

SPRING/SUMMER 2015

# South Suburban

EXPLORE.  
ENJOY.

PERSONAL TRAINING

WILDLIFE  
WATCHING

ZOMBIE SURVIVAL CAMP

ACADEMY OF DANCE

YOUTH SPORTS  
LEAGUES 

BIRTHDAY PARTIES



South Suburban  
PARKS AND RECREATION

# SOAR TO NEW HEIGHTS



GO AHEAD.  
EXPLORE. ENJOY.

Make the most of your life doing what you enjoy.

At South Suburban Parks and Recreation, it's easy to seize the moment, expand your knowledge or explore unfamiliar territory. Step out of your comfort zone, meet a new group of friends, or discover that you rock at something you just discovered!

Within these pages, you'll find activities, classes and special events available this spring and summer. You may have noticed that this catalog, as well as our website, has an exciting new format. We're making updates so it's easier to find all the things you love. Soon we'll launch a digital version of the catalog that will be downloadable, providing an additional option for browsing and registering for activities.

Go ahead, experiment, and explore and enjoy all that South Suburban offers.



<b>Overview .....</b>	<b>4</b>
Facilities.....	6
Registration information.....	9
Golf Courses.....	10

<b>Arts .....</b>	<b>12</b>
Crafts.....	12
Drawing.....	14
Filmmaking and	
Photography.....	15
Jewelry making.....	16
Painting.....	16
Pottery.....	18
Writing.....	20

<b>Aquatics .....</b>	<b>21</b>
Swimming.....	21
Diving.....	22
Specialty aquatics.....	23

## MARTIAL ARTS

Karate  
Tae Kwon Do  
Aikido  
Self Defense  
and more  
Page 37

<b>Athletics.....</b>	<b>28</b>
BMX.....	28
Dodgeball.....	28
Fencing.....	28
Gymnastics.....	28
Ice Skating.....	32
Martial arts.....	37
Pickleball.....	38
Races.....	39
Raquetball.....	39
Skateboarding.....	40

<b>Child care/day camps.....</b>	<b>40</b>
Preschool.....	40
Camps.....	41

<b>Dance .....</b>	<b>42</b>
Recreational dance.....	42

Camps.....	44
South Suburban Academy	
of Dance.....	44
Adult.....	46

<b>Education/Enrichment.....</b>	<b>47</b>
Acting.....	47
Chess.....	49
Cooking for kids.....	49
LEGO classes.....	49
Music.....	50
• Youth.....	50
• Young adult.....	50

<b>Fitness .....</b>	<b>51</b>
Drop-in group fitness.....	51
Group training.....	52
Personal training.....	54
Pilates.....	55
Silver Sneakers.....	55
Specialty Classes.....	56
Strength training.....	56
Tai Chi.....	56
Yoga.....	57

<b>Golf .....</b>	<b>58</b>
Lessons.....	58
Classes and camps.....	62
Leagues.....	64

<b>Nature .....</b>	<b>65</b>
Youth classes.....	65
Adult classes.....	67
Classes for all ages.....	67
Nature trips and tours.....	70

<b>Older active</b>	
<b>adults programs.....</b>	<b>70</b>
Arts and education.....	70
Trips and tours.....	73
Health.....	71
Fitness.....	71
Events.....	74

<b>Outdoor recreation ....</b>	<b>74</b>
Archery.....	74
Bike repair.....	74
Disc golf.....	74
Fishing.....	74
Horseback riding.....	74
Water sports.....	76
• Canoeing.....	76

• Kayaking.....	76
• Sailing.....	77
• Stand-up paddling.....	77
• Walks and Hikes.....	77

<b>Walks and Hikes.....</b>	<b>78</b>
<b>Sports.....</b>	<b>78</b>
Camps.....	78
Baseball.....	80
Basketball.....	80
Flag football.....	81

## SCHOLARSHIP PROGRAM

Scholarship program  
available to residents  
who qualify for assistance.

Call 303-347-5999  
to learn more.

Adult Sports League.....	81
Lacrosse.....	82
Hockey.....	82
Rugby.....	83
Soccer.....	83

## SOUTH SUBURBAN BOARD MEMBERS



Left to right - Executive Director, David A Lorenz,  
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](http://ssprd.org)

<b>Recreation Centers</b>	<b>Douglas H. Buck Community Recreation Center</b> 2204 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
Gymnasium	✓	✓	✓	✓
Fitness studio	✓	✓	✓	✓
Dance studio		✓		
Running track	16 laps per mile	10 laps per mile	12 laps per mile	
Babysitting services	✓	✓	✓	
Rentable craftrooms	✓	✓	✓	✓
Performing arts stage	✓		✓	
Wet crafts room	✓	✓	✓	
Creativity Lab				✓
Commercial kitchen	✓			
Lounge	Billiards, paperback library, craft sales			Billiards, table games
Gymnastics		✓		
Pickleball courts	2	2	2	3
Racquetball courts		✓	✓	✓
Swimming pool	25-yard, 3 lanes	25-meter, 6 lanes	25-yard, 3 lanes	
Therapy pool	✓			
Hot tub	✓	✓	✓	
Family changing rooms	✓	✓	✓	
Steamrooms	✓	✓		
Leisure pool with lazy river	✓		✓	
Drop-in fitness classes	✓	✓	✓	✓
Free weights	✓	✓	✓	✓
Circuit equipment	✓	✓	✓	✓
Cardio equipment	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

# SUMMER ADVENTURE PASS

includes admission to 4 recreation centers and 4 outdoor pools, valid May 23 - Sept. 7. Purchase your Summer Adventure Pass between April 6 and May 16, and receive over \$50 of value in recreation coupons.



# 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	\$160.00	\$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 – 9 pm daily

Bar: 11 am – 10 pm 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 [www.sspr.org](http://www.sspr.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

Spring Hours: 7 am-10 pm

(depending on tennis leagues). Close ½-hour after the last tennis court time.

Open 6:30 am (May 15-Jul 15)

### The Club

#### South Suburban Golf Course

7900 S. Colorado Blvd. • 303-770-1882

Spring Hours: 7 am- dusk.

Summer Hours: 6 am until all golfers are off the course

Weddings, meeting and event space, contact Special Events Coordinator, Dovie Lopez, 303-790-0202, ext 247, Cell: 303-875-6947 or 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: Mar 1: 7 am-dusk

March 10- (Mon) 8 am-dusk

For weddings, meeting and event space, contact Special Events Coordinator, Dovie Lopez 303-790-0202, ext 247 or 303-875-6947

### 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 Bumper Cars, Inflatables & Attractions \$13.95

#### Public Skating

Schedule check [www.sspr.org](http://www.sspr.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 [sspr.org/NewsPromotions/Promotions/BirthdayParties](http://sspr.org/NewsPromotions/Promotions/BirthdayParties) for party packages.

eXerGame Zone

Check out the eXerGame Zone at Family Sports Center! Experience cutting edge techno-games in a virtual reality atmosphere. Challenge your dance skills, sharpen your skateboard moves and test your speed and agility.

Daily: \$7/\$5 R

5-Visit: \$30/\$20 R

Zone 2-hour Rental: \$300

The eXerGame Zone is also available for birthday parties.



# FACILITIES

## Family Sports Dome

6959 S. Peoria St., Centennial, CO 80112  
303-754-0541 Fax: 303-708-0912

### 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 \$195/hour/\$175 R

Half-field \$110/hour/\$95 R

Drop-in \$10/hour /\$8 R

## 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.

Hourly: \$250/\$240 R

### Public Skating

#### Sessions

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

### Public Skating Session Fees:

\$6.75 /\$4.75 R Mon-Thu

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

Skate Rental: \$3.50 /\$2.50 R

Skate Sharpening available

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

30 Public Skating admissions; skate rental not included.

### Family Sk8 Nights

Fridays 7:30-9:30 pm

All Ages.

Friday Night Ice!

Dance to music and the disco ball. Public skating fees apply.

## 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 2013 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 last spring 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

#### Mar 8-June 1

M-F 4-8 pm

Sa & Su 12-8 pm

#### June 2-Aug 17

M-F 1-9 pm

Sa & Su 10 am-9 pm

#### Aug 18-Oct 31

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 team rates available



## FACILITIES

### Colorado Journey Mini Golf

5150 S. Windermere St.

Located on the SE corner of Bellevue & Windermere

303-734-1083

Visit [sspr.org](http://sspr.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

#### Mar 2 - May 3

M-Thu	3-9 pm
Fri-Su	10 am-9 pm
Mar 23-27	(Spring Break)
M-Su	10 am-9 pm

#### May 4 - May 31

M-F	12-9 pm
Sa & Su	10 am-9 pm

#### June 1-Aug 31

M-Su	10 am-10 pm
------	-------------

#### Sep 1 - Nov 1

M-Th	3-9 pm
F-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 [sspr.org](http://sspr.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.

	Fee	Resident
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 17

Weekends ONLY Aug 18 -Sep 1

#### 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 17

#### 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 Bellevue 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 [www.sspr.org](http://www.sspr.org)

Phone In 303-347-5999

Walk In

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

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

Athletics League Registration is 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 [www.sspr.org](http://www.sspr.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](http://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 [www.ssprd.org/golf](http://www.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.



## ARTS

## CRAFTS

**Beginning Crochet Class at Lone Tree (Ages 16-Senior)**

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

Nonresident: \$13; Resident:\$11

Dates	Time	Location	Class #
Apr 02	1 -3 PM	Lone Tree	460814

**Wine Charms Workshop (Ages 21-Senior)**

Make wired wine charms to uniquely identify your wine glass. Keep them for yourself or give them as gifts. All supplies provided. Materials fee of \$3 due to instructor the first day of class.

Wed

Nonresident: \$12; Resident:\$10

Dates	Time	Location	Class #
Mar 18	6:30-8 PM	Goodson	430923

**Spring Break Art Camp at Goodson (Ages 6-12)**

Mon-Fri

Nonresident: \$79; Resident:\$70

Dates	Time	Location	Class #
Mar 23 - 27	9 AM-12 PM	Goodson	420163

**Spring Break Art Camp at Lone Tree (Ages 6-12)**

Bring your imagination and have fun creating multimedia art projects!

Mon-Fri

Youth Nonresident: \$79; Youth Resident: \$70

Dates	Time	Location	Class #
Mar 23 - 27	9 AM-12 PM	Lone Tree	455323

**Personalize Your Locker at Buck (Ages 10-14)**

Get ready for school and decorate a dry erase board, mirror and magnetic frame for your locker.

All materials furnished.

Mon

Youth Nonresident: \$16; Youth Resident: \$15

Dates	Time	Location	Class #
Aug 03	3 -4:30 PM	Buck	400108

## CAMPS

Fast-paced camps with a lot of activity and interaction while exploring painting, drawing and innovative mixed media. Parent permission slip/health form required. Students must dress for a mess and wear tied shoes. Break provided (outdoors, weather permitting), so please bring a drink, snack and wear sunscreen. Students must have completed kindergarten.

**Summer Art Camps at Goodson (Ages 6-12)**

Learn about abstract art and make crazy fun art works using various materials. Create fun and unique pieces of art to take home every day.

Children must have completed kindergarden to participate in this camp.

Mon-Fri

Youth Nonresident: \$97; Youth Resident: \$91

Dates	Time	Location	Theme	Class #
Jun 01 - 05	9 AM-12 PM	Goodson	Sculpture	420926
Jun 01 - 05	1 -4 PM	Goodson	Mixed Media	420936
Jun 15 - 19	9 AM-12 PM	Goodson	Clay	420976
Jun 15 - 19	1 -4 PM	Goodson	Painting	420966
Jun 22 - 26	9 AM-12 PM	Goodson	Fiber Art	420986
Jun 22 - 26	1 -4 PM	Goodson	Pen and Ink	420946
Jul 06 - 10	9 AM-12 PM	Goodson	Mixed Media	420977
Jul 06 - 10	1 -4 PM	Goodson	Painting	420967
Jul 13 - 17	1 -4 PM	Goodson	Abstract Art	420937
Jul 20 - 24	9 AM-12 PM	Goodson	Clay	420927
Jul 20 - 24	1 -4 PM	Goodson	Nature Art	420947

**Summer Art Camps at Lone Tree (Ages 6-11)**

Students work with different media to learn art techniques and interesting content while creating projects.

June 1-5:

**Myths and Legends:** Fairy tales, mythical creatures and stories from around the world

June 22 -26:

**Explorers Camp:** Sail the seas, head to outer space and climb the highest mountain.

July 6 - 10

**A Frozen Summer:** Based off of your favorite movie, create arctic art and more.

Paperwork is available online. Please feel out and bring to class on the first day.

Mon-Fri

Youth Nonresident: \$97; Youth Resident: \$91

Dates	Time	Location	Class #
Jun 01 - 05	9 AM-12 PM	Lone Tree	450896
Jun 22 - 26	9 AM-12 PM	Lone Tree	450906
Jul 06 - 10	9 AM-12 PM	Lone Tree	450897

## Tie Dye Art (Ages 6-12)

Create bright, colorful patterns to wear by learning this dye-resistant technique. Bring 2 white t-shirts to decorate.

**Fri**

Youth Nonresident: \$13; Youth Resident: \$11

Dates	Time	Location	Class #
Jun 12	1 -2:45 PM	Buck	381296

## Mother's Day Art Bouquet at Buck (Ages 7-12)

We will channel our inner Pablo Picasso as we create a beautiful Mother's Day painting to show our moms how much we love them. Les mains aux fleurs.

All supplies included.

**Fri**

Youth Nonresident: \$12; Youth Resident: \$9

Dates	Time	Location	Class #
May 08	4 -5:30 PM	Buck	390715

## Summer Art Camp at Buck (Ages 7-14)

Use a variety of objects and materials to get creative and learn many new art techniques. Create a different project each day. All supplies included.

**Wed-Fri**

Youth Nonresident: \$46; Youth Resident: \$39

Dates	Time	Location	Class #
Jun 03 - 05	9:30-11:30 AM	Buck	391106

## Young Artists Mini Art Camp (Ages 3-6)

Create multimedia art projects related to favorite childrens' books.

**Tue-Fri**

Youth Nonresident: \$40; Youth Resident: \$38

Dates	Time	Location	Class #
Jun 02 - 05	1 -2:30 PM	Lone Tree	456256
Jun 23 - 26	1 -2:30 PM	Lone Tree	456266
Jul 07 - 10	1 -2:30 PM	Lone Tree	456257

## A Little Bit Of Art at Goodson (Ages 3-6)

Experiment with various art forms and themes to create fun summer projects.

