockey gear required.

## ICE SKATING for Ages 4-6

See class locations and schedules on pages 26-27.

## Hockey Pre 1 Skating Lessons

Beginning skating skills for ages 4-6. Skills taught include fall down/get up, marching, gliding, clips, hops, back wiggles and snowplow stop.

## Hockey Pre 2 Skating Lessons

Beginning skating skills for ages 4-6. Review and learn forward stroking, one foot glides on circle, bunny hop, two foot turns on a circle, forward slaloms and backward skating.

## Hockey Pre 3 Skating Lessons

Beginning skating skills for ages 4-6. Review and learn forward stroking, one foot glides on circle, bunny hop, two foot turns on a circle, forward slaloms and backward skating.



## ICE SKATING for Ages 7–17

See class locations and schedules on pages 26-27.

### Ice Dance

This class covers beginner compulsory dances and teaches rhythm, timing and tempo as well as edges and turns to music.

### Level 1 Ice Skating Lessons

Beginning skating skills covered include fall down/get up, marching, two foot glide, dips, one foot snowplow, back skating, forward swizzles, hops, back swizzles and back two foot glide.

### Level 2 Ice Skating Lessons

Review skills and learn back cross-overs, back two foot turns on a circle, back out/inner edges on a circle, forward spiral, hockey stop and bunny hop.

### Level 3 Ice Skating Lessons

Review skills and learn forward cross-overs, forward outer/inner circle, back pumps on a circle, T-stops, two foot spin and forward outside three turns.

### Level 4 Ice Skating Lessons

Review skills and learn back cross-overs, back two foot turns on a circle, back out/inner edges on a circle, forward spiral, hockey stop and bunny hop.

### Level 5 Ice Skating Lessons

Review skills and learn forward inside pivot, back outside three-turn, forward outside/inside spirals and back outer edges from a standstill.

### Level 5/6 Ice Skating

This is a combined class that will review previous skills and learn spirals, jumps, turns, spins, salchow and combination jumps.

### Level 6 Ice Skating Lessons

Review previous skills, waltz jump, back inside three-turns, two feet to one foot spin, salchow, ISI FS 2 dance stop combination jumps.

## ICE SKATING for Ages 4–6

See class locations and schedules on pages 26-27.

### Mighty Mites Hockey

Skaters learn fundamental skills with a stick and puck. Prerequisite: Pre 2. Full hockey gear required. Class times subject to change during the Colorado Avalanche Season.

## ICE SKATING for Ages 2–3

See class locations and schedules on pages 26-27.

### Parent-Tot Ice Skating Lessons

Parents and tots, ages 3-4, skate together. No previous skating experience needed.

## ICE SKATING for Ages 4–6

See class locations and schedules on pages 26-27.

### Pre 1 Skating Lessons

Beginning skating class for ages 4-6. Skills taught include fall down/get up, marching, gliding, clips, hops, back wiggles and snowplow stop.

### Pre 2 Ice Skating Lessons

Beginning skating skills for ages 4-6. Skills taught include forward swizzles, one-foot glides, one-foot snowplow stops, back two-foot glides, forward pumps on a circle and back swizzles.

### Pre 3 Ice Skating Lessons

Review and learn forward stroking, one foot glides on circle, bunny hop, two foot turns on a circle, forward slaloms and backward skating.

### Pre 4 Ice Skating Lessons

Review skills and learn back pumps on a circle, T-stops, forward outer/inner edge, back one foot glides, forward cross-overs and two foot spin.

### Hockey Take-A-Shot

Practice your skating or shooting skills, or take a lesson. Bring your own puck and full hockey equipment. Visit [ssprd.org](http://ssprd.org) to get the up to date schedule for Family Sports Center Ice Arena.

Weekly — Resident: \$5; Nonresident: \$6.50

Sep 18 – May 21    Thu 11:30 AM - 12:45 PM    South Sub Ice Arena

## MARTIAL ARTS

### Aikido

A traditional Japanese martial art that uses a variety of techniques to unbalance attackers and redirect their energy against them.

**Monthly — Resident: \$45; Nonresident: \$52 (Ages 14+)**

Sep 01 – Sep 29	Tue Thu 7 - 8:30 PM	Goodson	541109
Oct 01 – Oct 29	Tue Thu 7 - 8:30 PM	Goodson	5411010
Nov 03 – Nov 24	Tue Thu 7 - 8:30 PM	Goodson	5411011
Dec 01 – Dec 29	Tue Thu 7 - 8:30 PM	Goodson	5411012
Jan 05 – Jan 28	Tue Thu 7 - 8:30 PM	Goodson	541101
Feb 02 – Feb 25	Tue Thu 7 - 8:30 PM	Goodson	541102
Mar 01 – Mar 31	Tue Thu 7 - 8:30 PM	Goodson	541103

**Monthly — Resident: \$70; Nonresident: \$75  
Add'l family members Resident: \$55; Nonresident: \$50 (Ages 13+)**

Sep 04 – Sep 27	W 8:30–9:30 PM by RSVP; F 6:30–8:30 PM; Sun 2-4 PM	Lone Tree	560579
Oct 02 – Oct 30	W 8:30–9:30 PM by RSVP; F 6:30–8:30 PM; Sun 2-4 PM	Lone Tree	5605710
Nov 06 – Nov 29	W 8:30–9:30 PM by RSVP; F 6:30–8:30 PM; Sun 2-4 PM	Lone Tree	5605711
Dec 04 – Dec 27	W 8:30–9:30 PM by RSVP; F 6:30–8:30 PM; Sun 2-4 PM	Lone Tree	5605712
Jan 03 – Jan 31	W 8:30–9:30 PM by RSVP; F 6:30–8:30 PM; Sun 2-4 PM	Lone Tree	560571
Feb 05 – Feb 28	W 8:30–9:30 PM by RSVP; F 6:30–8:30 PM; Sun 2-4 PM	Lone Tree	560572
Mar 04 – Mar 27	W 8:30–9:30 PM by RSVP; F 6:30–8:30 PM; Sun 2-4 PM	Lone Tree	560573

### Jujitsu

A modern form of self-defense that combines techniques with other martial arts and teaches basic defense against weapons.

**Monthly — Resident: \$65; Nonresident: \$75 (Ages 13+)**

Sep 01 – Sep 29	Tue Thu 6–7:45 PM	Sheridan	541909
Oct 01 – Oct 29	Tue Thu 6–7:45 PM	Sheridan	5419010
Nov 03 – Nov 24	Tue Thu 6–7:45 PM	Sheridan	5419011
Dec 01 – Dec 29	Tue Thu 6–7:45 PM	Sheridan	5419012
Jan 05 – Jan 28	Tue Thu 6–7:45 PM	Sheridan	541901
Feb 02 – Feb 25	Tue Thu 6–7:45 PM	Sheridan	541902
Mar 01 – Mar 31	Tue Thu 6–7:45 PM	Sheridan	541903

### Karate-Do Shotokan Japanese

Through self-defense techniques improve physical fitness and coordination, reduce stress, learn respect and manners and gain spiritual harmony.

**Monthly — Youth: \$50; Youth Nonresident: \$57 (Ages 5–13)**

Sep 01 – Sep 29	Tue Thu 6:30–7:30 PM	Goodson	541309
Oct 01 – Oct 29	Tue Thu 6:30–7:30 PM	Goodson	5413010
Nov 03 – Nov 24	Tue Thu 6:30–7:30 PM	Goodson	5413011
Dec 01 – Dec 29	Tue Thu 6:30–7:30 PM	Goodson	5413012
Jan 05 – Jan 28	Tue Thu 6:30–7:30 PM	Goodson	541301
Feb 02 – Feb 25	Tue Thu 6:30–7:30 PM	Goodson	541302
Mar 01 – Mar 31	Tue Thu 6:30–7:30 PM	Goodson	541303

**Monthly — Resident: \$50; Nonresident: \$57 (Ages 14+)**

Sep 01 – Sep 29	Tue Thu 7:30–8:30 PM	Goodson	541359
Oct 01 – Oct 29	Tue Thu 7:30–8:30 PM	Goodson	5413510
Nov 03 – Nov 24	Tue Thu 7:30–8:30 PM	Goodson	5413511
Dec 01 – Dec 29	Tue Thu 7:30–8:30 PM	Goodson	5413512
Jan 05 – Jan 28	Tue Thu 7:30–8:30 PM	Goodson	541351
Feb 02 – Feb 25	Tue Thu 7:30–8:30 PM	Goodson	541352
Mar 01 – Mar 31	Tue Thu 7:30–8:30 PM	Goodson	541353

### Kendo

Kendo promotes hand eye coordination, physical endurance, a vigorous spirit, honor, and respect through the use of the Katana (wood/bamboo sword).

**Monthly — Resident: \$30; Nonresident: \$35 (Ages 10+)**

Sep 06 – Sep 27	Sun 8–10 AM	Goodson	541409
Oct 04 – Oct 25	Sun 8–10 AM	Goodson	5414010
Nov 01 – Nov 29	Sun 8–10 AM	Goodson	5414011
Dec 06 – Dec 27	Sun 8–10 AM	Goodson	5414012
Jan 03 – Jan 31	Sun 8–10 AM	Goodson	541401
Feb 07 – Feb 28	Sun 8–10 AM	Goodson	541402
Mar 06 – Mar 27	Sun 8–10 AM	Goodson	541403

### Introduction to Self Defense

Three-hour introductory hands on workshop to teach you how to be more aware, avoid dangerous situations and be able to defend yourself in the event of an assault or attack. Ideal for all ages and abilities. [Check online](#) for upcoming workshops.

### Introduction to Ladies Self Defense

Two hour introductory hands-on workshop designed to teach basic Shotokan Karate techniques for self defense. Ages 13-15 must be accompanied by registered adult.

**1 Day — Resident: \$30; Nonresident: \$35 (Ages 13+)**

Oct 17	Sat 11 AM–1 PM	Lone Tree	5609510
Dec 05	Sat 11 AM–1 PM	Lone Tree	5609512
Feb 20	Sat 11 AM–1 PM	Lone Tree	560952

## Ladies Self Defense and Conditioning

Incorporate fitness conditioning while learning self defense techniques through karate tactics. Ages 13-15 must be accompanied by registered adult.

**6 Weeks — Resident: \$73.50; Nonresident: \$81 (Ages 13+)**

Nov 05 – Dec 17	Thu 5:30–6:30 PM	Lone Tree	5619511
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**8 Weeks — Resident: \$98; Nonresident: \$108 (Ages 13+)**

Sep 10 – Oct 29	Thu 5:30–6:30 PM	Lone Tree	561959
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Jan 07 – Feb 25	Thu 5:30–6:30 PM	Lone Tree	561951
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Mar 03 – Apr 28	Thu 5:30–6:30 PM	Lone Tree	561953
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## Begginig Tae Kwon Do

Build confidence, relieve stress and enhance overall physical fitness. Class will meet in the Banquet Room/Log Cabin Room at the Family Sports Center. Please wear tee shirt, shorts or athletic pants.

**Monthly — Resident: \$50; Nonresident: \$57 (Ages 4–10)**

Aug 04 – Aug 25	Tue Thu 6 – 7 PM	Family Sports	563568
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Sep 01 – Sep 29	Tue Thu 6 – 7 PM	Family Sports	563569
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Oct 01 – Oct 29	Tue Thu 6 – 7 PM	Family Sports	5635610
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Nov 03 – Nov 24	Tue Thu 6 – 7 PM	Family Sports	5635611
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Dec 01 – Dec 29	Tue Thu 6 – 7 PM	Family Sports	5635612
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Jan 05 – Jan 28	Tue Thu 6 – 7 PM	Family Sports	563561
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Feb 02 – Feb 25	Tue Thu 6 – 7 PM	Family Sports	563562
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Mar 01 – Mar 31	Tue Thu 6 – 7 PM	Family Sports	563563
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## Tae Kwon Do

While learning self-defense techniques of kicking, punching and blocking build confidence, relieve stress and enhance overall physical fitness.

**Monthly — Youth: \$20; Youth Nonresident: \$22 (Ages 4–10)**

Sep 03 – Sep 28	Mon Thu 6–6:45 PM	Sheridan	541859
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Oct 01 – Oct 29	Mon Thu 6–6:45 PM	Sheridan	5418510
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Nov 02 – Nov 30	Mon Thu 6–6:45 PM	Sheridan	5418511
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Dec 03 – Dec 28	Mon Thu 6–6:45 PM	Sheridan	5418512
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Jan 04 – Jan 28	Mon Thu 6–6:45 PM	Sheridan	541851
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Feb 01 – Feb 29	Mon Thu 6–6:45 PM	Sheridan	541852
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Mar 06 – Mar 31	Mon Thu 6–6:45 PM	Sheridan	541853
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**Monthly — Resident: \$30; Nonresident: \$35 (Ages 11+)**

Sep 03 – Sep 28	Mon Thu 6:45–7:45 PM	Sheridan	541869
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Oct 01 – Oct 29	Mon Thu 6:45–7:45 PM	Sheridan	5418610
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Nov 02 – Nov 30	Mon Thu 6:45–7:45 PM	Sheridan	5418611
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Dec 03 – Dec 28	Mon Thu 6:45–7:45 PM	Sheridan	5418612
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Jan 04 – Jan 28	Mon Thu 6:45–7:45 PM	Sheridan	541861
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Feb 01 – Feb 29	Mon Thu 6:45–7:45 PM	Sheridan	541862
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Mar 06 – Mar 31	Mon Thu 6:45–7:45 PM	Sheridan	541863
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**Monthly — Resident: \$50; Nonresident: \$57 (Ages 8+)**

Sep 02 – Sep 30	Mon Wed 4:30–5:30 PM	Goodson	541509
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Oct 05 – Oct 28	Mon Wed 4:30–5:30 PM	Goodson	5415010
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Nov 02 – Nov 25	Mon Wed 4:30–5:30 PM	Goodson	5415011
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Dec 02 – Dec 30	Mon Wed 4:30–5:30 PM	Goodson	5415012
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Jan 04 – Jan 27	Mon Wed 4:30–5:30 PM	Goodson	541501
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Feb 01 – Feb 29	Mon Wed 4:30–5:30 PM	Goodson	541502
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Mar 02 – Mar 30	Mon Wed 4:30–5:30 PM	Goodson	541503
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## Traditional Shotokan Karate

Learn self-defense through traditional karate techniques and ideals. Shotokan promotes self-control and confidence through core values such as respect for others, hard work, and discipline. Includes drop-in Karate for green belts and above Saturdays 9-10am.

**Monthly — Youth: \$64; Youth Nonresident: \$70 (Ages 7–13)**

Sep 01 – Sep 29	Tue Thu 5:30–6:30 PM	Lone Tree	561939
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Sep 02 – Sep 30	Mon Wed 5:30–6:30 PM	Lone Tree	561879
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Oct 01 – Oct 29	Tue Thu 5:30–6:30 PM	Lone Tree	5619310
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Oct 05 – Oct 29	Mon Wed 5:30–6:30 PM	Lone Tree	5618710
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Nov 02 – Nov 25	Mon Wed 5:30–6:30 PM	Lone Tree	5618711
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Nov 03 – Nov 24	Tue Thu 5:30–6:30 PM	Lone Tree	5619311
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Dec 01 – Dec 22	Tue Thu 5:30–6:30 PM	Lone Tree	5619312
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Dec 02 – Dec 21	Mon Wed 5:30–6:30 PM	Lone Tree	5618712
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Jan 05 – Jan 28	Tue Thu 5:30–6:30 PM	Lone Tree	561931
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Feb 01 – Feb 29	Mon Wed 5:30–6:30 PM	Lone Tree	561872
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Feb 02 – Feb 25	Tue Thu 5:30–6:30 PM	Lone Tree	561932
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Mar 01 – Mar 31	Tue Thu 5:30–6:30 PM	Lone Tree	561933
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Jan 04 – Jan 27	Mon Wed 5:30–6:30 PM	Lone Tree	561871
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Mar 02 – Mar 30	Mon Wed 5:30–6:30 PM	Lone Tree	561873
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**Monthly — Resident: \$64; Nonresident: \$70 (Ages 14+)**

Sep 01 – Sep 29	Tue Thu 7–8 PM	Lone Tree	561759
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Sep 02 – Sep 30	Mon Wed 7–8 PM	Lone Tree	561459
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Oct 01 – Oct 29	Tue Thu 7–8 PM	Lone Tree	5617510
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Oct 05 – Oct 29	Mon Wed 7–8 PM	Lone Tree	5614510
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Nov 02 – Nov 25	Mon Wed 7–8 PM	Lone Tree	5614511
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Nov 03 – Nov 24	Tue Thu 7–8 PM	Lone Tree	5617511
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Dec 01 – Dec 22	Tue Thu 7–8 PM	Lone Tree	5617512
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Dec 02 – Dec 21	Mon Wed 7–8 PM	Lone Tree	5614512
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Jan 04 – Jan 27	Mon Wed 7–8 PM	Lone Tree	561451
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Jan 05 – Jan 28	Tue Thu 7–8 PM	Lone Tree	561751
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Feb 01 – Feb 29	Mon Wed 7–8 PM	Lone Tree	561452
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Feb 02 – Feb 25	Tue Thu 7–8 PM	Lone Tree	561752
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Mar 01 – Mar 31	Tue Thu 7–8 PM	Lone Tree	561753
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Mar 02 – Mar 30	Mon Wed 7–8 PM	Lone Tree	561453
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## PICKLEBALL

Pickleball is like tennis, but played with a wooden paddle. It is also like badminton but played with a wiffleball. It is similar to ping pong but bigger. Equipment is available. Pickleball is offered at all four recreation centers. Check online at [ssprd.org/pickleball](http://ssprd.org/pickleball) for drop-in hours, camp, clinic league and tournament offerings and fees.

### Pickleball Boot Camps

Pickleball is a fun and social game that combines elements of tennis, ping-pong and badminton. This game is perfect for all ages, easy to learn and provides a great physical workout! This class is for ages 18 and up.

**4 Weeks** — Resident: \$40; Nonresident: \$48 (Ages 18+)

Sep 03 – Sep 24	Thu 12–2 PM	Goodson	308849
Oct 05 – Oct 26	Mon 1–3 PM	Buck	3089110
Nov 02 – Nov 23	Mon 2–4 PM	Lone Tree	3083111
Jan 06 – Jan 27	Wed 1–4 PM	Goodson	308831
Dec 01 – Dec 22	Tue 12–2 PM	Sheridan	3087312
Feb 05 – Feb 26	Fri 1–3 PM	Buck	308952
Mar 02 – Mar 23	Wed 12–2 PM	Lone Tree	308333

### Pickleball Clinic

**1 Week** — Resident: \$10; Nonresident: \$14 (Ages 18+)

Aug 27	Thu 12–2 PM	Goodson	308448
Sep 15	Tue 12–2 PM	Sheridan	308649
Sep 28	Mon 1–3 PM	Buck	308919
Oct 13	Tue 12–2 PM	Goodson	3084210
Oct 28	Wed 12–2 PM	Lone Tree	3082310
Nov 11	Wed 2–4 PM	Buck	3085411
Nov 24	Tue 12–2 PM	Sheridan	3086411
Dec 14	Mon 1–3 PM	Lone Tree	3082112
Dec 23	Wed 2–4 PM	Goodson	3084312
Jan 11	Mon 1–3 PM	Sheridan	308631
Jan 29	Fri 1–3 PM	Buck	308571
Feb 08	Mon 2–4 PM	Goodson	308412
Feb 24	Wed 12–2 PM	Lone Tree	308232
Mar 10	Thu 1–3 PM	Buck	308563
Mar 31	Thu 2–4 PM	Sheridan	308673

### Goodson Halloween Pickleball Tournament

Come join us for our Goodson Halloween Pickleball Tournament in October! This doubles tournament will be split into 3 divisions (Men's, Women's, Co-Rec). Co-Rec division will be played first in the morning, followed by both the men's and women's divisions. Costumes are welcome! Paddles available upon request (limited supplies). Register online at [ssprd.org/Adult-League-Registration](http://ssprd.org/Adult-League-Registration) or in person at the Athletics Office (6631 S University Blvd) Mon-Fri 8am-5pm.  
Saturday, October 31; 8 AM - 6 PM  
\$35/team

## Buck Pickleball Holiday Classic

Join us as we round out the year with our Buck Pickleball Holiday Classic Tournament in December! This doubles tournament will be split into 3 divisions (Men's, Women's, Co-Rec). Co-Rec division will be played first in the morning, followed by both the men's and women's divisions. Paddles available upon request (limited supplies). Register online at <http://ssprd.org/Adult-League-Registration> or in person at the Athletics Office (6631 S University Blvd) Mon-Fri 8am-5pm  
Saturday, December 18; 8 AM - 6 PM  
\$35/team

## RACES

### 2015-16 South Suburban Race Series

SSPR Race Series consists of 7 5k races and 2 triathlons over the calendar year. Participants can earn points for finishing position and participation. Free to participate! Visit [ssprd.org/raceseries](http://ssprd.org/raceseries)

### Super Star 5K

Be creative and dress up as your favorite Super STAR, Celebrity or Hero. The event will be held on September 13.

Early \$25; Regular \$30

14 years & younger - Early \$15; Regular \$20

[www.runningguru.com/event/superstar](http://www.runningguru.com/event/superstar)

Sep 13 Sun 9 AM (5k) 10:15 AM (1 mile fun run)

### Hoofin it Through the Hollows 5K

Bring the entire family, friendly dogs on leashes and strollers are welcome. Prizes will be awarded in age and gender categories for the 5K. 5K run/walk is held along the popular High Line Canal trail. Race will be timed using timing chip technology.

Early \$25; Regular \$30

14 years & younger - Early \$15; Regular \$20

[www.runningguru.com/event/HoofinIt](http://www.runningguru.com/event/HoofinIt)

Oct 24 Sat 5:30 PM

### Black Friday 5K

Bring the entire family to burn off some turkey or relieve some shopping related stress at the Black Friday 5K! Runners of all ages and abilities, friendly dogs on leashes and strollers are welcome

Early \$25; Regular \$30

14 years & younger - Early \$15; Regular \$20

[www.runningguru.com/event/BlackFriday](http://www.runningguru.com/event/BlackFriday)

Nov 27 Fri 10:00 AM

### Super Sunday Fun Run 5K

Get some exercise before you settle in for the big game! Runners and walkers of all ages and abilities are welcome. Bring the entire family, as this Fun Run is stroller and pet friendly. Show your team spirit and wear your favorite team jersey or attire.

Early \$25; Regular \$30

14 years & younger - Early \$15; Regular \$20

[www.runningguru.com/event/supersunday](http://www.runningguru.com/event/supersunday)

Feb 7 Sun 10:00 AM



## RACQUETBALL

### Racquetball Information

Racquetball/Handball/Walleyball Court Rentals

**Goodson Recreation Center** 303.798.4761

Eight racquetball courts & 4 walleyball courts are available to reserve up to 5 days in advance.

**Lone Tree Recreation Center** 303.708.3500

Two glass walled racquetball/walleyball courts are available to reserve up to 5 days in advance.

**Sheridan Recreation Center** 303.761.2241

Two racquetball courts available to reserve up to 5 days in advance. Racquetball court usage is included with a daily admission or with our facility passes.

### Advanced Racquetball League (Co-Rec)

A league for players who have league and tournament experience. Players should have a solid knowledge of rules and be proficient in all shots.

**7 Weeks** — Resident: \$49; Nonresident: \$59 (Ages 16+)

Oct 27 – Dec 08	Tue 7:15–8:45 PM	Goodson	6906610
Jan 12 – Mar 01	Tue 7:15–8:45 PM	Goodson	690661

### Elite High Intermediate (Co-Rec) Racquetball League

A racquetball league for players who play and train regularly. Players should be proficient in all shots.

**9 Weeks** — Resident: \$49; Nonresident: \$59 (Ages 16+)

Oct 21 – Dec 16	Wed 7–8:15 PM	Goodson	6905910
Jan 13 – Mar 02	Wed 7–8:15 PM	Goodson	690591

### High Intermediate (Co-Rec) Racquetball League

A league for players who play and train regularly. Players should be proficient in all shots.

**8 Weeks** — Resident: \$49; Nonresident: \$59 (Ages 16+)

Oct 26 – Dec 14	Mon 7–8:15 PM	Goodson	6904010
Jan 11 – Mar 07	Mon 7–8:15 PM	Goodson	690401

### Intermediate (Co-Rec) Racquetball League

A league for players who have some league experience and a solid knowledge of rules and strategy.

**9 Weeks** — Resident: \$49; Nonresident: \$59 (Ages 16+)

Oct 22 – Dec 17	Thu 7:15–8:30 PM	Goodson	6904210
Jan 14 – Mar 03	Thu 7:15–8:30 PM	Goodson	690421

### Junior Racquetball League (Co-Rec)

Junior leagues are available for students who are able to complete match play with an understanding of the rules

**7 Weeks** — Youth: \$39; Youth Nonresident: \$49 (Ages 12–17)

Oct 28 – Dec 09	Wed 4–5 PM	Goodson	6901510
Jan 20 – Feb 24	Wed 4–5 PM	Goodson	690151

### Racquetball Group Lessons

Have fun learning the basic skills of racquetball in a group setting. Rules, strategy, strokes and how to play safely are introduced.

**3 Weeks** — Resident: \$22; Nonresident: \$30 (Ages 16+)

Nov 07 – Nov 21	Sat 11:45 AM–12:45 PM	Goodson	6912511
Jan 23 – Feb 06	Sat 11:45 AM–12:45 PM	Goodson	691251

## CHILD CARE / DAY CAMPS

### CAMPS

#### 2 Day Winter Art Camp

Bring your imagination and have fun creating multimedia art projects!

**2 Days** — Youth: \$37; Youth Nonresident: \$39 (Ages 6–12)

Dec 21 – Dec 22	Mon Tue 1–4 PM	Goodson	4208412
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#### Black Friday Day Adventure Camp

Venture out shopping on Black Friday while your kids have fun with activities such as the eXerGame Zone, ice skating, sports, climbing wall, laser tag and more. Morning and afternoon snacks and lunch included in fee.

**1 Session** — Youth: \$47; Youth Nonresident: \$51 (Ages 6–13)

Nov 27	Fri 7 AM–6 PM	Family Spor	4805511
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#### Club Lone Tree Winter Break Day Camps

Participants will enjoy a variety of activities including daily Field Trips. Children should arrive by 9 am and can be picked up starting at 4:30 pm. Parents must provide a morning snack and lunch daily. No lunch is needed for Chuck E. Cheese Field Trip Day. Pre registration is a must. Full day supervision 7 am–6 pm except for Dec. 24 & 31 program ends at 3 pm.

**1 Session** — Youth: \$25; Youth Nonresident: \$33 (Ages 5–10)

Dec 18	Fri 7 AM–6:30 PM	Lone Tree	3119312
Dec 22	Tue 7 AM–6:30 PM	Lone Tree	3116412
Dec 29	Tue 7 AM–6:30 PM	Lone Tree	3116512

**1 Session** — Youth: \$38; Youth Nonresident: \$50

\*Youth: \$27; Youth Nonresident: \$36 (Ages 5–10)

Dec 21	Mon 7 AM–6:30 PM	Lone Tree	3115312
Dec 23	Wed 7 AM–6 PM	Lone Tree	3117412
*Dec 24	Thu 7 AM–3 PM	Lone Tree	3118412
Dec 28	Mon 7 AM–6:30 PM	Lone Tree	3115412
Dec 30	Wed 7 AM–6:30 PM	Lone Tree	3117512
*Dec 31	Thu 7 AM–3 PM	Lone Tree	3118512

#### Club Lone Tree Fall Break Camps

Licensed day camp for children ages 5–10. Registration for this program is subject to availability. All required paperwork must be submitted with payment by time of participation. For more information and to register for this program, contact Mary Kaminski at 303-708-3518 or by email at MaryK@sspr.org.

**1 Day** — Youth: \$25; Youth Nonresident: \$33 (Ages 5–10)

Oct 13	Tue 7 AM–6:30 PM	Lone Tree	3116210
Oct 15	Thu 7 AM–6:30 PM	Lone Tree	3118310

**1 Day** — Youth: \$38; Youth Nonresident: \$50 (Ages 5–10)

Oct 12	Mon 7 AM–6:30 PM	Lone Tree	3115210
Oct 14	Wed 7 AM–6:30 PM	Lone Tree	3117210
Oct 16	Fri 7 AM–6:30 PM	Lone Tree	3119310

## Fall Break Art Camp

Explore media like clay, drawing, painting, printmaking and mixed media. Gain understanding of color, perspective, texture and materials while creating masterpieces to take home & enjoy!

**1 Week — Youth: \$91; Youth Nonresident: \$97 (Ages 6–12)**

Oct 12 – Oct 16	Mon–Fri 9 AM–12 PM	Lone Tree	4501510
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## NEW! Fall Break Nature Camp

Explore autumn at South Platte Park! Children will delight in games, hikes and nature-based activities. Every day is different! Enroll in one day or choose the savings package to bundle all three days.

**1 Day — Youth: \$19; Youth Nonresident: \$25 (Ages 6–10)**

Nov 23	Mon 9 AM–12 PM	S. Platte Pk	6780111
Nov 24	Tue 9 AM–12 PM	S. Platte Pk	6780211
Nov 25	Wed 9 AM–12 PM	S. Platte Pk	6780311

**3 Day Savings Package — Youth: \$49; Youth Nonresident: \$59 (Ages 6–10)**

Nov 23 – Nov 25	Mon Tue Wed 9 AM–12 PM	S. Platte Pk	6780011
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## Family Sports Center Fall Break Adventure Camp

Enroll by the day in our state-licensed program that keeps kids busy with activities such as the eXerGame Zone, ice skating, sports, climbing wall, laser tag and more. Morning and afternoon snacks and lunch included in fee. For more information please contact Christina Ibarra at 303-754-0552 or christinai@sspr.org.