**Wed**

Youth Nonresident: \$18; Youth Resident: \$16

Dates	Time	Location	Class #
Jun 03 - 10	10:45-11:45 AM	Goodson	425116
Jul 08 - 15	10:45-11:45 AM	Goodson	425117
Aug 05 - 12	10:45-11:45 AM	Goodson	425118

## Wearable Art at Lone Tree (Ages 7-12)

Create bright, colorful items by learning fun wearable art techniques.

**Mon**

Youth Nonresident: \$19; Youth Resident: \$16

Dates	Time	Location	Themes	Class #
Jun 22	1 -3 PM	Lone Tree	Jewelry	440666
Jul 06	1 -3 PM	Lone Tree	Tie Dye	440667

## Basket Weaving at Goodson (Ages 8-14)

Weave a decorative basket to contain your collections and treasures.

**Fri**

Youth Nonresident: \$25; Youth Resident: \$22

Dates	Time	Location	Class #
Jul 10	2 -4 PM	Goodson	420447

## Garden Stepping Stone at Goodson (Ages 8-14)

Create unique garden stepping stones as a decoration for your home or to give as a gift.

**Fri**

Youth Nonresident: \$27; Youth Resident: \$24

Dates	Time	Location	Class #
Jun 05	2 -4:15 PM	Goodson	420246

## Mosaic Design at Goodson (Ages 8-14)

Work with a professional potter and tile maker to design and create beautiful handmade mosaic objects.

**Fri**

Youth Nonresident: \$31; Youth Resident: \$26

Dates	Time	Location	Class #
Aug 07	2 -4:30 PM	Goodson	420198

## Wearable Art - Fashion Accessories at Goodson (Ages 8-12)

Make fun fashion accessories to wear.

**Thu**

Youth Nonresident: \$19; Youth Resident: \$16

Dates	Time	Location	Class #
Aug 06	1 -3 PM	Goodson	424758

## Curious About Art at Lone Tree (Ages 2-5)

Help your child discover the world of color, shape and texture. Emphasis will be on sensory exploration and fine motor skills development. Stomp, scribble, splash, and leave the mess with us. Class fee includes all materials. Adult must be present during the class.

**Mon 3 weeks\***

Youth Nonresident: \$22; Youth Resident: \$20

Youth Nonresident: \$29; Youth Resident: \$27

Dates	Time	Location	Class #
May 04 - 18*	4 -5 PM	Lone Tree	440575
Jul 06 - 27	4 -5 PM	Lone Tree	440577

## Arts and Enrichment Pre-School

Celebrate your young child's exploration of the world. Youth classes are for children only unless otherwise stated. If you think your child needs parental support, please consider our parent-tot classes.

## Art Explorers at Goodson (Ages 3-6)

Travel through time and around the world meeting artists, and make original art based on their styles and techniques. The class helps participants develop small motor skills.

### Wed

Youth Nonresident: \$48; Youth Resident: \$41

Dates	Time	Location	Class #
Jun 03 - 24	9 -10:30 AM	Goodson	421546
Jul 08 - 29	9 -10:30 AM	Goodson	421547

### Wed

Youth Nonresident: \$36; Youth Resident: \$31

Dates	Time	Location	Class #
Aug 05 - 19	9 -10:30 AM	Goodson	421548

## Parent-Tot Handprint Workshop at Lone Tree (Ages Infant - 5)

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

Class fee includes all materials. Adult must be present during the class.

### Mon

Youth Nonresident: \$20; Youth Resident: \$16

Dates	Time	Location	Class #
May 04	1:30-3 PM	Lone Tree	440855
Aug 10	1:30-3 PM	Lone Tree	440858

## PARENT-TOT ART CLASSES

Explore the joy of creating art together during these wonderful bonding experiences for parent/grandparent and child. Class fee is per child; no charge for adults.

## Mother's Day Parent Tot Canvas and Cookies (Ages 30 Months - 5)

Have a wonderful Mother's Day and create a work of art while enjoying some milk and cookies!

All materials provided.

### Fri

Youth Nonresident: \$9; Youth Resident: \$8

Dates	Time	Location	Class #
May 08	9 -10 AM	Goodson	430095

## Family Night in the Creativity Lab (Ages 0-Senior)

Spend an Evening in the Creativity Lab with your family! Create tie-dye t-shirts in June and one miniature "fairy garden" in July.

Price is for 4 people in a family (no charge for children under the age of 2 ). Supply list online.

Contact MarilynC@sspr.org for more information.

### Mon

Nonresident: \$11 Resident:\$10

Dates	Time	Location	Class #
Jun 15	7 -8 PM	Sheridan	438456
Jul 13	7 -8 PM	Sheridan	438457

## DRAWING

### The Basics of Drawing at Buck (Ages 14-Senior)

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.

### Thu

Nonresident: \$56; Resident:\$50

Dates	Time	Location	Class #
May 07 - 28	7 -9 PM	Buck	400225
Jul 09 - 30	7 -9 PM	Buck	400227

### Daytime Drawing and Painting (ages 15-Senior)

Work in our studio with your own supplies and projects. Learn new techniques and create beautiful pieces to frame and share. Experienced artist provides guidance with your projects.

Supply list online.

### Thu

Nonresident: \$31; Resident:\$28

Dates	Time	Location	Class #
Apr 16 - 30	1 -2:30 PM	Sheridan	439054
May 07 - 21	1 -2:30 PM	Sheridan	439055

### Drawing and Shading (Ages 15-senior)

Develop skills in observational drawing, shading, composition, and form. No experience necessary.

### Thu

Nonresident: \$50; Resident: \$43

Dates	Time	Location	Class #
May 07 - Jun 18	6:15-7:15 PM	Goodson	420735
Jul 09 - Aug 20	6:15-7:15 PM	Goodson	420737



## Intro to Drawing Portraits (Ages 16-Senior)

Learn to draw the human face depicting facial structures and the proper use of light and shadow. All abilities welcome.

Bring a 9" X 12" or larger sketch book, 2B or soft lead pencil, and eraser.

**Mon**

6 weeks. June 1-July 6 No class July 4.

Nonresident: \$96; Resident: \$88;

Dates	Time	Location	Class #
Jun 01 - Jul 06	9 -11 AM	Goodson	430636

## The Basics of Drawing (Ages 16-Senior)

Learn the basics of line, texture, shading and perspective. Use a variety of mediums including graphite, charcoal, pastels and ink. All levels of experience welcome. All materials provided.

**Fri**

Nonresident: \$68; Resident:\$64

Dates	Time	Location	Class #
Apr 10 - May 01	7 -9 PM	Goodson	430364
Jun 05 - 26	7 -9 PM	Goodson	430366

## Fantasy and Sci-Fi Drawing (Ages 8-15)

Learn how to draw and design your own sci-fi or fantasy character.

**Thu**

Youth Nonresident: \$50; Youth Resident: \$43

Dates	Time	Location	Class #
May 07 - Jun 18	3:45-4:45 PM	Goodson	424085

## Cartooning Illustration (Ages 8-15)

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

**Thu**

Youth Nonresident: \$50; Youth Resident: \$43

Dates	Time	Location	Class #
May 07 - Jun 18	5 -6 PM	Goodson	420625
Jul 09 - Aug 20	5 -6 PM	Goodson	420627

## FILMMAKING AND PHOTOGRAPHY

### Photo Field Trip to Downtown Littleton (Ages 16-Senior)

Study photography as an art form while shooting various points of view, patterns, textures, angles, colors and architectural styles. Bring a familiar digital camera with memory card and charged batteries or other photo device.

Meet at Buck

**Sat**

Nonresident: \$15; Resident:\$12

Dates	Time	Location	Class #
Jul 18	9 -11 AM	Buck	400297

### Photo Field Trip to Hudson Gardens (Ages 16-Senior)

Join us for a photo scavenger hunt. Bring a familiar digital camera with a memory card and charged batteries or other photo device. We will explore creative elements such as composition, shadow, reflection, patterns and more. Meet at Hudson Gardens.

**Sat**

Nonresident: \$15; Resident:\$12

Dates	Time	Location	Class #
Jun 20	9 -11 AM	Hudson Gardens	400286

### Sunset Photography (Ages 6-Senior)

Explore South Platte Park on a guided hike to some of the most scenic places we have!

**Fri**

Nonresident: \$12 Resident:\$8

Youth Resident: \$7; 65+ Resident: \$7

Dates	Time	Location	Class #
Apr 17	6:30-8 PM	S. Platte Pk	673184

### Photography Workshop (Ages 7-13)

Learn digital photography, including lighting, composition, and other important elements. Bring a familiar digital camera. All supplies included.

**Fri**

Youth Nonresident: \$20; Youth Resident: \$18

Dates	Time	Location	Class #
Jul 10	10:15 AM-12:15 PM	Lone Tree	455777

### Nature and Landscape Photography Workshop at Sweetwater Park (Ages 8-14)

Photograph natural beauty under the direction of an experienced photographer. Bring a familiar charged, digital camera, or borrow one from the instructor. Meet at the playground.

**Fri**

Youth Nonresident: \$20; Youth Resident: \$17

Dates	Time	Location	Class #
Jun 19	1 -3 PM	Sweetwater	450096

### Photography Camp at Buck (Ages 8-14)

Get creative with your camera and learn about lighting, composition and other photography elements. Bring a digital camera that is familiar to you, charged batteries and a memory card.

**Tue-Thu**

Youth Nonresident: \$46; Youth Resident: \$39

Dates	Time	Location	Class #
Jun 09 - 11	10 AM-12 PM	Gallup Gardens	395326

## SEEKING ARTISTS

Local artists seeking to display and sell artwork in South Suburban facilities. Exhibitions change monthly. Guidelines and application can be found at [ssprd.org/ Committees-and-Councils](http://ssprd.org/Committees-and-Councils). Call 303-483-7072 for available locations and dates.

## Photography Camp at Lone Tree (Ages 8-14)

Gain knowledge about lighting, composition and other important elements. Bring a familiar digital camera, charged batteries and a memory card.

### Tue-Thu

Youth Nonresident: \$46; Youth Resident: \$39

Dates	Time	Location	Class #
Jun 09 - 11	2:30-4:30 PM	Lone Tree	455786

## Photography Fun Techniques (Ages 8-14)

Learn basic tips for creativity, including how to compose and light a scene for different effects. Bring a familiar digital camera with memory card and charged batteries, or other photo device.

### Sat

Youth Nonresident: \$17; Youth Resident: \$15

Dates	Time	Location	Class #
Jun 27	9 -11 AM	Buck	390236

## Filmmaking Camp (Ages 9-12)

An accelerated filmmaking camp introduces students to all aspects of making movies. Participants will:

- Tell a story with camera shots and composition
- Learn crew positions and acting techniques
- Shoot a movie.

Students receive a DVD of our short film.

Please bring a snack and water.

### Mon-Fri

Youth Nonresident: \$225; Youth Resident: \$220

Dates	Time	Location	Class #
Jun 08 - 12	9 AM-1 PM	Goodson	426016
Jul 13 - 17	12 -4 PM	Buck	391087

## Nature Photography at deKoevend Park (Ages 9-12)

Photograph wild birds and different types of wildlife; learn how to photograph landscapes and close-ups of flowers and more. Meet at North Wood Bridge.

### Sat

Youth Nonresident: \$17; Youth Resident: \$16

Dates	Time	Location	Class #
Jul 11	10 AM-12:30 PM	deKoevend	424407

## Nature Photography - Close Up (Ages 9-12)

Capture vivid colors and details of flowers, insects and objects in the macro world. Learn how to photograph subjects using different techniques.

Bring a camera of choice with an empty memory card and full battery (camera phones, DSLR, and point and shoot cameras are all welcome), water, and please wear sunscreen.

### Sat

Youth Nonresident: \$38; Youth Resident: \$35

Dates	Time	Location	Class #
Aug 08 - 15	9am -12 PM	Hudson Gardens/S. Platte Pk	424378

## JEWELRY MAKING

### Summer Jewelry Making Camp (Ages 8-13)

Experience the fundamentals of jewelry making. Take a handmade piece of jewelry home every day!

\$10 materials fee due to instructor at first class.

### Mon-Fri

Youth Nonresident: \$65; Youth Resident: \$61

Dates	Time	Location	Class #
Jun 22 - 26	1 -3 PM	Goodson	424026
Jul 13 - 17	1 -3 PM	Goodson	424027

### Jewelry Making Workshop at Sheridan (Ages 8-15)

Experience the fun of making your own jewelry in this one day workshop.

\$3 materials fee paid to instructor at class.

### Mon

Youth Nonresident: \$14; Youth Resident: \$12

Dates	Time	Location	Class #
Jul 13	3:30-5:30 PM	Sheridan	438557

### Jewelry Making Class at Sheridan (Ages 14-Senior)

Experience fundamental jewelry making and get acquainted with hand tools and assembly. A variety of techniques are covered. No prior experience necessary.

A \$10 materials fee paid to the instructor at the first class.

### Tue

Nonresident: \$52 Resident:\$48

Dates	Time	Location	Class #
Apr 07 - 28	6:30-8:30 PM	Sheridan	439434
May 05 - 26	6:30-8:30 PM	Sheridan	439435
Jun 09 - 30	6:30-8:30 PM	Sheridan	439436
Jul 06 - 27	6:30-8:30 PM	Sheridan	439437
Aug 04 - 25	6:30-8:30 PM	Sheridan	439438

### Creative Wired Jewelry (Ages 16-Senior)

Using wire wrap techniques, create custom jewelry including a ring, earrings, bracelet and more. No previous experience necessary.

Taught by acclaimed jeweler Christine Grininger.

\$10 paid to the instructor at the first class

### Mon

Nonresident: \$52; Resident:\$48

Dates	Time	Location	Class #
Jun 08 - 29	6:30-8:30 PM	Goodson	430826

## PAINTING

### Mother's Day Parent Tot Canvas and Cookies (Ages 30 months-5)

Have a wonderful Mother's Day and create a work of art while enjoying some milk and cookies!

Dates	Time	Location	Class #
May 08	9-10 AM	Goodson	430095

More class details available online ➔

## Watercolor Techniques at Buck (Ages 14-Senior)

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

**Thu**

Nonresident: \$56; Resident:\$50

Dates	Time	Location	Class #
Apr 09 - 30	7 -9 PM	Buck	400394
Jun 04 - 25	7 -9 PM	Buck	400396

## Adult Painting Studio at Sheridan (Ages 15- Senior)

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.