**2 Weeks — Youth: \$47; Youth Nonresident: \$51 (Ages 6–13)**

Oct 12	Mon 7 AM–6 PM	Family Spor	4801110
Oct 13	Tue 7 AM–6 PM	Family Spor	4801210
Oct 14	Wed 7 AM–6 PM	Family Spor	4801310
Oct 15	Thu 7 AM–6 PM	Family Spor	4801410
Oct 16	Fri 7 AM–6 PM	Family Spor	4801510
Oct 26	Mon 7 AM–6 PM	Family Spor	4801610
Oct 27	Tue 7 AM–6 PM	Family Spor	4801710
Oct 28	Wed 7 AM–6 PM	Family Spor	4801810
Oct 29	Thu 7 AM–6 PM	Family Spor	4801910
Oct 30	Fri 7 AM–6 PM	Family Spor	4802011

## Family Sports Center In-Service Days

Enroll by the day in our state-licensed program that keeps kids busy with activities such as: ice skating, sports, climbing wall, laser tag, the eXerGame Zone, inflatable obstacle course, bumper cars and more! Morning/afternoon snacks and lunch included in fee.

**1 Day — Youth: \$47; Youth Nonresident: \$51 (Ages 6–13)**

Sep 25	Fri 7 AM–6 PM	Family Spor	481159
Nov 03	Tue 7 AM–6 PM	Family Spor	4811211
Nov 13	Fri 7 AM–6 PM	Family Spor	4811511
Nov 25	Wed 7 AM–6 PM	Family Spor	4811311
Jan 04	Mon 7 AM–6 PM	Family Spor	4811111
Jan 15	Fri 7 AM–6 PM	Family Spor	481351
Feb 12	Fri 7 AM–6 PM	Family Spor	481262
Feb 16	Tue 7 AM–6 PM	Family Spor	481222
Mar 03	Thu 7 AM–6 PM	Family Spor	481143
Mar 04	Fri 7 AM–6 PM	Family Spor	481153

## Family Sports Center Winter Break Adventure Camp

Enroll by the day in our state-licensed program that keeps kids busy with activities such as the eXerGame Zone, ice skating, sports, climbing wall, laser tag and more. Morning and afternoon snacks and lunch included in fee. For more information contact Christinai@sspr.org, or call 303.754.0552.

**2 Weeks — Youth: \$47; Youth Nonresident: \$51 (Ages 6–13)**

Dec 18	Fri 7 AM–6 PM	Family Spor	4811512
Dec 21	Mon 7 AM–6 PM	Family Spor	4802112
Dec 22	Tue 7 AM–6 PM	Family Spor	4802212
Dec 23	Wed 7 AM–6 PM	Family Spor	4802312
Dec 24	Thu 7 AM–6 PM	Family Spor	4802412
Dec 28	Mon 7 AM–6 PM	Family Spor	4802612
Dec 29	Tue 7 AM–6 PM	Family Spor	4802712
Dec 30	Wed 7 AM–6 PM	Family Spor	4802812
Dec 31	Thu 7 AM–6 PM	Family Spor	4802912

## Friday Nite Xtreme

Join us for Friday Nite Xtreme the 1st Friday of the month from 6:30–10 pm. Activities include: Ice skating, laser tag the eXerGame Zone climbing wall bumper cars bungee run obstacle course, and more! Fee includes all activities. Concessions and arcade games extra. Register online or at the door.

**Monthly — Youth: \$12; Youth Nonresident: \$14 (Ages 6–13)**

Sep 04	Fri 6:30–10 PM	Family Spor	481009
Oct 02	Fri 6:30–10 PM	Family Spor	4810010
Nov 06	Fri 6:30–10 PM	Family Spor	4810011
Dec 04	Fri 6:30–10 PM	Family Spor	4810012
Jan 08	Fri 6:30–10 PM	Family Spor	481001
Feb 05	Fri 6:30–10 PM	Family Spor	481002
Mar 04	Fri 6:30–10 PM	Family Spor	481003

## Holiday Adventure Camp

Enroll by the day in our state-licensed program that keeps kids busy with activities such as the eXerGame Zone, ice skating, sports, climbing wall, laser tag and more. Morning and afternoon snacks and lunch included in fee.

**1 Session — Youth: \$47; Youth Nonresident: \$51 (Ages 6–13)**

Jan 18	Mon 7 AM–6 PM	Family Spor	480601
Feb 15	Mon 7 AM–6 PM	Family Spor	480602

## Goodson In-Service Day Camps

Licensed day care for children ages 5-10 on school in-service days. Children will be picked up from Goodson and transported to Lone Tree for the daily activities. Drop off times are between 7-8:30 am. Children will be transported back to Goodson. Pick up times are between 5-6 pm. For more information, contact Mary Kaminski at 303-708-3518 or by email at MaryK@sspr.org

**1 Day — Youth: \$38; Youth Nonresident: \$50 (Ages 5–10)**

Oct 15	Thu 7 AM–6 PM	Goodson	3158310
Oct 16	Fri 7 AM–6 PM	Goodson	3159310
Jan 18	Mon 7 AM–6 PM	Goodson	315531
Feb 15	Mon 7 AM–6 PM	Goodson	315532

## Club Lone Tree In-Service Day Camps

Licensed day camp for school aged children, 5 - & 10 years of age. Registration is subject to availability. All required paperwork must be submitted with payment by time of participation. For more information and to register for this program, contact Mary Kaminski at 303-708-3518 or by email at MaryK@sspr.org.

**1 Day — Youth: \$25; Youth Nonresident: \$33 (Ages 5–10)**

Oct 09	Fri 7 AM–6:30 PM	Lone Tree	3119210
Jan 15	Fri 7 AM–6:30 PM	Lone Tree	311931
Feb 12	Fri 7 AM–6:30 PM	Lone Tree	311922

**1 Day — Youth: \$38; Youth Nonresident: \$50 (Ages 5–10)**

Sep 25	Fri 7 AM–6:30 PM	Lone Tree	311949
Jan 18	Mon 7 AM–6:30 PM	Lone Tree	311531
Feb 15	Mon 7 AM–6:30 PM	Lone Tree	311532

## NEW! No School Nature Camps

Learn about nature through play and exploration when schools are out of session. Hands-on activities and hikes are learning fun, indoors, and out! Includes MLK, Presidents' Day and Spring Break.

**1 Day — Youth: \$29; Youth Nonresident: \$39 (Ages 6–10)**

Jan 04	Mon 8:30 AM–4:30 PM	S. Platte Pk	672101
Jan 15	Mon 8:30 AM–4:30 PM	S. Platte Pk	672031
Feb 15	Mon 8:30 AM–4:30 PM	S. Platte Pk	672022

**4 Days — Youth: \$119; Youth Nonresident: \$129 (Ages 6–10)**

Mar 21 – Mar 24	Mon–Thu 8:30 AM–4:30 PM	S. Platte Pk	672073
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## Outrageous Invention Convention

Show off your crazy skills in the Engineering X Challenge, a daily series of team and individual challenges that apply creativity and engineering skills. Display your creations at the end of the week in a Maker Gallery Walk. Outrageous fun for all future engineers and inventors!

**3 Days — Youth: \$150; Youth Nonresident: \$156 (Ages 6–12)**

Mar 21 – Mar 23	Mon Tue Wed 1–4 PM	Goodson	424133
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## Space-The Final Frontier

Explore the final frontier on an adventure through space! Build and launch a solid fuel rocket that goes into the stratosphere, and design a space ship capable of landing on Mars. Investigate how robots and astronauts explore faraway worlds, and discover what it is like to be an astronaut traveling through space. Discover secrets of our planetary neighbors and build a telescope.

**3 Days — Youth: \$150; Youth Nonresident: \$156 (Ages 6–12)**

Nov 23 – Nov 25	Mon Tue Wed 1–4 PM	Goodson	4248611
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## Spring Break Art Camp

This camp is a fast-paced with a lot of activity and interaction. Students work closely with the instructor. Bring your imagination and have fun creating multimedia art projects! Come dressed for a mess and wear walking shoes.

**1 Week — Youth: \$91; Youth Nonresident: \$97 (Ages 7–12)**

Mar 21 – Mar 25	Mon–Fri 9 AM–12 PM	Goodson	426053
Mar 21 – Mar 25	Mon–Fri 9 AM–12 PM	Lone Tree	455323

## Thanksgiving Break

Children will socialize with peers as they participate in daily activities including swimming. Children should arrive at Goodson Recreation Center by 8 am for transportation to Lone Tree Recreation Center and can be picked up at Goodson between 5 - 6 pm.

**1 Day — Youth: \$25; Youth Nonresident: \$33 (Ages 5–10)**

Nov 25	Wed 7 AM–6:30 PM	Lone Tree	3117411
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**1 Week — Youth: \$38; Youth Nonresident: \$50 (Ages 5–10)**

Nov 23	Mon 7 AM–6 PM	Goodson	3152111
Nov 24	Tue 7 AM–6 PM	Goodson	3152211
Nov 25	Wed 7 AM–6 PM	Goodson	3152311

## Winter Break Art Camp

Explore media like clay, drawing, painting, printmaking and mixed media. Gain understanding of color, perspective, texture and materials while creating masterpieces to take home. Dress for a mess.

**3 Days — Youth: \$55; Youth Nonresident: \$59 (Ages 6–12)**

Dec 21 – Dec 23	Mon Tue Wed 9 AM–12 PM	Lone Tree	4550012
Dec 28 – Dec 30	Mon Tue Wed 9 AM–12 PM	Lone Tree	4557912

**NEW! Winter Break Nature Camp**

Explore winter at South Platte Park! Children will delight in games, hikes and nature-based activities including tracking, winter survival and winter ecology. Each day is different! Enroll in one, two or all days for the most savings.

**1 Day — Youth: \$19; Youth Nonresident: \$25 (Ages 6–10)**

Dec 21	Mon 9 AM–12 PM	S. Platte Pk	6782112
Dec 22	Tue 9 AM–12 PM	S. Platte Pk	6782212
Dec 23	Wed 9 AM–12 PM	S. Platte Pk	6782312
Dec 28	Mon 9 AM–12 PM	S. Platte Pk	6782612
Dec 29	Tue 9 AM–12 PM	S. Platte Pk	6782712
Dec 30	Wed 9 AM–12 PM	S. Platte Pk	6782812

**3 Day — Youth: \$49; Youth Nonresident: \$59 (Ages 6–10)**

Dec 21 – Dec 23	Mon Tue Wed 9 AM–12 PM	S. Platte Pk	6782012
Dec 28 – Dec 30	Mon Tue Wed 9 AM–12 PM	S. Platte Pk	6782512

**Winter Break Goodson Recreation Center**

Participants will enjoy a variety of activities including daily field trips. Full day supervision from 7 am - 6 pm. Parents must provide a morning snack and lunch daily. Pre-registration is required. For more information, contact Mary Kaminski at 303.708.3518 or by email at maryk@sspr.org.

**1 Week — Youth: \$38; Youth Nonresident: \$50  
\*Youth: \$27; Youth Nonresident: \$36 (Ages 5–10)**

Dec 21	Mon 7 AM–6 PM	Goodson	3150012
Dec 22	Tue 7 AM–6 PM	Goodson	3150112
Dec 23	Wed 7 AM–6 PM	Goodson	3150212
*Dec 24	Thu 7 AM–3 PM	Goodson	3150312
Dec 28	Mon 7 AM–6 PM	Goodson	3150512
Dec 29	Tue 7 AM–6 PM	Goodson	3150612
Dec 30	Wed 7 AM–6 PM	Goodson	3150712
*Dec 31	Thu 7 AM–3 PM	Goodson	3150812
Jan 04	Mon 7 AM–6 PM	Goodson	315101

**Club Lone Tree Spring Break Camp**

Socialize with peers and participate in daily field trips. Full-day supervision 7 AM - 6 PM. Children should arrive by 9 AM and can be picked up after 4:30 PM on field trip days. Parents must provide a lunch each day except for the Chuck E. Cheese date. For more information, contact Mary Kaminski at 303-708-3518 or by email at MaryK@sspr.org.

**1 Day — Youth: \$38; Youth Nonresident: \$50  
Wed at Lone Tree Youth: \$25; Youth Nonresident: \$33 (Ages 6–10)**

Mar 21	7 AM - 6 PM	Jungle Quest	311533
Mar 22	7 AM - 6 PM	Movies	311643
Mar 23	7 AM - 6 PM	Lone Tree Swim	311743
Mar 24	7 AM - 6 PM	Family Sports	311843
Mar 25	7 AM - 6 PM	Casa Bonita	311943

**Goodson Spring Break Camp**

Socialize with peers and participate in daily field trips. Full-day supervision 7 AM - 6 PM. Children should arrive by 9 AM and can be picked up after 4:30 PM

**1 Day — Youth: \$38; Youth Nonresident: \$50  
Wed at Lone Tree Youth: \$25; Youth Nonresident: \$33 (Ages 6–10)**

Mar 21	7 AM - 6 PM	Jungle Quest	314003
Mar 22	7 AM - 6 PM	Movies	314013
Mar 23	7 AM - 6 PM	Lone Tree Swim	314023
Mar 24	7 AM - 6 PM	Family Sports	314033
Mar 25	7 AM - 6 PM	Casa Bonita	314043

**PRESCHOOL****On Your Mark**

Gentle, caring teachers ease your child into a school-like atmosphere to experience stories, songs, crafts and new friendships with other two-year-olds.

**4 Weeks — Youth: \$145; Youth Nonresident: \$165 (Ages 2–3)**

Sep 14 - Oct 9	Mon Wed Fri 9–11:30 AM	Goodson	343409
Oct 12 - Nov 06	Mon Wed Fri 9–11:30 AM	Goodson	3434010
Nov 09 - Dec 04	Mon Wed Fri 9–11:30 AM	Goodson	3434011
Dec 07 - Jan 15	Mon Wed Fri 9–11:30 AM	Goodson	3434012
Jan 18 - Feb 12	Mon Wed Fri 9–11:30 AM	Goodson	343401
Feb 15 - Mar 11	Mon Wed Fri 9–11:30 AM	Goodson	343402
Apr 25 - May 20	Mon Wed Fri 9–11:30 AM	Goodson	343404

**6 Weeks — Youth: \$181; Youth Nonresident: \$206 (Ages 2–3)**

Mar 14 - Apr 22	Mon Wed Fri 9–11:30 AM	Goodson	343403
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**Marvelous 2 1/2 to 3 Year Olds - Goodson**

Focus is on large and small motor skills, introduction to letters, numbers, art, music, socialization, verbal and listening skills. Child must be potty trained.

**4 Weeks — Youth: \$110; Youth Nonresident: \$127 (Ages 30 mos–3)**

Sep 15 - Oct 08	Tue Thu 9–11:30 AM	Goodson	3429009
Oct 13 - Nov 05	Tue Thu 9–11:30 AM	Goodson	3429010
Nov 10 - Dec 03	Tue Thu 9–11:30 AM	Goodson	3429011
Dec 08 - Jan 14	Tue Thu 9–11:30 AM	Goodson	3429012
Jan 19 - Feb 11	Tue Thu 9–11:30 AM	Goodson	342901
Feb 16 - Mar 11	Tue Thu 9–11:30 AM	Goodson	342902
Apr 26 - May 19	Tue Thu 9–11:30 AM	Goodson	342904

**5 Weeks — Youth: \$138; Youth Nonresident: \$159 (Ages 30 mos–3)**

Mar 15 - Apr 21	Tue Thu 9–11:30 AM	Goodson	342903
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**4 Weeks — Youth: \$145; Youth Nonresident: \$165 (Ages 30 mos–4)**

Sep 14 - Oct 09	Mon Wed Fri 9–11:30 AM	Goodson	342009
Oct 12 - Nov 06	Mon Wed Fri 9–11:30 AM	Goodson	3420010
Nov 09 - Dec 04	Mon Wed Fri 9–11:30 AM	Goodson	3420011
Dec 07 - Jan 15	Mon Wed Fri 9–11:30 AM	Goodson	3420012
Jan 18 - Feb 12	Mon Wed Fri 9–11:30 AM	Goodson	342001
Feb 15 - Mar 11	Mon Wed Fri 9–11:30 AM	Goodson	342002
Apr 25 - May 20	Mon Wed Fri 9–11:30 AM	Goodson	342004



**5 Weeks — Youth: \$181; Youth Nonresident: \$206 (Ages 30 mos–4)**

Mar 14 – Apr 22	Mon Wed Fri 9–11:30 AM	Goodson	342003
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**Fabulous 3 and 4 Year Olds**

Focus is on large and small motor skills, introduction to letters, numbers, art, music, socialization, verbal and listening skills. Child must be potty trained.

**4 Weeks — Youth: \$110; Youth Nonresident: \$127 (Ages 3–4)**

Sep 15 – Oct 08	Tue Thu 9–11:30 AM	Goodson	341409
Sep 15 – Oct 08	Tue Thu 9–11:30 AM	Goodson	341509
Oct 13 – Nov 05	Tue Thu 9–11:30 AM	Goodson	3414010
Oct 13 – Nov 05	Tue Thu 9–11:30 AM	Goodson	3415010
Nov 10 – Dec 03	Tue Thu 9–11:30 AM	Goodson	3414011
Nov 10 – Dec 03	Tue Thu 9–11:30 AM	Goodson	3415011
Dec 08 – Jan 14	Tue Thu 9–11:30 AM	Goodson	3414012
Dec 08 – Jan 14	Tue Thu 9–11:30 AM	Goodson	3415012
Jan 19 – Feb 11	Tue Thu 9–11:30 AM	Goodson	341401
Jan 19 – Feb 11	Tue Thu 9–11:30 AM	Goodson	341501
Feb 16 – Mar 10	Tue Thu 9–11:30 AM	Goodson	341402
Feb 16 – Mar 10	Tue Thu 9–11:30 AM	Goodson	341502
Apr 26 – May 19	Tue Thu 9–11:30 AM	Goodson	341404
Apr 26 – May 19	Tue Thu 9–11:30 AM	Goodson	341504

**6 Weeks — Youth: \$138; Youth Nonresident: \$155 (Ages 3–4)**

Mar 15 – Apr 21	Tue Thu 9–11:30 AM	Goodson	341403
Mar 15 – Apr 21	Tue Thu 9–11:30 AM	Goodson	341503

**4 Weeks — Youth: \$145; Youth Nonresident: \$165 (Ages 3–4)**

Sep 14 – Oct 09	Mon Wed Fri 9–11:30 AM	Goodson	341209
Oct 12 – Nov 06	Mon Wed Fri 9–11:30 AM	Goodson	3412010
Nov 09 – Dec 04	Mon Wed Fri 9–11:30 AM	Goodson	3412011
Dec 07 – Jan 15	Mon Wed Fri 9–11:30 AM	Goodson	3412012
Jan 18 – Feb 12	Mon Wed Fri 9–11:30 AM	Goodson	341201
Feb 15 – Mar 11	Mon Wed Fri 9–11:30 AM	Goodson	341202
Apr 25 – May 20	Mon Wed Fri 9–11:30 AM	Goodson	341204

**6 Weeks — Youth: \$181; Youth Nonresident: \$206 (Ages 3–4)**

Mar 14 – Apr 22	Mon Wed Fri 9–11:30 AM	Goodson	341203
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**Ready, Set, Go - Goodson**

Prepare your child for Kindergarten in August 2016. Individual attention on fine and gross motor skills, reading and math readiness, art, music, socialization, and verbal and listening skill development.

**4 Weeks — Youth: \$110; Youth Nonresident: \$127 (Ages 4–6)**

Sep 15 – Oct 08	Tue Thu 9–11:30 AM	Goodson	344609
Oct 13 – Nov 05	Tue Thu 9–11:30 AM	Goodson	3446010
Nov 10 – Dec 03	Tue Thu 9–11:30 AM	Goodson	3446011
Dec 08 – Jan 14	Tue Thu 9–11:30 AM	Goodson	3446012
Jan 19 – Feb 11	Tue Thu 9–11:30 AM	Goodson	344601
Feb 16 – Mar 10	Tue Thu 9–11:30 AM	Goodson	344602
Apr 26 – May 19	Tue Thu 9–11:30 AM	Goodson	344604

**5 Weeks — Youth: \$138; Youth Nonresident: \$155 (Ages 4–6)**

Mar 15 – Apr 21	Tue Thu 9–11:30 AM	Goodson	344603
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**4 Weeks — Youth: \$145; Youth Nonresident: \$165 (Ages 4–5)**

Sep 14 – Oct 09	Mon Wed Fri 9–11:30 AM	Goodson	344209
Sep 14 – Oct 09	Mon Wed Fri 12:30–3 PM	Goodson	344269
Oct 12 – Nov 06	Mon Wed Fri 9–11:30 AM	Goodson	3442010
Oct 12 – Nov 06	Mon Wed Fri 12:30–3 PM	Goodson	3442610
Nov 09 – Dec 04	Mon Wed Fri 9–11:30 AM	Goodson	3442011
Nov 09 – Dec 04	Mon Wed Fri 12:30–3 PM	Goodson	3442611
Dec 07 – Jan 15	Mon Wed Fri 9–11:30 AM	Goodson	3442012
Dec 07 – Jan 15	Mon Wed Fri 12:30–3 PM	Goodson	3442612
Jan 18 – Feb 12	Mon Wed Fri 9–11:30 AM	Goodson	344201
Jan 18 – Feb 12	Mon Wed Fri 12:30–3 PM	Goodson	344261
Feb 15 – Mar 11	Mon Wed Fri 9–11:30 AM	Goodson	344202
Feb 15 – Mar 11	Mon Wed Fri 12:30–3 PM	Goodson	344262
Apr 25 – May 20	Mon Wed Fri 9–11:30 AM	Goodson	344204
Apr 25 – May 20	Mon Wed Fri 12:30–3 PM	Goodson	344264

**5 Weeks — Youth: \$181; Youth Nonresident: \$206 (Ages 4–5)**

Mar 14 – Mar 22	Mon Wed Fri 9–11:30 AM	Goodson	344203
Mar 14 – Apr 22	Mon Wed Fri 12:30–3 PM	Goodson	344263

**Lunchersize**

While you enjoy free time exercising or running errands, your child plays and eats their own sack lunch in our supervised program. Call to register 303-347-5999. Must register 2 hours before each class starts

**Daily — Youth: \$10; Youth Nonresident: \$12 (Ages 30 mos–5)**

Daily	Mon-Fri 11:30 AM–2 PM	Goodson & Lone Tree
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**Awesome, Goopy, & Fun!**

Stimulating science activities show your child that science is more than just facts. Children bring a sack lunch. Must be potty trained.

**4 Weeks — Youth: \$57; Youth Nonresident: \$78 (Ages 30 mos–5)**

Sep 18 – Oct 09	Fri 11:30 AM–2 PM	Goodson	340809
Oct 16 – Nov 06	Fri 11:30 AM–2 PM	Goodson	3408010
Nov 13 – Dec 04	Fri 11:30 AM–2 PM	Goodson	3408011
Dec 11 – Jan 15	Fri 11:30 AM–2 PM	Goodson	3408012
Jan 22 – Feb 12	Fri 11:30 AM–2 PM	Goodson	340801
Feb 19 – Mar 11	Fri 11:30 AM–2 PM	Goodson	340802
Apr 29 – May 20	Fri 11:30 AM–2 PM	Goodson	340804

**5 weeks — Youth: \$71; Youth Nonresident: \$98 (Ages 30 mos–5)**

Mar 18 – Apr 22	Fri 11:30 AM–2 PM	Goodson	340803
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**4 Weeks — Youth: \$92; Youth Nonresident: \$110 (Ages 30 mos–6)**

Sep 14 – Oct 07	Mon Wed 11:30 AM–2 PM	Goodson	340409
Sep 15 – Oct 08	Tue Thu 11:30 AM–2 PM	Goodson	340609
Oct 12 – Nov 04	Mon Wed 11:30 AM–2 PM	Goodson	3404010
Oct 13 – Nov 05	Tue Thu 11:30 AM–2 PM	Goodson	3406010
Nov 09 – Dec 02	Mon Wed 11:30 AM–2 PM	Goodson	3404011
Nov 10 – Dec 03	Tue Thu 11:30 AM–2 PM	Goodson	3406011
Dec 07 – Jan 13	Mon Wed 11:30 AM–2 PM	Goodson	3404012
Dec 08 – Jan 14	Tue Thu 11:30 AM–2 PM	Goodson	3406012
Jan 18 – Feb 10	Mon Wed 11:30 AM–2 PM	Goodson	340401
Jan 19 – Feb 11	Tue Thu 11:30 AM–2 PM	Goodson	340601

Feb 15 – Mar 09	Mon Wed 11:30 AM–2 PM	Goodson	340402
Feb 16 – Mar 10	Tue Thu 11:30 AM–2 PM	Goodson	340602
Apr 25 – May 18	Mon Wed 11:30 AM–2 PM	Goodson	340404
Apr 26 – May 19	Tue Thu 11:30 AM–2 PM	Goodson	340604

#### 5 Weeks — Youth: \$115; Youth Nonresident: \$137 (Ages 30 mos–6)

Mar 14 – Apr 20	Mon Wed 11:30 AM–2 PM	Goodson	340403
Mar 15 – Apr 21	Tue Thu 11:30 AM–2 PM	Goodson	340603

#### 4 Weeks — Youth: \$125; Youth Nonresident: \$145 (Ages 30 mos–5)

Sep 14 – Oct 09	Mon Wed Fri 11:30 AM–2 PM	Goodson	340309
Oct 12 – Nov 06	Mon Wed Fri 11:30 AM–2 PM	Goodson	3403010
Nov 09 – Dec 04	Mon Wed Fri 11:30 AM–2 PM	Goodson	3403011
Dec 07 – Jan 15	Mon Wed Fri 11:30 AM–2 PM	Goodson	3403012
Jan 18 – Feb 12	Mon Wed Fri 11:30 AM–2 PM	Goodson	340301
Feb 15 – Mar 11	Mon Wed Fri 11:30 AM–2 PM	Goodson	340302
Apr 25 – May 20	Mon Wed Fri 11:30 AM–2 PM	Goodson	340304

#### 6 Weeks — Youth: \$156; Youth Nonresident: \$206 (Ages 30 mos–5)

Mar 14 – Apr 22	Mon Wed Fri 11:30 AM–2 PM	Goodson	340303
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### Marvelous 2 1/2 to 3 Year Olds - Lone Tree

Focus is on large and small motor skills, introduction to letters, numbers, art, music, socialization, verbal and listening skills. Child must be potty trained.

#### 3 Weeks — Youth: \$110; Youth Nonresident: \$127 (Ages 30 mos–3)

Sep 14 – Oct 02	Mon Fri 9–11:30 AM	Lone Tree	347259
Oct 05 – Nov 06	Mon Fri 9–11:30 AM	Lone Tree	3472510
Nov 09 – Dec 04	Mon Fri 9–11:30 AM	Lone Tree	3472511
Dec 07 – Jan 15	Mon Fri 9–11:30 AM	Lone Tree	3472512
Jan 18 – Feb 12	Mon Fri 9–11:30 AM	Lone Tree	347251
Feb 15 – Mar 11	Mon Fri 9–11:30 AM	Lone Tree	347252
Apr 25 – May 20	Mon Fri 9–11:30 AM	Lone Tree	347254

#### 5 Weeks — Youth: \$138; Youth Nonresident: \$155 (Ages 30 mos–3)

Mar 14 – Apr 22	Mon Fri 9–11:30 AM	Lone Tree	347253
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### Ready, Set, Go

Prepare your child for Kindergarten. Individual attention on fine and gross motor skills, reading and math readiness, art, music, science, socialization, and verbal and listening skill development.

#### 4 Weeks — Youth: \$145; Youth Nonresident: \$165 (Ages 3–5)

Sep 15 – Oct 01	Tue Wed Thu 9 AM–11:30 PM	Lone Tree	346259
Oct 06 – Nov 05	Tue Wed Thu 9 AM–11:30 PM	Lone Tree	3462510
Nov 10 – Dec 03	Tue Wed Thu 9 AM–11:30 PM	Lone Tree	3462511
Dec 08 – Jan 14	Tue Wed Thu 9 AM–11:30 PM	Lone Tree	3462512
Jan 19 – Feb 11	Tue Wed Thu 9 AM–11:30 PM	Lone Tree	346251
Feb 16 – Mar 10	Tue Wed Thu 9 AM–11:30 PM	Lone Tree	346252
Mar 15 – Apr 21	Tue Wed Thu 9 AM–11:30 PM	Lone Tree	346253
Apr 26 – May 19	Tue Wed Thu 9 AM–11:30 PM	Lone Tree	346254

### Father Daughter Sweetheart Dance

Dads bring your daughters for an evening of dancing with refreshments, pictures, music and prizes.

#### 1 Night — Resident: \$25; Nonresident: \$30 (All Ages)

Feb 12	Fri 6:30–8:30 PM	Goodson	345032
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### Goodson Movie Night

Children are provided a pizza dinner, popcorn, animal crackers and juice while watching movies. Supervised by trained child care staff. Child must be potty trained. Bring a blanket or pillow.