**Wed**

Nonresident: \$42; Resident:\$38

Dates	Time	Location	Class #
Mar 04 - 25	7 -8:30 PM	Sheridan	439113
Apr 01 - 22	7 -8:30 PM	Sheridan	439114
May 06 - 27	6:30-8 PM	Sheridan	439115
Jun 03 - 24	6:30-8 PM	Sheridan	439116
Jul 08 - 29	6:30-8 PM	Sheridan	439117
Aug 05 - 26	6:30-8 PM	Sheridan	439118

## Daytime Art Experience (Ages 16-Senior)

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

**Fri**

Nonresident: \$92; Resident:\$82

Dates	Time	Location	Class #
Apr 10 - May 15	12:30-2:30 PM	Goodson	430564

## Daytime Watercolor in Sterne Park (Ages 16-Senior)

Explore color mixing and other techniques for producing quality watercolors outdoors. Class led by an experienced watercolorist.No experience necessary.

**Tue**

Nonresident: \$84 Resident:\$75

Dates	Time	Location	Class #
Jun 09 - Jul 21	10 AM-12 PM	Sterne Park	439076

## En Plein Aire Watercolor in Parks (Ages 16-Senior)

Work with a professional artist in outdoor settings. Learn techniques for producing quality watercolors. No experience necessary.

First class meets at Sterne Park, 5800 S Spotswood, Littleton.

**Thu**

Nonresident: \$66 Resident:\$61

Dates	Time	Location	Class #
Jun 11 - Jul 23	6:30-8 PM	Sterne Park	439226

## Landscape Painting (Ages 16-Senior)

Work with a professional artist to learn how to paint landscapes from a photo reference. All materials provided.

**Tue**

Nonresident: \$51; Resident:\$46

Dates	Time	Location	Class #
May 05 - 19	6 -8 PM	Lone Tree	460795

## Painting with Acrylics at Goodson (Ages 16-Senior)

Work with acrylic paint on canvas learning different brushstroke techniques and color theory. All levels of experience welcome. All materials provided.

**Fri**

Nonresident: \$68 Resident:\$64

Dates	Time	Location	Class #
Aug 07 - 28	7 -9 PM	Goodson	430418

## Pastels (Ages 16-Senior)

Learn how to use pastels along with many tips and tricks!

**Tue**

Nonresident: \$68; Resident:\$62

Dates	Time	Location	Class #
Jul 14 - Aug 18	9 -11 AM	Goodson	430577

## Portraits in the Park (Ages 16-Senior)

Enjoy painting portraits in the park. Use various types of paints and techniques to create beautiful pieces of work.

Meet at deKoevend Park

**Tue**

Nonresident: \$68; Resident:\$62

Dates	Time	Location	Class #
Jun 02 - Jul 07	9 -11 AM	deKoevend	403666
Jul 14 - Aug 18	9 -11 AM	deKoevend	403667

## Club Create at Goodson (Ages 3-6)

Use a variety of media, including oil and chalk pastels, watercolor, tempera paints and more to make imaginative artwork. Learn fundamental art concepts.

**Tue**

Youth Nonresident: \$48; Youth Resident: \$41 4 weeks

Dates	Time	Location	Class #
Jun 02 - 23	9 -10:30 AM	Goodson	421606
Jul 07 - 28	9 -10:30 AM	Goodson	421607

**Tue**

Youth Nonresident: \$36; Youth Resident: \$31 3 weeks

Dates	Time	Location	Class #
Aug 04 - 18	9 -10:30 AM	Goodson	421608



## POTTERY

## GOODSON CLAY ARTS STUDIO

Studio is equipped with eleven electric wheels, extruder, slab roller, three electric kilns, high-fire gas kiln and RAKU kiln. It's a place where students of all levels work side by side. Clay and tools purchased during classes. No outside clay please.

## Goodson Clay Arts Studio

Studio is equipped with eleven electric wheels, extruder, slab roller, three electric kilns, high-fire gas kiln and RAKU kiln. It's a place where students of all levels work side by side. Clay and tools purchased during classes. No outside clay please.

Clay Handbuilding and Sculpture  
(Ages 12-Senior)

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.

## Tue

Nonresident: \$45; Resident:\$40\*

Nonresident: \$67; Resident:\$60

Dates	Time	Location	Class #
Apr 07 - 28	7:30-9:30 PM*	Goodson	431444
May 05 - Jun 02	7:30-9:30 PM*	Goodson	431445
Jun 09 - 30	6 - 9 PM	Goodson	431376
Jul 07 - 28	6 - 9 PM	Goodson	431377
Aug 04 - 25	6 - 9 PM	Goodson	431378

## Beginning Pottery - Daytime (Ages 16-Senior)

Learn the basics of pottery wheel throwing and glazing.

Attendance to first class is required. Please arrange with instructor if you will miss the first class. Clay and tools purchased during the first class. No outside clay.

## Wed

Nonresident: \$107; Resident:\$92

Dates	Time	Location	Class #
Apr 15 - May 20	3 - 6 PM	Goodson	431164
Jun 10 - Jul 15	3 - 6 PM	Goodson	431166
Jul 22 - Aug 26	3 - 6 PM	Goodson	431167

## Beginning Pottery - Evening (Ages 16-Senior)

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

Attendance to first class is required. Please arrange with instructor if you will miss the first class. Clay purchased during class. No outside clay.

## Mon

Nonresident: \$107; Resident:\$92

Dates	Time	Location	Class #
Apr 22 - May 27	6:30-9:30 PM	Goodson	431174
Jun 01 - Jul 13	6:30-9:30 PM	Goodson	431176
Jul 20 - Aug 24	6:30-9:30 PM	Goodson	431177

## Continuing Wheel - Daytime (Ages 16-Senior)

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

Clay purchased during class.

Students who have completed Beginning Pottery or have equivalent experience are welcome.

## Fri

Nonresident: \$67; Resident:\$60

Dates	Time	Location	Class #
Apr 03 - 24	10:30 AM-1:30 PM	Goodson	431534
May 01 - 22	10:30 AM-1:30 PM	Goodson	431535
Jun 05 - 26	10:30 AM-1:30 PM	Goodson	431536
Jul 10 - 31	10:30 AM-1:30 PM	Goodson	431537
Aug 07 - 21	10:30 AM-1:30 PM	Goodson	431538

## Mon

Nonresident: \$67; Resident:\$60 4 weeks

Nonresident: \$51; Resident:\$45 3 weeks

Dates	Time	Location	Class #
Apr 13 - 27	11:30 AM-2:30 PM	Goodson	431134
May 04 - 18	11:30 AM-2:30 PM	Goodson	431135
Jun 01 - 22	11:30 AM-2:30 PM	Goodson	431136
Jul 06 - 27	11:30 AM-2:30 PM	Goodson	431137
Aug 03 - 24	11:30 AM-2:30 PM	Goodson	431138

Continuing Wheel Pottery at Goodson - Evening  
(Ages 16-Senior)

Whether you have had one class or have been throwing for years, practice your throwing skills with individual guidance.

Clay and tools purchased during classes. No out-side clay please

Students who have completed Beginning Potter or have equivalent experience are welcome.

## Wed

Nonresident: \$67; Resident:\$60

Dates	Time	Location	Class #
Apr 01 - 22	6:30-9:30 PM	Goodson	431384
Apr 29 - May 20	6:30-9:30 PM	Goodson	431385
Jun 03 - 24	6:30-9:30 PM	Goodson	431386
Jul 08 - 29	6:30-9:30 PM	Goodson	431387
Aug 05 - 19	6:30-9:30 PM	Goodson	431388

## Thu

Dates	Time	Location	Class #
Apr 02 - 23	6:30-9:30 PM	Goodson	431484
May 07 - 28	6:30-9:30 PM	Goodson	431485
Jun 04 - 25	6:30-9:30 PM	Goodson	431486
Jul 02 - 23	6:30-9:30 PM	Goodson	431487
Aug 06 - 27	6:30-9:30 PM	Goodson	431488

## Goodson Pottery Studio Labtime (Ages 16-Senior)

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 and up to 1/2 hour before the center closes.

Participants must have recently taken a pottery class at Goodson to be eligible.

Clay must be purchased through an instructor.

Tied shoes must be worn to ensure safety on the pottery wheel. Visit online schedule for lab times.

### Sun-Sat

Nonresident: \$61; Resident: \$50

Dates	Time	Location	Class #
Apr 01 - 30	Varies	Goodson	431904
May 01 - 31	Varies	Goodson	431905
Jun 01 - 30	Varies	Goodson	431906
Jul 01 - 31	Varies	Goodson	431907
Aug 01 - 31	Varies	Goodson	431908

## RAKU on Saturday (Ages 16-Senior)

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.

### Sat

Nonresident: \$59; Resident: \$54

Dates	Time	Location	Class #
Apr 18	9 AM-3 PM	Goodson	431604
May 16	9 AM-3 PM	Goodson	431605
Jul 18	9 AM-3 PM	Goodson	431607
Aug 22	9 AM-3 PM	Goodson	431608

## Clay Critters and Bugs at Lone Tree (Ages 3-5)

Explore the world of creepy critters and make some clay ones of your own.

### Tue

Youth Nonresident: \$14; Youth Resident: \$12

Dates	Time	Location	Class #
Aug 04 - 11	9 -10 AM	Lone Tree	451348

## Clay Camp at Lone Tree (Ages 5-12)

Create hand built clay projects including mugs, piggy banks and more using different handbuilding methods such coil, slab and pinch styles.

### Mon-Fri Ages 5-8

Youth Nonresident: \$83; Youth Resident: \$72

Dates	Time	Location	Class #
Jul 13 - 17	9:30 AM-12 PM	Lone Tree	451257

### Mon-Fri Ages 8-12

Youth Nonresident: \$83; Youth Resident: \$72

Dates	Time	Location	Class #
Jun 08 - 12	9 AM-12 PM	Lone Tree	451266

## Kids Clay Fun at Goodson (Ages 3-6)

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

This is not a parent-tot art class.

### Thu

Youth Nonresident: \$48; Youth Resident: \$41

Dates	Time	Location	Class #
Apr 02 - 23	9:15-10:45 AM	Goodson	421454
Apr 30 - May 21	9:15-10:45 AM	Goodson	421455
Jun 04 - 25	9 -10:30 AM	Goodson	421416
Jul 09 - 30	9 -10:30 AM	Goodson	421417

### Thu

Youth Nonresident: \$36; Youth Resident: \$31

Dates	Time	Location	Class #
Aug 06 - 20	9 -10:30 AM	Goodson	421418

## Mud Puppies Parent-Tot at Goodson (Ages 2 1/2 - 5)

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

### Thu

Youth Nonresident: \$37; Youth Resident: \$33 4 weeks

Dates	Time	Location	Class #
Apr 02 - 23	11 AM-12 PM	Goodson	437444
Apr 30 - May 21	11 AM-12 PM	Goodson	437445
Jun 04 - 25	10:45-11:45 AM	Goodson	437436
Jul 09 - 30	10:45-11:45 AM	Goodson	437437

### Thu

Youth Nonresident: \$28; Youth Resident: \$25 3 weeks

Dates	Time	Location	Class #
Aug 06 - 20	10:45-11:45 AM	Goodson	437438

## ART PARTIES

Bring your creativity to any celebration- Birthday parties, wedding showers, team building, sweet 16, baby showers, ladies groups & many more! 2 hour parties for kids or adults include one hour art activity of your choice: Dance party- Ballet, Hip Hop or Jazz. Clay party- Create a clay project that will be glazed and fired. Painting party- Create works of art on canvas. Plan an event for Scout Merit Badges: Chose from a number of programs in which scouts may work on a badge. Programs include: Clay, Dance, Fine Arts and Theater. 1 hour party room rental included for cake or treats after your art activity. \$180/\$156 R up to 15 participants. For information call 303-708-3513.

## Youth Pottery at Goodson (Ages 10-15)

Learn the basics of wheel throwing and glazing. Students must purchase clay in class.

### Thu

Youth Nonresident: \$65; Youth Resident: \$54

Dates	Time	Location	Class #
Apr 09 - May 14	4 -6 PM	Goodson	421504
May 21 - Jul 25	4 -6 PM	Goodson	421505
Jul 09 - Aug 13	4 -6 PM	Goodson	421507

## Kids Clay Fun at Lone Tree (Ages 3-6)

Using clay, develop large and small motor skills with new textures. For class questions at Lone Tree call 303-708-3513

### Tue

Youth Nonresident: \$48; Youth Resident: \$41

Dates	Time	Location	Class #
Aug 04 - 25	10:30 AM-12 PM	Lone Tree	450218

## Mud Puppies Clay Parent-Tot at Lone Tree (Ages 2 1/2-5)

Create a unique, permanent treasure out of clay. A wonderful bonding experience for parent or grandparent and child.

Class fee includes all materials. Adult must be present during the class.

### Mon

Youth Nonresident: \$37; Youth Resident: \$33

Dates	Time	Location	Class #
Apr 06 - 27	4 -5 PM	Lone Tree	468304
Jun 01 - 22	4 -5 PM	Lone Tree	468306
Aug 03 - 24	4 -5 PM	Lone Tree	468308

## Clay Creations at Buck (Ages 5-12)

Learn pinch, coil and slab techniques, including firing and glazing. Dress to make a mess.

### Thu

Youth Nonresident: \$60; Youth Resident: \$54

Dates	Time	Location	Class #
Jun 04 - Jul 16	12:30-2:30 PM	Buck	391556

## Clay Creations at Goodson (Ages 5-12)

Learn pinch, coil and slab techniques, includes firing and glazing. Tied shoes are required for the pottery studio.

### Tue

Youth Nonresident: \$80; Youth Resident: \$72

Dates	Time	Location	Class #
Apr 07 - May 26	4:15-5:30 PM	Goodson	424804
Jun 09 - Jul 28	4:15-5:30 PM	Goodson	424806
Aug 04 - Sep 22	4:15-5:30 PM	Goodson	424808

## Clay Creations at Lone Tree (Ages 5-12)

Create clay creations using pinch, coil and slab techniques, and firing and glazing. All materials included.

### Wed

Youth Nonresident: \$40; Youth Resident: \$36

Dates	Time	Location	Class #
May 06 - 27	4 -5:15 PM	Lone Tree	451415

## Mud Monsters (Ages 5-9)

Learn varied methods of clay construction while creating beautiful clay pieces. All pieces fired and glazed.

### Mon

Youth Nonresident: \$83; Youth Resident: \$73

Dates	Time	Location	Class #
Jun 15 - Aug 10	2:45-4 PM	Goodson	421136

## Castles and Dragons (Ages 6-10)

Discover the imaginary world of castles and dragons using clay, paint and more in this multimedia class.

### Tue

Youth Nonresident: \$79; Youth Resident: \$70

Dates	Time	Location	Class #
Jun 09 - Aug 04	1 -2:30 PM	Goodson	420256

## Youth Sculpture (Ages 7-14)

Sculpt imaginary and real creatures using clay. Clay is included. All sculptures will be fired.