#### 1 Week — Youth: \$15; Youth Nonresident: \$20 (Ages 3–12)

Aug 28	Fri 5–8 PM	Goodson	345028
Oct 16	Fri 5–8 PM	Goodson	3450210
Nov 20	Fri 5–8 PM	Goodson	3450211
Dec 11	Fri 5–8 PM	Goodson	3450212
Jan 22	Fri 5–8 PM	Goodson	345021
Feb 26	Fri 5–8 PM	Goodson	345022
Mar 11	Fri 5–8 PM	Goodson	345023
Apr 15	Fri 5–8 PM	Goodson	345024

### Lone Tree Movie Night

Children watch two feature movies and enjoy pizza, animal crackers, popcorn and juice. Children are supervised by child care professionals. Bring a pillow and blanket.

#### 1 Week — Youth: \$15; Youth Nonresident: \$20 (Ages 5–12)

Sep 16	Sat 5–9 PM	Lone Tree	318009
Oct 17	Sat 5–9 PM	Lone Tree	3180010
Nov 21	Sat 5–9 PM	Lone Tree	3180011
Dec 19	Sat 5–9 PM	Lone Tree	3180012
Jan 16	Sat 5–9 PM	Lone Tree	318001
Feb 20	Sat 5–9 PM	Lone Tree	318002
Mar 19	Sat 5–9 PM	Lone Tree	318003
Apr 16	Sat 5–9 PM	Lone Tree	318004

### Mother/Son Superhero Night

Moms bring your sons for an evening of dancing with refreshments and arts and crafts.

#### 1 Night — Youth: \$25; Youth Nonresident: \$30 (Ages 2–12)

Mar 04	Fri 6:30–8:30 PM	Goodson	345903
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### Pirates Quest

Parents bring your sons/daughters for an evening of adventure. Follow a treasure map through Goodson and play games until you discover the treasure chest. Prizes and pizza dinner included. All ages

#### 1 Night — Youth: \$25; Youth Nonresident: \$30 (All Ages)

Nov 06	Fri 6–7 PM	Goodson	3450411
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# DANCE

## RECREATIONAL DANCE

### Adult Ballet

Develop grace and tone, and elongate your muscles while learning basic ballet moves. All levels welcome.

**5 Weeks** — Resident: \$51; Nonresident: \$59 (Ages 15+)

Sep 22 – Oct 27	Tue 10–11 AM	Goodson	432209
Nov 03 – Dec 08	Tue 10–11 AM	Goodson	4322011
Dec 15 – Jan 19	Tue 10–11 AM	Goodson	4322012
Jan 26 – Mar 01	Tue 10–11 AM	Goodson	432201
Mar 08 – Apr 12	Tue 10–11 AM	Goodson	432203

### Adult Ballet Barre

Low impact, graceful movement at the barre develops the strength, stamina, coordination and balance of a dancer. All levels of experience welcome.

**5 Weeks** — Resident: \$32; Nonresident: \$37 (Ages 13+)

Apr 01 – Apr 29	Fri 1–2 PM	Buck	402004
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**6 Weeks** — Resident: \$38; Nonresident: \$44 (Ages 13+)

Sep 18 – Oct 23	Fri 1–2 PM	Buck	402009
Nov 06 – Dec 18	Fri 1–2 PM	Buck	4020011
Jan 08 – Feb 12	Fri 1–2 PM	Buck	402001
Feb 19 – Mar 25	Fri 1–2 PM	Buck	402002

### Ballet Folklorico Dance

Learn classic dances of Mexico and Spain and explore the history and stories behind the dance. Taught by Kelly Sanches Ford, a seasoned professional Folklorico and Flamenco dancer and instructor from Los Angeles.

**6 Weeks** — Youth: \$36; Youth Nonresident: \$38 (Ages 6–13)

Sep 29 – Nov 03	Tue 6–7 PM	Sheridan	438689
Nov 10 – Dec 15	Tue 6–7 PM	Sheridan	4386811
Jan 05 – Feb 09	Tue 6–7 PM	Sheridan	438681
Feb 16 – Mar 22	Tue 6–7 PM	Sheridan	438682

**6 Weeks** — Youth: \$36; Youth Nonresident: \$38 (Ages 13–18+)

Sep 29 – Nov 03	Tue 7:15–8:15 PM	Sheridan	438739
Nov 10 – Dec 15	Tue 7:15–8:15 PM	Sheridan	4387311
Jan 05 – Feb 09	Tue 7:15–8:15 PM	Sheridan	438731
Feb 16 – Mar 22	Tue 7:15–8:15 PM	Sheridan	438732

### Ballet in a Day

Try out ballet. The class is an introduction to the South Suburban Ballet Program. Participants show off their skills during the last 15 minutes of class.

**1 Day** — Youth: \$10; Youth Nonresident: \$12 (Ages 3–6)

Nov 14	Sat 2:30–3:45 PM	Goodson	4226711
Mar 19	Sat 2:30–3:45 PM	Goodson	422673

### Ballet/Tap Combo

Learn the fundamentals of ballet and tap in a fun, relaxed atmosphere.

**6 Weeks** — Youth: \$38; Youth Nonresident: \$45 (Ages 5–7)

Nov 14 – Dec 19	Sat 12–1 PM	Goodson	4221111
Mar 05 – Apr 09	Sat 12–1 PM	Goodson	422113

**8 Weeks** — Youth: \$51; Youth Nonresident: \$59 (Ages 5–7)

Sep 19 – Nov 07	Sat 12–1 PM	Goodson	422119
Jan 09 – Feb 27	Sat 12–1 PM	Goodson	422111

### Beginning Ballroom

Dance at any celebration or event with a different dance style learned each session. Explore Waltz, Foxtrot, Tango, Viennese Waltz and Nightclub 2-step!

**5 Weeks** — Resident: \$60; Nonresident: \$64 (Ages 18+)

Feb 17 – Mar 16	Wed 7–8:30 PM	Buck	402342
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**6 Weeks** — Resident: \$72; Nonresident: \$77 (Ages 18+)

Sep 16 – Oct 21	Wed 7–8:30 PM	Buck	402349
Oct 28 – Dec 09	Wed 7–8:30 PM	Buck	4023410
Jan 06 – Feb 10	Wed 7–8:30 PM	Buck	402341

### Continuing Ballroom Dancing

Dance at any celebration or event with a different dance style learned each session. Explore waltz, foxtrot, tango and the Viennese Waltz.

**6 Weeks** — Resident: \$72; Nonresident: \$77 (Ages 12+)

Sep 14 – Oct 19	Mon 7–8:30 PM	Buck	402419
Oct 26 – Dec 07	Mon 7–8:30 PM	Buck	4024110
Jan 04 – Feb 08	Mon 7–8:30 PM	Buck	402411

### Ballroom Dance Nights

Swing, Waltz, Rhumba and Hop to the Big Band sounds of a live orchestra.

**1 Day** — Resident: \$8; Nonresident: \$10 (Ages 18+)

Sep 04	Fri 7–10 PM	Lone Tree	461989
Oct 09	Fri 7–10 PM	Buck	3963510
Nov 06	Fri 7–10 PM	Lone Tree	4619811
Dec 11	Fri 7–10 PM	Buck	3963512
Jan 08	Fri 7–10 PM	Lone Tree	461981
Feb 05	Fri 7–10 PM	Buck	396352
Mar 04	Fri 7–10 PM	Lone Tree	461983

### Belly Dance

Tone your torso and move your hips while learning this ancient dance form. Fitness or dancewear suggested.

**6 Weeks** — Resident: \$38; Nonresident: \$44 (Ages 15+)

Sep 14 – Oct 19	Mon 7:15–8:15 PM	Goodson	432179
Oct 26 – Nov 30	Mon 7:15–8:15 PM	Goodson	4321710
Dec 07 – Jan 11	Mon 7:15–8:15 PM	Goodson	4321712
Jan 18 – Feb 22	Mon 7:15–8:15 PM	Goodson	432171
Feb 29 – Apr 04	Mon 7:15–8:15 PM	Goodson	432172

## Country-Western 2-Step and Swing Dance

Join the fun! Learn to glide with heel and toe in a fun, casual atmosphere.

**6 Weeks — Resident: \$89; Nonresident: \$93 (Ages 14+)**

Sep 17 – Oct 22	Th u 7–8:30 PM	Buck	402809
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**5 Weeks — Resident: \$74; Nonresident: \$78 (Ages 14+)**

Jan 17 – Feb 11	Thu 7–8:30 PM	Buck	402801
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## Country-Western Waltz and Triple Step Dance

Take to the dance floor with confidence! Learn to glide with heel and toe in a fun, casual atmosphere.

**5 Weeks — Resident: \$74; Nonresident: \$78 (Ages 14+)**

Feb 18 – Mar 17	Thu 7–8:30 PM	Buck	402852
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**6 Weeks — Resident: \$89; Nonresident: \$93 (Ages 14+)**

Oct 29 – Dec 10	Thu 7–8:30 PM	Buck	4028510
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## Creative Dancers

Learn the fundamentals of creative dance in a relaxed and fun atmosphere.

**6 Weeks — Youth: \$38; Youth Nonresident: \$44 (Ages 3–5)**

Nov 14 – Dec 19	Sat 10:15–11 AM	Goodson	4226011
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Mar 05 – Apr 09	Sat 10:15–11 AM	Goodson	422603
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**8 Weeks — Youth: \$51; Youth Nonresident: \$59 (Ages 3–5)**

Sep 19 – Nov 07	Sat 10:15–11 AM	Goodson	422609
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Sep 22 – Oct 27	Tue 11:30 AM–12:15 PM	Goodson	422089
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Nov 03 – Dec 08	Tue 11:30 AM–12:15 PM	Goodson	4220811
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Dec 15 – Jan 19	Tue 11:30 AM–12:15 PM	Goodson	4220812
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Jan 09 – Feb 27	Sat 10:15–11 AM	Goodson	422601
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Jan 26 – Mar 01	Tue 11:30 AM–12:15 PM	Goodson	422081
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Mar 08 – Apr 12	Tue 11:30 AM–12:15 PM	Goodson	422083
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## Hip Hop

Learn the fundamentals of Hip Hop in a relaxed and fun atmosphere.

**6 Weeks — Youth: \$38; Youth Nonresident: \$44 (Ages 11–15)**

Nov 14 – Dec 19	Sat 9–10 AM	Goodson	4223411
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Mar 05 – Apr 09	Sat 9–10 AM	Goodson	422343
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**8 Weeks — Youth: \$51; Youth Nonresident: \$59 (Ages 11–15)**

Sep 19 – Nov 07	Sat 9–10 AM	Goodson	422349
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Jan 09 – Feb 27	Sat 9–10 AM	Goodson	422341
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## Hip Hop Dance

Learn “music video” style choreography and hip-hop technique. Age appropriate, high energy and FUN!

**6 Weeks — Youth: \$38; Youth Nonresident: \$44 (Ages 7–12)**

Sep 10 – Oct 15	Thu 5:30–6:30 PM	Buck	392619
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Oct 29 – Dec 10	Thu 5:30–6:30 PM	Buck	3926110
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**8 Weeks — Youth: \$51; Youth Nonresident: \$59 (Ages 7–12)**

Jan 07 – Feb 25	Thu 5:30–6:30 PM	Buck	392611
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Mar 03 – Apr 28	Thu 5:30–6:30 PM	Buck	392613
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## Hip Hop Dance Movement

This class introduces young dancers to creative movement and hip-hop as they learn to control their coordination

**59 Weeks — Youth: \$38; Youth Nonresident: \$44 (Ages 7–10)**

Sep 18 – Oct 23	Fri 5:30–6:30 PM	Sheridan	438859
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Nov 06 – Dec 18	Fri 5:30–6:30 PM	Sheridan	4388511
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Jan 15 – Feb 19	Fri 5:30–6:30 PM	Sheridan	438851
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Mar 04 – Apr 08	Fri 5:30–6:30 PM	Sheridan	438853
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## Jazz/Broadway

Experience the best of Broadway! The class will focus on various musical theatre techniques and styles. Learn dances inspired by the likes of Michael Bennett and Bob Fosse. All levels welcome. Dance shoes recommended.

**6 Weeks — Resident: \$51; Nonresident: \$59 Youth: \$36; Youth Nonresident: \$44 (Ages 15+)**

Mar 01 – Apr 05	Tue 7–8 PM	Goodson	432093
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**7 Weeks — Resident: \$45; Nonresident: \$52 (Ages 15+)**

Nov 10 – Dec 22	Tue 7–8 PM	Goodson	4320911
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**8 Weeks — Resident: \$36; Nonresident: \$44 Youth: \$51; Youth Nonresident: \$59 (Ages 15+)**

Sep 15 – Nov 03	Tue 7–8 PM	Goodson	432099
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Jan 05 – Feb 23	Tue 7–8 PM	Goodson	432091
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## Jazz/Hip Hop

Learn the fundamentals of jazz and tap in a relaxed and fun atmosphere.

**6 Weeks — Youth: \$38; Youth Nonresident: \$44 (Ages 7–11)**

Mar 01 – Apr 05	Tue 5–6 PM	Goodson	422433
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**7 Weeks — Youth: \$45; Youth Nonresident: \$52 (Ages 7–11)**

Nov 09 – Dec 22	Tue 5–6 PM	Goodson	4224311
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**8 Weeks — Youth: \$51; Youth Nonresident: \$59 (Ages 7–11)**

Sep 15 – Nov 03	Tue 5–6 PM	Goodson	422439
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Jan 05 – Feb 23	Tue 5–6 PM	Goodson	422431
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## Parent-Tot Ballet

Introduction to ballet for parents and tots! Interact with your child while learning basic ballet fundamentals in a relaxed and fun atmosphere.

**3 Weeks — Youth: \$14; Youth Nonresident: \$17 (Ages 18 mos–3)**

Oct 05 – Oct 26	Mon 9:45–10:15 AM	Lone Tree	4529310
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Nov 04 – Nov 18	Wed 4–4:30 PM	Buck	3921811
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Dec 04 – Dec 18	Fri 9–9:30 AM	Goodson	4225412
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Dec 04 – Dec 18	Fri 9:30–10 AM	Goodson	4225612
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Mar 02 – Mar 16	Wed 4–4:30 PM	Buck	392183
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Mar 07 – Mar 28	Mon 9:45–10:15 AM	Lone Tree	452933
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**4 Weeks — Youth: \$19; Youth Nonresident: \$24 (Ages 18 mos–3)**

Sep 02 – Sep 23	Wed 4–4:30 PM	Buck	392189
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Sep 04 – Sep 25	Fri 9–9:30 AM	Goodson	422549
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Sep 04 – Sep 25	Fri 9:30–10 AM	Goodson	422569
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Oct 02 – Oct 23	Fri 9–9:30 AM	Goodson	4225410
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Oct 02 – Oct 23	Fri 9:30–10 AM	Goodson	4225610
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Oct 07 – Oct 28	Wed 4–4:30 PM	Buck	3921810
Oct 30 – Nov 20	Fri 9–9:30 AM	Goodson	4225411
Oct 30 – Nov 20	Fri 9:30–10 AM	Goodson	4225611
Jan 04 – Jan 25	Mon 9:45–10:15 AM	Lone Tree	452931
Jan 06 – Jan 27	Wed 4–4:30 PM	Buck	392181
Jan 08 – Jan 29	Fri 9–9:30 AM	Goodson	422541
Jan 08 – Jan 29	Fri 9:30–10 AM	Goodson	422561
Feb 03 – Feb 24	Wed 4–4:30 PM	Buck	392182
Feb 05 – Feb 26	Fri 9–9:30 AM	Goodson	422542
Feb 05 – Feb 26	Fri 9:30–10 AM	Goodson	422562
Mar 04 – Mar 25	Fri 9–9:30 AM	Goodson	422543
Mar 04 – Mar 25	Fri 9:30–10 AM	Goodson	422563
<b>5 Weeks — Youth: \$24; Youth Nonresident: \$30 (Ages 18 mos–3)</b>			
Nov 02 – Nov 30	Mon 9:45–10:15 AM	Lone Tree	4529311
Feb 01 – Feb 29	Mon 9:45–10:15 AM	Lone Tree	452932

## Parent-Tot Creative Dance

Children explore locomotor movements through dance, games, rhythms and basic steps while dancing with their parent or caregiver. Ballet slippers are recommended.

**3 Weeks — Youth: \$14; Youth Nonresident: \$18 (Ages 18 mos–3)**

Dec 01 – Dec 15	Tue 11–11:30 AM	Goodson	4220912
Dec 01 – Dec 15	Tue 12:15–12:45 PM	Goodson	4227512

**4 Weeks — Youth: \$19; Youth Nonresident: \$24 (Ages 18 mos–3)**

Sep 01 – Sep 22	Tue 11–11:30 AM	Goodson	422099
Sep 01 – Sep 22	Tue 12:15–12:45 PM	Goodson	422759
Oct 06 – Oct 27	Tue 11–11:30 AM	Goodson	4220910
Oct 06 – Oct 27	Tue 12:15–12:45 PM	Goodson	4227510
Nov 03 – Nov 24	Tue 11–11:30 AM	Goodson	4220911
Nov 03 – Nov 24	Tue 12:15–12:45 PM	Goodson	4227511
Jan 05 – Jan 26	Tue 11–11:30 AM	Goodson	422091
Jan 05 – Jan 26	Tue 12:15–12:45 PM	Goodson	422751
Feb 02 – Feb 23	Tue 11–11:30 AM	Goodson	422092
Feb 02 – Feb 23	Tue 12:15–12:45 PM	Goodson	422752
Mar 01 – Mar 22	Tue 11–11:30 AM	Goodson	422093
Mar 01 – Mar 22	Tue 12:15–12:45 PM	Goodson	422753

## Pre-Ballerinas

Children learn the fundamentals of pre-ballet in a fun, relaxed atmosphere.

**6 Weeks — Youth: \$38; Youth Nonresident: \$44 (Ages 4–5)**

Nov 14 – Dec 19	Sat 11:15 AM–12 PM	Goodson	4226311
Mar 05 – Apr 09	Sat 11:15 AM–12 PM	Goodson	422633

**8 Weeks — Youth: \$51; Youth Nonresident: \$59 (Ages 4–5)**

Sep 19 – Nov 07	Sat 11:15 AM–12 PM	Goodson	422639
Jan 09 – Feb 27	Sat 11:15 AM–12 PM	Goodson	422631

## Tap-Beginning

Have fun learning the basic movements and advanced movements of Tap.

**6 Weeks — Resident: \$38; Nonresident: \$44 65+: \$36; 65+ Nonresident: \$44 Youth: \$36; Youth Nonresident: \$44 (Ages 15+)**

Mar 02 – Apr 06	Wed 5:30–6:30 PM	Goodson	432313
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**7 Weeks — Resident: \$45; Nonresident: \$52 (Ages 15+)**

Nov 11 – Dec 23	Wed 5:30–6:30 PM	Goodson	4323111
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**8 Weeks — Resident: \$51; Nonresident: \$59 (Ages 15+)**

Sep 16 – Nov 04	Wed 5:30–6:30 PM	Goodson	432319
Jan 06 – Feb 24	Wed 5:30–6:30 PM	Goodson	432311

## Tap - Beg/Cont

Have fun learning the basic and advanced movements of Tap. Tap shoes, sneakers or dance shoes recommended. Participants must have taken the intro tap class.

**6 Weeks — Resident: \$38; Nonresident: \$44 (Ages 15+)**

Feb 29 – Apr 04	Mon 6–7 PM	Goodson	432142
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**7 Weeks — Resident: \$45; Nonresident: \$52 (Ages 15+)**

Nov 09 – Dec 21	Mon 6–7 PM	Goodson	4321411
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**8 Weeks — Resident: \$51; Nonresident: \$59 (Ages 15+)**

Sep 14 – Nov 02	Mon 6–7 PM	Goodson	432149
Jan 04 – Feb 22	Mon 6–7 PM	Goodson	432141

## Tap - Continuing / Intermediate

Enjoy learning advanced movements of Tap.

**6 Weeks — Resident: \$38; Nonresident: \$44 65+: \$51 (Ages 15+)**

Mar 01 – Apr 05	Tue 6–7 PM	Goodson	432263
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**7 Weeks — Resident: \$45; Nonresident: \$52 (Ages 15+)**

Nov 10 – Dec 22	Tue 6–7 PM	Goodson	4322611
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**8 Weeks — Resident: \$51; Nonresident: \$59 (Ages 15+)**

Sep 15 – Nov 03	Tue 6–7 PM	Goodson	432269
Jan 05 – Feb 23	Tue 6–7 PM	Goodson	432261

## Tap Dance

Learn the steps and build up to a routine while developing self-confidence and balance through tap.

**16 Weeks — Youth: \$118; Youth Nonresident: \$133 (Ages 4–6)**

Sep 01 – Dec 15	Tue 4:45–5:30 PM	Lone Tree	451709
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**17 Weeks — Youth: \$125; Youth Nonresident: \$142 (Ages 4–6)**

Jan 05 – Apr 26	Tue 5:30–6:30 PM	Lone Tree	451701
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## Wedding Dance Workshop

Dance at any celebration or event with a different dance style learned each session. Explore Waltz, Foxtrot, Tango, Viennese Waltz and Nightclub 2-step!

**2 Day — Resident: \$27; Nonresident: \$30 (Ages 18+)**

Mar 30 – Mar 31	Wed Thu 7–9 PM	Buck	402383
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**2 Weeks — Resident: \$27; Nonresident: \$30 (Ages 18+)**

Feb 15 – Feb 22	Mon 7–9 PM	Buck	402392
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## Young Adult Ballet

Instill grace, balance, precision, discipline, and self-confidence through dance and ballet.

**5 Weeks — Youth: \$38; Youth Nonresident: \$44 (Ages 9–14)**

Oct 01 – Oct 29	Thu 6:15–7:15 PM	Goodson	4222810
Mar 03 – Mar 31	Thu 6:15–7:15 PM	Goodson	422283

## SOUTH SUBURBAN ACADEMY OF DANCE

### Ballet

Welcome to the South Suburban Academy of Dance and Ballet! We are very excited to offer your child challenging, comprehensive dance training. This is a progressive program with classes designed especially for young students. Spring Recital: Our spring recital is a production complete with lights, music and costumes! It is a ticketed event held at a local theater. Participation is optional. Every student enrolled in a 16 week spring dance class is invited to perform.

\*3 year old only

\*\* 4 year old only

**15 Weeks — Youth: \$118; Youth Nonresident: \$133 (Ages 3–4)**

Sep 01 – Dec 15	Tue 4–4:45 PM	Lone Tree	451979
Sep 04 – Dec 18	Fri 10:30–11:15 AM	Buck	392559
*Sep 04 – Dec 18	Fri 1:15–2 PM	Goodson	422279
**Sep 04 – Dec 18	Fri 2:45–3:30 PM	Goodson	422579

**15 Weeks — Youth: \$118; Youth Nonresident: \$133 (Ages 3 mos–3)**

Aug 31 – Dec 14	Mon 10:15–11 AM	Lone Tree	451959
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**15 Weeks — Youth: \$118; Youth Nonresident: \$133 (Ages 4–5)**

Aug 31 – Dec 14	Mon 11:45 AM–12:30 PM	Lone Tree	452049
Aug 31 – Dec 14	Mon 12:30–1:15 PM	Lone Tree	452119
Aug 31 – Dec 14	Mon 11–11:45 AM	Lone Tree	452139
Sep 02 – Dec 16	Wed 4:30–5:15 PM	Buck	392359
Sep 02 – Dec 16	Wed 4:30–5:15 PM	Lone Tree	452779
Sep 04 – Dec 18	Fri 11:15 AM–12 PM	Buck	392609
**Sep 04 – Dec 18	Fri 2–2:45 PM	Goodson	422559

**15 Weeks — Youth: \$118; Youth Nonresident: \$133 (Ages 5–7)**

Sep 02 – Dec 16	Wed 5:15–6:15 PM	Buck	392369
Sep 03 – Dec 17	Thu 4:30–5:30 PM	Goodson	422769

**15 Weeks — Youth: \$118; Youth Nonresident: \$133 (Ages 6–10)**

Sep 03 – Dec 17	Thu 5:30–6:30 PM	Goodson	422779
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**15 Weeks — Youth: \$118; Youth Nonresident: \$133 (Ages 5)**

Sep 04 – Dec 18	Fri 3:45–4:30 PM	Goodson	422179
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**16 Weeks — Youth: \$125; Youth Nonresident: \$142 (Ages 3)**

Jan 04 – Apr 25	Mon 11–11:45 AM	Lone Tree	452131
Jan 05 – Apr 26	Tue 4–4:45 PM	Lone Tree	451971
Jan 08 – Apr 29	Fri 12–12:45 PM	Buck	392421
Jan 08 – Apr 29	Fri 10:30–11:15 AM	Buck	392551
Jan 08 – Apr 29	Fri 1:15–2 PM	Goodson	422271
Jan 08 – Apr 29	Fri 2:45–3:30 PM	Goodson	422571

**16 Weeks — Youth: \$125; Youth Nonresident: \$142 (Ages 4–5)**

Jan 04 – Apr 25	Mon 10:15–11 AM	Lone Tree	451951
Jan 04 – Apr 25	Mon 11:45 AM–12:30 PM	Lone Tree	452041
Jan 04 – Apr 25	Mon 12:30–1:15 PM	Lone Tree	452111
Jan 05 – Apr 26	Tue 4:45–5:30 PM	Lone Tree	452881
Jan 06 – Apr 27	Wed 4:30–5:15 PM	Buck	392351
Jan 08 – Apr 29	Fri 11:15 AM–12 PM	Buck	392601
**Jan 08 – Apr 29	Fri 2–2:45 PM	Goodson	422551

**16 Weeks — Youth: \$125; Youth Nonresident: \$142 (Ages 5–7)**

Jan 06 – Apr 27	Wed 5:15–6:15 PM	Buck	392361
Jan 08 – Apr 29	Fri 3:45–4:30 PM	Goodson	422171

**16 Weeks — Youth: \$125; Youth Nonresident: \$142 (Ages 6–10)**

Jan 07 – Apr 28	Thu 4:30–5:30 PM	Goodson	422761
Jan 07 – Apr 28	Thu 5:30–6:30 PM	Goodson	422771

### Ballet and Lyrical Dance

Lyrical dance blends ballet and jazz. Lyrical is generally smoother and a bit faster than ballet, but not quite as fast as jazz. Those without any dance experience are welcome. Spring Recital April 30.

**15 Weeks — Youth: \$118; Youth Nonresident: \$133 (Ages 6–9)**

Sep 02 – Dec 16	Wed 6:15–7:15 PM	Buck	392169
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**16 Weeks — Youth: \$125; Youth Nonresident: \$142 (Ages 6–9)**

Jan 06 – Apr 27	Wed 6:15–7:15 PM	Buck	392161
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### Ballet Level 2

Spring Recital: Our annual spring recital is a production complete with lights, music and costumes! It is a ticketed event held at a local theater. Participation is optional. Every student enrolled in a 16 week spring dance class is invited to perform.

**15 Weeks — Youth: \$118; Youth Nonresident: \$133 (Ages 5–9)**

Sep 01 – Dec 15	Tue 4:45–5:45 PM	Lone Tree	451809
Sep 02 – Dec 16	Wed 5:15–6:15 PM	Lone Tree	452739

**15 Weeks — Youth: \$118; Youth Nonresident: \$133 (Ages 6–10)**

Sep 04 – Dec 18	Fri 4:45–5:45 PM	Goodson	422189
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**16 Weeks — Youth: \$125; Youth Nonresident: \$142 (Ages 4–5)**

Jan 06 – Apr 27	Wed 4:30–5:15 PM	Lone Tree	452771
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**16 Weeks — Youth: \$125; Youth Nonresident: \$142 (Ages 5–9)**

Jan 05 – Apr 26	Tue 4–5 PM	Lone Tree	452821
Jan 06 – Apr 27	Wed 5:15–6:15 PM	Lone Tree	452731

**16 Weeks — Youth: \$125; Youth Nonresident: \$142 (Ages 6–10)**

Jan 08 – Apr 29	Fri 4:45–5:45 PM	Goodson	422181
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**Ballet Level 3**

Spring Recital: Our annual spring recital is a major production complete with lights, music and costumes! It is a ticketed event held at a local theater. Participation is optional. Every student enrolled in a 16 week spring dance class is invited to perform.

**15 Weeks — Youth: \$118; Youth Nonresident: \$133 (Ages 7–11)**

Sep 01 – Dec 15	Tue 5:45–6:45 PM	Lone Tree	451859
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**15 Weeks — Youth: \$118; Youth Nonresident: \$133 (Ages 9–14)**

Sep 04 – Dec 18	Fri 6–7 PM	Goodson	422199
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**16 Weeks — Youth: \$125; Youth Nonresident: \$142 (Ages 8–11)**

Jan 05 – Apr 26	Tue 5–6 PM	Lone Tree	452831
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**16 Weeks — Youth: \$125; Youth Nonresident: \$142 (Ages 9–14)**

Jan 08 – Apr 29	Fri 6–7 PM	Goodson	422191
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**Ballet Level 4**

Prerequisite: Must have instructor approval for continuing classes. Spring Recital: Our annual spring recital is a production complete with lights, music and costumes! It is a ticketed event held at a local theater. Participation is optional. Every student enrolled in a 16 week spring dance class is invited to perform.

**15 Weeks — Youth: \$118; Youth Nonresident: \$133 (Ages 9–16)**

Sep 01 – Dec 15	Tue 6:45–8 PM	Lone Tree	451759
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**16 Weeks — Youth: \$125; Youth Nonresident: \$142 (Ages 9–16)**

Jan 05 – Apr 26	Tue 6–7:30 PM	Lone Tree	451901
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**Hip Hop Level 2**

Prerequisite: must have instructor approval for continuing classes. We are very excited to offer your child challenging, comprehensive dance training. This is a progressive program with classes designed especially for young students. Spring Recital: Our annual spring recital is a production complete with lights, music and costumes! It is a ticketed event held at a local theater. Participation is optional. Every student enrolled in a 16 week spring dance class is invited to perform.

**15 Weeks — Youth: \$118; Youth Nonresident: \$133 (Ages 5–8)**

Aug 31 – Dec 14	Mon 4:30–5:30 PM	Lone Tree	452949
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**16 Weeks — Youth: \$125; Youth Nonresident: \$142 (Ages 5–8)**

Jan 04 – Apr 25	Mon 4:30–5:30 PM	Lone Tree	452941
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**4 Weeks — Youth: \$65; Youth Nonresident: \$70 (Ages 5–8)**

Jan 01 – Jan 23	Mon 4:30–5:30 PM	Lone Tree	452940
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**Hip Hop Level 3**

Prerequisite: must have instructor approval for continuing classes. We are very excited to offer your child challenging, comprehensive dance training. This is a progressive program with classes designed especially for young students. Spring Recital: Our annual spring recital is a production complete with lights, music and costumes! It is a ticketed event held at a local theater. Participation is optional. Every student enrolled in a 16 week spring dance class is invited to perform.

**16 Weeks — Youth: \$125; Youth Nonresident: \$133 (Ages 9–15)**

Jan 04 – Apr 25	Mon 5:30–6:30 PM	Lone Tree	459001
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**Lyrical Dance**

Welcome to the South Suburban Academy of Dance and Ballet! We are very excited to offer your child challenging, comprehensive dance training. This is a progressive program with classes designed especially for young students. Spring Recital: Our annual spring recital is a production complete with lights, music and costumes! It is a ticketed event held at a local theater. Participation is optional. Every student enrolled in a 16 week spring dance class is invited to perform.

**15 Weeks — Youth: \$118; Youth Nonresident: \$133 (Ages 7–14)**

Sep 01 – Dec 15	Tue 5:30–6:30 PM	Lone Tree	452939
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**16 Weeks — Youth: \$125; Youth Nonresident: \$142 (Ages 7–14)**

Jan 06 – Apr 27	Wed 4:30–5:30 PM	Lone Tree	452911
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**EDUCATION / ENRICHMENT****ACTING****Actors Toolbox**

Explore the essentials of acting. Improvise and strengthen auditioning skills. Performance for friends and family at final class.

**6 Weeks — Youth: \$39; Youth Nonresident: \$40 (Ages 7–14)**

Oct 29 – Dec 10	Thu 6–7 PM	Buck	3954010
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Jan 07 – Feb 11	Thu 6–7 PM	Buck	395401
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Mar 10 – Apr 21	Thu 6–7 PM	Buck	395403
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**Shakespeare Acting Workshop: Stage-Combat/Physical Comedy**

Learn how to fight on stage and use physical comedy techniques to create an exciting scene. Town Hall Arts Center and South Suburban partner for this opportunity to learn stage skills while using the language of Shakespeare. Open to both guys and gals.

**1 Week — Youth: \$20; Youth Nonresident: \$25 (Ages 7–15)**

Mar 05	Sat 9 AM–12 PM	Buck	400303
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**Theater - Imagination Station**

This class introduces young actors to the world of theater, including props, costumes, music and improvisation games.

**6 Weeks — Youth: \$29; Youth Nonresident: \$30 (Ages 4–6)**

Sep 14 – Oct 19	Mon 4:30–5:15 PM	Buck	395069
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Oct 26 – Dec 07	Mon 4:30–5:15 PM	Buck	3950610
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Jan 04 – Feb 08	Mon 4:30–5:15 PM	Buck	395061
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Mar 07 – Apr 18	Mon 4:30–5:15 PM	Buck	395063
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**Transyl-Mania - A Youth Theater Production**

It's monster mayhem in this frightfully fun comedy! Transylvania High School is where the kids of all the classic monster movie villains go to learn the tricks of the trade and are struggling to live up to their parents legendary examples. When a group of human high school students stumbles upon the monster school utter mayhem ensues. Far more silly than spooky, this comedy delivers both loads of laughs and a gentle message about befriending those who are different from us.

**Tickets — Resident: \$7; Nonresident: \$7 Youth: \$4; Youth Nonresident: \$4 (Ages 3+)**

Oct 23	Fri 7–8 PM	Buck	3960010
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Oct 24	Sat 3–4 PM	Buck	3960110
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## Youth Theater

Experience the thrill of performing in front of an audience. Build sets, develop characters, and even confidence! Small performance on the last day of class.

**4 Weeks** — Youth: \$29; Youth Nonresident: \$33 (Ages 5–12)

Jan 06 – Jan 27	Wed 5:30–6:30 PM	Lone Tree	453221
Feb 03 – Feb 24	Wed 5:30–6:30 PM	Lone Tree	453222
Mar 02 – Mar 30	Wed 5:30–6:30 PM	Lone Tree	453223
Apr 06 – Apr 27	Wed 5:30–6:30 PM	Lone Tree	453224

## CHESS

### Chess Full - Day Workshop

Beginners and intermediates will have fun with rules and strategy taught by Master Chess Instructor Todd Bardwick.

**1 Day** — Youth: \$62; Youth Nonresident: \$68 (Ages 6–14)

Dec 31	Thu 9 AM–2:45 PM	Goodson	4111512
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## COOKING FOR KIDS

### Chef Kids

Expand your cooking skills while having fun with friends. New theme every class!

**1 Day** — Youth: \$29; Youth Nonresident: \$32 (Ages 7–12)

Sep 12	Sat 1–4 PM	Lone Tree	468109
Oct 24	Sat 1–4 PM	Lone Tree	4681010
Nov 21	Sat 1–4 PM	Lone Tree	4681011
Dec 12	Sat 1–4 PM	Lone Tree	4681012
Jan 02	Sat 1–4 PM	Lone Tree	468101
Feb 13	Sat 1–4 PM	Lone Tree	468102
Mar 12	Sat 1–4 PM	Lone Tree	468103

### Cupcake Challenge

Make your own cupcake creations, while learning the science of baking.

**1 Day** — Youth: \$19; Youth Nonresident: \$21 (Ages 7–12)

Oct 10	Sat 1–4 PM	Lone Tree	4553710
Jan 23	Sat 1–4 PM	Lone Tree	455371

### Holiday Sweet Treats Workshop

Make healthy, sweet and gluten-free goodies to eat or give as gifts.

**1 Day** — Youth: \$17; Youth Nonresident: \$19 (Ages 6–12)

Dec 19	Sat 1–3:30 PM	Lone Tree	4540012
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### Little Mixers

Learn basic cooking skills through different themes and a related craft or activity.

**4 Weeks** — Youth: \$43; Youth Nonresident: \$53 (Ages 3–6)

Sep 02 – Sep 23	Wed 1–2:30 PM	Lone Tree	467669
Sep 30 – Oct 28	Wed 1–2:30 PM	Lone Tree	4676610
Jan 06 – Jan 27	Wed 1–2:30 PM	Lone Tree	467661
Feb 03 – Feb 24	Wed 1–2:30 PM	Lone Tree	467662
Mar 02 – Mar 30	Wed 1–2:30 PM	Lone Tree	467663

## LEGO CLASSES

### Construction Vehicles LEGO Camp

Dig into engineering with bulldozers, steamrollers, wrecking balls, tower cranes and super machines.

**1 Week** — Youth: \$210; Youth Nonresident: \$215 (Ages 6–12)

Mar 21 – Mar 25	Mon–Fri 1–4 PM	Lone Tree	455493
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### Jedi Engineering LEGO Camp

Young Jedi will explore worlds far, far away and engineering principles right in front of them. Defeat the Empire by designing and refining LEGO X-Wings, R2-units and settlements on far-flung edges of the galaxy. Imagination and engineering combine to create motorized and architectural projects such as energy catapults, shield generators and defense turrets.

**3 Day** — Youth: \$125; Youth Nonresident: \$135 (Ages 5–7)

Dec 21 – Dec 23	Mon Tue Wed 1–4 PM	Lone Tree	4533512
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### Jedi Masters Engineering

Build complex machines and structures based on the best designs from a galaxy far, far away. Projects include LEGO X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, settlements, and fortresses. Play-Well Jedi instructors reinforce key engineering concepts as students tap into the powerful forces of imagination and engineering.

**3 Day** — Youth: \$125; Youth Nonresident: \$135 (Ages 7–12)

Dec 28 – Dec 30	Mon Tue Wed 1–4 PM	Lone Tree	4583012
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### Jedi Masters Engineering with LEGO

Build complex machines and structures based on the best designs from a galaxy far, far away. Projects include LEGO X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, settlements, and fortresses. Play-Well's Jedi instructors reinforce key engineering concepts as students tap into the powerful forces of imagination and engineering.

**3 Day** — Youth: \$125; Youth Nonresident: \$135 (Ages 7–12)

Dec 28 – Dec 30	Mon Tue Wed 9 AM–12 PM	Goodson	4242912
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### LEGO Ninjaneering Masters Camp

Tame the Ice Dragon, motorize your Blade Cycle, design the Dark Fortress and hone your Spinjitzu battle skills! In this advanced LEGO camp, Ninjaneering masters will learn real world concepts in physics, engineering and architecture while exploring the fantasy world of Ninjago.

**3 Day** — Youth: \$125; Youth Nonresident: \$135 (Ages 7–12)

Mar 21 – Mar 23	Mon Tue Wed 12:30–3:30 PM	Buck	390583
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### Minecraft Engineering Fundamentals with LEGO Camp

Bring Minecraft to life using LEGO! Build a motorized walking Creeper, a terrifying Ghast and a motorized Minecart! Students will explore real-world concepts in physics, engineering and architecture while building their favorite Minecraft objects. Students will have a blast, even without any prior experience with Minecraft or LEGO.

**1 Week** — Youth: \$210; Youth Nonresident: \$215 (Ages 7–12)

Oct 12 – Oct 16	Mon–Fri 1–4 PM	Lone Tree	4584010
Mar 21 – Mar 25	Mon–Fri 9 AM–12 PM	Goodson	424333



## Ninjaneering with Lego Camp

Learn the way of Spinjitzu, build the Fire Temple, race Skull Trucks and encounter the mighty Dragon! Imagine and build unique and fun LEGO projects with the guidance of a Play-Well instructor while exploring the fantasy world of Ninjago.

**3 Day** — Youth: \$125; Youth Nonresident: \$135 (Ages 5–6)

Dec 28 – Dec 30	Mon Tue Wed 9 AM–12 PM	Buck	3905712
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## MUSIC

### Acoustic Guitar

Learn acoustic guitar fundamentals, techniques for playing and tablature, as well as reading notes. Small group setting.

**4 Weeks** — Youth: \$51; Youth Nonresident: \$59 (Ages 8–15)

Sep 08 – Sep 29	Tue 5:15–6:45 PM	Goodson	423339
Sep 10 – Oct 01	Thu 5:30–6:45 PM	Lone Tree	453399
Oct 08 – Oct 29	Thu 5:30–6:45 PM	Lone Tree	4533910
Oct 13 – Nov 03	Tue 5:15–6:45 PM	Goodson	4233310
Nov 05 – Dec 03	Thu 5:30–6:45 PM	Lone Tree	4533911
Nov 17 – Dec 08	Tue 5:15–6:45 PM	Goodson	4233311
Jan 05 – Jan 26	Tue 5:15–6:45 PM	Goodson	423331
Jan 07 – Jan 28	Thu 5:30–6:45 PM	Lone Tree	453391
Feb 09 – Mar 01	Tue 5:15–6:45 PM	Goodson	423332
Feb 11 – Mar 03	Thu 5:30–6:45 PM	Lone Tree	453392
Mar 10 – Apr 07	Thu 5:30–6:45 PM	Lone Tree	453393
Mar 15 – Apr 05	Tue 5:15–6:45 PM	Goodson	423333

**4 Weeks** — Resident: \$51; Nonresident: \$59 (Ages 16+)

Sep 08 – Sep 29	Tue 6:45–8:15 PM	Goodson	423129
Sep 10 – Oct 01	Thu 6:45–8:15 PM	Lone Tree	453699
Oct 08 – Oct 29	Thu 6:45–8:15 PM	Lone Tree	4536910
Oct 13 – Nov 03	Tue 6:45–8:15 PM	Goodson	4231210
Nov 05 – Dec 03	Thu 6:45–8:15 PM	Lone Tree	4536911
Nov 17 – Dec 08	Tue 6:45–8:15 PM	Goodson	4231211
Jan 04 – Jan 28	Thu 6:45–8:15 PM	Lone Tree	453691
Jan 05 – Jan 26	Tue 6:45–8:15 PM	Goodson	423121
Feb 09 – Mar 01	Tue 6:45–8:15 PM	Goodson	423122
Feb 11 – Mar 03	Thu 6:45–8:15 PM	Lone Tree	453692
Mar 10 – Apr 07	Thu 6:45–8:15 PM	Lone Tree	453693
Mar 15 – Apr 05	Tue 6:45–8:15 PM	Goodson	423123

### Fun Keys “Around the World” Parent-Tot

Learn to play the keyboard by watching fun interactive videos, dancing, singing and moving to the rhythm.

**4 Weeks** — Youth: \$23; Youth Nonresident: \$27 (Ages 18 mos–5)

Aug 11 – Sep 01	Tue 3:30–4:15 PM	Goodson	423438
Sep 08 – Sep 29	Tue 3:30–4:15 PM	Goodson	423439
Oct 06 – Oct 27	Tue 3:30–4:15 PM	Goodson	4234310
Nov 03 – Nov 24	Tue 3:30–4:15 PM	Goodson	4234311
Dec 01 – Dec 29	Tue 3:30–4:15 PM	Goodson	4234312
Jan 05 – Jan 26	Tue 3:30–4:15 PM	Goodson	423431
Feb 02 – Feb 23	Tue 3:30–4:15 PM	Goodson	423432
Mar 01 – Mar 29	Tue 3:30–4:15 PM	Goodson	423433
Apr 05 – Apr 26	Tue 3:30–4:15 PM	Goodson	423434

## Fun Keys with Keyboard Encounters Kids by Yamaha

Rock out learning to play the keyboard. Class features note reading, singing, listening, pitch matching, keyboard techniques, rhythm and movement.

**4 Weeks** — Youth: \$30; Youth Nonresident: \$35 (Ages 7–10)

Sep 08 – Sep 29	Tue 5:15–6:15 PM	Goodson	423089
Oct 06 – Oct 27	Tue 5:15–6:15 PM	Goodson	4230810
Nov 03 – Nov 24	Tue 5:15–6:15 PM	Goodson	4230811
Dec 01 – Dec 29	Tue 5:15–6:15 PM	Goodson	4230812
Jan 05 – Jan 26	Tue 5:15–6:15 PM	Goodson	423081
Feb 02 – Feb 23	Tue 5:15–6:15 PM	Goodson	423082
Mar 01 – Mar 29	Tue 5:15–6:15 PM	Goodson	423083
Apr 05 – Apr 26	Tue 5:15–6:15 PM	Goodson	423084

### Fun Keys with Music for Little Mozarts

In this introductory keyboard class, your little Mozart will learn how to play by ear, with the help of engaging interactive videos. They will also build their musical vocabulary and fine tune their finger exercises.

**4 Weeks** — Youth: \$30; Youth Nonresident: \$35 (Ages 4–6)

Sep 08 – Sep 29	Tue 4:15–5:15 PM	Goodson	423059
Oct 06 – Oct 27	Tue 4:15–5:15 PM	Goodson	4230510
Nov 03 – Nov 24	Tue 4:15–5:15 PM	Goodson	4230511
Dec 01 – Dec 29	Tue 4:15–5:15 PM	Goodson	4230512
Jan 05 – Jan 26	Tue 4:15–5:15 PM	Goodson	423051
Feb 02 – Feb 23	Tue 4:15–5:15 PM	Goodson	423052
Mar 01 – Mar 29	Tue 4:15–5:15 PM	Goodson	423053
Apr 05 – Apr 26	Tue 4:15–5:15 PM	Goodson	423054

### Music Ensemble Class for Adults

Create music with others on a regular basis in a comfortable setting. To get the most from this class, you'll need to be able to play your instrument at an intermediate level. If you have taken lessons for awhile you will fit right in. Private lessons available.

**6 Weeks** — Resident: \$41; Nonresident: \$45 (Ages 16+)

Sep 08 – Oct 13	Tue 7–8:30 PM	Sheridan	439709
Oct 27 – Dec 01	Tue 7–8:30 PM	Sheridan	4397010
Jan 05 – Feb 09	Tue 7–8:30 PM	Sheridan	439701
Feb 23 – Mar 29	Tue 7–8:30 PM	Sheridan	439702

### Nov 6: Cary Morin & the Young Ancients

Young Ancients unites three renowned performers John Magnie (accordion, keyboard, vocals), Cary Morin (guitar, pedal steel, vocals) and Steve Amed (drums, percussion, vocals) whose musical roots intertwine in an inspired blend of blues, folk-rock, soul, gospel, Native Americana and New Orleans R&B.

**1 Day** — Resident: \$8; Nonresident: \$10 (Ages 12+)

Nov 06	Fri 7–9 PM	Buck	4094611
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## Feb 26: Felonius Smith Trio

With its mix of male and female four-part vocals and instrumentation that includes acoustic, electric and steel guitars, mandolin, banjo, keyboards, bass and drums, The Country Music Project keeps alive the old sound of country music, while able to punch out the popular sounds of today's new artists.

**1 Week** — Resident: \$8; Nonresident: \$10 **(Ages 12+)**

Feb 26	Fri 7–9 PM	Buck	409462
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## Rock Band Class for Kids

Explore the world of rock! Learn to play guitar, keyboard or drums in a rock band. Use our instruments or bring your own.

**6 Weeks** — Youth: \$41; Youth Nonresident: \$45 **(Ages 10–14)**

Sep 10 – Oct 15	Thu 6–7:30 PM	Sheridan	438409
Oct 29 – Dec 10	Thu 6–7:30 PM	Sheridan	4384010
Jan 07 – Feb 11	Thu 6–7:30 PM	Sheridan	438401
Feb 25 – Mar 31	Thu 6–7:30 PM	Sheridan	438402

## SELF IMPROVEMENT

### English Second Language Class

Designed for adult students who want to learn English, this class consists of grammar, conversation and life skills. Students will gain the confidence to engage in conversation with English speakers. Students will also use a laptop to learn English and practice life skills.

**7 Weeks** — Resident: \$45; Nonresident: \$48 **(Ages 18+)**

Oct 12 – Nov 16	Mon 9–11 AM	Sheridan	4397510
Jan 04 – Feb 08	Mon 9–11 AM	Sheridan	439751
Feb 22 – Mar 28	Mon 9–11 AM	Sheridan	439752

### Public Speaking Without Fear

Learn or bolster basic speaking skills. Increase your confidence and persuasiveness.

**6 Weeks** — Resident: \$45; Nonresident: \$49 **(Ages 16+)**

Oct 29 – Dec 10	Thu 7–8 PM	Buck	4007510
Jan 07 – Feb 11	Thu 7–8 PM	Buck	400751
Mar 10 – Apr 21	Thu 7–8 PM	Buck	400753

## FITNESS

It is strongly recommended that you consult your physician before beginning any new exercise program. Call 303-483-7082 for more information.

### DROP IN FITNESS

Drop-in fitness classes are included with daily admission (including SilverSneakers®), unless otherwise noted. Classes are open to ages 10–11 when accompanied by an adult and 12 & up without adult supervision.

#### Location Key:

B=Buck Ctr G=Goodson Ctr

LT=Lone Tree Ctr S=Sheridan

### Cardio and Strength Combo

Get a complete workout to improve cardio and muscular endurance in these classes targeted to hit all major muscle groups.

Boot Camp	G, LT
Cardio Body Bar	G
Cardio Muscle	G, LT
Cycle Sculpt	B, LT
Total Body Fitness	B, LT
Strong Body	G
Walk-n-Tone	G

### Cycling

Enjoy an overall fitness ride including interval, endurance and strength portions while you conquer simulated hills, mountains and flat terrain, as you control the intensity and resistance level.

Cycling	B, G, LT
Cycle Core	B, G
Cycle Sculpt	B, LT
Long Ride	LT

### Dance

Dance your way to fitness in our many unique offerings. Classes include a variety of choreography to ensure a great workout and a fun time.

Barre Pilates	B
Barre Sculpt	G, LT
Cardio Dance Fitness	LT
HoopCore Fitness	B
Nia	B
Step Combo	G, LT
Step	G
Zumba®	B, G, LT
Zumba® Gold	B, G, LT

### Mind Body

Improve your mind, body and soul in one of our many great mind body classes. Whether you are looking for relaxation or a challenge, there is something for everyone.

Gentle Yoga	B, LT
Hatha Yoga	G, LT, S
Healing Pilates	G
Nia	B
Pilates Mat	B, G
Pilates Sculpt	B, G
Power Yoga	B, G
Sunrise Core & Stretch	G

Sunrise Yoga	B
Yin Yoga	G, LT
Yoga Flow	B, G, LT
Yoga Fusion	B, G

## Water Fitness

Get a great workout in the water! Use the resistance of the water and aqua equipment to improve your health and fitness in these lower impact workouts.

Aqua	B, G, LT
Aqua Zumba®	LT
Gentle Aqua	B
Water Walking	LT

## Sculpt and Strength

Strengthen and tone major muscle groups using your body weight and all of our "toys;" including weights, stability balls, BOSU's, resistance tubing and more.

Barre Sculpt	G, LT
Pilates Sculpt	B, G, LT
Power Hour	B, G, LT

## Specialty

The specialty fitness classes are great for anyone looking for a gentler workout or those with chronic conditions.

Exercise with Ease	B
Gentle Aqua	B
Healthy Back	B, G, LT
Healing Pilates	G
SilverSneakers® Cardio	G, LT
SilverSneakers® Circuit	B, G, LT
SilverSneakers® Classic	B, G, LT, S
SilverSneakers® Yoga	B, G, LT

Check out the complete fitness schedule and descriptions online at [ssprd.org/schedules](http://ssprd.org/schedules), by calling or visiting the recreation centers.

## SILVERSNEAKERS®

### SilverSneakers®

All four of South Suburban Recreation Centers are SilverSneakers® program participants. Check eligibility at the front desk of each facility. Program includes facility amenities, drop-in group fitness classes and unlimited access for daily admission to the recreation center. For more information call 303-730-4610 for Buck, 303-483-7081 for Goodson, 303-708-3517 for Lone Tree and 303-761-2241 for Sheridan.

### SilverSneakers® Orientations

Attend a free orientation to receive a general overview of the SilverSneakers® program, amenities, as well as a tour of the facility. Great opportunity to also meet other SilverSneakers®. No registration required.

1st Wed of Month - Buck 9 AM  
1st Thu of Month - Goodson 11:15 AM  
1st Mon of Month - Lone Tree 9:15 AM

### SilverSneakers® Classes

Classes are open to all recreation center users with daily admission. A chair is available if needed for seated or standing support in all classes.

## SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance.

## SilverSneakers® Yoga

Safely move your whole body through a complete series of seated and standing yoga poses designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity

## SilverSneakers® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography.

## SilverSneakers® Cardio

Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

9:30-10:25 am	Tu	Cardio	Goodson
10-10:55 am	Tu, Th	Circuit	Buck Ctr
10-10:55 am	M, W, F	Classic	Buck Ctr
10-10:55 am	Tu, Th	Classic	Lone Tree Ctr
10:30-11:25 am	M, W	Circuit	Lone Tree Ctr
10:30-11:25pm	F	Cardio	Lone Tree Ctr
11-11:55am	Tu, Th	Classic	Buck Ctr
11:05-11:55 am	M, W, F	Yoga	Buck Ctr
11:05-11:55 am	Tu, Th	Yoga	Lone Tree Ctr
11:30 am-12:25 pm	M, W, F	Classic	Goodson
11:30 am-12:25 pm	M	Classic	Lone Tree Ctr
11:30 am-12:25 pm	Tu, Th	Classic	Sheridan
12:30-1:15 pm	M, W, F	Yoga	Goodson

## PERSONAL TRAINING

Call Goodson/Sheridan 303.483.7089, Buck 303.730.4610 or Lone tree 303.708.3514 to set up a Personal Training appointment today!

Personal training provides safe, effective workouts designed for each individual's needs and goals. Trainers are nationally certified with diverse fitness, nutrition and wellness backgrounds. Achieve your goals through affordable training.

### Individual 60-min sessions

	Adult/Senior	Youth (10-17)
1 Session	\$45R/\$55	\$40R/\$49
3 Sessions	\$126R/\$159	\$111R/\$132
5 Sessions	\$200R/\$255	\$175R/\$210
10 Sessions	\$380R/\$490	\$330R/\$400

### Group training 60-min sessions (all ages)

1 Session	\$59R/70
3 Sessions	\$168R/\$201
5 Sessions	\$270R/\$325
10 Sessions	\$520R/\$630

## Personal Training with Cancer Exercise Specialist

Work one on one with an exercise physiologist trained specifically to work with cancer survivors. Your personalized plan will take into account any surgeries, radiation or chemotherapy you have undergone, as well as side effect you may still be experiencing.

### Individual 60-min sessions

1 pre-assessment + 1 session:	\$85R/\$90
1 pre-assessment + 2 sessions:	\$125R/\$130

## Personal Equipment Orientation

Individual 60-minute session which includes orientation and set-up on a variety of cardiovascular and weight machines. \$25R/\$30

## Swim Biomechanics Analysis

Ideal for those training for triathlons or wanting to improve their swimming. 60-minute analysis of stroke biomechanics which includes on-deck video analysis, education and trial of specific drills to improve. Available at Goodson or Buck.

1 session: Resident: \$45; Nonresident: \$57

## Physical Therapy

Physical Therapist, Doug Geistert, MPT, is a graduate of Western Michigan University and University of Iowa Physical Therapy Program. He has 25 years experience and managed an outpatient orthopedic clinic.

1 session:	\$65R/\$75
3 sessions:	\$180R/\$205

## Pilates Reformer

Improve posture, body alignment, core stability, strength and flexibility through personalized Pilates instruction. Equipment includes: reformer, fit balls, stability discs, foam rollers, jump board and flex rings. Goodson only.

### Individual 60-min sessions

1 session:	\$50R/\$61
3 sessions:	\$141R/\$174
5 sessions:	\$225R/\$280
10 sessions:	\$430R/\$540

## GROUP TRAINING

### Active Adult Weight Training

Incorporate machine weights, free weights, stretching/flexibility, balance and core training.

**7 Sessions** — Resident: \$35; Nonresident: \$44.60 65+: \$29.75; 65+ Nonresident: \$42.90 **(Ages 18+)**

Nov 03 – Nov 24	Tue Thu 8:45–10 AM	Goodson	5422011
Nov 03 – Nov 24	Tue Thu 9:30–10:45 AM	Goodson	5422111

**8 Sessions** — Resident: \$40; Nonresident: \$51 65+: \$34; 65+ Nonresident: \$49 **(Ages 18+)**

Sep 02 – Sep 30	Mon Wed 10:15–11:30 AM	Buck	520179
Sep 02 – Sep 30	Mon Wed 10–11:15 AM	Lone Tree	562259
Oct 05 – Oct 28	Mon Wed 10:15–11:30 AM	Buck	5201710
Oct 05 – Oct 28	Mon Wed 10–11:15 AM	Lone Tree	5622510
Dec 01 – Dec 29	Tue Thu 8:45–10 AM	Goodson	5422012
Dec 01 – Dec 29	Tue Thu 9:30–10:45 AM	Goodson	5422112

Jan 04 – Jan 27	Mon Wed 10:15–11:30 AM	Buck	520171
Jan 04 – Jan 27	Mon Wed 10–11:15 AM	Lone Tree	562251
Jan 05 – Jan 28	Tue Thu 8:45–10 AM	Goodson	542201
Jan 05 – Jan 28	Tue Thu 9:30–10:45 AM	Goodson	542211
Feb 02 – Feb 25	Tue Thu 8:45–10 AM	Goodson	542202
Feb 02 – Feb 25	Tue Thu 9:30–10:45 AM	Goodson	542212

**9 Sessions** — Resident: \$45; Nonresident: \$57.40 65+: \$38.25; Senior Nonresident: \$55.10 **(Ages 18+)**

Sep 01 – Sep 29	Tue Thu 8:45–10 AM	Goodson	542209
Sep 01 – Sep 29	Tue Thu 9:30–10:45 AM	Goodson	542219
Oct 01 – Oct 29	Tue Thu 8:45–10 AM	Goodson	5422010
Oct 01 – Oct 29	Tue Thu 9:30–10:45 AM	Goodson	5422110
Nov 02 – Nov 25	Mon Wed 10:15–11:30 AM	Buck	5201711
Nov 02 – Nov 30	Mon Wed 10–11:15 AM	Lone Tree	5622511
Dec 02 – Dec 30	Mon Wed 10:15–11:30 AM	Buck	5201712
Dec 02 – Dec 30	Mon Wed 10–11:15 AM	Lone Tree	5622512
Feb 01 – Feb 29	Mon Wed 10:15–11:30 AM	Buck	520172
Feb 01 – Feb 29	Mon Wed 10–11:15 AM	Lone Tree	562252
Mar 02 – Mar 30	Mon Wed 10:15–11:30 AM	Buck	520173
Mar 02 – Mar 30	Mon Wed 10–11:15 AM	Lone Tree	562253

**10 Sessions** — Resident: \$50; Nonresident: \$63.75 65+: \$42.50; 65+ Nonresident: \$61.25 **(Ages 18+)**

Mar 01 – Mar 31	Tue Thu 8:45–10 AM	Goodson	542203
Mar 01 – Mar 31	Tue Thu 9:30–10:45 AM	Goodson	542213

## Commit to Get Fit

Burn calories and test your limits through a combination of cardio and strength training in this small group training lead by a certified personal trainer.