Please dress for a mess.

### Tue

Youth Nonresident: \$90; Youth Resident: \$77

Dates	Time	Location	Class #
Jun 09 - Aug 04	4:15-6:15 PM	Goodson	421256

## Youth Fountain Making (Ages 8 - 15)

Learn extensive hand-building techniques while designing a unique fountain. Fountains fired and glazed

### Thu

Youth Nonresident: \$86; Youth Resident: \$72

Dates	Time	Location	Class #
Jun 11 - Aug 06	1 -3 PM	Goodson	421586

## WRITING

### Creative Writing

Write and critique short fiction under the guidance of a professional writer. Improve your writing at school or work, increase your vocabulary, and learn to break through writer's block. A \$10 materials fee due the first day. All supplies provided.

### Wed

Youth Resident: \$75; Youth Nonresident: \$85

### Creative Writing ages 8 - 12

Dates	Time	Location	Class #
Jun 03 - Jul 08	4:30-5:30 PM	Goodson	424706



Jul 15 - Aug 19	4:30-5:30 PM	Goodson	424707
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### Creative Writing ages 12 - 16

Dates	Time	Location	Class #
Jun 03 - Jul 08	5:45-6:45 PM	Goodson	422656
Jul 15 - Aug 19	5:45-6:45 PM	Goodson	424657

### Creative Writing ages 16-Senior

Dates	Time	Location	Class #
Mar 04 - Apr 08	7 -8 PM	Goodson	433003
Apr 15 - May 20	7 -8 PM	Goodson	433004

## Writer's Workshop at Lone Tree (Ages 16-Senior)

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

Thu

Nonresident: \$18; Resident:\$14

Dates	Time	Location	Class #
Apr 09 - 16	1 -3 PM	Lone Tree	464014

# AQUATICS

## SWIM LESSON DESCRIPTIONS

### Parent-Tot (Ages 6 months to 3 years)

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!

## PRESCHOOL LEVEL CLASSES (AGES 3-5)

### 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. Improve front and back 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.

## SCHOOL AGE LEVEL CLASSES (AGES 6 AND UP)

### School Age 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.

### School Age 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.

### School Age 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.

### School Age 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.

### School Age 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.

### School Age Level 6 Fitness Swimmer

This level will work with swimmers on fine tuning all strokes and increasing efficiency, power and endurance over greater distances while also using the pace clock, and perfecting flip turns. The primary focus is to prepare participants for competitive swimming. Swimmers who have successfully complete this level are highly encouraged to participate in our Pre-Competitive, Competitive and Summer Swim Team programs.

### Special Interest Pre-Competitive

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. Please bring a towel to class.

### Special Interest Competitive

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.

**DIVING****Diving Lessons (Ages 6 and up)**

Dive into diving and learn basic approach, board work and optional dives. Must be able to swim in deep water. Each session runs 2 weeks.

**Mon-Thu**

Youth Nonresident: \$56; Youth Resident: \$40

Session 6: Jun 1-11      Session 7: Jun 15-25

Session 8: Jun 29-Jul 9      Session 9: Jul 13-23

Session 10: Jul 27-Aug 6

**Cool Creek Pool** 26944 9:35-10:05 AM 26945 10:10-10:40 AM

**Franklin Pool** 27909 11:15-11:45 AM 27910 11:50-12:20 AM

**C.A.R.A. Dive Team (Ages 7-18)**

Challenge yourself, show off your style with tricks on the board or be part of a team. Learn the fundamentals of diving while working on basics.

You must be able to perform a basic head first, front dive and tread water for one minute.

**Tue & Thu**

Youth Nonresident: \$150; Youth Resident: \$110

**Ages 7-11**

Dates	Time	Location	Class #
Jun 03 - Aug 09	6 -7 PM	Franklin Pool	209406

**Ages 12-18**

Dates	Time	Location	Class #
Jun 03 - Aug 06	7 -8 PM	Franklin Pool	209416

**PRE-COMPETITIVE/COMPETITIVE****Pre-Competitive (Ages 6-15)**

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.

**Mon & Wed at Goodson and Lone Tree; Sat at Buck;**

Youth Nonresident: \$97; Youth Resident: \$73

Dates	Time	Location	Class #
Mar 30 - Apr 22	5:30-6:30 PM	Goodson	228694
Apr 27 - May 20	5:30-6:30 PM	Goodson	228695
Feb 28-Mar 21	12-1 PM	Buck	210103
Mar 28-Apr 11	12-1 PM	Buck	210104
Apr 26-May 16	12-1 PM	Buck	210105
Feb 2-25	4:15-5:15 PM	Lone Tree	249142
Mar 2-Mar 25	4:15-5:15 PM	Lone Tree	249143
Mar 30-Apr 22	4:15-5:15 PM	Lone Tree	249144
Apr 27-May 20	4:15-5:15 PM	Lone Tree	219145

**Competitive (Ages 8-15)**

Fine tune strokes and maintain off-season endurance in all four competitive strokes

**Mon, Wed**

Nonresident: \$49; Resident: \$37 Saturday\*

Nonresident: \$97; Resident: \$73

Dates	Time	Location	Class #
Feb 28-Mar 21	1-2pm	Buck	210203
Mar 28-Apr 18	1-2 PM	Buck	210204
Apr 26-May 16	1-2 PM	Buck	210205
Feb 02-25	5:15 -6:15 PM	Lone Tree	249272
Mar 2-25	5:15-6:15 PM	Lone Tree	249273
Mar 28-Apr 18*	9-10AM	Lone Tree	249284

Mar 30-Apr 22	5:15-6:15 PM	Lone Tree	249274
Apr 26-May 16*	9-10 AM	Lone Tree	249285
Apr 27-May 20	5:15-6:15 PM	Lone Tree	249275

**SWIM TEAM****Harlow Swim Club (Ages 5-13)**

Not quite ready for swim team but want a team-like experience? Here's an introduction to just that. Focus is on stroke development, endurance and building self confidence in the water. Swimmers will participate in a mock swim meet at the end of the season. For more information call 303-730-5219.

Parent Meeting on Apr 23, 7 pm at Lone Tree

Registration begins on Apr 23 at 8 pm.

Must be able to swim one 25 meter length of the pool using one of the four competitive strokes, unassisted or have passed the Level 3 level.

**Tue, Wed, Thu**

Youth Nonresident: \$110; Youth Resident: \$75

Dates	Time	Location	Class #
Jun 03 - Jul 10	9 -10 AM	Harlow Pool	289506

**Summer Swim Team at Cook Creek (ages 5-18)**

Enjoy a fun, recreational swim team experience this summer. Improve all four competitive strokes. Meets are held throughout the metro area on Saturday mornings.

Parent Meeting on Apr 23, 7 pm at Lone Tree

Registration begins on Apr 23 at 8 pm.

Swimmers must be able to swim one 25 meter length of the pool using one of the four competitive strokes unassisted. All fees and paperwork must be completed before a swimmer will be allowed in the water. Visit [ssprd.org](http://ssprd.org) for practice times.

**Mon - Sat**

Youth Nonresident: \$210; Youth Resident: \$150

Dates	Time	Location	Class #
May 11 - Jul 18	TBD	C. Creek Pool	269105

**Summer Swim Team at Franklin (ages 5-18)**

Enjoy a fun, recreational swim team experience this summer. Improve all four competitive strokes. Meets are held throughout the metro area on Saturday mornings. Visit [ssprd.org](http://ssprd.org) for practice times.

Parent Meeting on Apr 17, 7 pm at Goodson

**Mon-Sat**

Youth Resident: \$150; Youth Resident: \$150

Dates	Time	Location	Class #
May 11 - Jul 18	TBD	Franklin Pool	279005

## Summer Swim Team at Holly (Ages 5-18)

Enjoy a fun, recreational swim team experience this summer. Improve all four competitive strokes. Meets are held throughout the metro area on Saturday mornings.

Parent Meeting on Apr 23, 7 pm at the Goodson

### Mon-Sat

Nonresident: \$210; Resident:\$150

Dates	Time	Location	Class #
May 11 - Jul 18	6 -9 AM	Holly Pool	299005

## ADULT SWIM LESSONS

### Adult Swim Lesson - Beginner (Ages 15-Senior)

Don't be left on the deck. Adults of varied swimming abilities will gain the skills and techniques needed to swim for fitness or recreation. One-on-one instruction is also available through the private swim lesson program.

Please bring a towel to class.

### Tue & Thu

Nonresident: \$59; Resident:\$43

Dates	Time	Location	Class #
Mar 31 - Apr 23	6:30-7:15 PM	Lone Tree	249313
Jun 02 - 25	6:30-7:15 PM	Lone Tree	249316

### Adult Swim Lesson - Intermediate (Ages 17 - Senior)

Looking for more development of strokes? This is the class for you. Swimmers will improve their freestyle technique and begin learning or improving their backstroke and breaststroke. Students entering this class must be able to swim 25 yards using freestyle with their face in the water.

### Tue/Thu

Nonresident: \$59; Resident:\$43

Dates	Time	Location	Class #
Apr 28-May 21	6:30-7:15 PM	Lone Tree	249394

## SPECIALTY CLASSES

### Community First Aid, CPR and AED Training (Ages 16-Senior)

Learn the techniques used with adults, infants and children and how to respond to injuries and sudden illnesses preparing you to help in an emergency situation. Upon completion, receive certification in American Red Cross First Aid and CPR/AED for adults, children, and infants. Fee includes book and certification.

### Sat

Nonresident: \$80 Resident:\$70

Dates	Time	Location	Class #
Apr 04	8 AM-4 PM	Buck Center	219614
Jun 27	8 AM-4 PM	Goodson	229626
Sep 19	8 AM-4 PM	Lone Tree	249729

## Red Cross Lifeguard Training (ages 15-Senior)

American Red Cross (ARC) Lifeguard Training course teaches candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. Upon successful completion candidate will receive certification in ARC Lifeguard Training, First Aid, and CPR/AED for the Professional Rescuer. Learn injury prevention, facility safety, patron surveillance, emergency preparation, equipment based rescues and spinal injury management.

- Course Pre-test and Prerequisites: Must be able to swim 300 yards continuously using freestyle and breaststroke
- Swim 20 yards and retrieve a brick from a 10 foot depth and swim it back in under one minute and forty seconds
- Tread water without hands for 2 minutes

Students must attend all session dates - make-ups are not available.

### Sun / Sun & Sat

Nonresident: \$273; Resident:\$184

### Sun - Pre-test Apr 03 from 5-7 PM

Dates	Time	Location	Class #
Apr 05 - 19	9 AM-4 PM	Goodson Pool	229454

### Sun & Sat - Pre-test Apr 22 from 5-7 PM at Goodson

Dates	Time	Location	Class #
Apr 25 - May 03	9 AM-5 PM	Buck	209584

## Red Cross Water Safety Instructor (Ages 16-Senior)

The American Red Cross Water Safety Instructor Course will prepare you to teach the Learn-to-Swim programs and selected water safety courses. Includes class management, stroke efficiency, and technique. For more information please call Goodson Pool at 303-483-7078.

Students must attend ALL session dates. No refunds or make-ups due to illness or injury.

### Sun

Nonresident: \$290; Resident:\$200

Dates	Time	Location	Class #
Apr 12 - May 03	9 AM-4 PM	Goodson	229474

## Red Cross Lifeguard Instructor (Ages 17-Senior)

The American Red Cross Lifeguard Instructor (LGI) course trains instructor candidates to teach Lifeguard Training (including First Aid), CPR for the Professional Rescuer, Lifeguard Management, AED Essentials, Oxygen Administration for the Professional Rescuer, Preventing Disease Transmission, Community Water Safety and Basic Water Rescue.

Prerequisite: Must hold a current American Red Cross Lifeguard Training/First Aid certificate and a CPR/AED for Lifeguards certificate.

### Sun, Mon & Tue

Nonresident: \$290; Resident:\$200

Dates	Time	Location	Class #
May 17 - 19	9 AM-5 PM	Goodson Pool	229465

## INDOOR POOL SPRING SWIM LESSONS

**Mon/Wed Am & PM 4 wks,**  
 240 min instructor time  
 Session 4: Mar 30 - Apr 22\*\*  
 Session 5: Apr 27 - May 20  
 \*\*Buck will not have class  
 April 20th or 22nd and the  
 registration cost will be pro-  
 rated to reflect two less classes

Parent-Tot & Pre-school  
 Nonresident: \$60; Resident: \$44  
 School Age  
 Nonresident: \$58; Resident: \$42

**Tue/Thu AM & PM 4 wks,**  
 240 min instructor time  
 T/Th AM & PM 4 wks, 240-min  
 instructor time  
 Session 4: Mar 31 - Apr 23\*\*  
 Session 5: Apr 28 - May 21  
 \*\*Buck will not have class  
 April 21st and 23rd and the  
 registration cost will be pro-  
 rated to reflect two less classes

Parent-Tot & Pre-school  
 Nonresident: \$60; Resident: \$44  
 School Age  
 Nonresident: \$58; Resident: \$42

**Sat AM 4 wks,**  
 120 min instructor time  
 Session 4: Mar 28 - Apr 18\*\*  
 Session 5: Apr 25 - May 16  
 \*\*Buck will not have class April  
 18th and the registration cost  
 will be pro-rated to reflect one  
 less class

Parent-Tot & Pre-school  
 Nonresident: \$30; Resident: \$22  
 School Age  
 Nonresident: \$29; Resident: \$21