**7 Sessions** — Resident: \$35; Nonresident: \$38.50 **(Ages 16+)**

Nov 03 – Nov 24	Tue Thu 6–7 AM	Goodson	5431011
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**8 Sessions** — Resident: \$40; Nonresident: \$44 **(Ages 16+)**

Dec 01 – Dec 29	Tue Thu 6–7 AM	Goodson	5431012
Jan 05 – Jan 28	Tue Thu 6–7 AM	Goodson	543101
Feb 02 – Feb 25	Tue Thu 6–7 AM	Goodson	543102

**9 Sessions** — Resident: \$45; Nonresident: \$49.50 **(Ages 16+)**

Sep 01 – Sep 29	Tue Thu 6–7 AM	Goodson	543109
Oct 01 – Oct 29	Tue Thu 6–7 AM	Goodson	5431010

**10 Sessions** — Resident: \$50; Nonresident: \$55 **(Ages 16+)**

Mar 01 – Mar 31	Tue Thu 6–7 AM	Goodson	543103
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## FREE Equipment Orientation

Attend a general orientation session with a personal trainer in a group setting to learn safe and proper use of a variety of cardiovascular and weight machines. Ages 10-11 must be accompanied by a registered adult.

1 Session — Free		(Ages 10+)	
Sep 02	Wed 11:30 AM–12:45 PM	Lone Tree	562309
Sep 08	Tue 9–10:15 AM	Buck	520259
Sep 11	Fri 9–10:15 AM	Goodson	542309
Sep 12	Sat 9–10:15 AM	Lone Tree	562339
Sep 17	Thu 6:30–7:45 PM	Buck	520309
Oct 07	Wed 11:30 AM–12:45 PM	Lone Tree	5623010
Oct 09	Fri 9–10:15 AM	Goodson	5423010
Oct 10	Sat 9–10:15 AM	Lone Tree	5623310
Oct 13	Tue 9–10:15 AM	Buck	5202510
Oct 15	Thu 6:30–7:45 PM	Buck	5203010
Nov 04	Wed 11:30 AM–12:45 PM	Lone Tree	5623011
Nov 10	Tue 9–10:15 AM	Buck	5202511
Nov 13	Fri 9–10:15 AM	Goodson	5423011
Nov 14	Sat 9–10:15 AM	Lone Tree	5623311
Nov 19	Thu 6:30–7:45 PM	Buck	5203011
Dec 02	Wed 11:30 AM–12:45 PM	Lone Tree	5623012
Dec 08	Tue 9–10:15 AM	Buck	5202512
Dec 11	Fri 9–10:15 AM	Goodson	5423012
Dec 12	Sat 9–10:15 AM	Lone Tree	5623312
Dec 17	Thu 6:30–7:45 PM	Buck	5203012
Jan 06	Wed 11:30 AM–12:45 PM	Lone Tree	562301
Jan 08	Fri 9–10:15 AM	Goodson	542301
Jan 09	Sat 9–10:15 AM	Lone Tree	562331
Jan 12	Tue 9–10:15 AM	Buck	520251
Jan 21	Thu 6:30–7:45 PM	Buck	520301
Feb 03	Wed 11:30 AM–12:45 PM	Lone Tree	562302
Feb 09	Tue 9–10:15 AM	Buck	520252
Feb 12	Fri 9–10:15 AM	Goodson	542302
Feb 13	Sat 9–10:15 AM	Lone Tree	562332
Feb 18	Thu 6:30–7:45 PM	Buck	520302
Mar 02	Wed 11:30 AM–12:45 PM	Lone Tree	562303
Mar 08	Tue 9–10:15 AM	Buck	520253
Mar 11	Fri 9–10:15 AM	Goodson	542303
Mar 12	Sat 9–10:15 AM	Lone Tree	562333
Mar 17	Thu 6:30–7:45 PM	Buck	520303

## Functional Motion

Gentle exercises help restore balance and strength through postural alignment. Get relief from chronic and occasional pain while improving your body's full range of motion.

12 Sessions — Resident: \$125; Nonresident: \$135		(Ages 16+)	
Oct 05 – Dec 21	Mon 1:30–2:25 PM	Goodson	5411810
Oct 06 – Dec 22	Tue 8:30–9:25 AM	Buck	5205310
Oct 06 – Dec 22	Tue 2:35–3:30 PM	Lone Tree	5624510
Jan 04 – Mar 21	Mon 3–3:55 PM	Goodson	541181
Jan 05 – Mar 22	Tue 8:30–9:25 AM	Buck	520531
Jan 05 – Mar 22	Tue 2:35–3:30 PM	Lone Tree	562451

## Living Well with Cancer

Monthly exercise program for adult cancer survivors that will teach the importance of exercise while in or out of cancer treatment. A support group on the move! New participants must purchase and complete one-time assessment and personal orientation for Resident: \$85; Nonresident: \$90.

7 Sessions — Resident: \$35; Nonresident: \$44.60		(Ages 18+)	
Nov 03 – Nov 24	Tue Thu 1:15–2:30 PM	Goodson	5409311
8 Sessions — Resident: \$40; Nonresident: \$51		(Ages 18+)	
Dec 01 – Dec 29	Tue Thu 1:15–2:30 PM	Goodson	5409312
Jan 05 – Jan 28	Tue Thu 1:15–2:30 PM	Goodson	540931
Feb 02 – Feb 25	Tue Thu 1:15–2:30 PM	Goodson	540932
9 Sessions — Resident: \$45; Nonresident: \$57.40		(Ages 18+)	
Sep 01 – Sep 29	Tue Thu 1:15–2:30 PM	Goodson	540939
Oct 01 – Oct 29	Tue Thu 1:15–2:30 PM	Goodson	5409310
10 Sessions — Resident: \$50; Nonresident: \$63.75		(Ages 18+)	
Mar 01 – Mar 31	Tue Thu 1:15–2:30 PM	Goodson	540933

## TRX Suspension Training

Perform hundreds of functional exercises. Build strength, flexibility, core stability, muscular endurance, and metabolic conditioning.

**3 Sessions** — Resident: \$33; Nonresident: \$34.50 **(Ages 16+)**

Nov 04 – Nov 18	Wed 6:20–7:20 PM	Goodson	5439611
Nov 05 – Nov 19	Thu 9:30–10:30 AM	Goodson	5439711
Dec 03 – Dec 17	Thu 9:30–10:30 AM	Goodson	5439712

**4 Sessions** — Resident: \$44; Nonresident: \$46 **(Ages 16+)**

Sep 01 – Sep 22	Tue 9:30–10:30 AM	Goodson	543959
Sep 02 – Sep 23	Wed 6:20–7:20 PM	Goodson	543969
Sep 03 – Sep 24	Thu 9:30–10:30 AM	Goodson	543979
Sep 05 – Sep 26	Sat 9–10 AM	Goodson	543919
Oct 01 – Oct 22	Thu 9:30–10:30 AM	Goodson	5439710
Oct 03 – Oct 24	Sat 9–10 AM	Goodson	5439110
Oct 06 – Oct 27	Tue 9:30–10:30 AM	Goodson	5439510
Oct 07 – Oct 28	Wed 6:20–7:20 PM	Goodson	5439610
Nov 03 – Nov 24	Tue 9:30–10:30 AM	Goodson	5439511
Nov 07 – Nov 28	Sat 9–10 AM	Goodson	5439111
Dec 01 – Dec 22	Tue 9:30–10:30 AM	Goodson	5439512
Dec 02 – Dec 23	Wed 6:20–7:20 PM	Goodson	5439612
Dec 05 – Dec 26	Sat 9–10 AM	Goodson	5439112
Jan 02 – Jan 23	Sat 9–10 AM	Goodson	543911
Jan 05 – Jan 26	Tue 9:30–10:30 AM	Goodson	543951
Jan 07 – Jan 28	Wed 6:20–7:20 PM	Goodson	543961
Jan 08 – Jan 29	Thu 9:30–10:30 AM	Goodson	543971
Feb 02 – Feb 23	Tue 9:30–10:30 AM	Goodson	543952
Feb 03 – Feb 24	Wed 6:20–7:20 PM	Goodson	543962
Feb 04 – Feb 25	Thu 9:30–10:30 AM	Goodson	543972
Feb 06 – Feb 27	Sat 9–10 AM	Goodson	543912
Mar 01 – Mar 29	Tue 9:30–10:30 AM	Goodson	543953
Mar 02 – Mar 30	Wed 6:20–7:20 PM	Goodson	543963
Mar 03 – Mar 31	Thu 9:30–10:30 AM	Goodson	543973
Mar 05 – Mar 26	Sat 9–10 AM	Goodson	543913

## Ultimate Fitness

Intense total body workout led by a certified personal trainer to combine cardiovascular and strength training, as well as focus on the core, flexibility and nutrition education.

**7 Sessions** — Resident: \$35; Nonresident: \$44.60 **(Ages 16+)**

Nov 03 – Nov 24	Tue Thu 6:30–7:45 PM	Lone Tree	5621011
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**8 Sessions** — Resident: \$40; Nonresident: \$51 **(Ages 16+)**

Dec 01 – Dec 29	Tue Thu 6:30–7:45 PM	Lone Tree	5621012
Jan 05 – Jan 28	Tue Thu 6:30–7:45 PM	Lone Tree	562101
Feb 02 – Feb 25	Tue Thu 6:30–7:45 PM	Lone Tree	562102

**9 Sessions** — Resident: \$45; Nonresident: \$57.40 **(Ages 16+)**

Sep 01 – Sep 29	Tue Thu 6:30–7:45 PM	Lone Tree	562109
Oct 01 – Oct 29	Tue Thu 6:30–7:45 PM	Lone Tree	5621010

**10 Sessions** — Resident: \$50; Nonresident: \$63.75 **(Ages 16+)**

Mar 01 – Mar 31	Tue Thu 6:30–7:45 PM	Lone Tree	562103
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## TAI CHI

### Beginner's Tai Chi

Relieve stress, improve balance and promote physical and mental well-being in this introductory Tai Chi class.

**16 Sessions** — Resident: \$76; Nonresident: \$88 **(Ages 18+)**

Sep 01 – Oct 22	Tue Thu 12:30–1:30 PM	Lone Tree	561249
Oct 27 – Dec 22	Tue Thu 12:30–1:30 PM	Lone Tree	5612411
Jan 05 – Feb 25	Tue Thu 12:30–1:30 PM	Lone Tree	561241
Mar 01 – Apr 21	Tue Thu 12:30–1:30 PM	Lone Tree	561243

### Continuing Tai Chi

Ideal for those who have completed 1 to 2 sessions of Beginner Tai Chi and are looking to continue their Tai Chi practice.

**4 Sessions** — Resident: \$25; Nonresident: \$30 **(Ages 18+)**

Sep 01 – Sep 22	Tue 1:30–2:30 PM	Lone Tree	561279
Oct 06 – Oct 27	Tue 1:30–2:30 PM	Lone Tree	5612710
Nov 03 – Nov 24	Tue 1:30–2:30 PM	Lone Tree	5612711
Dec 01 – Dec 22	Tue 1:30–2:30 PM	Lone Tree	5612712
Jan 05 – Jan 26	Tue 1:30–2:30 PM	Lone Tree	561271
Feb 02 – Feb 23	Tue 1:30–2:30 PM	Lone Tree	561272
Mar 01 – Mar 22	Tue 1:30–2:30 PM	Lone Tree	561273

### Tai Chi Level 1

Balance the body's energy flow promoting general health, spiritual harmony, relaxation and stress reduction.

**4 Sessions** — Resident: \$25; Nonresident: \$30 **(Ages 16+)**

Sep 02 – Sep 23	Wed 10–11 AM	Buck	521209
Oct 07 – Oct 28	Wed 10–11 AM	Buck	5212010
Nov 04 – Nov 25	Wed 10–11 AM	Buck	5212011
Dec 02 – Dec 23	Wed 10–11 AM	Buck	5212012
Jan 06 – Jan 27	Wed 10–11 AM	Buck	521201
Feb 03 – Feb 24	Wed 10–11 AM	Buck	521202
Mar 02 – Mar 23	Wed 10–11 AM	Buck	521203

### Tai Chi Level 2

Take Tai Chi to the next level in this 12 week class. Expand your learning of the Yang Style 24 Tai Chi form.

**12 Sessions** — Resident: \$75; Nonresident: \$80 **(Ages 16+)**

Sep 02 – Nov 18	Wed 9–10 AM	Buck	521809
Jan 07 – Mar 25	Wed 9–10 AM	Buck	521801

### Tai Chi: 8, 16 and 24 Forms (Yang Style)

Relieve stress, tension, increase inner energy and tranquility, improve balance and flexibility and promote physical and mental well being.

**9 Sessions** — Resident: \$190; Nonresident: \$195 **(Ages 16+)**

Sep 21 – Nov 16	Mon 6:30–8 PM	Goodson	5411510
Jan 18 – Mar 14	Mon 6:30–8 PM	Goodson	541151

## Tai Chi: Moving for Better Balance

Feel stronger, have better balance and greater flexibility while flowing through the easy to learn Tai Chi movements. This progressive class helps you build your confidence and reduces your risk of falling.

**22 Sessions** — Resident: \$72.40; Nonresident: \$82.50 **(Ages 18+)**

Oct 06 – Dec 22	Tue Thu 3–4 PM	Buck	5208710
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**24 Sessions** — Resident: \$79; Nonresident: \$90 **(Ages 18+)**

Oct 05 – Dec 23	Mon Wed 1:30–2:30 PM	Goodson	5412010
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Jan 04 – Mar 23	Mon Wed 1:30–2:30 PM	Goodson	541201
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Jan 05 – Mar 24	Tue Thu 3–4 PM	Buck	520871
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## YOGA

### Water Yoga

Traiditional yoga performed in the warm water therapy pool. Ideal for those who love the water or have difficulty holding traditional poses. Aids in circulation, rehabilitation and reduction of stress.

**Monthly** — Resident: \$37; Nonresident: \$45 **(Ages 10+)**

Sep 01 – Sep 29	Tue 4–5 PM	Buck	521389
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Oct 06 – Oct 27	Tue 4–5 PM	Buck	5213810
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Nov 03 – Nov 24	Tue 4–5 PM	Buck	5213811
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Dec 01 – Dec 29	Tue 4–5 PM	Buck	5213812
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Jan 05 – Jan 26	Tue 4–5 PM	Buck	521381
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Feb 02 – Feb 23	Tue 4–5 PM	Buck	521382
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Mar 01 – Mar 29	Tue 4–5 PM	Buck	521383
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### Yoga

Increase energy, gain flexibility and improve your overall physical shape in a class that focuses on good health and stress management. All levels welcome.

**Monthly** — Resident: \$37; Nonresident: \$45 **(Ages 10+)**

Sep 01 – Sep 29	Tue 5:30–7 PM	Buck	521419
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Sep 02 – Sep 30	Wed 9–10:25 AM	Goodson	540659
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Sep 05 – Sep 26	Sat 8:30–10 AM	Goodson	540809
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Sep 14 – Sep 28	Mon 9–10:25 AM	Goodson	540569
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Oct 03 – Oct 31	Sat 8:30–10 AM	Goodson	5408010
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Oct 05 – Oct 26	Mon 9–10:25 AM	Goodson	5405610
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Oct 06 – Oct 27	Tue 5:30–7 PM	Buck	5214110
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Oct 07 – Oct 28	Wed 9–10:25 AM	Goodson	5406510
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Nov 02 – Nov 30	Mon 9–10:25 AM	Goodson	5405611
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Nov 03 – Nov 24	Tue 5:30–7 PM	Buck	5214111
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Nov 04 – Nov 25	Wed 9–10:25 AM	Goodson	5406511
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Nov 07 – Nov 28	Sat 8:30–10 AM	Goodson	5408011
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Dec 01 – Dec 29	Tue 5:30–7 PM	Buck	5214112
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Dec 02 – Dec 30	Wed 9–10:25 AM	Goodson	5406512
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Dec 05 – Dec 26	Sat 8:30–10 AM	Goodson	5408012
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Dec 07 – Dec 28	Mon 9–10:25 AM	Goodson	5405612
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Jan 02 – Jan 30	Sat 8:30–10 AM	Goodson	540801
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Jan 04 – Jan 25	Mon 9–10:25 AM	Goodson	540561
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Jan 05 – Jan 26	Tue 5:30–7 PM	Buck	521411
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Jan 06 – Jan 27	Wed 9–10:25 AM	Goodson	540651
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Feb 01 – Feb 29	Mon 9–10:25 AM	Goodson	540562
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Feb 02 – Feb 23	Tue 5:30–7 PM	Buck	521412
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Feb 03 – Feb 24	Wed 9–10:25 AM	Goodson	540652
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Feb 06 – Feb 27	Sat 8:30–10 AM	Goodson	540802
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Mar 01 – Mar 29	Tue 5:30–7 PM	Buck	521413
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Mar 02 – Mar 30	Wed 9–10:25 AM	Goodson	540653
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Mar 05 – Mar 26	Sat 8:30–10 AM	Goodson	540803
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Mar 07 – Mar 28	Mon 9–10:25 AM	Goodson	540563
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### Yoga for Older Adults

Improve health, flexibility, stamina and increase range of motion for daily living activities.

**Monthly** — Resident: \$37; Nonresident: \$45 65+: \$30; 65+ Nonresident: \$35 **(Ages 18+)**

Sep 14 – Sep 28	Mon 10:35–11:45 AM	Goodson	540689
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Oct 05 – Oct 26	Mon 10:35–11:45 AM	Goodson	5406810
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Nov 02 – Nov 30	Mon 10:35–11:45 AM	Goodson	5406811
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Dec 07 – Dec 28	Mon 10:35–11:45 AM	Goodson	5406812
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Jan 04 – Jan 25	Mon 10:35–11:45 AM	Goodson	540681
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Feb 01 – Feb 29	Mon 10:35–11:45 AM	Goodson	540682
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Mar 07 – Mar 28	Mon 10:35–11:45 AM	Goodson	540683
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### Young Yogis

Bend, stretch, strengthen, and increase flexibility in body and mind. Through poses, breath work, asanas, and a lot of laughter, kids will learn the physical and mental benefits of yoga.

**3 Sessions** — Youth: \$15; Youth Nonresident: \$17.50 **(Ages 6–12)**

Sep 14 – Sep 28	Mon 4:30–5:15 PM	Lone Tree	560129
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Oct 05 – Oct 26	Mon 4:30–5:15 PM	Lone Tree	5601210
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Nov 03 – Nov 17	Tue 4:15–5 PM	Goodson	5404811
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Jan 04 – Jan 25	Mon 4:15–5 PM	Lone Tree	560121
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Mar 07 – Mar 28	Mon 4:15–5 PM	Lone Tree	560123
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**4 Sessions** — Youth: \$20; Youth Nonresident: \$23 **(Ages 6–12)**

Sep 01 – Sep 22	Tue 4:15–5 PM	Goodson	540489
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Oct 06 – Oct 27	Tue 4:15–5 PM	Goodson	5404810
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Nov 02 – Nov 23	Mon 4:15–5 PM	Lone Tree	5601211
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Jan 05 – Jan 26	Tue 4:15–5 PM	Goodson	540481
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Feb 01 – Feb 22	Mon 4:15–5 PM	Lone Tree	560122
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Feb 02 – Feb 23	Tue 4:15–5 PM	Goodson	540482
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Mar 01 – Mar 29	Tue 4:15–5 PM	Goodson	540483
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## PILATES

### Pilates 101

Pilates utilizes a unique system of simple, yet challenging stretching and strengthening exercises which target the core. Suitable for all levels; adapted to each individual regardless of experience.

**Monthly** — Resident: \$37; Nonresident: \$45 **(Ages 10+)**

Sep 03 – Sep 24	Thu 5:15–6:15 PM	Goodson	540039
Sep 14 – Sep 28	Mon 5:15–6:15 PM	Goodson	540049
Oct 01 – Oct 29	Thu 5:15–6:15 PM	Goodson	5400310
Oct 05 – Oct 26	Mon 5:15–6:15 PM	Goodson	5400410
Nov 02 – Nov 30	Mon 5:15–6:15 PM	Goodson	5400411
Nov 08 – Nov 19	Thu 5:15–6:15 PM	Goodson	5400311
Dec 03 – Dec 17	Thu 5:15–6:15 PM	Goodson	5400312
Dec 07 – Dec 28	Mon 5:15–6:15 PM	Goodson	5400412
Jan 04 – Jan 25	Mon 5:15–6:15 PM	Goodson	540041
Jan 07 – Jan 28	Thu 5:15–6:15 PM	Goodson	540031
Feb 01 – Feb 29	Mon 5:15–6:15 PM	Goodson	540042
Feb 04 – Feb 25	Thu 5:15–6:15 PM	Goodson	540032
Mar 03 – Mar 31	Thu 5:15–6:15 PM	Goodson	540033
Mar 07 – Mar 28	Mon 5:15–6:15 PM	Goodson	540043

## SPECIALTY CLASSES

### Movin' with Mom (or Dad!)

This play-based class is designed for parent and child to move together through age-appropriate physical activities and games to develop coordination, strength, balance and flexibility. Yoga is included.

**3 Sessions** — Youth: \$21; Youth Nonresident: \$22.50 **(Ages 30 mos–5)**

Oct 07 – Oct 28	Wed 10:15–11 AM	Lone Tree	5627010
Nov 04 – Nov 18	Wed 10:15–11 AM	Lone Tree	5627011

**4 Sessions** — Youth: \$28; Youth Nonresident: \$30 **(Ages 30 mos–5)**

Sep 02 – Sep 23	Wed 10:15–11 AM	Lone Tree	562709
Jan 06 – Jan 27	Wed 10:15–11 AM	Lone Tree	562701
Feb 03 – Feb 24	Wed 10:15–11 AM	Lone Tree	562702
Mar 02 – Mar 30	Wed 10:15–11 AM	Lone Tree	562703

### Advanced Cycling

6-week class for intermediate to advanced cycling enthusiasts or competitive athletes. Program will focus on stamina, power and performance enhancement. Rides will include endurance, intervals, pedal stroke focus and leg strength. Cadence drills and power output will be implemented. This class is taught by a Certified USA Cycling Coach.

**6 Sessios** — Resident: \$50; Nonresident: \$55 **(Ages 16+)**

Nov 03 – Dec 08	Tue 5:30–6:30 PM	Goodson	5497011
Jan 05 – Feb 09	Tue 5:30–6:30 PM	Goodson	549701

## Strong Women Strong Bones

Designed for women of all ages to strengthen muscles, increase bone density, and improve balance. Pre and post assessments included.

**16 Sessions** — Resident: \$55; Nonresident: \$61 **(Ages 18+)**

Sep 08 – Oct 29	Tue Thu 1–2 PM	Buck	520209
Oct 29 – Dec 29	Tue Thu 1–2 PM	Buck	5202010
Jan 05 – Feb 25	Tue Thu 1–2 PM	Buck	520201

### Train For a 5k

Perfect for new runners or those looking to improve their time. Class held outdoors. Participants receive a discount to run Hoofin' It Through the Hollows on Oct 24.

**6 Sessions** — Resident: \$36; Nonresident: \$40 **(Ages 10+)**

Sep 12 – Oct 17	Sat 9–10:15 AM	Goodson	541959
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### Fitness Van Rental

Great for birthdays, community events and park fun! Activities include Wii sports games, hula hoops, jump ropes, balance. \$75R/\$85 first hour, \$50R/\$60 additional hours.

## GOLF

### Heated Driving Range

Family Sports 30-station, two tiered, covered, heated and lighted facility. Open Daily, regardless of weather, until 9:00pm throughout Fall and Winter. Any Range Card holder has the ability now to load their card directly at the ball machine!

### Golf Academy at Family Sports Center Private Instruction

Individual instruction provided for all areas of the game specific to your talents and interest. One hour: \$90 (video optional) One half hour: \$45 Series of four half hour: \$160 Series of six half hour: \$240

Small Bucket	\$5 for 42 Balls
Medium Bucket	\$9 for 84 Balls
Large Bucket	\$14 for 168 Balls (Best Value)

### Range Card Program

The popular \$100 Range Card is available and you receive an additional \$55 worth of balls FREE! Purchase the Ultimate Range Card and receive an additional \$225 worth of Balls FREE! Also available is the \$20 Range Card which includes \$10 worth of balls FREE!

### Golf & Hockey Pro Shop

Special orders can be made on any product. We'll match any price in town on Golf clubs. FSC enjoys a low tax rate. Our certified professional staff will guide you through your purchase to ensure you have the right equipment for your game. We will also assist you in any warranty related issues.

### Tee Time Reservations

Book 7 days in advance. Call 303-649-1115



## CLASSES AND CAMPS

### Family Sports Center Get Golf Ready Adult Beginner Golf 101

At the end of this four week, all encompassing beginner course, the student will be prepared to play a round of golf. The class covers set-up fundamentals, full swing, putting/chipping, etiquette, rules and tee time and check in procedures. Students will receive a Learn to Play Golf booklet and are invited to participate in our Club Purchasing Program.

**5 Weeks** — Resident: \$89; Nonresident: \$99 (Ages 18+)

Sep 15 – Oct 13 Tue 5:30–6:45 PM Family Spor 601749

Sep 19 – Oct 10 Sat 10–11:15 AM Family Spor 606549

### Family Sports Center Get Golf Ready Adult Intermediate Golf 201

Reach the next level in your game. Course instruction includes strategy, club and course management.

**4 Weeks** — Resident: \$89; Nonresident: \$99 (Ages 18+)

Sep 19 – Oct 10 Sat 12–1:15 PM Family Spor 603749

### Family Sports Center Learn To Play Golf - Youth Golf Schools

Pee-Wees Golf instruction focused on full swing and short game. Students learn basic etiquette, safety, and fundamentals. Mulligan Level (Beginner). Classes include basic fundamentals: full swing, putting, chipping, pitching, and etiquette in a safe and casual environment. Class is designed to graduate to Q-School Level. Q-School Level (Intermediate). Classes offer review of Mulligan level basics, intense short game focus, bunker play, etiquette, and scoring. Games, sportsmanship and teamwork are a focal point.

**4 Weeks** — Youth: \$70; Youth Nonresident: \$75 (Ages 7–17)

Sep 20 – Oct 11 Sun 12–1 PM Family Spor 600099

**4 Weeks** — Youth: \$80; Youth Nonresident: \$85 (Ages 7–17)

Sep 20 – Oct 11 Sun 1:30–2:30 PM Family Spor 600139

## LEAGUES

### Family Sports Center Junior Golf Playing League

A series of tournaments for juniors, ages 8-15. Weekly play Mondays. On-course supervision provided. Cost includes: green fees small bucket of range balls lunch tournament prizes. Maximum 100 participants.

**1 Week** — Youth: \$18; Youth Nonresident: \$22  
Minimum 4 weeks (Ages 8–15)

Sep 13 Sun 11 AM–12 PM Family Spor 607019

Sep 20 Sun 11 AM–12 PM Family Spor 607029

Sep 27 Sun 11 AM–12 PM Family Spor 607039

Oct 04 Sun 11 AM–12 PM Family Spor 6070410

Oct 11 Sun 11 AM–12 PM Family Spor 6070510

Oct 18 Sun 11 AM–12 PM Family Spor 6070610

Oct 25 Sun 11 AM–12 PM Family Spor 6070710

## LESSONS

### Get Golf Ready

This class offers basic instruction on stance, grip, swing, club selection, rules and etiquette. Clubs free of charge for lessons. Adult classes ages 17 and over.

**2 Weeks** — Resident: \$89; Nonresident: \$99 (Ages 17+)

Aug 10 – Aug 20 Mon Wed 5–6 PM Littleton G 593858

Aug 10 – Aug 20 Mon Wed 6:15–7:15 PM Littleton G 592158

Aug 11 – Aug 21 Tue Fri 4–5 PM Lone Tree 582908

Aug 11 – Aug 21 Tue Fri 5–6 PM Littleton G 592868

Aug 11 – Aug 21 Tue Fri 6:15–7:15 PM Littleton G 592968

Aug 11 – Aug 21 Tue Fri 6:30–7:30 PM South Subur 612908

Aug 11 – Aug 21 Tue Fri 6:45–7:45 PM Lone Tree 586618

**4 Weeks** — Resident: \$89; Nonresident: \$99 (Ages 17+)

Sep 01 – Sep 22 Tue 5:45–6:45 PM Lone Tree 582109

Sep 02 – Sep 23 Wed 5:45–6:45 PM Lone Tree 583769

Sep 03 – Sep 24 Thu 3:30–4:30 PM South Subur 614709

Sep 03 – Sep 24 Thu 4:45–5:45 PM South Subur 614409

Sep 03 – Sep 24 Thu 5:45–6:45 PM Lone Tree 584729

Sep 03 – Sep 24 Thu 6–7 PM South Subur 614779

Sep 04 – Sep 25 Fri 5:45–6:45 PM Lone Tree 585769

Sep 05 – Sep 26 Sat 9–10 AM Littleton 594509

Sep 05 – Sep 26 Sat 10–11 AM Lone Tree 586539

Sep 05 – Sep 26 Sat 10–11 AM South Subur 616539

Sep 05 – Sep 26 Sat 10:15–11:15 AM Littleton 594549

Sep 05 – Sep 26 Sat 11:15 AM–12:15 PM Lone Tree 586579

Sep 05 – Sep 26 Sat 2–3 PM South Subur 616659

### Littleton Youth Learn to Play Golf

Youth Learn to Play Golf classes offer basic instruction on stance, grip, swing, club selection, rules and etiquette.

**4 Weeks** — Youth: \$63; Youth Nonresident: \$87 (Ages 10–16)

Sep 05 – Sep 26 Sat 11:30 AM–12 PM Littleton G 596109

### Lone Tree Youth Learn to Play Golf

Youth Learn to Play Golf classes offer basic instruction on stance, grip, swing, club selection, rules and etiquette.

**2 Weeks** — Youth: \$63; Youth Nonresident: \$87 (Ages 7–9)

Aug 11 – Aug 21 Tue Fri 5:15–5:45 PM Lone Tree 586318

**2 Weeks** — Youth: \$63; Youth Nonresident: \$87 (Ages 10–16)

Aug 11 – Aug 21 Tue Fri 6–6:30 PM Lone Tree 586168

**4 Weeks** — Youth: \$63; Youth Nonresident: \$87 (Ages 7–9)

Sep 04 – Sep 25 Fri 5–5:30 PM Lone Tree 585249

Sep 05 – Sep 26 Sat 9–9:30 AM Lone Tree 586279

**4 Weeks** — Youth: \$63; Youth Nonresident: \$87 (Ages 10–16)

Sep 02 – Sep 23 Wed 5–5:30 PM Lone Tree 583249

Sep 03 – Sep 24 Thu 5–5:30 PM Lone Tree 584249

## South Suburban Youth Learn to Play Golf

Youth Learn to Play Golf classes offer basic instruction on stance, grip, swing, club selection, rules, and etiquette.

**2 Weeks — Youth: \$63; Youth Nonresident: \$87 (Ages 10–16)**

Aug 11 – Aug 21 Tue Fri 5:45–6:15 PM South Subur 615018

**4 Weeks — Youth: \$63; Youth Nonresident: \$87 (Ages 10–16)**

Sep 05 – Sep 26 Sat 11:15–11:45 AM South Subur 616079

**2 Weeks — Youth: \$63; Youth Nonresident: \$87 (Ages 7–9)**

Aug 11 – Aug 21 Tue Fri 5–5:30 PM South Subur 615008

**4 Weeks — Youth: \$63; Youth Nonresident: \$87 (Ages 7–9)**

Sep 05 – Sep 26 Sat 9–9:30 AM South Subur 616209

## Start Smart Golf Lessons

Before your child steps out on the green, sign up for this learn to play program. Fun activities will be played with specialized learning equipment while teaching participants the motor skills necessary to play golf. The parent-child will move through four-stations: putting, chipping, pitching and full shot. Class meets in the gymnasium of the Recreation Centers.

**4 Weeks — Youth: \$50; Youth Nonresident: \$60 (Ages 4–7)**

Oct 03 – Oct 24 Sat 10–10:45 AM Lone Tree 3006110

Oct 03 – Oct 24 Sat 12–12:45 PM Goodson 3006210

Oct 05 – Oct 26 Mon 4:30–5:15 PM Lone Tree 3003110

Oct 07 – Oct 28 Wed 4–4:45 PM Goodson 3003510

Jan 10 – Jan 31 Sun 9–9:45 AM Goodson 300631

Jan 10 – Jan 31 Sun 10:45–11:30 AM Lone Tree 300601

Feb 07 – Feb 28 Sun 9–9:45 AM Goodson 300632

Feb 07 – Feb 28 Sun 10:45–11:30 AM Lone Tree 300602

## NATURE

### ADULT CLASSES

#### NEW! Autumn Plein Air Painting

Using watercolor, acrylic or pencil, learn to see and observe nature as fall puts on a color show in South Platte Park. All experience levels welcome. Instructed by Nature Center artist, Carole Peterson.

**4 Weeks — Resident: \$39; Nonresident: \$45 (Ages 18+)**

Sep 25 – Oct 16 Fri 9 AM–12 PM S. Platte Pk 6742210

### Become a Naturalist

Discover how to read tracks, plants and landscape. Gain skills in tracking, wildlife and bird identification, ecology and nature interpretation that you can use anywhere you travel. Sessions with professional naturalists include fun, hands-on activities, hikes and in-the-field experiences.

**1 Week — Resident: \$15; Nonresident: \$19 (Ages 12+)**

Sep 02 Wed 6–8:30 PM S. Platte Pk 674919

Sep 09 Wed 6–8:30 PM S. Platte Pk 674929

Sep 16 Wed 6–8:30 PM S. Platte Pk 674939

Sep 23 Wed 6–8:30 PM S. Platte Pk 674949

Sep 30 Wed 6–8:30 PM S. Platte Pk 674959

**1 Week — Resident: \$29; Nonresident: \$39 (Ages 12+)**

Oct 03 Sat 9 AM–3 PM S. Platte Pk 6749610

**6 Weeks — Resident: \$99; Nonresident: \$109 (Ages 12+)**

Sep 02 – Oct 07 Wed 6–8:30 PM S. Platte Pk 674979

### Bottoms Up! Duck and Waterfowl Identification

Dabbling, diving and tipping, oh my! Join us to learn how to identify common and not so common waterfowl visiting this winter. We'll start with a lesson inside the classroom, and then head out into the Park to find and identify waterfowl based on behavior, sound, color and shape. Bring binoculars and a field guide (if you have them, some loaners available).

**1 Week — Resident: \$9; Nonresident: \$12 (Ages 16+)**

Nov 07 Sat 1–3 PM S. Platte Pk 6748211

Feb 13 Sat 2–4 PM S. Platte Pk 674832

### Certified Interpretive Guide

Earn a nationally-recognized certification required for many jobs in parks and museums. Practice skills in communication, resource interpretation, research and more. Fee includes materials, membership, certification and coaching. Ages 16 to adult.

**1 Week — Resident: \$360; Nonresident: \$360 (Ages 16+)**

Nov 03 – Nov 06 Tue Wed Thu Fri 8:30 AM–5 PMS. Platte Pk 6745311

Mar 01 – Mar 04 Tue Wed Thu Fri 8:30 AM–5 PMS. Platte Pk 674523

### Nature Photography: Beginning

Learn how to observe nature through a lens and take your camera off 'auto' to get the picture you want - whether it's a flower, animal or landscape.

**1 Week — Resident: \$15; Nonresident: \$19 (Ages 18+)**

Oct 12 Mon 8–11 AM S. Platte Pk 6731910

## Nature Photography: Intermediate

Learn how to observe nature through a lens and take your camera off 'auto' to get the picture you want - whether it's a flower, animal or landscape.

**1 Week** — Resident: \$15; Nonresident: \$19 (Ages 18+)

Oct 19	Mon 8–11 AM	S. Platte Pk	6732110
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## Nature Photography

Learn how to observe nature through a lens and take your camera off 'auto' to get the picture you want - whether it's a flower, animal or landscape.

**2 Weeks** — Resident: \$25; Nonresident: \$35 (Ages 18+)

Oct 12 – Oct 19	Mon 8–11 AM	S. Platte Pk	6731710
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## Nature Photography: Savings Package

Take both Beginning and Intermediate Nature Photography classes and save!

## NEW! Wild Plant Walkabout

Discover common plants in the park and learn of their uses and interesting eco-relationships. We will recycle old envelopes into a field observation journal to use while on this fun plant walk.

**1 Week** — Resident: \$9; Nonresident: \$12 (Ages 12+)

Sep 27	Sun 10 AM–12 PM	S. Platte Pk	674239
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## NEW! Wilderness First Aid

This 16 hour course includes assessment, short and long term management of injury, medical emergencies and conditions when definitive care is more than one hour away. Earn AAOS Emergency Care and Safety Institute Certificate, upon successful completion. Book included.

**2 Weeks** — Resident: \$179; Nonresident: \$199 (Ages 18+)

Nov 07 – Nov 08	Sat Sun 8 AM–5 PM	S. Platte Pk	6736811
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## Wilderness Survival

Wilderness emergencies can happen anywhere, and any time of year. In this program, you'll learn how to have shelter, fire, food, water and how to signal for help in a survival situation. You will know what you should have with you when you venture out, and how to avoid outdoor hazards. You'll also develop a sense of awareness for safety, understand the psychology of survival, and learn how to recognize and avoid potential emergencies.

**1 Week** — Resident: \$89; Nonresident: \$99 (Ages 12+)

Sep 26	Sat 8 AM–5 PM	S. Platte Pk	674439
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## CLASSES FOR ALL AGES

### Bald Eagles

Learn the quirky habits of our national symbol - the bald eagle. Hike with a naturalist to look for eagles perched over the lakes or river in search of prey. We'll also look for other species of wildlife in the eagle's food chain, including several species of waterfowl. Open to children ages 6 and older through adult.

**1 Week** — Resident: \$9; Nonresident: \$12 Youth: \$5; Youth Nonresident: \$9 (Ages 6+)

Dec 26	Sat 9–11 AM	S. Platte Pk	6752912
Jan 02	Sat 9–11 AM	S. Platte Pk	675291

## Beaver Safari Hayride

Enjoy a fall evening on an open trailer hayride seeking beavers. enjoy stories, visit lodges and, hopefully, catch a glimpse of active animals. Space is limited for this annual Fall favorite!

**1 Week** — Resident: \$15; Nonresident: \$19 Youth: \$7; Youth Nonresident: \$9 (All Ages)

Oct 08	Thu 5:30–7 PM	S. Platte Pk	6750210
Oct 09	Fri 5:30–7 PM	S. Platte Pk	6750410
Oct 10	Sat 5:30–7 PM	S. Platte Pk	6751410

## Bugling Elk of Autumn

Watch bull elk bugle and parade across hundreds of acres in the limited-access Highlands Ranch Backcountry. A vehicle-drawn hayride will take you to the pastures known for the largest elk in the herds. Hayride is in Highlands Ranch. Meet at Carson Nature Center. Bring binoculars if you have them. Loaners available.

**1 Week** — Resident: \$25; Nonresident: \$29 (Ages 8+)

Sep 15	Tue 5:30–7:30 PM	S. Platte Pk	675669
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## Cooley Lake Nature Walks

Explore Cooley Lake wildlife area during a naturalist-guided walk. This area has limited public access to protect wildlife. These hikes take place at South Platte Park from 9:30–11:00 am.

**1 Week** — Free (All Ages)

Sep 12	Sat 9:30–11 AM	S. Platte Pk	676509
Oct 10	Sat 9:30–11 AM	S. Platte Pk	6765010
Oct 18	Sun 9:30–11 AM	S. Platte Pk	6765510
Nov 14	Sat 9:30–11 AM	S. Platte Pk	6765011
Dec 12	Sat 9:30–11 AM	S. Platte Pk	6765012
Jan 09	Sat 9:30–11 AM	S. Platte Pk	676501
Feb 13	Sat 9:30–11 AM	S. Platte Pk	676502
Mar 12	Sat 9:30–11 AM	S. Platte Pk	676503

## Friday Night Films at the Nature Center

Skip the theater and enjoy fireside nature films in the nature center! The film is free; the fee is for refreshments. Open to all ages, however, age recommendations are made based on film content and vocabulary. Visit [ssprd.org](http://ssprd.org) for more information.

**1 Week** — Resident: \$5; Nonresident: \$5 (All Ages)

Oct 16	Fri 7–8:30 PM	S. Platte Pk	6725910
Nov 20	Fri 7–8:30 PM	S. Platte Pk	6725911
Dec 18	Fri 7–8:30 PM	S. Platte Pk	6725912
Jan 22	Fri 7–8:30 PM	S. Platte Pk	672591
Feb 19	Fri 7–8:30 PM	S. Platte Pk	672592

## Geminids Meteor Shower

The Geminids is the king of meteor showers, producing up to 120 meteors per hour. We'll look for meteors outside and we'll stream the meteor shower live from NASA inside where a cozy fireplace sitting area awaits those needing to warm up. Snack and hot chocolate included. Camera/tripods are welcome and encouraged.

**1 Week** — Resident: \$9; Nonresident: \$12 Youth: \$5; Youth Nonresident: \$9 (All Ages)

Dec 12	Sat 7:30–9 PM	S. Platte Pk	6728712
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**NEW! Supermoon Eclipse**

Nature is putting on a rare show this year. A total lunar eclipse on a fall supermoon. Watch this giant bloodmoon form from a riverside meadow in the Park after dark! Refreshments included.

1 Week — Resident: \$5; Nonresident: \$5 (All Ages)			
Sep 28	Tue 7–9 PM	S. Platte Pk	672369

**Geocaching**

Join the newest game using a GPS unit to find hidden treasure caches throughout the US and the globe. Learn how to use a GPS unit, find sources for clues, play ethically, and visit caches in South Platte Park.

1 Week — Resident: \$9; Nonresident: \$12 Youth: \$5; Youth Nonresident: \$9 (Ages 8+)			
Oct 17	Sat 1–3 PM	S. Platte Pk	6743310

**Haunted Trail : Legend of Bell Witch**

Legend says Bell Witch haunts rivers and torments families over lost land and love. Refreshments and a warm fire await you at the end, if you make it! Storytelling and a hayride to the haunted forest included.

1 Week — Resident: \$15; Nonresident: \$15 (Ages 7+)			
Oct 24	Sat 7–8 PM	S. Platte Pk	672707
Oct 24	Sat 8–9 PM	S. Platte Pk	672708
Oct 24	Sat 7:15–8:15 PM	S. Platte Pk	672717
Oct 24	Sat 8:15–9:15 PM	S. Platte Pk	672718
Oct 24	Sat 6:30–7:30 PM	S. Platte Pk	672726
Oct 24	Sat 7:30–8:30 PM	S. Platte Pk	672727
Oct 24	Sat 8:30–9:30 PM	S. Platte Pk	672728
Oct 24	Sat 6:45–7:45 PM	S. Platte Pk	672736
Oct 24	Sat 7:45–8:45 PM	S. Platte Pk	672737

**Hooked! Family Fishing Skills**

Fishing has never been easier or more fun! Learn basic skills from Chatfield Lake experts and put your skills to use in our lakes. We'll provide basic tackle and bait. Bring your own rod - no fly fishing reels, please. Prerequisite: Participants over 15 years old must have a Colorado Fishing License.

1 Week — Resident: \$25; Nonresident: \$35 (Ages 6+)			
Oct 03	Sat 9 AM–12 PM	S. Platte Pk	6710210

**Raptors of Winter**

Join a naturalist and other birdwatchers as we seek nature's most impressive hunters in winter skies; including owls, bald eagles, prairie falcons, harriers and the Park's celebrity Harlan's red-tailed hawk.

1 Week — Resident: \$10; Nonresident: \$12 (Ages 6+)			
Dec 19	Sat 10 AM–12 PM	S. Platte Pk	6751212
Jan 30	Sat 10 AM–12 PM	S. Platte Pk	675121

**Secret Lives of Owls**

Join a naturalist and live owls to learn about their amazing adaptations and important role in our world. Bring a camera!

1 Week — Resident: \$15; Nonresident: \$19 Youth: \$5; Youth Nonresident: \$9 (All Ages)			
Oct 31	Sat 10 AM–11:30 PM	S. Platte Pk	6723710

**Sunset Canoeing**

Explore Cooley Lake's shoreline, moving silently past herons, ducks and beavers as the sun slips behind the mountains.

1 Week — Resident: \$17; Nonresident: \$19 (Ages 8+)			
Oct 02	Fri 5–7:30 PM	S. Platte Pk	6735510

**Treeclimbing Basics: Dances with Branches**

Haul yourself to the top of a large cottonwood tree for a new forest perspective. A certified instructor provides all the ropes and safety equipment.

1 Week — Resident: \$35; Nonresident: \$39 (Ages 7+)			
Sep 20	Sun 12–12:30 PM	S. Platte Pk	673459
Oct 18	Sun 12–12:30 PM	S. Platte Pk	6434610

**Wild Wings: Live Birds of Prey**

Assorted live raptors such as falcons, owls and hawks take flight in front of your eyes! Learn about their habits and importance in the environment.

1 Week — Resident: \$9; Nonresident: \$15 Youth: \$5; Youth Nonresident: \$9 (All Ages)			
Feb 06	Sat 10–11:30 AM	S. Platte Pk	672542

**NATURE TRIPS AND TOURS****Australia: Victoria and Tasmania**

Join South Platte Park down under for an ecotour of a lifetime. We'll explore Melbourne and Victoria, including Great Ocean Road and the Great Otway, the Grampians and Aboriginal history, Philip Island and the Penguin Parade, plus sites and attractions in the 'most livable city in the world'. We'll then fly to explore the island-state of Tasmania, return for a world-class wine valley and several Australian wildlife sanctuaries.

3 Weeks — Resident: \$5899; Nonresident: \$5999 (Ages 18+)			
Mar 02 – Mar 17	Mon–Sun 12–12 PM	Australia	676403

**NEW! Autumn Safari in Evergreen**

Fall colors, crisp air and the shrill sounds of bugling elk await you in Evergreen. Naturalist leadership, picnic lunch and transportation from South Platte Park included.

1 Week — Resident: \$35; Nonresident: \$39 (Ages 18+)			
Sep 22	Tue 8 AM–3 PM	S. Platte Pk	676209

**Bighorn Rut**

Adventure to Waterton Canyon to explore bighorn sheep. We'll hike, look and listen for bighorn battles. Naturalist leadership, picnic lunch and transportation from South Platte Park included.

1 Week — Resident: \$39; Nonresident: \$45 (Ages 18+)			
Nov 30	Mon 8 AM–2 PM	S. Platte Pk	6749011



## Eastern Plains Adventure

Join us on an adventure to the Plains Conservation Center. We will explore the world of Native American and early settlers, then look for native plains wildlife, such as antelope and majestic bison. Naturalist leadership, picnic lunch, entrance/guide fees and transportation from South Platte Park included.

<b>1 Week — Resident: \$59; Nonresident: \$69 (Ages 18+)</b>			
Oct 05	Mon 8 AM–4 PM	S. Platte Pk	676251

## Rocky Mountain Arsenal Daytrip

Join South Platte Park adventures on a day trip to Rocky Mountain Arsenal Wildlife Refuge.

<b>1 Week — Resident: \$39; Nonresident: \$45 (Ages 18+)</b>			
Oct 30	Fri 8 AM–2 PM	S. Platte Pk	6753010

## Birdwatching for Beginners

Learn to use field guides, binoculars and observation skills to become familiar with common area birds.

<b>1 Week — Resident: \$8; Nonresident: \$11 (Ages 16+)</b>			
Sep 03	Thu 5:30–7 PM	S. Platte Pk	675259

## Birding: Intermediate/Advanced

Build your skills or add to previous classes focusing on behavior, calls, and field marks to identify more challenging birds.

<b>1 Week — Resident: \$8; Nonresident: \$11 (Ages 16+)</b>			
Sep 10	Thu 5:30–7 PM	S. Platte Pk	675279

## Birding Package

Learn to use field guides, binoculars and observation skills to become familiar with common area birds and get started in this easy hobby.

<b>1 Week — Resident: \$8; Nonresident: \$11 (Ages 13+)</b>			
Sep 03 - Sep 10	Thu 5:30–7 PM	S. Platte Pk	675279

## YOUTH CLASSES

### Homeschool Science Days

Homeschoolers, take advantage of time scheduled for you to experience naturalist-guided programs. The content and depth of material will differ with each season.

<b>1 Week — Youth: \$7; Youth Nonresident: \$9 (Ages 5–10)</b>			
Feb 18	Thu 10 AM–12 PM	S. Platte Pk	672252

<b>1 Week — Youth: \$7; Youth Nonresident: \$9 (Ages 6–10)</b>			
Sep 17	Thu 10 AM–12 PM	S. Platte Pk	672259
Oct 15	Thu 10 AM–12 PM	S. Platte Pk	6722510
Nov 19	Thu 10 AM–12 PM	S. Platte Pk	6722511
Dec 17	Thu 10 AM–12 PM	S. Platte Pk	6722512
Jan 21	Thu 10 AM–12 PM	S. Platte Pk	672251

## OLDER ACTIVE ADULTS

### EVENTS

#### Afternoon Movie Club

Join us at Buck Recreation Center to watch a newly released movie the first Thursday of the month from 1-3 PM! The movie schedule is out a month in advance.

<b>Monthly — Resident: \$1; Nonresident: \$1.25 (Ages 18+)</b>			
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## Coffee & Chats

Join us for various speakers and presentations. Come hear from different community organizations, enjoy light refreshments and spend time socializing with others.

<b>FREE (Ages 18+)</b>		
2nd Tue of the month	11:30 AM - 12:30 PM	Goodson
Last Tue of the month	11:15 AM - 12:15 PM	Lone Tree

## Happy Hooks & Needles

Join our crochet and knitting group. Some supplies provided. Meet new people and make a worthwhile project.

<b>FREE (Ages 18+)</b>		
Ongoing	Tue 10 - 11:30 AM	Buck

## Living and Aging Well Happy Hour

Lone Tree Grill  
4th Wednesday of the month from 5-7pm

## Thursday Lunch Program

Socialize with friends and enjoy a hearty lunch in a relaxed atmosphere. Special dietary requests must be made 48-hours in advance. If you register for lunch, but can't make it please cancel. Reserve/cancel by Tuesday, 1pm. Call 303-730-4605 to make a reservation. Doors open 11:30 am, lunch served at 12 noon. Lunch menu available online at ssprd.org.

<b>Every Thu — Resident: \$5.75; Nonresident: \$6.75 (Ages 18+)</b>		
Weekly	Thu 12 - 1 PM	Buck

## GAMES

### Duplicate bridge for Beginning & Intermediate Players

Bring your partner and enjoy an afternoon of duplicate bridge. Drop-in pairs are welcome. Play starts promptly at 12:30 pm. For more information call 303-730-4609.

<b>Ongoing — Resident: \$1; Nonresident: \$1.25 (Ages 18+)</b>		
Ongoing	Tue 12:30 PM	Lone Tree

### Duplicate bridge

Play starts promptly at 12:30 pm Need a partner? Call 303-730-4609. [www.ssprbridge.com](http://www.ssprbridge.com)

<b>Ongoing — Resident: \$1; Nonresident: \$1.25 (Ages 18+)</b>		
Ongoing	Wed 12:30 PM	Buck
Ongoing	Fri 12:30 PM	Lone Tree

### Duplicate bridge; ACBL Sanctioned play

Earn master points playing in this ACBL sanctioned duplicate bridge game with Director, Sue Bauer. Reservations required; no drop-ins please. Contact Sue Bauer at 303-641-3534 to confirm your reservation, arrange a partner or ask any other questions.

<b>Ongoing — Resident: \$1; Nonresident: \$1.75 (Ages 18+)</b>		
Ongoing	Mon 12:30 PM	Lone Tree

## Mah Jongg

Drop in and play a tile or two.

**Ongoing** — Resident: \$1; Nonresident: \$1.25 (Ages 18+)

Ongoing	Wed 1 - 3 PM	Buck
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## Poker

Know when to hold'em and when to fold'em. Bring your coins and play a fun hand of poker with other enthusiasts.

**Ongoing** — Resident: \$1; Nonresident: \$1.25 (Ages 18+)

Ongoing	Fri 12:30 - 3 PM	Buck
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## Wii

Check out this fun and challenging video game. Bowling is the featured game or try your hand at other games. Join others as you try your hand at this video game.

**Ongoing** — Resident: \$1; Nonresident: \$1.25 (Ages 18+)

Ongoing	Fri 10 AM - 12:30 PM	Buck
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## Pinochle

Drop in and play a hand or two.

**Ongoing** — Resident: \$1; Nonresident: \$1.25 (Ages 18+)

Ongoing	Mon 12:30 - 3:30 PM	Buck
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## Cribbage

Bring your board and join us for some cribbage fun!

**Ongoing** — Resident: \$1; Nonresident: \$1.25 (Ages 18+)

Ongoing	Thu 1 - 3 PM	Buck
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## BRIDGE CLASSES

### Standard Bidding Techniques

This class is designed to help find the Golden Fit get to the best contract, and learn current refinements in bidding. Class is for beginning bridge players or to help active players establish a strong current technique foundation.

**8 Weeks** — Resident: \$84; Nonresident: \$100 (Ages 18+)

Sep 14-Nov 2	Mon 1-3 PM	Buck	705849
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Sep 16-Nov 4	Wed 1 - 3 PM	Lone Tree	705909
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Sep 17-Nov 5	Thu 1 - 3 PM	Goodson	705889
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### Common Conventions

This class is for experienced bridge players who want to enhance their bidding techniques with a better grasp of standard conventions and the addition of new bidding conventions.

**8 Weeks** — Resident: \$84; Nonresident: \$100 (Ages 18+)

Sep 17-Nov 5	Thu 1-3 PM	Goodson	705889
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## HEALTH

### Heel Your Feet

Receive foot care or reflexology by Kirsten Antony, registered nurse and certified reflexologist. Foot care includes toenail trimming, filing and massage. Reflexology includes a 20 min stress release with holistic touch. Appointments required by calling 303-730-4605. Please indicate which service you desire.

Resident: \$25; Nonresident: \$28 (Ages 18+)

1st Thu of the month	Thu 10 AM - 2 PM	Buck
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2nd Thu of the month	Thu 10 AM - 2 PM	Goodson
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## SPECIALTY CLASSES

### Collector's Roadshow

Bring in your collectable items (3 items per person) and have it evaluated by an expert. Entertaining and FUN! Sponsored by Next Chapter, Inc.

**1 Time** — \$5 per item (3 items per person) (Ages 18+)

Oct 9	Fri 1 - 4 PM	Buck
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### The Dementia Whisperer

Caring for someone with dementia and memory loss means devotedly and patiently doing a hundred little things each day. Few providers are trained to meet the challenges of dementia however. Join Laura Wayman, the world-renowned "Dementia Whisperer" as she shares ways to improve communication, affirmative response and empowerment - transforming the caregiving process from burden to fulfilling journey.

**1 Time** — Resident: \$5; Nonresident: \$8 (Ages 18+)

Oct 21	Wed 1-2:30 PM	Buck	7038710
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Oct 21	Wed 6-7:30 PM	Lone Tree	7250010
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### Dusty Saunders, Local Celebrity and Author

Dusty Saunders, long-time Denver journalist and television columnist, will share a "behind the scenes" look at his dealings with the local and national media through the years - as provided through his book, "Heeere's Dusty: A Life in the TV and Newspaper World."

**1 Time** — Resident: \$5; Nonresident: \$6 (Ages 18+)

Nov 5	Thu 1 - 2 PM	Lone Tree	7240011
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Nov 18	Wed 1 - 2 PM	Buck	7053811
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### Continuing Intermediate Spanish

An ongoing class to improve fluency and build vocabulary to maximize communication. Optional book: Spanish for Real Life

Drop-in fee: Resident: \$7; Nonresident: \$8.25

Drop-in fee: 65+ Resident: \$6; Nonresident: \$7

Monthly: Resident: \$28; Nonresident: \$33

Monthly 65+ Resident: \$24; Nonresident: \$28

**Ongoing** (Ages 18+)

Ongoing	Wed 9 -10:30 AM	Buck
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## TECHNOLOGY CLASSES

### Digital Camera

This class will cover selecting and operating a digital camera, printing photos without a computer, interfacing the camera or photo storage card with your computer, enhancing your photos, and storing, printing, and emailing selected photos. Bring your camera and manual to class. Laptops also welcome.

Resident: \$16; Nonresident: \$19

65+ Resident: \$14; Nonresident: \$16

**Ongoing** (Ages 18+)

3rd Tue of month	Tue 9 AM - 12 PM	Buck
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## ARTS AND ENRICHMENT

### Watercolors

Interested in trying watercolors in a fun environment? Hone your own special style in this continuing class that offers light instruction in major watercolor techniques including washes, wet-on-wet and dry-brush. Some supplies included in fee. Instructor, Pat Rich, will call prior the first class.

Resident: \$26; Nonresident: \$32  
65+ Resident: \$20; Nonresident: \$26

Monthly (Ages 18+)		
Ongoing	Mon 12:30 - 2 PM	Buck
Ongoing	Tue 12:30 - 2 PM	Buck

### Ceramics

Join us every Tuesday for a relaxing and creative class where you dream what you can make and make what you dream! Light color, brush strokes and technique instruction in an inviting, social environment. Register for this class by the month or drop in weekly! (Please note: No wheels or clay building)

Drop-in fee: Resident: \$5; Nonresident: \$6.50  
Monthly: Resident: \$25; Nonresident: \$27  
Monthly 65+ Resident: \$19.50; Nonresident: \$25

Monthly (Ages 18+)		
Monthly	Tue 9:30 AM - 12 PM	Buck

## TRIPS AND TOURS

### Transportation and escort included in fees for all trips.

See a complete listing of all trips, dates and pricing in the Active at Any Age brochure available at all South Suburban Recreation Centers and [ssprd.org](http://ssprd.org) or call 303.730.4606 or 303.797.8787.

Other trips available include:

- Denver History Guided Bus Tours
- Festivals and Events
- Denver Performing Arts Theaters
- Holiday Lights
- Museums
- Casino Trips

### Longs Peak Scottish-Irish Festival

#### September

Bands from around the world, Irish dancers, Scottish athletes, jousts, and clans and dogs of the British Isles will compete and perform throughout the day. There will be Scottish and Irish Importers and crafters, exhibitions, food and beverage tents and much more to see and do.

### Buddy: The Buddy Holly Story

#### September

Buddy: The Buddy Holly Story relates the true story of Buddy's rise to fame. The incredible legacy of the young man with glasses, whose musical career spanned an all-too-brief period of time.

### Holiday Lights White Fence Farm

#### December

Enjoy family-style fried chicken dinner complete with homemade sides and dessert. After dinner, sit back and relax as you tour the holiday lights in the south suburbs.

## Breckenridge Snow Sculptures

#### January

Enjoy a ride through a mountainous winter wonderland to see the incredible ice displays fashioned by competitors from around the world.