		BUCK			GOODSON			LONE TREE		
Parent-Tot		TIME	CLASS	DAY	TIME	CLASS	DAY	TIME	CLASS	DAY
		5:10-5:40 PM	20031	Mon/Wed						
		9-9:30 AM	20035	Tue/Thu	10:40-11:10AM	22082	Sat	9:35-10:05AM	24090	Sat
		9:35 - 10:05AM	20021	Sat				10:45-11:15AM	24089	Sat
		10:40-11:10AM	20025	Sat						
Pre-school	Level 1	4-4:30PM	20145	Mon/Wed	4-4:30PM	22124	Mon/Wed	4:15-4:45PM	24142	Tue/Thu
		4:35-5:05 PM	20146	Mon/Wed	4:35-5:05PM	22125	Mon/Wed	4:50-5:20PM	24145	Tue/Thu
		9:30-10:05AM	20135	Tues/Thu	5:45-6:15PM	22126	Mon/Wed	5:25-5:55PM	24150	Tue/Thu
		9-9:30 AM	20117	Sat	9:30-10AM	22180	Sat	6-6:30PM	24152	Tue/Thu
		9:35-10:05AM	20121	Sat	10:40-11:10AM	22184	Sat	9-9:30AM	24180	Sat
		10:10-10:40AM	20122	Sat	11:15-11:45AM	22186	Sat	9:35-10:05AM	24183	Sat
		10:45-11:15AM	20123	Sat				10:10-10:40AM	24187	Sat
								10:45-11:15AM	24192	Sat
	Level 2	4-4:30PM	20231	Mon/Wed	4-4:30PM	22224	Mon/Wed	4:15-4:45PM	24238	Tue/Thu
		4:35-5:05PM	20232	Mon/Wed	4:35-5:05PM	22226	Mon/Wed	4:50-5:20PM	24246	Tue/Thu
		5:10-5:40PM	20231	Mon/Wed	5:10-5:40PM	22228	Mon/Wed	5:25-5:55PM	24251	Tue/Thu
		10:10AM	20260	Tues/Thu	10:05-10:35AM	22282	Sat	9-9:30AM	24280	Sat
		9-9:30AM	20217	Sat	10:40-11:10AM	22284	Sat	9:35-10:05AM	24281	Sat
		9:35-10:05AM	20221	Sat				10:45-11:15AM	24290	Sat
		10:10AM	20220	Sat						
		11:20-11:50AM	20224	Sat						
	Level 3	4-4:30PM	20331	Mon/Wed	4:30-5:05PM	22320	Mon/Wed	4:15-4:45PM	24342	Tue/Thu
		4:35-5:05PM	20332	Mon/Wed	5:10-5:40PM	22321	Mon/Wed	4:50-5:20PM	24338	Tue/Thu
		10:45-11:15AM	20345	Tue/Thu	10:05-10:35AM	22380	Sat	5:25-5:55PM	24349	Tue/Thu
		9-9:30AM	20318	Sat	11:15-11:45AM	22384	Sat	6-6:30PM	24352	Tue/Thu
		10:10-10:40AM	20321	Sat				9-9:30AM	24380	Sat
		10:45-11:15AM	20322	Sat				9:35-10:05AM	24381	Sat
		11:20-11:50AM	20325	Sat				10:10-10:40AM	24385	Sat
School Age	Level1	4-4:30PM	20550	Mon/Wed	4-4:30PM	22520	Mon/Wed	6-6:30pm	24552	Tue/Thu
		5:10-5:40PM	20551	Mon/Wed	5:45-6:15PM	22526	Mon/Wed	9-9:30AM	24580	Sat
		9-9:30AM	20519	Sat	10:05-10:35AM	22581	Sat	10:10-10:50AM	24585	Sat
		9:35-10:05AM	20520	Sat	11:15-11:45AM	22582	Sat			
		10:45-11:15AM	20521	Sat						
	Level 2	4-4:30PM	20649	Mon/Wed	4-4:30PM	22620	Mon/Wed	4:50-5:20PM	24642	Tue/Thu
		4:35-5:05PM	20650	Mon/Wed	5:10-5:50PM	22624	Mon/Wed	6-6:30PM	24648	Tue/Thu
		9-9:30AM	20623	Sat	9:30-10AM	22682	Sat	9:35-10:05AM	24685	Sat
		9:35-10:05AM	20620	Sat	11:15-11:45AM	22688	Sat	10:10-10:40AM	24681	Sat
		4:35-5:05PA	20750	Mon/Wed	4:35-5:05PM	22722	Mon/Wed	4:15-4:45PM	24740	Tue/Thu
	Level 3	10:10-10:40AM	20720	Sat	5:45-6:15PM	22727	Mon/Wed	4:50-5:20PM	24743	Tue/Thu
		10:45-11:15AM	20721	Sat	9:30-10AM	22782	Sat	9-9:30AM	24778	Sat
					10:05-10:35AM	22784	Sat	10:10-10:40AM	24785	Sat
		5:10-5:40PM	20850	Mon/Wed	5:10-5:40PM	22824	Mon/Wed	5:25-5:55PM	24820	Tue/Thu
	Level 4	11:20-11:50AM	20821	Sat	10:40-11:10AM	22832	Sat	10:45-11:15AM	24833	Sat
		5:10-5:40PM	20911	Mon/Wed				5:25-5:55PM	24869	Tue/Thur
	Level 5	11:20-11:50AM	20920	Sat	9:30-10AM	22866	Sat	6-6:30PM	24871	Tue/Thur
								10:45-11:15AM	24885	Sat



## INDOOR POOL SUMMER SWIM LESSONS

### Mon/Wed AM & PM 4 wks,

240 min instructor time

Session 6: Jun 1-11

Session 7: Jun 15-25

Session 8: Jun 29-Jul 10

Session 9: Jul 13-23

Session 10: Jul 27-Aug 6

### Parent/Tot and Preschool:

Nonresident: \$60

Resident: \$44

Nonresident: \$58

Resident: \$42

### School Age

Tue/Thu AM & PM 4 wks,

240 min instructor time

M/W PM 4 wks

### 240-min instructor time

Session 6: Jun 1-24

Session 7: Jun 29-Jul 22

### Parent/Tot and Preschool:

Nonresident: \$60

Resident: \$44

### School Age

Resident: \$58

Nonresident: \$42

### School Age

Sat AM 4 wks,

120 min instructor time

Sat AM 4 wks,

120-min instructor time

Session 6: May 30-Jun 20

Session 7: Jun 27-Jul 25\*\*

Session 8: Aug 1-22

\*\*No class July 4

Nonresident: \$30

Resident: \$22

Parent-Tot & Pre-school

Nonresident: \$29

Resident: \$21

		BUCK			GOODSON			LONE TREE		
		TIME	CLASS	DAY	TIME	CLASS	DAY	TIME	CLASS	DAY
Parent-Tot		5:10-5:40PM	20031	Mon/Wed	10:40-11:10AM	22082	Sat	9-9:30AM	24000	Mon-Thu
		9:35-10:05AM	20021	Sat				9:35-10:05AM	24090	Sat
		10:12-11:15AM	20025	Sat						
Pre-School	Level 1									
		9:10-9:40AM	20105	Mon-Thu	9:30-10AM	22124	Mon/Wed	9-9:30AM	24101	Mon-Thu
		9:45-10:15AM	20106	Mon-Thur	10:05-10:35AM	22125	Mon/Wed	9:35-10:05AM	24103	Mon-Thu
		10:20-10:50AM	20107	Mon-Thur	11:15-11:45AM	22126	Mon/Wed	10:10-10:40AM	24105	Mon-Thu
		11-11:30AM	20108	Mon-Thur	4-4:30PM	22180	Sat	4:15-4:45PM	24142	Tu/Thu
		4-4:30PM	20145	Mon/Wed	4:35-5:05PM	22186	Sat	4:50-5:20PM	24145	Tu/Thu
		4:35-5:05PM	20146	Mon/Wed	5:45-6:15PM	22186	Sat	5:25-5:55PM	24150	Tu/Thu
		9-9:30AM	20117	Sat	9:30-10AM	22180	Sat	9-9:30AM	24180	Sat
		9:35-10:05AM	20121	Sat	10:40-11:10AM	22184	Sat	9:35-10:05AM	24183	Sat
		10:10-10:40AM	20122	Sat	11:15-11:45AM	22186	Sat	10:45-11:15AM	24192	Sat
		10:45-11:15AM	20123	Sat						
	Level 2									
		9:10-9:40AM	20205	Mon-Thur	9:30-10AM	22202	Mon-Thu	9-9:30AM	24201	Mon-Thu
		9:45-10:15AM	20206	Mon-Thur	10:05-10:35AM	22204	Mon-Thu	10:10-10:40AM	24203	Mon-Thu
		10:20-10:50AM	20207	Mon-Thur	10:40-11:10AM	22206	Mon-Thu	10:45-11:15AM	24205	Mon-Thu
		4-4:30PM	20231	Mon/Wed	4-4:30PM	22224	Mon/Wed	4:15-4:45PM	24238	Tue/Thu
		4:35-5:05PM	20232	Mon/Wed	4:35-5:05PM	22226	Mon/Wed	4:50-5:20PM	24246	Tue/Thu
		5:10-5:40PM	20235	Mon/Wed	5:10-5:40PM	22228	Mon/Wed	5:25-5:55PM	24251	Tue/Thu
		9-9:30AM	20217	Sat	10:05-10:35AM	22282	Sat	6-6:30PM	24250	Tue/Thu
		9:30-10:05AM	20221	Sat	10:40-11:10AM	22284	Sat	9-9:30AM	24280	Sat
		10:10-10:40AM	20220	Sat				9:35-10:05AM	24281	Sat
		11:20-11:50AM	20224	Sat				10:10-10:40AM	24285	Sat
								10:45-11:15AM	24290	Sat
	Level 3	9:10-9:40AM	20305	Mon-Thu	11:15-11:45AM	22304	Mon/Wed	9:35-10:05AM	24306	Mon-Thu
		9:45-10:15AM	20306	Mon-Thu	4:35-5:05PM	22320	Mon/Wed	10:45-11:15	24308	Mon-Thu
		10:20-10:50AM	20307	Mon-Thu	5:10-5:40PM	22321	Sat	4:15-4:45PM	24342	Tue-Thu
		4-4:30PM	20331	Mon/Wed	10:05-10:35AM	22380	Sat	4:50-5:10PM	24338	Tue-Thu
		4:35-5:05PM	20332	Mon/Wed	11:15-11:45AM	22384	Sat	5:25-5:55PM	24349	Tue-Thu
		9-9:30AM	20318	Sat				6-6:30PM	24352	Tue-Thu
		10:10-10:40AM	20321	Sat				9-9:30AM	24380	Sat
		10:45-11:15AM	20322	Sat				9:35-10:05AM	24381	Sat
		11:20-11:50AM	20325	Sat				10:10-10:40AM	24385	Sat
								10:45-11:15AM	24388	Sat
School Age	Level 1	10:20-10:50	20509	Mon-Thu	10:40-11:10AM	22506	Mon-Thu	9-9:30AM	24505	Mon-Thu
		11-11:30AM	20510	Mon-Thu	11:15-11:45AM	22057	Mon-Thu	9:35-10:05AM	24502	Mon-Thu
		4-4:30PM	20550	Mon/Wed	4-4:30PM	22521	Mon/Wed	6-6:30PM	24547	Tu/Thu
		5:10-5:40PM	20551	Mon/Wed	5:45-6:15PM	22526	Mon/Wed	9-9:30AM	25480	Sat
	Level 2	9-9:30AM	20519	Sat	10:05-10:35AM	22581	Sat	10:10-10:40AM	24585	Sat
		9:35-10:05AM	20520	Sat	11:15-11:45AM	22582	Sat			
		10:45-11:15AM	20521	Sat						
		11-11:30AM	20603	Mon--Thu	9-9:30AM	22602	Mon-Thu	9:35-10:05AM	24603	Mon-Thu

## INDOOR POOL SUMMER SWIM LESSONS CONTINUED

**Mon/Wed AM & PM 4 wks,**

240 min instructor time

Session 6: Jun 1-11

Session 7: Jun 15-25

Session 8: Jun 29-Jul 10

Session 9: Jul 13-23

Session 10: Jul 27-Aug 6

**Parent/Tot and Preschool:**

Nonresident: \$60

Resident: \$44

Nonresident: \$58

Resident: \$42

**School Age**

Tue/Thu AM &amp; PM 4 wks,

240 min instructor time

M/W PM 4 wks

**240-min instructor time**

Session 6: Jun 1-24

Session 7: Jun 29-Jul 22

**Parent/Tot and Preschool:**

Nonresident: \$60

Resident: \$44

**School Age**

Resident: \$58

Nonresident: \$42

**School Age**

Sat AM 4 wks,

120 min instructor time

Sat AM 4 wks,

120-min instructor time

Session 6: May 30-Jun 20

Session 7: Jun 27-Jul 25\*\*

Session 8: Aug 1-22

\*\*No class July 4

Nonresident: \$30

Resident: \$22

Parent-Tot &amp; Pre-school

Nonresident: \$29

Resident: \$21

		BUCK			GOODSON			LONE TREE		
School Age	Level 2	11:35-12:05PM	20604	Mon--Thu	10:05-10:35AM	22604	Mon-Thu	10:10-10:40AM	24602	Mon-Thu
		4-4:30 PM	20649	Mon/Wed	4-4:30PM	22620	Mon/Wed	10:45-11:15AM	24604	Mon-Thu
		4:35-5:05PM	20650	Mon/Wed	5:10-5:40PM	22624	Mon/Wed	4:50-5:20PM	24642	Tue/Thu
		9-9:30AM	20623	Sat	9:30-10AM	22682	Sat	6-6:30PM	24648	Tue/Thu
		9:35-10:05AM	20624	Sat	11:15-11:45AM	22688	Sat	9:35-10:05AM	24685	Sat
		11:20-11:50AM	20620	Sat				10:10-10:40AM	24681	Sat
	Level 3	11-11:30AM	20707	Mon-Thu	10:40-11:10AM	22704	Mon-Thu	10:10-10:40AM	24702	Mon-Thu
		11:35-12:05AM	20704	Mon-Thu	11:15-11:45AM	22706	Mon-Thu	10:45-11:15AM	24703	Mon-Thu
		4:35-5:05PM	20750	Mon/Wed	4:35-5:05PM	22722	Mon/Wed	4:15-4:45PM	24740	Tue/Thu
		10:10-10:40AM	20720	Sat	5:45-6:15PM	22727	Mon/Wed	4:50-5:20PM	24743	Tue/Thu
		10:45-11:15AM	20721	Sat	9:30-10AM	22782	Sat	9-9:30AM	24778	Sat
		11:20-11:50AM	20722	Sat	10:05-10:35AM	22784	Sat	10:10-10:40AM	24785	Sat
	Level 4	11:35-12:05PM	20802	Mon-Thu	10:05-10:35AM	22802	Mon-Thu	10:10-10:40AM	24803	Mon-Thu
		5:10-5:40PM	20850	Mon/Wed	5:10-5:40PM	22824	Mon/Wed	4:15-4:45PM	24816	Tue/Thu
		11:20-11:50AM	20821	Sat	10:40-11:10AM	22832	Sat	5:25-5:55PM	24820	Tue/Thu
								10:45-11:15AM	24833	Sat
	Level 5	11:35-12:05PM	20902	Mon-Thu	9:30AM	22854	Mon-Thu	10:45-11:15AM	24841	Mon-Thu
		5:10-5:40PM	20911	Mon/Wed	5:45-6:15PM	22856	Mon/Wed	6-6:30PM	24870	Tue/Thu
		11:20-11:50AM	20920	Sat	9:30-10AM	22866	Sat	10:45-11:15AM	24885	Sat

## SUMMER OUTDOOR SWIM LESSONS

M-Th AM 2 wks,  
240-min instructor time  
Session 6: Jun 1-11  
Session 7: Jun 15-25  
Session 8: Jun 29-Jul 10  
Session 9: Jul 13-23  
Session 10: Jul 27-Aug 6  
Parent-Tot & Pre-school  
Nonresident: \$60; Resident: \$44  
School Age  
Nonresident: \$58; Resident: \$42

## OUTDOOR POOL LOCATIONS AND HOURS

**Harlow Pool** 303-798-6269  
5151 S Lowell Blvd  
Littleton, CO 80123  
Mon-Sun 12-6 PM

**Cook Creek Pool** 303-790-7665  
8711 Lone Tree Parkway  
Lone Tree, CO 80124  
Mon-Fri 11 AM-7 PM  
Sat & Sun 12-6 PM

**Ben Franklin Pool** 303-798-5922  
1600 E Panama  
Centennial, CO 80121  
Mon-Fri 12-7 PM  
Sat & Sun 12-6 PM

**Holly Pool** 303-770-0333  
6651 S. Krameria Way  
Centennial, CO 80111  
Mon-Fri 12-7 PM  
Sat & Sun 12-6 PM

Pools operate on regular weekend hours for Memorial and Labor Day. On the 4th of July pools operate on regular weekday hours.

		FRANKLIN POOL			HOLLY POOL			COOK CREEK POOL			HARLOW POOL		
		TIME	CLASS	DAY	TIME	CLASS	DAY	TIME	CLASS	DAY	TIME	CLASS	DAY
Pre-School	Parent-Tot							10:10-10:40AM	26005	Mon-Thu			
	Level 1	10:05-10:35AM	27104	Mon-Thu	9:30-10AM	29108	Mon-Thu	9-9:30AM	26104	Mon-Thu	10:10-10:40AM	28101	Mon-Thu
		10:40-11:10AM	27102	Mon-Thu	10:05-10:35AM	29104	Mon-Thu	9:35-10:05AM	26102	Mon-Thu	10:45-11:15AM	28102	Mon-Thu
		11:15-11:45AM	27103	Mon-Thu	10:40-11:10AM	29105	Mon-Thu	10:10-10:40AM	26103	Mon-Thu			
					11:15-11:45AM	29106	Mon-Thu						
	Level 2	10:05-10:35AM	27204	Mon-Thu	9:30-10AM	29207	Mon-Thu	9-9:30AM	26204	Mon-Thu	10:10-10:40AM	28202	Mon-Thu
		10:40-11:10AM	27202	Mon-Thu	10:05-10:35AM	29204	Mon-Thu	9:35-10:05AM	26202	Mon-Thu			
		11:15-11:45AM	27203	Mon-Thu	10:40-11:10AM	29205	Mon-Thu	10:10-10:40AM	26203	Mon-Thu			
					11:15-11:45AM	29206	Mon-Thu						
	Level 3	10:05-10:35AM	27302	Mon-Thu	9:30-10AM	29304	Mon-Thu	9:35-10:05AM	26306	Mon-Thu	10:45-11:15AM	28300	Mon-Thu
		10:40-11:10AM	27301	Mon-Thu	10:40-11:10AM	29305	Mon-Thu	10:10-10:40AM	26302	Mon-Thu			
		11:15-11:45AM	27310	Mon-Thu									
School Age	Level 1	10:40-11:10AM	27503	Mon-Thu	9:30-10AM	29503	Mon-Thu	9-9:30AM	26501	Mon-Thu	10:15-11:15AM	28502	Mon-Thu
		11:15-11:45AM	27502	Mon-Thu	10:40-11:10AM	29504	Mon-Thu	10:10-10:40AM	26508	Mon-Thu			
	Level 2	9:30-10AM	27605	Mon-Thu	10:05-10:35AM	29603	Mon-Thu	9:35-10:05AM	26606	Mon-Thu	10:10-10:40AM	28601	Mon-Thu
		10:40-11:10AM	27602	Mon-Thu	11:15-11:45AM	29604	Mon-Thu	10:10-10:40AM	26604	Mon-Thu	10:45-11:15AM	28602	Mon-Thu
	Level 3	9:30-10AM	27705	Mon-Thu	10:05-10:35AM	29705	Mon-Thu	9:35-10:05AM	26708	Mon-Thu	10:10-10:40AM	28701	Mon-Thu
		10:05-10:35AM	27702	Mon-Thu	11:15-11:45AM	29706	Mon-Thu	10:10-10:40AM	26703	Mon-Thu	10:45-11:15AM	28702	Mon-Thu
	Level 4	9:30-10AM	27801	Mon-Thu	9:30-10AM	29804	Mon-Thu	9-9:30AM	26801	Mon-Thu	10:45-11:15AM	28801	Mon-Thu
		10:05-10:35AM	27516	Mon-Thu	10:05-10:35AM	29803	Mon-Thu	9:35-10:05AM	26803	Mon-Thu			
								10:10-10:40AM	26805	Mon-Thu			
	Level 5	9:30-10AM	27816	Mon-Thu	10:40-11:10AM	29812	Mon-Thu	9-9:30AM	26809	Mon-Thu	10:10-10:40AM	28811	Mon-Thu
								9:35-10:05AM	26811	Mon-Thu			
	Level 6-Fitness	9:30-10AM	27820	Mon-Thu	11:15-11:45AM	29822	Mon-Thu	9-9:30AM	26850	Mon-Thu	10:10-10:40AM	28820	Mon-Thu

No open swim before or after swimming lessons. Children not participating in a swim class are not permitted in the pool at any time.

No refunds or make ups due to illness, injury, holidays or weather.

# ATHLETICS

## BMX

### BMX Champs Camp (ages 4-12)

Discover your BMX skills! Camp will build a solid foundation for beginners, increasing confidence and technical skill. Boys and girls welcome!

Bicycle Specifications: Any bike will do! Make sure all the bolts are tight, especially your axle and stem bolts. Remove any freestyle type axle pegs. All reflectors/brackets and kickstands must be removed for safety purposes

**Mon, Tues, Wed**

Youth Nonresident: \$75; Youth Resident: \$69

Dates	Time	Location	Class #
Jun 22 - 24	8 -11 AM	County Line BMX Track	308046
Jul 13 - 19	8 -11 AM	County Line BMX Track	308047

## DODGEBALL

### Dodgeball Camps for Youth (Ages 7-12)

Camp focuses on teamwork and strategy. No experience necessary. Play safe, fun games using rubber-coated foam balls. Camp takes place outdoors.

Youth Nonresident: \$50 Youth Resident: \$35

**Mon**

Dates	Time	Location	Class #
Jun 08 - Jul 06	6 -7 PM	Fairways at Lone Tree Park	304856

**Tue**

Dates	Time	Location	Class #
Jun 09 - Jul 07	6 -7 PM	Fairways at Lone Tree	304866

**Wed**

Dates	Time	Location	Class #
Jun 10 - Jul 08	6 -7 PM	Franklin Elementary	304736

## FENCING

### Fencing - Youth at Goodson (Ages 8-14)

Integrate mind and body, while gaining balance, better reflexes, confidence and self-esteem. All fencing equipment provided. \$20.00 equipment fee paid to instructor first day of class.

**Tue**

Youth Nonresident: \$82; Youth Resident: \$72

Dates	Time	Location	Class #
May 05 - Jun 09	4:15-5:45 PM	Goodson	411205
Jun 16 - Jul 28	4:15-5:45 PM	Goodson	411206
Aug 04 - Sep 08	4:15-5:45 PM	Goodson	411208

### Fencing - Youth at Lone Tree (ages 8-14)

Integrate mind and body, while gaining balance, better reflexes, confidence and self-esteem. All fencing equipment provided. \$20.00 equipment fee paid to instructor first day of class.

**Wed**

Youth Nonresident: \$82; Resident:\$72

Dates	Time	Location	Class #
Apr 01 - May 06	4 -5:30 PM	Lone Tree	441254
May 13 - Jun 17	4 -5:30 PM	Lone Tree	441255
Jul 08 - Aug 12	4 -5:30 PM	Lone Tree	441257
Aug 19 - Sep 23	4 -5:30 PM	Lone Tree	441258

## GYMNASTICS

### Mighty Munchkins (Ages 6 months-5)

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

This class is designed for those parents who have more than one child in more than one age group, and want to register their multiple children in the same class. There is no difference between this class and the other Parent-Tot classes except for the wide age range of Mighty Munchkins. Please make other arrangements for children not registered in the class.

Youth Nonresident: \$55; Youth Resident: \$41 5 wks\*

Youth Nonresident: \$60; Youth Resident: \$48 7 wks\*\*

Youth Nonresident: \$68; Youth Resident: \$55

**Mon**

Dates	Time	Location	Class #
May 04 - Jun 22**	11:30 AM-12:15 PM	Goodson	625035
Jul 06 - Aug 24	11:30 AM-12:15 PM	Goodson	625037

**Sat**

Dates	Time	Location	Class #
May 09 - Jun 20*	8 -8:45 AM	Goodson	625995
Jul 11 - Aug 29	8 -8:45 AM	Goodson	625997

### Mommy/Daddy and Me Gymnastics (Ages 6 months - 1 1/2)

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

Please make other child care arrangements for additional siblings not registered in the class.

**Thu**

Youth Nonresident: \$68; Youth Resident: \$55

Dates	Time	Location	Class #
May 07 - Jun 25	9:45-10:45 AM	Goodson	625005
Jul 09 - Aug 27	9:45-10:45 AM	Goodson	625007



## Tiny Tots Gymnastics (Ages 18 months - 3)

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

Please make other child care arrangements for additional siblings.

Youth Nonresident: \$60; Youth Resident: \$48 7 wks\*\*

Youth Nonresident: \$66; Youth Resident: \$55

### Mon

Dates	Time	Location	Class #
May 04 - Jun 22**	10:40-11:25 AM	Goodson	625075
Jul 06 - Aug 24	10:40-11:25 AM	Goodson	625077

### Tue

Dates	Time	Location	Class #
May 05 - Jun 23	10:40-11:25 AM	Goodson	625115
Jul 07 - Aug 25	10:40-11:25 AM	Goodson	625117

### Wed

Dates	Time	Location	Class #
May 06 - Jun 24	9:45-10:30 AM	Goodson	625165
Jul 08 - Aug 26	9:45-10:30 AM	Goodson	625167

### Thu

Dates	Time	Location	Class #
May 07 - Jun 25	10:40-11:25 AM	Goodson	625225
Jul 09 - Aug 27	10:40-11:25 AM	Goodson	625227

### Fri

Dates	Time	Location	Class #
May 08 - Jun 26	9:45-10:30 AM	Goodson	625245
Jul 10 - Aug 28	9:45-10:30 AM	Goodson	625247

## Tumble Bugs Gymnastics (Ages 2 1/2 - 4)

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

Please make other child care arrangements for additional siblings.

Youth Nonresident: \$60; Youth Resident: \$48 7 wks\*\*

Youth Nonresident: \$68; Youth Resident: \$55

### Mon

Dates	Time	Location	Class #
May 04 - Jun 22**	9:45-10:30 AM	Goodson	625335
Jul 06 - Aug 24	9:45-10:30 AM	Goodson	625337

### Tue

Dates	Time	Location	Class #
May 05 - Jun 23	10:40-11:25 AM	Goodson	625365
Jul 07 - Aug 25	10:40-11:25 AM	Goodson	625367

### Wed

Dates	Time	Location	Class #
May 06 - Jun 24	10:40-11:25 AM	Goodson	625445
Jul 08 - Aug 26	10:40-11:25 AM	Goodson	625447

### Fri

Dates	Time	Location	Class #
May 08 - Jun 26	9:45-10:30 AM	Goodson	625495
Jul 10 - Aug 28	9:45-10:30 AM	Goodson	625497

## Tumble Tykes (Ages 4 - 5)

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

Youth Nonresident: \$60; Youth Resident: \$48

### Mon

Dates	Time	Location	Class #
May 04 - Jun 22	4 -4:45 PM	Goodson	625635
Jul 06 - Aug 24	4 -4:45 PM	Goodson	625637

### Tues

Dates	Time	Location	Class #
May 05 - Jun 23	11:30 AM-12:15 PM	Goodson	625645
May 05 - Jun 23	3 -3:45 PM	Goodson	625675
May 05 - Jun 23	5:10-5:55 PM	Goodson	625815
Jul 07 - Aug 25	11:30 AM-12:15 PM	Goodson	625647
Jul 07 - Aug 25	3 -3:45 PM	Goodson	625677
Jul 07 - Aug 25	5:10-5:55 PM	Goodson	625817

### Wed

Dates	Time	Location	Class #
May 06 - Jun 24	2-2:45 PM	Goodson	625795
May 06 - Jun 24	11:30 AM-12:15 PM	Goodson	625705
Jul 08 - Aug 26	11:30 AM-12:15 PM	Goodson	625707
Jul 08 - Aug 26	2 -2:45 PM	Goodson	625797

### Thu

Dates	Time	Location	Class #
May 07 - Jun 25	11:30 AM-12:15 PM	Goodson	625715
May 07 - Jun 25	4 -4:45 PM	Goodson	625735
Jul 09 - Aug 27	11:30 AM-12:15 PM	Goodson	625717
Jul 09 - Aug 27	4 -4:45 PM	Goodson	625737

### Fri

Dates	Time	Location	Class #
May 08 - Jun 26	11:30 AM-12:15 PM	Goodson	625765
May 08 - Jun 26	3 -3:45 PM	Goodson	625865
Jul 10 - Aug 28	11:30 AM-12:15 PM	Goodson	625767
Jul 10 - Aug 28	3 -3:45 PM	Goodson	625867

### Sat

Dates	Time	Location	Class #
May 09 - Jun 20	9 -9:45 AM	Goodson	625805
May 09 - Jun 20	11 -11:45 AM	Goodson	625885
Jul 11 - Aug 29	9 -9:45 AM	Goodson	625807
Jul 11 - Aug 29	11 -11:45 AM	Goodson	625887

## Kindernastics (Ages 5 - 6)

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.