## Riverdance - The 20th Anniversary World Tour

#### March

Drawing on Irish traditions, the combined talents of the performers propel Irish dancing and music into the present day, capturing the imagination of audiences across all ages and cultures.

## Snowcat Tour

#### March

Enjoy a high-altitude sightseeing tour of Winter Park Mountain in a heated, private, 12-passenger Snowcat.

## Just Lunch Bunches

Meet bi-monthly to experience new and favorite restaurants in the area. Come with friends or make new acquaintances.

## Friday Morning Walk Abouts

Explore a variety of Denver area's hidden foot paths. Walk about 2 hours each week, approximately 3-4 miles. Transportation provided. Visit [ssprd.org](http://ssprd.org) or call 303.730.4606 for schedule (Sep-May).

Resident: \$10; Nonresident: \$12

65+: \$8; 65+ Nonresident: \$10

## High Line Canal Challenge

Walk the High Line from its beginning in Waterton Canyon to its culmination in Aurora. Trek the trail in 5-6 mile increments until you've completed the 71-mile challenge. Space is limited so register early! Challenge is once weekly Sep-Dec. **MUST be able to walk a 20-minute mile.**

## Hiking & Snowshoe Trips

Enjoy the Colorado outdoors as we explore many hiking and snowshoe trails along the Front Range with moderate to strenuous elevation gain. Hikes range from 4-6 miles. Bring sunscreen, sack lunch and water. Snowshoe trips require equipment. For schedule visit [ssprd.org](http://ssprd.org) or call 303.730.4606.

# OUTDOOR RECREATION

## ARCHERY

### Beginning Archery

Develop a passion for archery in this fun class for all ages, great for a parent and child together! Learn shooting skills, safety, scoring, equipment and terminology. Equipment is provided, safety is stressed. Weather makeup will be the 4th weekday of the class month.

**3 Weeks** — Resident: \$39; Nonresident: \$45 **(Ages 9+)**

Sep 01 – Sep 15	Tue 4–5 PM	Goodson	683089
Sep 01 – Sep 15	Tue 5:30–6:30 PM	Goodson	683109

### Beginning Archery Indoor Range

Introduce yourself to archery at Bear Creek Archery's indoor facility. All archery equipment is provided.

**4 Weeks** — Resident: \$59; Nonresident: \$64 **(Ages 8+)**

Jan 07 – Jan 28	Thu 4:30–5:30 PM	Bear Creek	683331
Feb 03 – Feb 24	Wed 4:30–5:30 PM	Bear Creek	683352
Mar 01 – Mar 22	Tue 4:30–5:30 PM	Bear Creek	683363

## BIKE REPAIR

### Hands On Bike Repair

Get ready to ride with this hands-on learning experience for adults and families. Bring your bike and learn how to repair flats, adjust brakes and gears and lube your bike. Riding safety and etiquette will also be discussed.

**1 Session** — Resident: \$19; Nonresident: \$24 **(Ages 10+)**

Oct 05	Mon 6:30–8:30 PM	S. Platte Pk	6810410
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## HORSEBACK RIDING

### Beginning Youth Horsemanship

Bareback riding, grooming, saddling, bridling and introduction of rein use are in this safely focused class for beginner Western horsemen.

**1 Week** — Youth: \$179; Youth Nonresident: \$189 **(Ages 8–14)**

Mar 21 – Mar 25	Mon–Fri 10:30 AM–12:30 PM	Stocktons	686053
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## Haunted Hay Rides

Storytellers narrate an amusing tale while you rumble down a trail inhabited by ancient Indians and cowboys for 30 minutes of scary family Halloween fun. Enjoy food concessions and a petting zoo inside the barn before or after your ride! Must check-in 30 minutes prior to your ride time. All ages welcome. Rides happen rain, shine or snow!

**1 Week** — Resident: \$12; Nonresident: \$12 **(All Ages)**

Oct 23	Fri 6–6:30 PM	Stocktons	6878010
Oct 23	Fri 6:30–7 PM	Stocktons	6878110
Oct 23	Fri 7–7:30 PM	Stocktons	6878210
Oct 23	Fri 7:30–8 PM	Stocktons	6878310
Oct 23	Fri 8–8:30 PM	Stocktons	6878410
Oct 23	Fri 8:30–9 PM	Stocktons	6878510
Oct 23	Fri 9–9:30 PM	Stocktons	6878610
Oct 24	Sat 6–6:30 PM	Stocktons	6878710
Oct 24	Sat 6:30–7 PM	Stocktons	6878810
Oct 24	Sat 7–7:30 PM	Stocktons	6878910
Oct 24	Sat 7:30–8 PM	Stocktons	6879010
Oct 24	Sat 8–8:30 PM	Stocktons	6879110
Oct 24	Sat 8:30–9 PM	Stocktons	6879210
Oct 24	Sat 9–9:30 PM	Stocktons	6879310

### Kiddie Corral 1

Ride and learn about horse behavior, grooming and feeding in this safety focused program..

**1 Week** — Youth: \$99; Youth Nonresident: \$109 **(Ages 5–7)**

Aug 17 – Aug 20	Mon–Thu 4:30–5:30 PM	Stockton	685028
Sep 14 – Sep 17	Mon–Thu 4:30–5:30 PM	Stocktons	685019
Sep 28 – Oct 01	Mon–Thu 4:30–5:30 PM	Stocktons	685039
Mar 07 – Mar 10	Mon–Thu 4:30–5:30 PM	Stocktons	685003
Mar 21 – Mar 24	Mon–Thu 4:30–5:30 PM	Stockton	685023
Apr 11 – Apr 14	Mon–Thu 4:30–5:30 PM	Stockton	685014

### Saturday Intro Riding Lessons

Learn and improve on horsemanship skills from grooming to canter using this indoor heated arena.

**3 Weeks** — Resident: \$114; Nonresident: \$124 **(Ages 16+)**

Aug 15 – Aug 29	Sat 1–2 PM	Stockton	686658
Sep 12 – Sep 26	Sat 1–2 PM	Stockton	686659

**3 Weeks** — Resident: \$114; Nonresident: \$124 **(Ages 8+)**

Aug 15 – Aug 29	Sat 10–11 AM	Stocktons	686608
Sep 12 – Sep 26	Sat 10–11 AM	Stocktons	686609
Feb 06 – Feb 20	Sat 10–11 AM	Stocktons	686602
Mar 05 – Mar 19	Sat 10–11 AM	Stocktons	686603



## WINTER OUTINGS

### Back-Country Snowshoe Outings

We'll snowshoe 3-6 miles in the inspiring peace and beauty of the Colorado mountains. Transportation and leadership provided! Bring your own snowshoes (we can help with rental information), hearty snack lunch and appetite for winter fun!

**1 Week** — Resident: \$21; Nonresident: \$25 (Ages 12+)

Feb 10	Wed 8 AM–4:30 PM	Breckenridg	680612
Mar 09	Wed 8 AM–4:30 PM	Winter Park	680613

### Cross-Country Ski and Snowshoe Outings and Lessons

Experience the exhilarating beauty of the mountains! Trail pass and transportation provided for all participants - add optional equipment rentals and/or introductory xc ski lesson as desired. Great package prices. Fee depends on options selected. Full package includes transportation, trail pass, rental gear and group ski lesson.

**1 Week** — Resident: \$49; Nonresident: \$53 (Ages 12+)

Jan 09	Sat 8 AM–5 PM	Frisco Nord	680501
Jan 29	Fri 8 AM–5 PM	Breckenridg	680571
Feb 05	Fri 8 AM–5 PM	Frisco	680572
Feb 26	Fri 8 AM–5 PM	Breckenridg	680552
Mar 19	Sat 8 AM–5 PM	Frisco	680523
Mar 25	Fri 8 AM–5 PM	Breckenridg	680553

**1 Week** — Resident: \$52; Nonresident: \$56 (Ages 12+)

Jan 20	Wed 8 AM–5 PM	Snow Mtn	680511
Feb 17	Wed 8 AM–5 PM	Snow Mtn	680512

## SPECIAL EVENTS

### FAMILY EVENTS

#### Back to School Party

Kick off the school year with your entire family. enjoy an afternoon of: unlimited ice skating bumper cars mini golf, inflatable obstacle course | laser tag the eXerGame Zone, rock wall, plus all you can eat ice cream! Concessions and arcade games not included.

**1 Event** — Resident: \$10; Nonresident: \$12 (Ages 3+)

Aug 29	Sat 1–4 PM	Family Spor	481258
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#### Family Sports Center Monster Mash, Halloween Bash

Enjoy a Zombie hunt laser tag challenge, the eXerGame Zone, inflatable obstacle course, bumper cars, climbing wall and more!

**1 Event** — Youth: \$12; Youth Nonresident: \$14 (Ages 5+)

Oct 24	Sat 1–4 PM	Family Spor	4812010
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### HOLIDAY EVENTS

#### Breakfast with Santa

Meet Santa as he hands out goodies and spreads Holiday cheer! Bring the whole family to this event sponsored by the Littleton Rotary. Includes pancake breakfast and photos with Santa. Seating is limited; registration required.

**1 Day** — (Ages 3 mos+)

Dec 05	Sat 8:30–9 AM	Buck	7052012
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**1 Day** — Resident: \$4; Nonresident: \$5 (Ages 3 mos+)

Dec 05	Sat 9:30–10 AM	Buck	7052112
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#### Spooktacular

A safe "trick or treat" experience! Children up to 11 years will enjoy Little Monster's Mansion, Haunted House, Cookie Walk, Arts & Crafts, Face Painting, Spooktoddler, Trick or Treat Street and Carnival Games!

**1 Day** — Resident: \$6; Nonresident: \$6 (Ages 0–11)

Oct 23	Fri 5:30–8 PM	Goodson	1060010
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# SPORTS

## Fall Baseball

Continue your passion for baseball in this recreation playing camp. Sessions held once a week on Sundays for 6 weeks starting the week after Labor Day. Held at Cornerstone Park.

Sept. 13-Oct. 18 Sunday 5-10 yrs

9 AM - 10 AM 5 & 6

10 AM - 11 AM 7 & 8

11 AM - 12 PM 9 & 10

Resident: \$48; Nonresident: \$54

## BASKETBALL

### Swisher Basketball Skills Clinics Boys and Girls

Focus on ball handling, dribbling, passing, shooting and rebounding. Basic offense, defense and rules are covered. Come prepared to practice.

**4 Weeks — Youth: \$36; Youth Nonresident: \$44 (Ages 4-5)**

Sep 05 - Sep 26 Sat 9-9:45 AM Goodson 301019

Oct 03 - Oct 24 Sat 9-9:45 AM Buck 3010910

Oct 31 - Nov 21 Sat 9-9:45 AM Lone Tree 3010711

**4 Weeks — Youth: \$36; Youth Nonresident: \$44 (Ages 6-8)**

Sep 05 - Sep 26 Sat 9:50-10:45 AM Goodson 301039

Oct 03 - Oct 24 Sat 9:50-10:45 AM Buck 3011110

Oct 31 - Nov 21 Sat 9:50-10:45 AM Lone Tree 3011511

**4 Weeks — Youth: \$36; Youth Nonresident: \$44 (Ages 9-12)**

Sep 05 - Sep 26 Sat 10:50-11:45 AM Goodson 301059

Oct 03 - Oct 24 Sat 10:50-11:45 AM Buck 3011610

Oct 31 - Nov 21 Sat 10:50-11:45 AM Lone Tree 3011711

## WINTER YOUTH BASKETBALL LEAGUES

Score high with separate divisions for boys and girls grades K-8. Combined divisions may be offered at the higher grades. Practices are held throughout the week for one hour (between 5 PM and 9 PM) at elementary and middle schools beginning the week of Nov 16. Teams are allowed 1 practice per week. Season includes 8 games. Re-use last year's jersey (gray/green) or order a new jersey online during registration for \$12.

### Kindergarten - 5th grade

November 17 - February 27

Saturday Games, practice during the week

Resident: \$85; Nonresident: \$110

### 6th Grade Boys

Nov 17 - Feb 27

Saturday Games, practice during the week

Resident: \$85; Nonresident: \$100

### Middle School Girls

November 17 - February 27

Wednesday Games, practice night will vary

Resident: \$85; Nonresident: \$110

**7th/8th grade Boys** November 17 - February 27 Varies

Tuesday Games, practice night will vary

Resident: \$85; Nonresident: \$110

## Holiday Classic Tournament

Start the season with a little friendly competition! Separate divisions for boys and girls grades K-8. Grade divisions may be combined. Tournament is a 3-game guarantee with games played at district recreation centers between 8am and 8pm. Awards will be given to bracket champions. Must register as a team. Recreational teams only. Sign up early SPOTS ARE LIMITED!

December 12-13 8 AM - 8 PM

Saturday and Sunday K-8th grade

\$175/\$200/\$225

## Scrimmage Day

Prepare for the season with a round robin scrimmage for your team. Each participating team will get an hour to scrimmage up to two other teams while an official-in-training referees the game. This will be a controlled scrimmage; the coaches may stop play to instruct players. Registered South Suburban Parks & Recreation teams ONLY! Spots are limited.

2-Jan 8:00 am - 8:00 pm Saturday K-8th grade \$15

## March Meltdown Tournament

End the season with a little friendly competition! Separate divisions for boys and girls grades K-8. Grade divisions may be combined. Tournament is a 3-game guarantee with games played at district recreation centers between 8am and 8pm. Awards will be given to bracket champions. Must register as a team. Recreational teams only. Sign up early SPOTS ARE LIMITED!

March 5-6 8:00 am - 8:00 pm Saturday and Sunday

K-8th grade \$175/\$200/\$225

## Denver Nuggets Skills Challenge

Boys and girls test dribbling, passing and shooting skills. Top boy and girl in each age group may have the opportunity to attend a statewide event. Pre-registration is not required; please bring a copy of your birth certificate to register at the event.

5-Dec 9:00am Saturday 7-14yrs Free

## CAMPS

### Steadman Hawkins Speed and Agility Camps

Improve speed, agility and explosiveness through elite-level, science-based training methods and use of special equipment. Sport-specific drills are used for a wide variety of sports.

**1 Week — Youth: \$110; Youth Nonresident: \$120 (Ages 12-18)**

Oct 19 - Oct 23 Mon-Fri 10:30 AM-12 PM Sports Dome 5104810

Oct 26 - Oct 30 Mon-Fri 10:30 AM-12 PM Sports Dome 5104710

Mar 21 - Mar 25 Mon-Fri 10:30 AM-12 PM Sports Dome 510483

Mar 28 - Apr 01 Mon-Fri 10:30 AM-12 PM Sports Dome 510473

**1 Week — Youth: \$110; Youth Nonresident: \$120 (Ages 6-12)**

Oct 19 - Oct 23 Mon-Fri 9-10:30 AM Sports Dome 5104610

Oct 26 - Oct 30 Mon-Fri 9-10:30 AM Sports Dome 5104510

Mar 21 - Mar 25 Mon-Fri 9-10:30 AM Sports Dome 510463

Mar 28 - Apr 01 Mon-Fri 9-10:30 AM Sports Dome 510453

## FLAG FOOTBALL

### Rising Rushers Flag Football Clinic

Focus on developing hiking, passing, flag-pulling, catching, and throwing skills. A scrimmage is included during the final week.

**4 Weeks — Youth: \$32; Youth Nonresident: \$40 (Ages 4–5)**

Sep 17 – Oct 08 Thu 5:45–6:30 PM Prairie Sky 301779

### Flag Football Leagues

Don't pass up this non-contact flag football league open to boys and girls. Fee includes 7 games and practices as well as a flag belt. A jersey is an additional \$12. Participants with a jersey from Spring 2014 or a more recent season do not need to purchase another jersey (unless they have outgrown it). Participants are required to wear a mouth guard. Co-Rec Grade Divisions: Kind, 1, 2, 3, 4, 5, 6, 7&8

Resident: \$75; Nonresident: \$90 **Grades K-8**

#### Fall 2015 Season

Registration begins: Monday, June 1st

Registration deadline: Fri, Aug 14

Practices begin: Week of Aug 24

Practices are one hour per week; location & day determined by coach.

Games: Sat, Sep 12-Oct 24

Game location:

David A. Lorenz Regional Park or Altair Park

Volunteer coaches are needed!

Fall Coaches' Meeting will be held on Thur, Aug 20, 7 pm at Goodson Recreation Center.

#### Spring 2016 Season

Registration begins: Mon, Jan 4

Registration deadline: Fri, Mar 11

\*Practices : Saturdays, Mar 19 & 26

Beg April 2, practices can be on Sat for 1-hour prior to games.

Some coaches may hold optional practices during the week.

Games: Saturdays, Apr 2-May 14

David A. Lorenz Regional Park, Altair Park

Coaches Meeting: Thu, Mar 17

7 pm at Goodson Recreation Center • 6315 S University Blvd

### Fall Indoor Flag Football 8V8

Come join us inside the Sports Dome on our 88x44 yard synthetic turf field for some flag football fun. Team registration opens Aug 4. If you are an individual looking for a team please contact the Sports Dome at 303-754-0541 to be placed on the free agent list.

**6 Games - \$465 Ages 18+**

Sep 13-Oct 26 7-10pm Sun

### Winter Indoor Flag Football 8V8

Come join us inside the Sports Dome on our 88x44 yard synthetic turf field for some flag football fun. Team registration opens Sept 14. If you are an individual looking for a team please contact the Sports Dome at 303-754-0541 to be placed on the free agent list

**10 games - \$775 Ages 18+**

Nov 1-Jan 24 6-11pm Sun

### Spring Indoor Flag Football 8V8

Come join us inside the Sports Dome on our 88x44 yard synthetic turf field for some flag football fun. Team registration Opens Dec 14. Team If you are an individual looking for a team please contact the Sports Dome at 303-754-0541 to be placed on the free agent list.

**10 games - \$775 Ages 18+**

Jan 31 - April 17 7-10pm Sun

### NFL Punt, Pass & Kick Competition

#### Ages 6-15

Winners have the opportunity to advance to regional and national competition. For boys and girls, ages 6-15 (age as of Dec 31, 2015), come to David A Lorenz Regional Park on Sat, Sep 26. Register day of the event beginning at 9am. Competition will be ongoing between 9:30-11:00am. Final results will be posted online by 5pm the following Monday. Each child must complete a registration form with parent or guardian signature and provide a copy of their birth certificate. CLEATS AND SPIKES ARE NOT ALLOWED.

### Fall 2015 Pigskin Playoff Youth Flag Football Tournament

Sign your team up today for the 2015 Fall Pigskin Playoff Youth Flag Football Tournament. This tournament is for 3rd-8th grade teams, with divisions as follows: 3, 4, 5, 6, 7/8. Each team is guaranteed a minimum of two games, and the winners of each division will receive awards. Don't miss this opportunity to sign your team up for a friendly, competitive experience! Register online at <https://ssprd.org/Youth-League-Registration>, over the phone at 303-798-7515, or in person at the Athletics Office (6631 S University Blvd) Mon-Fri 8am-5pm. Must register as a team at point of registration. Registration begins: Mon, Aug 3

Early Registration Deadline: Fri, October 23

Normal Registration Deadline, Mon, Nov 2

Dates of Tournament: Saturday, November 7 and Sunday,

November 8 at David A. Lorenz Regional Park

Cost (early registration): \$200/team

Cost (normal registration): \$225/team

## LACROSSE

### Fall Lacrosse Clinics

Fall clinics let you get ready for the fall season or just keep a stick in your hand. Beginner to intermediate players must have full equipment in order to participate. Equipment list online.

**2 Weeks — Youth: \$35; Youth Nonresident: \$49 (Ages 6–9)**

Aug 06 – Aug 13 Tue Thu 5:30–7 PM David A Lor 304638

Aug 06 – Aug 13 Tue Thu 5:30–7 PM David A. Lo 304658

**2 Weeks — Youth: \$35; Youth Nonresident: \$49 (Ages 10–14)**

Aug 06 – Aug 13 Tue Thu 5:30–7 PM David A Lor 304648

### Fall Lacrosse Leagues Youth

Please visit [ssprd.org/lacrosse](http://ssprd.org/lacrosse) for more Information.

Resident: \$72; Nonresident: \$92 **Youth**

Aug 31 - Oct. 24

### Fall Lacrosse Leagues High School

Please visit [ssprd.org/lacrosse](http://ssprd.org/lacrosse) for more Information.

Resident: \$75; Nonresident: \$95 **High School**

Aug 31 - Oct. 24

### Spring Lacrosse Leagues-Youth

Please visit [ssprd.org/lacrosse](http://ssprd.org/lacrosse) for More Information. Registration opens Nov 2.

TBD **Youth**

March 7 - May 22

### Fall Lacrosse Leagues Adult

League play begins Sunday morning, September 13, 2015. Registration deadline and balance of league fees are due no later than September 4, 2015 at 5:00pm or a \$25 late fee will be applied. Cost is \$725 a team. 6 games will be played at the David A. Lorenz Regional Park (Colorado Blvd & Countyline Road).

NOTE: \$175 deposit towards league fee is NON-REFUNDABLE!

If you are a free agent, please call 303-483-7035.

Visit [ssprd.org/lacrosse](http://ssprd.org/lacrosse)

### Sports Dome Indoor Lacrosse Leagues

League includes a 7-game season for boys and girls High School, and boys grades 7-8. Adult (18+) coach must be present at all games and matching uniforms with numbers required. High school and girls/boys 7/8 grade teams play full-field. Registration by team only. Individual players looking for a team call 303-754-0541 to be placed on our Free Agent list.

Winter I Registration Begins Sept 14 Oct 31-Dec 19

Winter II Registration Begins Nov 9 Jan 7 - Feb 28

7 games - \$1050/team

### Fall Indoor Lacrosse 10V10

Come join us inside the Sports Dome on our 88x44 yard synthetic turf field for some adult lacrosse. We offer Men's leagues on Tuesday nights. Registration Opens Aug 24 Team Registration only, if you are an individual looking for a team please contact the Sports Dome at 303-754-0541 to be placed on the free agent list.

**10 Games - \$1,050 Ages 18+**

Sept 22- Dec 16 Tue 8pm-12am

### Winter Indoor Lacrosse 10V10

Come join us inside the Sports Dome on our 88x44 yard synthetic turf field for some adult lacrosse. We offer Men's leagues on Tuesday nights. Registration Opens Nov 23 Team Registration only, if you are an individual looking for a team please contact the Sports Dome at 303-754-0541 to be placed on the free agent list.

**10 Games - \$1,050 Ages 18+**

Jan 5 - Mar 23 8pm-12am Tu

### Spring Indoor Lacrosse 10V10

Come join us inside the Sports Dome on our 88x44 yard synthetic turf field for some adult lacrosse. We offer Men's leagues on Tuesday nights. Registration Opens Feb 22 Team Registration only, if you are an individual looking for a team please contact the Sports Dome at 303-754-0541 to be placed on the free agent list

**10 Games - \$1,050 Ages 18+**

Mar 29 - June 15 7-11pm Tu

## SOCCER

### Boom Soccer

Two coaches will lead participants in several different fun-filled activities, with and without the soccer ball. Class will get your little one bouncing, running, kicking, chasing and discovering their surroundings for 1 hour each week. Boom Sports helps develop your child physically, mentally and socially.

**3 Weeks — Youth: \$43; Youth Nonresident: \$45 (Ages 3–6)**

Nov 05 – Nov 19 Thu 10–11 AM Sports Dome 5132511

Dec 03 – Dec 17 Thu 10–11 AM Sports Dome 5132512

**4 Weeks — Youth: \$57; Youth Nonresident: \$59 (Ages 3–6)**

Sep 10 – Oct 01 Thu 10–11 AM Sports Dome 513259

Oct 08 – Oct 29 Thntennu 10–11 AM Sports Dome 5132510

Jan 07 – Jan 28 Thu 10–11 AM Sports Dome 513251

Feb 04 – Feb 25 Thu 10–11 AM Sports Dome 513252

Mar 03 – Mar 24 Thu 10–11 AM Sports Dome 513253

### Boom Soccer Buddies

Boom soccer uses non-competitive, fun-filled games designed to build motor skills while incorporating the fundamentals of soccer. Class helps develop each child's balancing, running agility, jumping, kicking and more. Curriculum includes dribbling, passing, hand-eye/hand-foot coordination, ball control and shooting techniques.

**3 Weeks — Youth: \$43; Youth Nonresident: \$45 (Ages 18 mos–3)**

Nov 05 – Nov 19 Thu 10–11 AM Sports Dome 5131111

Dec 03 – Dec 17 Thu 10–11 AM Sports Dome 5131112

**4 Weeks — Youth: \$57; Youth Nonresident: \$59 (Ages 18 mos–3)**

Sep 10 – Oct 01 Thu 10–11 AM Sports Dome 513119

Oct 08 – Oct 29 Thu 10–11 AM Sports Dome 5131110

Jan 07 – Jan 28 Thu 10–11 AM Sports Dome 513111

Feb 04 – Feb 25 Thu 10–11 AM Sports Dome 513112

Mar 03 – Mar 24 Thu 10–11 AM Sports Dome 513113



## Fall Youth Instructional Soccer

Boys and girls, beginner and intermediate levels, will play games that involve running and kicking. Participants will develop balance and coordination while increasing their readiness for basic games of soccer. Shin guards recommended.

### 6 Weeks — Youth: \$55; Youth Nonresident: \$70 (Ages 4–5)

Aug 30 – Oct 04	Sun 12–1 PM	Lone Tree	305328
Oct 11 – Nov 15	Sun 12–1 PM	Buck	3053510

### 6 Weeks — Youth: \$55; Youth Nonresident: \$70 (Ages 6–8)

Aug 30 – Oct 04	Sun 1–2 PM	Lone Tree	305338
Oct 11 – Nov 15	Sun 1–2 PM	Buck	3053610

### 6 Weeks — Youth: \$55; Youth Nonresident: \$70 (Ages 9–10)

Aug 30 – Oct 04	Sun 2–3 PM	Lone Tree	305348
Oct 11 – Nov 15	Sun 2–3 PM	Buck	3053710

## Winter Youth Instructional Soccer

Boys and girls, beginner and intermediate levels, will play games that involve running and kicking. Participants will develop balance and coordination while increasing their readiness for basic games of soccer. Shin guards recommended.

### 6 Weeks — Youth: \$55; Youth Nonresident: \$70 (Ages 4–5)

Jan 17 – Feb 21	Sun 12–1 PM	Lone Tree	307251
Feb 28 – Apr 03	Sun 12–1 PM	Buck	307282

### 6 Weeks — Youth: \$55; Youth Nonresident: \$70 (Ages 6–8)

Jan 17 – Feb 21	Sun 1–2 PM	Lone Tree	307261
Feb 28 – Apr 03	Sun 1–2 PM	Buck	307292

### 6 Weeks — Youth: \$55; Youth Nonresident: \$70 (Ages 9–10)

Jan 17 – Feb 21	Sun 2–3 PM	Lone Tree	307271
Feb 28 – Apr 03	Sun 2–3 PM	Buck	307302

## Mighty Mites Instructional Classes - Multi-Sports

Boys and girls improve basic skills while interacting in a safe, environment. Recommended equipment: shin guards for soccer; baseball gloves for wiffleball. Parent helpers are welcome to assist with classes.

### 3 Weeks — Youth: \$33.75; Youth Nonresident: \$45 (Ages 3–6)

Nov 03 – Nov 17	Tue 9–9:50 AM	Sports Dome	5151311
Nov 04 – Nov 18	Wed 9–9:50 AM	Sports Dome	5151711
Dec 01 – Dec 15	Tue 9–9:50 AM	Sports Dome	5151312
Dec 02 – Dec 16	Wed 9–9:50 AM	Sports Dome	5151712

### 4 Weeks — Youth: \$45; Youth Nonresident: \$60 (Ages 3–6)

Sep 01 – Sep 22	Tue 9–9:50 AM	Sports Dome	515139
Sep 02 – Sep 23	Wed 6:30–7:20 PM	Sports Dome	515159
Sep 02 – Sep 23	Wed 9–9:50 AM	Sports Dome	515179
Oct 06 – Oct 27	Tue 9–9:50 AM	Sports Dome	5151310
Oct 07 – Oct 28	Wed 9–9:50 AM	Sports Dome	5151710
Jan 05 – Jan 26	Tue 9–9:50 AM	Sports Dome	515131
Jan 06 – Jan 27	Wed 9–9:50 AM	Sports Dome	515171
Feb 02 – Feb 23	Tue 9–9:50 AM	Sports Dome	515132
Feb 03 – Feb 24	Wed 9–9:50 AM	Sports Dome	515172
Mar 01 – Mar 22	Tue 9–9:50 AM	Sports Dome	515133
Mar 02 – Mar 23	Wed 9–9:50 AM	Sports Dome	515173

## Mighty Mites Instructional Classes- Soccer

Boys and girls improve basic skills while interacting with others in a safe, encouraging environment.