Youth Nonresident: \$68; Youth Resident: \$55

### Mon

Dates	Time	Location	Class #
May 04 - Jun 22	2 -2:45 PM	Goodson	626015
May 04 - Jun 22	4 -4:45 PM	Goodson	626355
Jul 06 - Aug 24	2 -2:45 PM	Goodson	626017
Jul 06 - Aug 24	4 -4:45 PM	Goodson	626357

### Tues

Dates	Time	Location	Class #
May 05 - Jun 23	2 -2:45 PM	Goodson	626065
May 05 - Jun 23	4 -4:45 PM	Goodson	626075
Jul 07 - Aug 25	2 -2:45 PM	Goodson	626067
Jul 07 - Aug 25	4 -4:45 PM	Goodson	626077

**Wed**

Dates	Time	Location	Class #
May 06 - Jun 24	3 -3:45 PM	Goodson	626705
May 06 - Jun 24	5:10-5:55 PM	Goodson	626505
Jul 08 - Aug 26	3 -3:45 PM	Goodson	626707
Jul 08 - Aug 26	5:10-5:55 PM	Goodson	626507

**Thu**

Dates	Time	Location	Class #
May 07 - Jun 25	3 -3:45 PM	Goodson	626175
May 07 - Jun 25	5:10-5:55 PM	Goodson	626165
Jul 09 - Aug 27	3 -3:45 PM	Goodson	626177
Jul 09 - Aug 27	5:10-5:55 PM	Goodson	626167

**Fri**

Dates	Time	Location	Class #
May 08 - Jun 26	2 -2:45 PM	Goodson	626335
May 08 - Jun 26	4 -4:45 PM	Goodson	626655
Jul 10 - Aug 28	2 -2:45 PM	Goodson	626337
Jul 10 - Aug 28	4 -4:45 PM	Goodson	626657

**Sat**

Dates	Time	Location	Class #
May 09 - Jun 20	11 -11:45 AM	Goodson	626255
Jul 11 - Aug 29	11 -11:45 AM	Goodson	626257

**Gymnastics - Boys Beginner (Ages 6-11)**

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

This level may require repeat sessions to accomplish development for the next level.

Youth Nonresident: \$55; Youth Resident: \$45 6 wks\*

Nonresident: \$64; Resident: \$53 3 weeks 7 wks\*\*

Nonresident: \$73; Resident: \$60 4 weeks

**Mon**

Dates	Time	Location	Class #
May 04 - Jun 22**	6:20-7:20 PM	Goodson	640045
Jul 06 - Aug 24	6:20-7:20 PM	Goodson	640047

**Wed**

Dates	Time	Location	Class #
May 06 - Jun 24	4 -5 PM	Goodson	640055
Jul 08 - Aug 26	4 -5 PM	Goodson	640057

**Sat**

Dates	Time	Location	Class #
May 09 - Jun 20*	9 -10 AM	Goodson	640255
Jul 11 - Aug 29	9 -10 AM	Goodson	640257

**Gymnastics - Boys Intermediate (Ages 6-11)**

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

**Sat**

Youth Nonresident: \$55; Youth Resident: \$45 6 wks\*

Youth Nonresident: \$73; Youth Resident: \$60

Dates	Time	Location	Class #
May 09 - Jun 20*	10 -11 AM	Goodson	640455
Jul 11 - Aug 29	10 -11 AM	Goodson	640457

**Gymnastics - Boys Advanced (Ages 6-11)**

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.

**Sat**

Youth Nonresident: \$55; Youth Resident: \$45 3 weeks

Youth Nonresident: \$73; Youth Resident: \$60 4 weeks

Dates	Time	Location	Class #
May 09 - Jun 20	11 AM-12 PM	Goodson	643505
Jul 11 - Aug 29	11 AM-12 PM	Goodson	643507

**Gymnastics - Pre-Beginner (Ages 6-11)**

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

If a child has had no prior gymnastics experience, a minimum of one Pre-Beginner session must be taken.

Youth Nonresident: \$55; Youth Resident: \$45 6 wks\*

Youth Nonresident: \$64; Youth Resident: \$53 7 wks\*\*

Youth Nonresident: \$73; Youth Resident: \$60

**Mon**

Dates	Time	Location	Class #
May 04 - Jun 22**	5:10-6:10 PM	Goodson	630655
Jul 06 - Aug 24	5:10-6:10 PM	Goodson	630657

**Tue**

Dates	Time	Location	Class #
May 05 - Jun 23	4 -5 PM	Goodson	630705
Jul 07 - Aug 25	4 -5 PM	Goodson	630707

**Wed**

Dates	Time	Location	Class #
May 06 - Jun 24	5:10-6:10 PM	Goodson	630775
Jul 08 - Aug 26	5:10-6:10 PM	Goodson	630757

**Thu**

Dates	Time	Location	Class #
May 07 - Jun 25	6:20-7:20 PM	Goodson	630805
Jul 09 - Aug 27	6:20-7:20 PM	Goodson	630807

**Fri**

Dates	Time	Location	Class #
May 08 - Jun 26	4 -5 PM	Goodson	630855
May 08 - Jun 19	6:20-7:20 PM	Goodson	630905
Jul 10 - Aug 28	4 -5 PM	Goodson	630857
Jul 10 - Aug 28	6:20-7:20 PM	Goodson	630907

**Sat**

Dates	Time	Location	Class #
May 09 - Jun 20*	9 -10 AM	Goodson	630955
Jul 11 - Aug 29	9 -10 AM	Goodson	630957

**BIRTHDAY PARTIES**

You'll flip over this birthday party! Saturday and Sunday parties include: foam pit with rope, parachute games, obstacle course, tumble trampoline, flying machine and two party hosts. You provide your own food, paper products and decor. Call Ashleigh at 303-483-7085 to schedule.

Nonresident: \$160; Resident: \$130

## Gymnastics - Girls Beginner (Ages 6 - 11)

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

This level may require repeat sessions to accomplish development for the next level.

Youth Nonresident: \$64; Youth Resident: \$53 7 wks\*\*

Youth Nonresident: \$73; Youth Resident: \$60

### Mon

Dates	Time	Location	Class #
May 04 - Jun 22**	4 -5 PM	Goodson	630005
May 04 - Jun 22	6:20-7:20 PM	Goodson	630355
Jul 06 - Aug 24	4 -5 PM	Goodson	630007
Jul 06 - Aug 24	6:20-7:20 PM	Goodson	630357

### Tue

Dates	Time	Location	Class #
May 05 - Jun 23	5:10-6:10 PM	Goodson	631105
Jul 07 - Aug 25	5:10-6:10 PM	Goodson	631107

### Wed

Dates	Time	Location	Class #
May 06 - Jun 24	4 -5 PM	Goodson	630165
May 06 - Jun 24	6:20-7:20 PM	Goodson	631155
Jul 08 - Aug 26	4 -5 PM	Goodson	630167
Jul 08 - Aug 26	6:20-7:20 PM	Goodson	631157

### Thu

Dates	Time	Location	Class #
May 07 - Jun 25	5:10-6:10 PM	Goodson	630255
Jul 09 - Aug 27	5:10-6:10 PM	Goodson	630257

### Fri

Dates	Time	Location	Class #
May 08 - Jun 26	5:10-6:10 PM	Goodson	631355
Jul 10 - Aug 28	5:10-6:10 PM	Goodson	631357

### Sat

Dates	Time	Location	Class #
May 09 - Jun 20**	10 -11 AM	Goodson	630305
Jul 11 - Aug 29	10 -11 AM	Goodson	630307

## Gymnastics - Girls Intermediate (Ages 6 - 11)

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

Youth Nonresident: \$55; Youth Resident: \$45 6 wks\*

Youth Nonresident: \$64; Youth Resident: \$53 7 wks\*\*

Youth Nonresident: \$73; Youth Resident: \$60

### Mon

Dates	Time	Location	Class #
May 04 - Jun 22*	5:10-6:10 PM	Goodson	632005
Jul 06 - Aug 24	5:10-6:10 PM	Goodson	632007

### Tue

Dates	Time	Location	Class #
May 05 - Jun 23	4 -5 PM	Goodson	632055
May 05 - Jun 23	6:20-7:20 PM	Goodson	632705
Jul 07 - Aug 25	4 -5 PM	Goodson	632057
Jul 07 - Aug 25	6:20-7:20 PM	Goodson	632707

### Wed

Dates	Time	Location	Class #
May 06 - Jun 24	5:10-6:10 PM	Goodson	632155
Jul 08 - Aug 26	5:10-6:10 PM	Goodson	632157

### Thu

Dates	Time	Location	Class #
May 07 - Jun 25	4 -5 PM	Goodson	632305
Jul 09 - Aug 27	4 -5 PM	Goodson	632307

### Fri

Dates	Time	Location	Class #
May 08 - Jun 26	5:10-6:10 PM	Goodson	632755
Jul 10 - Aug 28	5:10-6:10 PM	Goodson	632757

### Sat

Dates	Time	Location	Class #
May 09 - Jun 20*	11 AM-12 PM	Goodson	632805
Jul 11 - Aug 29	11 AM-12 PM	Goodson	632807

## Gymnastics - Girls Advanced (Ages 6-11)

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.

Youth Nonresident: \$55; Youth Resident: \$45 6 wks\*

Youth Nonresident: \$64; Youth Resident: \$53 7 wks\*\*

Youth Nonresident: \$73; Youth Resident: \$60

### Mon

Dates	Time	Location	Class #
May 04 - Jun 22**	4 -5 PM	Goodson	633305
Jul 07 - Aug 25	5:10-6:10 PM	Goodson	633137
Jul 06 - Aug 24	4 -5 PM	Goodson	633307

### Tue

Dates	Time	Location	Class #
May 05 - Jun 23	5:10-6:10 PM	Goodson	633135
May 05 - Jun 23	6:20-7:20 PM	Goodson	633355
Jul 07 - Aug 25	6:20-7:20 PM	Goodson	633357

### Wed

Dates	Time	Location	Class #
May 06 - Jun 24	4 -5 PM	Goodson	633555
Jul 08 - Aug 26	4 -5 PM	Goodson	633557

### Thu

Dates	Time	Location	Class #
May 07 - Jun 25	6:20-7:20 PM	Goodson	633855
Jul 09 - Aug 27	6:20-7:20 PM	Goodson	633857

### Fri

Dates	Time	Location	Class #
May 08 - Jun 26	4 -5 PM	Goodson	633655
May 08 - Jun 19	6:20-7:20 PM	Goodson	633755
Jul 10 - Aug 28	4 -5 PM	Goodson	633657
Jul 10 - Aug 28	6:20-7:20 PM	Goodson	633757

### Sat

Dates	Time	Location	Class #
May 09 - Jun 20*	11 AM-12 PM	Goodson	633205
Jul 11 - Aug 29	11 AM-12 PM	Goodson	633207

## Gymnastics - Girls Teen Beginner (Ages 12-16)

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

This is an introductory class for teen girls 12-16 years only.

### Mon

Youth Nonresident: \$64; Youth Resident: \$53 7 wks\*\*

Youth Nonresident: \$73; Youth Resident: \$60

Dates	Time	Location	Class #
May 04 - Jun 22**	7:30-8:30 PM	Goodson	627405
Jul 06 - Aug 24	7:30-8:30 PM	Goodson	627407

## Gymnastics - Girls Teen Intermediate (Ages 12-16)

Continue to develop gymnastics skills beyond the beginner level. Girls only.

Tue

Youth Nonresident: \$73; Youth Resident: \$60

Dates	Time	Location	Class #
May 05 - Jun 23	7:30-8:30 PM	Goodson	628355
Jul 07 - Aug 25	7:30-8:30 PM	Goodson	628357

## CARA Competitive Program (Ages 7-17)

South Suburban offers a boys and girls competitive program through Colorado Association of Recreational Athletics (CARA). For more information call 303-483-7083. Gymnasts must be evaluated before entering the competitive program.

## Parents Night Out (Ages 5-12)

Enjoy a night out while your kids are safe and entertained in our state-of-the-art gymnastics facility. Activities will vary depending on the number of registrants and ages.

No gymnastics experience necessary.

Fri

Youth Nonresident: \$23; Youth Resident: \$18

Dates	Time	Location	Class #
May 15	6 -9 PM	Goodson	620005
Jun 19	6 -9 PM	Goodson	620006
Jul 17	6 -9 PM	Goodson	620007
Aug 14	6 -9 PM	Goodson	620008

## 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.

Bring a water bottle. Girls wear a leotard and hair pulled back. Boys wear a t-shirt and sweat shorts/pants. A light snack will be provided. You may bring your own if you prefer. Register before June 1 and receive 3 free drop-in passes.

Youth Nonresident: \$145; Youth Resident: \$135

Mon-Thu

Ages 4-6

Dates	Time	Location	Class #
Jun 29 - Jul 02	9 AM-12 PM	Gymnastics	623306

Ages 6-11

Dates	Time	Location	Class #
Jun 29 - Jul 02	1:30-4:30 PM	Gymnastics	623356

## ICE SKATING

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

Session 5: May 2-Jun 30

Session 7: Jul 1-Aug 31

### 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.

## Pre 1 Skating Lessons (Ages 4- 6)

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 (Ages 4-6)

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 (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.

## Pre 4 Ice Skating Lessons (Ages 4-6)

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.

## Level 1 Ice Skating Lessons (Ages 7-17)

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 (Ages 7-17)

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 (Ages 7-17)

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 (Ages 7-17)

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 (Ages 7-17)

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 (Ages 7-17)

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 (Ages 7-17)

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

### Hockey Pre 1 Skating Lessons (Ages 4-6)

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 (Ages 4-6)

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 (Ages 4-6)

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.

### Mighty Mites Hockey (Ages 4-6)

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.

Prerequisite: Pre 2

**No make-ups allowed.**

### Hockey 1 Ice Skating Lessons (Ages 7-17)

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 (Ages 7-17)

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 (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.

### Hockey 4 Ice Skating Lessons (Ages 7-17)

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 5 Ice Skating Lessons (Ages 7-17)

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 (Ages 7-17)

Fundamental skills are taught, including stick handling, passing and shooting.

Full hockey gear required.

### Hockey 4-6 (Ages 7-17)

Hockey 4 participants learn advanced hockey skating techniques. Hockey 5 & 6 tech 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.

### Adult Beginner Ice Skating (Ages 18 and over)

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

### Adult Intermediate Ice Skating (Ages 18 and over)

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

### Adult Advanced Ice Skating (Ages 18 and over)

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

### Freestyle 1-4 Skating (Ages 7-17 yrs)

Each class includes a half hour of instruction and admission to public skating session during which the class is held.

### Advanced Freestyle (Ages 7-17)

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

### Ice Dance (Ages 7-17)

This class covers beginner compulsory dances and teaches rhythm, timing and tempo as well as edges and turns to music. Skaters must have passed through Level 6 to register for this class.