### 3 Weeks — Youth: \$33.75; Youth Nonresident: \$45 (Ages 3–6)

Nov 03 – Nov 17	Tue 10–10:50 AM	Sports Dome	5153811
Nov 04 – Nov 18	Wed 10–10:50 AM	Sports Dome	5153911
Dec 01 – Dec 15	Tue 10–10:50 AM	Sports Dome	5153812
Dec 02 – Dec 16	Wed 10–10:50 AM	Sports Dome	5153912

### 4 Weeks — Youth: \$45; Youth Nonresident: \$60 (Ages 3–6)

Sep 01 – Sep 22	Tue 10–10:50 AM	Sports Dome	515389
Sep 02 – Sep 23	Wed 10–10:50 AM	Sports Dome	515399
Sep 02 – Sep 23	Wed 5:30–6:20 PM	Sports Dome	515429
Oct 06 – Oct 27	Tue 10–10:50 AM	Sports Dome	5153810
Oct 07 – Oct 28	Wed 10–10:50 AM	Sports Dome	5153910
Jan 05 – Jan 26	Tue 10–10:50 AM	Sports Dome	515381
Jan 06 – Jan 27	Wed 10–10:50 AM	Sports Dome	515391
Feb 02 – Feb 23	Tue 10–10:50 AM	Sports Dome	515382
Feb 03 – Feb 24	Wed 10–10:50 AM	Sports Dome	515392
Mar 01 – Mar 22	Tue 10–10:50 AM	Sports Dome	515383
Mar 02 – Mar 23	Wed 10–10:50 AM	Sports Dome	515393

## Sports Dome Indoor Soccer

Winter I League includes a 6-game or 7-game season, Winter II League includes a 7 or 8 game season for boys and girls U11-U18 teams. Adult (18+) coach must be present at all games and matching uniforms with numbers required. U11-U14 games played on half field, U15-U18 games played on full field. Register by team only. Individual players looking for a team can call 303-754-0541 to be placed on our Free Agent list.

Winter I Registration Begins Sept 14

Nov 2-Dec16 \$890/HS \$690/U11-U14

Winter II Registration Begins Nov 9 Jan 4-Mar 6 \$890/All Leagues

## Fall Indoor Soccer 9V9

Come join us inside the Sports Dome on our 88x44 yard synthetic turf field for some adult soccer. We offer Men's leagues on Thursday nights and Coed on Friday nights. Team registration opens Aug 24. If you are an individual looking for a team please contact the Sports Dome at 303-754-0541 to be placed on the free agent list.

10 Games - \$1,050

Ages 18+

Sept 24- Dec 18 6pm-12am Th/F

## Winter Indoor Soccer 9V9

Come join us inside the Sports Dome on our 88x44 yard synthetic turf field for some adult soccer. We offer Men's leagues on Thursday nights and Coed on Friday nights. Registration Opens Nov 23. Team Registration only, if you are an individual looking for a team please contact the Sports Dome at 303-754-0541 to be placed on the free agent list.

10 Games - \$1,050

Ages 18+

Jan 7 - Mar 25 6pm-12am Th/F

## Spring Indoor Soccer 9V9

Come join us inside the Sports Dome on our 88x44 yard synthetic turf field for some adult soccer. We offer Men's leagues on Thursday nights and Coed on Friday nights. Registration Opens Feb 22. Team Registration only, if you are an individual looking for a team please contact the Sports Dome at 303-754-0541 to be placed on the free agent list.

10 Games - \$1,050

Ages 18+

Mar 31 - June 16 6pm-12am Th/F

## ADULT LEAGUES

Sport	Season	Reg. Deadline	League Starts	Fees	Games	Types of Leagues Offered
Basketball	Fall	Sep 4	Sep 14	\$539 Team Fee	8 games + single elimination playoff	Men's, Women's, Competitive & Recreational
	Winter	Nov 27	Dec 7			
Flag Football 4 x 4	Fall	Sep 4	Sep 14	\$339 Team Fee	7 games + single elimination playoff	Men's
Softball	Fall	Aug 21	Aug 31	\$545 Team Fee	7 games + single elimination playoff	Men's, Women's, Co-Rec, Recreational & Competitive
Volleyball	Fall	July 1	Sep 4	R: \$170; NR: \$190 4 person team	7 games + playoffs	Co-Rec
	Winter	Oct 1	Jan 22			

## South Suburban Adult Softball

### Tournament Schedule

Beat the Heat Ice Breaker	Men's D & Co-Rec D	\$200	Aug 1
Fall Classic	Men's D	\$200	Oct 3
Halloween Hell Raiser	Men's D & Co-Rec D	\$150	Oct 24
Turkey Trotter	Men's D & Co-Rec D	\$150	Nov 7

Double Elimination! Registration Deadline: Wednesday at 5pm prior to each tournament.

Games are played at the newly renovated Cornerstone, Bowles Grove and deKoevend Parks!

## Experienced softballs for sale!

Save some cash! Use these well traveled softballs for your practices! 6 for \$5 or 12 for \$10.

**TENNIS**

Please refer to [ssprd.org](http://ssprd.org) for the playing level for tennis lessons.

**Block Time**

Apply for 15 weeks of pre-paid court reservation time on a space-available basis.

**Session 1** Fall block time August 31-December 20. (No block time October 9-15.)

**Session 2** Winter block time: December 28 - April 18th. (No block time February 5-11)

**Pro Shops**

We feature a variety of tennis products and specialize in racquet re-stringing and re-gripping. 25 Year Member of United Racquet Stringers Association.

**Tennis Directory**

Players interested in getting tennis tips, tournament updates and partners via email can be included in the South Suburban Tennis Directory. Register at the Littleton Golf and Tennis Club or e-mail Mike Hall at [mikeh@ssprd.org](mailto:mikeh@ssprd.org).

**Private Lessons**

Receive exclusive attention and develop your specific skills in private or semi-private lessons. Please contact Vicki or Mike at 303-771-3654 (May-Sep) or 303-794-6933 (Oct-Apr).

**Blocktime Drills**

Looking to spice up your blocktime tennis? Contact Mike to schedule either a half-hour warm-up or a drill class once a month on your court.

**Tennis Tournaments**

Adult Singles/Doubles & Mixed Doubles USTA Sanctioned Tournaments at Littleton Tennis Club

**Register at [www.usta.com](http://www.usta.com)**

**South Suburban Fall Classic**

#257222713 (Designated 3.5)

October 9-15

Deadline October 3

Levels 5.0, 4.5, 4.0, 3.5

\$31 Singles/\$40 Doubles

**South Suburban Valentine's Day Classic**

#257230214 (Designated 3.0)

February 5-11

Deadline January 30

Levels, 3.0, 4.0, 5.0

\$31 Singles/\$40 Doubles

**South Suburban Spring Fling**

#257211214 (Designated 4.0)

April 22- 28

Deadline April 16

Levels 2.5, 3.0, 3.5, 4.0, 4.45

\$31 Singles/\$40 Doubles

**Adult Beginning/Intermediate Tennis Lessons**

Students learn the basic fundamentals of the game and increase overall playing ability. Scoring, strategies and game playing included.

**6 Weeks — Resident: \$62; Nonresident: \$74 (Ages 18+)**

Oct 03 – Nov 14	Sat 9 AM–10 PM	Littleton T	8034010
Oct 03 – Nov 14	Sat 10–11 AM	Littleton T	8034110
Oct 03 – Nov 14	Sat 11 AM–12 PM	Littleton T	8034210

Nov 21 – Jan 16	Sat 9 AM–10 PM	Littleton T	8034011
Nov 21 – Jan 16	Sat 10–11 AM	Littleton T	8034111
Nov 21 – Jan 16	Sat 11 AM–12 PM	Littleton T	8034211
Jan 23 – Mar 05	Sat 9 AM–10 PM	Littleton T	803401
Jan 23 – Mar 05	Sat 10–11 AM	Littleton T	803411
Jan 23 – Mar 05	Sat 11 AM–12 PM	Littleton T	803421
Mar 12 – Apr 16	Sat 9 AM–10 PM	Littleton T	803403
Mar 12 – Apr 16	Sat 10–11 AM	Littleton T	803413
Mar 12 – Apr 16	Sat 11 AM–12 PM	Littleton T	803423

**Adult Doubles Tennis Strategy**

A focus on proper technique, strategies, and doubles positioning rounds out this class.

**6 Weeks — Resident: \$62; Nonresident: \$74 (Ages 18+)**

Sep 28 – Nov 09	Mon 11 AM–12 PM	Littleton T	8028310
Sep 30 – Nov 11	Wed 11:30 AM–12:30 PM	Littleton T	8028210
Oct 01 – Nov 12	Thu 10–11 AM	Littleton T	8028610
Oct 01 – Nov 12	Thu 1–2 PM	Littleton T	8029210
Nov 16 – Jan 11	Mon 11 AM–12 PM	Littleton T	8028311
Nov 18 – Jan 13	Wed 11:30 AM–12:30 PM	Littleton T	8028211
Nov 19 – Jan 14	Thu 10–11 AM	Littleton T	8028611
Nov 19 – Jan 14	Thu 1–2 PM	Littleton T	8029211
Jan 18 – Feb 01	Mon 11 AM–12 PM	Littleton T	802831
Jan 20 – Mar 02	Wed 11:30 AM–12:30 PM	Littleton T	802821
Jan 21 – Mar 03	Thu 10–11 AM	Littleton T	802861
Jan 21 – Mar 03	Thu 1–2 PM	Littleton T	802921
Mar 07 – Apr 11	Mon 11 AM–12 PM	Littleton T	802833
Mar 09 – Apr 13	Wed 11:30 AM–12:30 PM	Littleton T	802823
Mar 10 – Apr 14	Thu 10–11 AM	Littleton T	802863
Mar 10 – Apr 14	Thu 1–2 PM	Littleton T	802923

**6 Weeks — Resident: \$92; Nonresident: \$110 (Ages 18+)**

Sep 28 – Nov 09	Mon 9:30–11 AM	Littleton T	8028010
Nov 16 – Jan 11	Mon 9:30–11 AM	Littleton T	8028011
Jan 18 – Feb 01	Mon 9:30–11 AM	Littleton T	802801
Mar 07 – Apr 11	Mon 9:30–11 AM	Littleton T	802803

**Adult Group Tennis Lessons**

Enhance stroke consistency and improve court positioning in singles and doubles.

**3 Weeks — Resident: \$62; Nonresident: \$74 (Ages 18+)**

Sep 08 – Sep 24	Tue Thu 10–11 AM	Holly Tenni	800309
Sep 08 – Sep 24	Tue Thu 11 AM–12 PM	Holly Tenni	800329

**Adult Group Tennis Lessons- Tennis Center**

Enhance stroke consistency and improve court positioning in singles and doubles.

**3 Weeks — Resident: \$62; Nonresident: \$74 (Ages 18+)**

Sep 07 – Sep 23	Mon Wed 6–7 PM	Lone Tree	805309
Sep 07 – Sep 23	Mon Wed 10–11 AM	Lone Tree	805469
Sep 07 – Sep 23	Mon Wed 11–12 AM	Lone Tree	805479

## Adult Once A Week Classes

Tennis stimulates your cardiovascular system and helps increase concentration. Adult classes emphasize proper technique and strategies, as well as the social benefits of interacting with others who share similar interests. Learn a new and challenging sport while making lifelong friends.

**3 Weeks — Resident: \$42; Nonresident: \$54 (Ages 18+)**

Sep 07 – Sep 21	Mon 6–7 PM	Holly Tenni	801439
Sep 08 – Sep 22	Tue 6–7 PM	Holly Tenni	801409
Sep 12 – Sep 26	Sat 9:30–10:30 AM	Holly Tenni	801419
Sep 12 – Sep 26	Sat 11 AM–12 PM	Holly Tenni	801429

## Adult Once A Week Tennis Classes

Tennis stimulates your cardiovascular system and helps increase concentration. Adult classes emphasize proper technique and strategies, as well as the social benefits of interacting with others who share similar interests. Learn a new and challenging sport while making friends.

**3 Weeks — Resident: \$42; Nonresident: \$54 (Ages 18+)**

Sep 12 – Sep 26	Sat 9 AM–10 PM	Lone Tree	805379
Sep 12 – Sep 26	Sat 10 AM–11 PM	Lone Tree	805389
Sep 12 – Sep 26	Sat 11 AM–12 PM	Lone Tree	805399

## Adult Tennis Drill

Strategy for doubles and singles, as well as match play situations.

**3 Weeks — Resident: \$62; Nonresident: \$74 (Ages 18+)**

Sep 09 – Sep 25	Wed Fri 9:30–10:30 AM	Holly Tenni	800349
Sep 09 – Sep 25	Wed Fri 10:30–11:30 AM	Holly Tenni	800359
Sep 29 – Nov 10	Tue 1–2 PM	Littleton T	8023410
Sep 29 – Nov 10	Tue 9–10 AM	Littleton T	8023610
Sep 29 – Nov 10	Tue 2–3 PM	Littleton T	8023710
Oct 01 – Nov 12	Thu 2–3 PM	Littleton T	8023910
Oct 02 – Nov 13	Fri 1:30–2:30 PM	Littleton T	8023810
Nov 17 – Jan 12	Tue 1–2 PM	Littleton T	8023411
Nov 17 – Jan 12	Tue 9–10 AM	Littleton T	8023611
Nov 17 – Jan 12	Tue 2–3 PM	Littleton T	8023711
Nov 19 – Jan 14	Thu 2–3 PM	Littleton T	8023911
Nov 20 – Jan 15	Fri 1:30–2:30 PM	Littleton T	8023811
Jan 19 – Mar 01	Tue 1–2 PM	Littleton T	802341
Jan 19 – Mar 01	Tue 9–10 AM	Littleton T	802361
Jan 19 – Mar 01	Tue 2–3 PM	Littleton T	802371
Jan 21 – Mar 03	Thu 2–3 PM	Littleton T	802391
Jan 22 – Mar 04	Fri 1:30–2:30 PM	Littleton T	802381
Mar 08 – Apr 12	Tue 1–2 PM	Littleton T	802343
Mar 08 – Apr 12	Tue 9–10 AM	Littleton T	802363
Mar 08 – Apr 12	Tue 2–3 PM	Littleton T	802373
Mar 10 – Apr 14	Thu 2–3 PM	Littleton T	802393
Mar 11 – Apr 15	Fri 1:30–2:30 PM	Littleton T	802383

## Adult Tennis Drills

Strategy for doubles and singles, as well as match play situations. Drills for specific tennis game areas including all strokes.

**3 Weeks — Resident: \$62; Nonresident: \$74 (Ages 18+)**

Sep 07 – Sep 23	Mon Wed 10–11 AM	Lone Tree	805889
Sep 07 – Sep 23	Mon Wed 11 AM–12 PM	Lone Tree	805899

## Junior Development Academy

Focus on stroke production, basic skills and development of game strategies.

**6 Weeks — Youth: \$150; Youth Nonresident: \$165 (Ages 7–10)**

Sep 28 – Nov 13	Mon Fri 4–5:30 PM	Littleton T	8039010
Nov 16 – Jan 15	Mon Fri 4–5:30 PM	Littleton T	8039011
Jan 18 – Mar 04	Mon Fri 4–5:30 PM	Littleton T	803901
Mar 07 – Apr 15	Mon Fri 4–5:30 PM	Littleton T	803903

**6 Weeks — Youth: \$150; Youth Nonresident: \$165 (Ages 11–13)**

Sep 28 – Nov 13	Mon Fri 4–5:30 PM	Littleton T	8039110
Nov 16 – Jan 15	Mon Fri 4–5:30 PM	Littleton T	8039111
Jan 18 – Mar 04	Mon Fri 4–5:30 PM	Littleton T	803911
Mar 07 – Apr 15	Mon Fri 4–5:30 PM	Littleton T	803913

**6 Weeks — Youth: \$150; Youth Nonresident: \$165 (Ages 14–16)**

Sep 28 – Nov 13	Mon Fri 4–5:30 PM	Littleton T	8039210
Nov 16 – Jan 15	Mon Fri 4–5:30 PM	Littleton T	8039211
Jan 18 – Mar 04	Mon Fri 4–5:30 PM	Littleton T	803921
Mar 07 – Apr 15	Mon Fri 4–5:30 PM	Littleton T	803923

## Junior Excellence Academy

Program will consist of match simulation drills for tournament level juniors. The “Excellence” program is by invitation only. Those juniors who want to be considered should email their playing record to Mike Hall at [mikeh@sspr.org](mailto:mikeh@sspr.org).

**6 Weeks — Youth: \$150; Youth Nonresident: \$165 (Ages 8–12)**

Sep 28 – Nov 13	Mon Fri 4–5:30 PM	Littleton T	8038010
Nov 16 – Jan 15	Mon Fri 4–5:30 PM	Littleton T	8038011
Jan 18 – Mar 04	Mon Fri 4–5:30 PM	Littleton T	803801
Mar 07 – Apr 15	Mon Fri 4–5:30 PM	Littleton T	803803

**6 Weeks — Youth: \$150; Youth Nonresident: \$165 (Ages 13–16)**

Sep 28 – Nov 13	Mon Fri 4–5:30 PM	Littleton T	8038110
Nov 16 – Jan 15	Mon Fri 4–5:30 PM	Littleton T	8038111
Jan 18 – Mar 04	Mon Fri 4–5:30 PM	Littleton T	803811
Mar 07 – Apr 15	Mon Fri 4–5:30 PM	Littleton T	803813

## Lone Tree Advanced Tennis Camp

Come solo or bring your friends and get ready for a fun-filled tennis camp. Learn advanced strokes, rules and strategies.

**3 Weeks — Youth: \$51; Youth Nonresident: \$62 (Ages 7–12)**

Sep 08 – Sep 24	Tue Thu 4–5 PM	Lone Tree	805159
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**3 Weeks — Youth: \$51; Youth Nonresident: \$62 (Ages 13–16)**

Sep 08 – Sep 24	Tue Thu 5–6 PM	Lone Tree	805169
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## Stroke of the Week Clinics

A great way to sharpen your skills with specific instruction and practice prescriptions. Classes held at Littleton Tennis.

### 1 Week — Resident: \$22; Nonresident: \$26 (Ages 18+)

Sep 30	Wed 10–11 AM	Serve Overhead	8031010
Oct 14	Wed 10–11 AM	Forehand	8031210
Oct 21	Wed 10–11 AM	Volleys	8031310
Oct 28	Wed 10–11 AM	Backhand	8031011
Nov 04	Wed 10–11 AM	Lobs & Touch Shots	8031111
Jan 06	Wed 10–11 AM	Serve Overhead	803101
Jan 13	Wed 10–11 AM	Forehand	803111
Jan 20	Wed 10–11 AM	Volleys	803121
Jan 27	Wed 10–11 AM	Forehand	803131
Feb 03	Wed 10–11 AM	Lobs & Touch Shots	803102

## Tiny Tennis - Holly Tennis Center

Emphasis on hand-eye coordination, basic skill development and FUN. A Wilson junior custom-fit tennis racquet can be purchased for a minimal cost.

### 3 Weeks — Youth: \$45; Youth Nonresident: \$51 (Age 4)

Sep 08 – Sep 22	Tue 11 AM–12 PM	Holly Tenni	801619
Sep 08 – Sep 22	Tue 4–5 PM	Holly Tenni	801639
Sep 10 – Sep 24	Thu 4–5 PM	Holly Tenni	801709

### 3 Weeks — Youth: \$45; Youth Nonresident: \$51 (Ages 5–8)

Sep 08 – Sep 22	Tue 12:30–1:30 PM	Holly Tenni	801629
Sep 08 – Sep 22	Tue 5–6 PM	Holly Tenni	801649
Sep 10 – Sep 24	Thu 5–6 PM	Holly Tenni	801719

## Tiny Tennis - Lone Tree Tennis Center

Class emphasizes hand-eye coordination, basic skill development and fun utilizing the 10 & Under format. Classes will vary weekly to challenge students.

### 3 Weeks — Youth: \$45; Youth Nonresident: \$51 (Ages 4–4)

Sep 07 – Sep 21	Mon 4–5 PM	Lone Tree	805259
Sep 08 – Sep 22	Tue 11 AM–12 PM	Lone Tree	805279
Sep 12 – Sep 26	Sat 9–10 AM	Lone Tree	805239

### 3 Weeks — Youth: \$45; Youth Nonresident: \$51 (Ages 5–8)

Sep 07 – Sep 21	Mon 5–6 PM	Lone Tree	805269
Sep 08 – Sep 22	Tue 12:30–1:30 PM	Lone Tree	805289
Sep 12 – Sep 26	Sat 10–11 AM	Lone Tree	805249

## Tiny Tennis 10 & Under Quick Start Format

Learn the game the quick and easy way with the new 10 & Under & format. A smaller court, net and racquets will help to advance your tiny tennis player in no time.

### 6 Weeks — Youth: \$80; Youth Nonresident: \$90 (Ages 4–5)

Sep 29 – Nov 10	Tue 4–5 PM	Littleton T	8036410
Nov 17 – Jan 12	Tue 4–5 PM	Littleton T	8036411
Jan 19 – Mar 01	Tue 4–5 PM	Littleton T	803641
Mar 08 – Apr 12	Tue 4–5 PM	Littleton T	803643

### 6 Weeks — Youth: \$80; Youth Nonresident: \$90 (Ages 6–8)

Sep 29 – Nov 10	Tue 5–6 PM	Littleton T	8036510
Nov 17 – Jan 12	Tue 5–6 PM	Littleton T	8036511
Jan 19 – Mar 01	Tue 5–6 PM	Littleton T	803651
Mar 08 – Apr 12	Tue 5–6 PM	Littleton T	803653

## Youth Lessons

### 3 Weeks — Youth: \$51; Youth Nonresident: \$62 (Ages 7–12)

Sep 07 – Sep 23	Mon Wed 4–5 PM	Lone Tree	800609
Sep 08 – Sep 24	Tue Thu 4–5 PM	Holly Tenni	800649

### 3 Weeks — Youth: \$51; Youth Nonresident: \$62 (Ages 13–16)

Sep 07 – Sep 23	Mon Wed 5–6 PM	Lone Tree	800629
Sep 08 – Sep 24	Tue Thu 5–6 PM	Holly Tenni	800669

## TRACK

## Cross Country (Fall C.A.R.A.)

Co-rec running team for ages 9-14 with meets on Saturday mornings.

### 8 Weeks — Youth: \$69; Youth Nonresident: \$83 (Ages 7–14)

Aug 17 – Oct 07	Mon Wed 6–7 PM	de Koevend	309888
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## VOLLEYBALL

## C.A.R.A Youth Volleyball Leagues

A program supported by the Colorado Association of Recreational Athletics (CARA). For beginner and intermediate levels, boys and girls grades 3-8. Learn volleyball basics and practice fundamentals through this team oriented league where equal play is emphasized. Teams practice weekdays and participate in 3 weekend tournaments (which includes a State Tournament) against other metro area recreation agency teams. Practices are 1 hour per week for elementary and 2 hours per week for middle school teams; location and day(s) determined by coach. Team shirt included. Volunteer coaches needed. Registration deadline is 5 pm on Fri, Aug 23. Team information will be emailed to registered participants by Aug 28.

Elem: Resident: \$60; Nonresident: \$72  
Middle School: Resident: \$75; Nonresident: \$87

Aug 31 - Oct 31

## Over 50 Volleyball League

B, C and D levels are available. Practices are held on Mondays and Fridays with games on Wednesdays against other adult programs throughout the area. Play eight to ten matches and a tournament.

### 15 Weeks — Resident: \$40; Nonresident: \$48 (Ages 50+)

Dec 21 – Apr 01	Mon Wed Fri 1:30–3 PM	Goodson	3091012
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## Volleyball Class for Adult Beginners

Boys and girls, beginner and intermediate levels, will play games that involve running and kicking. Participants will develop balance and coordination while increasing their readiness for basic games of soccer. Shin guards recommended.

### 4 Weeks — Resident: \$55; Nonresident: \$63 (Ages 18+)

Jan 17 – Feb 07	Sun 9:30–11 AM	Buck	309301
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## Winter Indoor Volleyball Champs Camps

Camp includes fun drills and training techniques to build skills in: passing, serving, hitting. Focus on one skill per session utilizing fun games and drills with balance between competition and sportsmanship. Participants receive a camp t-shirt and giveaway.

**4 Weeks — Youth: \$55; Youth Nonresident: \$63 (Ages 7–10)**

Jan 17 – Feb 07	Sun 11 AM–12:30 PM	Buck	305211
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**4 Weeks — Youth: \$55; Youth Nonresident: \$63 (Ages 11–15)**

Jan 17 – Feb 07	Sun 11 AM–12:30 PM	Buck	305231
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## STAR

The STAR Program (South Suburban Therapeutic Adaptive Recreation) provides opportunities for individuals with disabilities to participate in leisure services through inclusion and specially designed programs. Programs include Adult Dances, Sports, Arts, Trips and Tours, Aquatics, Fitness, Outdoor Recreation and Special Events. Pick-up a STAR Connection brochure at any facility or call the STAR office at 303-730-4608 for questions.

## WELLNESS

### Massage

Therapeutic massage services provided by licensed therapists trained in a variety of modalities including; Swedish, Sports, Reflexology, Deep Tissue, Neuromuscular, Prenatal and more. Schedule appointments by calling 303-483-7080. Goodson only.

1 hour: \$55R/\$65, 1/2 hour: \$35R/\$43, Hot Stone: \$65R/\$75

### Facial

Services provided by a licensed Esthetician with expertise in natural skin care products and aromatherapy. Facials include skin evaluation, exfoliation, extractions and facial massage. Additional services available, visit, [ssprd.org](http://ssprd.org) for more information or call 303-730-5224 for an appointment. Buck only.

1 hour: Resident: \$55; Nonresident: \$60

### Holistic Health Coach

Jon Boshart, a health coach with extensive knowledge in holistic nutrition, health coaching and preventative health works with clients to assist in making lifestyle changes that produce real and lasting results. Call 303-730-4607 for an appointment.

1 hour: Resident: \$40; Nonresident: \$50

### Blood Screening

University Hospital professional staff screens cholesterol and over thirty other blood components. Appointments on a drop-in basis. 12-hour fast required. Additional tests available at additional fees.

\$40

Oct 20	Lone Tree	7-9:30 AM
Oct 21	Goodson	7-9:30 AM
Oct 22	Buck	7-9:30 AM
Oct 23	Family Sports Center	7-9:30 AM

### Weigh and Win

A free community program that pays you to achieve and maintain a healthy weight! Get daily personalized coaching and cash for your success. Enroll at the kiosk location at Buck, Goodson or Lone Tree Recreation Center. Visit [WeighandWin.com](http://WeighandWin.com) for more details.

## RECYCLE YOUR CHRISTMAS TREE

Two locations within the District:  
 Cornerstone Park  
 5150 S. Windermere St.  
 Willow Spring Service Center  
 7100 S. Holly St., in Centennial

FATHER DAUGHTER  
SWEETHEART DANCE

Friday, February 12  
 6:30 - 8:30 PM  
 Goodson Recreation Center  
 Class #345032

NATURE CENTER BIRTHDAY  
PARTIES

Celebrate your young  
 adventure's birthday with one  
 of our nature-themed parties.  
[ssprd.org/Birthdays](http://ssprd.org/Birthdays)

FREE  
SHERIDAN EGG HUNT

March 26, at 1:30 PM  
 For ages 10 and under  
 303.761.2241

## CREATIVITY LAB

Sheridan Recreation Center  
 Create paintings, sculptures, gifts,  
 school projects and more using a  
 wide variety of art and craft supplies  
 after school. Free with admission to  
 the Center.

## POTTERY GUILD SALES

Handcrafted pottery for sale by South Suburban Pottery Guild  
 Members of the Goodson Clay Arts Studio. 15% of overall sales  
 are donated back to the Goodson Clay Arts Studio  
 September 28 - 29  
 November 30 - December 2  
 December 7 - 9  
 February 8 - 9



CONNECT WITH US:  
 SouthSuburbanParks



CONNECT WITH US  
 @ssprd



## TANTALIZING TASTES

at the Lone Tree Golf Club  
 & Hotel  
 Reservations Required  
 303.790.0202  
 6 - 8 PM

Tuesday, October 13  
 A County Fair  
 Tuesday, December 8  
 A Holiday "It's A Wonderful  
 Life"

## CHILD DISCOVERY TIME'S BINGO FUNDRAISERS

September 11, 2015  
 7 - 8:30 PM  
 Goodson Recreation Center  
 \$1 donation per Bingo Card  
 Purchase drinks, popcorn, cookies and other goodies.



## SPOOKTACULAR

Friday, October 23  
 5:30 - 8 PM  
 Goodson Recreation Center  
 A safe "trick or treat" experience!

## TOUCH-A-TRUCK

Saturday, September 5  
 10 AM - 1PM  
 South Suburban Ice Arena  
 Get an up close and personal  
 experience with a variety of  
 trucks, tractors and more!



## PUPPY PADDLE

Saturday, September 12  
 10 AM - 2 PM  
 Holly Pool  
 Class #101009

## SKATE WITH SANTA

Friday, December 11  
 South Suburban Ice Arena  
 Saturday, December 12 &  
 Sunday, December 13  
 Family Sports Center

## TEE TIME RESERVATIONS

[ssprd.org/teetime](http://ssprd.org/teetime)



CONNECT WITH US  
 @ssprd

## 2015-16 SOUTH SUBURBAN RACE SERIES

Super Star 5k - September 13  
 Hoofin It Through the Hollows 5k - October 24  
 Black Friday 5k - November 27  
 Super Sunday Fun Run 5k - February 7  
 Register at [www.runningguru.com](http://www.runningguru.com)

29TH ANNUAL  
ARTS & CRAFTS FAIR

Saturday, December 5  
 9:30 AM - 3 PM  
 Goodson Recreation Center  
 Handmade crafts, pottery, jewelry,  
 paintings, holiday items and food.

## PERSONAL TRAINERS

Call Goodson/Sheridan  
 303.483.7089,  
 Buck 303.730.4610 or  
 Lone tree 303.708.3514 to  
 set up a Personal Training  
 appointment today!

## REQUEST FOR VENDORS

29th Annual Holiday Arts & Crafts Fair  
 at the Goodson Recreation Center  
 Hand-made crafts, pottery, jewelry, clothing, quilts,  
 painting, photography, floral arrangements, wood-work,  
 holiday items, specialty foods and much more from  
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