			FAMILY SPORTS ICE		SOUTH SUBURBAN ICE ARENA	
Learn To Skate	Level 1	10 -10:30 AM	Sat	49249		
		10:30-11 AM	Sat	49250		
		11:15-11:45 AM			Sat	65232
		5:30-6 PM	Mon	49214		
		6 -6:30 PM	Mon	49215	Wed	65236
		6:30-7 PM	Thu	49239		
	Level 2	10:30-11 AM	Sat	49350		
		11:15-11:45 AM			Sat	65331
		5:30-6 PM	Mon	49314		
		6 -6:30 PM	Mon	49315		
		6:30-7 PM	Thu	49339	Wed	65330
	Level 3	10:30-11 AM	Sat	49450		
		11:15-11:45 AM			Sat	65423
		6 -6:30 PM	Mon	49415		
		6:30-7 PM	Thu	49439	Wed	65430
	Level 4	10:30-11 AM	Sat	49550		
		11:15-11:45 AM			Sat	65549
		6 -6:30 PM	Mon	49515		
		6:30-7 PM	Thu	49539	Wed	65530
	Level 5	10 -10:30 AM	Sat	49650		
		10:45-11:15 AM			Sat	65651
	Level 5/6	6 -6:30 PM	Mon	49659		
		6:30-7 PM			Wed	65616
		7 -7:30 PM	Thu	49639		
	Level 6	10 -10:30 AM	Sat	49750		
		10:45-11:15 AM			Sat	65740
		6:30-7 PM			Wed	65716
		7 -7:30 PM	Thu	49739		
	Ice Dance	10:15-10:45 AM			Sat	65991

			FAMILY SPORTS ICE		SOUTH SUBURBAN ICE ARENA	
	Parent-Tot	10 -10:30 AM	Sat	49090		
		10:45-11:15 AM			Sat	65091
		1:30-2 PM			Thu	65088
	Pre 1	10 -10:30 AM	Sat	49046		
		10:30-11 AM	Sat	49047		
			Thu	49032		
		10:45-11:15 AM			Sat	65050
		1 -1:30 PM	Tue	49022	Thu	65035
		5:30-6 PM	Mon	49012		
		6 -6:30 PM	Mon	49014	Wed	65028
	Pre 2	10 -10:30 AM	Thu	49072		
		10:30-11 AM	Sat	49080		
		10:45-11:15 AM			Sat	65082
		1 -1:30 PM	Tue	49064	Thu	65074
		5:30-6 PM	Mon	49059		
		6 -6:30 PM	Thu	49076	Wed	65070
	Pre 3	10:30-11 AM	Sat	49145		
			Thu	49132		
		10:45-11:15 AM			Sat	65149
		1:30-2 PM	Tue	49120	Thu	65136
		5:30-6 PM	Mon	49113		
		6 -6:30 PM	Thu	49136	Wed	65128
	Pre 4	10:30-11 AM	Sat	49179		
			Thu	49173		
		10:45-11:15 AM			Sat	65163
		1:30-2 PM	Tue	49162	Thu	65174
		5:30-6 PM	Mon	49157		
		6 -6:30 PM	Thu	49175	Wed	65170

			FAMILY SPORTS ICE		SOUTH SUBURBAN ICE ARENA	
	Level	Time	Days	Registration #	Days	Registration #
Adult	Beginner	10 -10:30 AM	Sat	49905		
		7 -7:30 PM			Wed	65960
	Intermediate	10 -10:30 AM	Sat	49911		
Freestyle		7 -7:30 PM			Wed	65980
	Advanced	10 -10:30 AM	Sat	49917		
		7 -7:30 PM			Wed	65992
	Freestyle	10 -10:30 AM	Sat	49884	Sat	65929
Hockey	Advanced	10:15-10:45 AM				
		10:15-10:45 AM				
		6 -6:30 PM	Mon	49863	Sat	65941
		7 -7:30 PM	Thu	49882		
	Level 1	10 -10:30 AM	Sat	50024		
		11:15-11:45 AM			Sat	65909
		6 -6:30 PM	Mon	50021		
	Level 2	10 -10:30 AM	Sat	50032		
		11:15-11:45 AM			Sat	65919
		6 -6:30 PM	Mon	50031		
	Level 3	10 -10:30 AM	Sat	50042		
		11:15-11:45 AM			Sat	65933
		6 -6:30 PM	Mon	50041		
	Level 4	8 -9 AM			Sat	65904
		6:30-7:20 PM	Mon	50020		
	Level 5	6:30-7:20 PM	Mon	50030		
	Level 4-6	8-9 AM			Sat	659047
		8-9 AM	Sat	659045		
	Level 6	6:30-7:20 PM	Mon	50040		
	Mighty Mites	9 -10 AM	Wed	50002	Sat	65914
		1:30-2:30 PM	Thu	50006		
	Pre 1	10:30-11 AM	Sat	50018		
		10:45-11:15 AM			Sat	65916
		5:30-6 PM	Mon	50019		
	Pre 2	10:30-11 AM	Sat	50028		
		10:45-11:15 AM			Sat	65917
		5:30-6 PM	Mon	50029		
	Pre 3	10:30-11 AM	Sat	50038		
		10:45-11:15 AM			Sat	65918
		5:30-6 PM	Mon	50039		



## MARTIAL ARTS

### 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.

### Karate-Do Shotokan Japanese at Goodson (Ages 5-13)

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

One time \$15 annual insurance fee due to instructor.

**Tue, Thu**

Youth Nonresident: \$57; Youth Resident: \$50

Dates	Time	Location	Class #
Apr 02 - 30	6:30-7:30 PM	Goodson	541304
May 05 - 28	6:30-7:30 PM	Goodson	541305
Jun 02 - 30	6:30-7:30 PM	Goodson	541306
Jul 02 - 30	6:30-7:30 PM	Goodson	541307
Aug 04 - 27	6:30-7:30 PM	Goodson	541308

### Tae Kwon Do at Goodson (Ages 8-Adult)

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

**Mon, Wed**

Nonresident: \$57 Resident:\$50

Dates	Time	Location	Class #
Apr 01 - 29	4:30-5:30 PM	Goodson	541504
May 04 - 27	4:30-5:30 PM	Goodson	541505
Jun 01 - 29	4:30-5:30 PM	Goodson	541506
Jul 01 - 29	4:30-5:30 PM	Goodson	541507
Aug 03 - 31	4:30-5:30 PM	Goodson	541508

### Tae Kwon Do at Buck (Ages 6-11)

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

**Tue, Thu**

Youth Nonresident: \$57; Youth Resident: \$50

Dates	Time	Location	Class #
Apr 02 - 30	6 -7 PM	Buck	522304
May 05 - 28	6 -7 PM	Buck	522305
Jun 02 - 30	6 -7 PM	Buck	522306
Jul 02 - 30	6 -7 PM	Buck	522307
Aug 04 - 27	6 -7 PM	Buck	522308

### Tae Kwon Do at Sheridan (Ages 4-10)

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

**Mon, Thu**

Youth Nonresident: \$22; Youth Resident: \$20

Dates	Time	Location	Class #
Apr 02 - 30	6 -6:45 PM	Sheridan	541854
May 04 - 28	6 -6:45 PM	Sheridan	541855
Jun 01 - 29	6 -6:45 PM	Sheridan	541856
Jul 02 - 30	6 -6:45 PM	Sheridan	541857
Aug 03 - 31	6 -6:45 PM	Sheridan	541858

### Karate Traditional Shotokan at Lone Tree (Ages 7-13)

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.

**Tue, Thu Ages 7-9**

Youth Nonresident: \$70; Youth Resident: \$64

Dates	Time	Location	Class #
Apr 02 - 30	4:45-5:35 PM	Lone Tree	561904
May 05 - 28	4:45-5:35 PM	Lone Tree	561905
Jun 02 - 30	4:45-5:35 PM	Lone Tree	561906
Jul 02 - 30	4:45-5:35 PM	Lone Tree	561907
Aug 04 - 27	4:45-5:35 PM	Lone Tree	561908

**Mon, Wed Ages 7-9**

Dates	Time	Location	Class #
Apr 01 - 29	5:30-6:30 PM	Lone Tree	561874
May 04 - 27	5:30-6:30 PM	Lone Tree	561875
Jun 01 - 29	5:30-6:30 PM	Lone Tree	561876
Jul 01 - 29	5:30-6:30 PM	Lone Tree	561877
Aug 03 - 31	5:30-6:30 PM	Lone Tree	561878

**Tue, Thu Ages 10-13**

Dates	Time	Location	Class #
Apr 02 - 30	5:45-6:45 PM	Lone Tree	561944
May 05 - 28	5:45-6:45 PM	Lone Tree	561945
Jun 02 - 30	5:45-6:45 PM	Lone Tree	561946
Jul 02 - 30	5:45-6:45 PM	Lone Tree	561947
Aug 04 - 27	5:45-6:45 PM	Lone Tree	561948

### Beginning Tae Kwon Do (Ages 8-Senior)

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.

**Tue, Thu**

Nonresident: \$57 Resident:\$50

Dates	Time	Location	Class #
Apr 02 - 30	6 -7 PM	Family Sports	563564
May 05 - 28	6 -7 PM	Family Sports	563565
Jun 02 - 30	6 -7 PM	Family Sports	563566
Jul 02 - 30	6 -7 PM	Family Sports	563567

## Kendo at Goodson (Ages 10-Adult)

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

One time \$15 annual insurance fee due to instructor.

### Sun

Nonresident: \$35; Resident:\$30

Dates	Time	Location	Class #
Apr 05 - 26	8 -10 AM	Goodson	541404
May 03 - 31	8 -10 AM	Goodson	541405
Jun 07 - 28	8 -10 AM	Goodson	541406
Jul 05 - 06	8 -10 AM	Goodson	541407
Aug 02 - 30	8 -10 AM	Goodson	541408

## Tae Kwon Do at Sheridan (Ages 11 - Adult)

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

### Mon, Thu

Nonresident: \$35 Resident:\$30

Dates	Time	Location	Class #
Apr 02 - 30	6:45-7:45 PM	Sheridan	541864
May 04 - 28	6:45-7:45 PM	Sheridan	541865
Jun 01 - 29	6:45-7:45 PM	Sheridan	541866
Jul 02 - 30	6:45-7:45 PM	Sheridan	541867
Aug 03 - 31	6:45-7:45 PM	Sheridan	541868

## Aikido at Lone Tree (Ages 13-Adult)

A traditional Japanese martial art that uses a variety of techniques to unbalance attackers and redirect their energy against them. Drop-in fee \$10/\$8

### Sun (2-4 PM), Wed (8:30-9:30 PM), Fri (6:30-8:30 PM)

Nonresident: \$75 Resident:\$70

Dates	Time	Location	Class #
Apr 03 - 25	Varies by day	Lone Tree	560574
May 01 - 30	Varies by day	Lone Tree	560575
Jul 03 - 25	Varies by day	Lone Tree	560577
Aug 01 - 29	Varies by day	Lone Tree	560578
Jun 05 - 27	Varies by day	Lone Tree	560576

## Jujitsu Ages at Sheridan (Ages 13-Adult)

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

### Tue, Thu

Nonresident: \$75 Resident:\$65

Dates	Time	Location	Class #
Apr 02 - 30	6 -7:45 PM	Sheridan	541904
May 05 - 28	6 -7:45 PM	Sheridan	541905
Jun 02 - 30	6 -7:45 PM	Sheridan	541906
Jul 02 - 30	6 -7:45 PM	Sheridan	541907
Aug 04 - 27	6 -7:45 PM	Sheridan	541908

## Aikido at Goodson (Ages 14-Adult)

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

### Tue, Thu

Nonresident: \$52 Resident:\$45

Dates	Time	Location	Class #
Apr 02 - 30	7 -8:30 PM	Goodson	541104
May 05 - 28	7 -8:30 PM	Goodson	541105
Jun 02 - 30	7 -8:30 PM	Goodson	541106
Jul 02 - 30	7 -8:30 PM	Goodson	541107
Aug 04 - 27	7 -8:30 PM	Goodson	541108

## Karate-Do Shotokan Japanese at Goodson (Ages 14-Adult)

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

One time \$15 annual insurance fee due to instructor.

### Tue, Thu

Nonresident: \$57 Resident:\$50

Dates	Time	Location	Class #
Apr 02 - 30	7:30-8:30 PM	Aerobic Room	541354
May 05 - 28	7:30-8:30 PM	Aerobic Room	541355
Jun 02 - 30	7:30-8:30 PM	Aerobic Room	541356
Jul 02 - 30	7:30-8:30 PM	Aerobic Room	541357
Aug 04 - 27	7:30-8:30 PM	Aerobic Room	541358

## Karate Traditional Shotokan at Lone Tree (Ages 14-Adult)

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.

Nonresident: \$70 Resident:\$64

### Mon, Wed

Dates	Time	Location	Class #
Apr 01 - 29	7 -8 PM	Lone Tree	561454
May 04 - 27	7 -8 PM	Lone Tree	561455
Jun 01 - 29	7 -8 PM	Lone Tree	561456
Jul 01 - 29	7 -8 PM	Lone Tree	561457
Aug 03 - 31	7 -8 PM	Lone Tree	561458

### Tue, Thu

Dates	Time	Location	Class #
Apr 02 - 30	7 -8 PM	Lone Tree	561754
May 05 - 28	7 -8 PM	Lone Tree	561755
Jun 02 - 30	7 -8 PM	Lone Tree	561756
Jul 02 - 30	7 -8 PM	Lone Tree	561757
Aug 04 - 27	7 -8 PM	Lone Tree	561758

## PICKLEBALL

### 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.

## RACES

### 2015 South Suburban Race Series

Be sure to check out South Suburban's 2015 Race Series scoring and awards program. Participate in multiple races in the series and earn points for participation and finishing position. Awards for top finishers in age/gender groups! Free to participate!

Rockin' on the River 5K Run/Walk Sunday, April 19

High Line Canal Run 5K/10K Saturday, May 9

Pancake Stampede 5K Sunday, August 9

### Youth TRYathlon (Ages 6 and up)

Boys and girls, of all ability levels, can come out and TRY their skills at swimming, biking and running. Event is not timed, the emphasis is on fun and finishing!

\$20 pre-registration; \$26 on site,

Participants need swim suit, bike, helmet and running apparel.

#### Sun

Nonresident: \$17; Resident: \$17

#### Ages 6 - 7

Dates	Time	Location	Class #
Aug 01	8:30-9:15 AM	C. Creek Pk	103328

#### Ages 8-9

Dates	Time	Location	Class #
Aug 01	7:50-8:30 AM	C. Creek Pk	103318

#### Ages 8-14

Dates	Time	Location	Class #
Jun 28	7:10-7:50 AM	TBD	103466
Aug 01	6:30-7:10 AM	C. Creek Pk	103338

#### Ages 8-14

Dates	Time	Location	Class #
Aug 01	7:10-7:50 AM	C. Creek Pk	103308

### Adult Mini Sprint TRYathlon (Ages 12-Senior)

An event designed for those interested in a recreational/ beginning triathlon experience regardless of athletic ability. This event is not timed. The Online registration will close at Noon the Friday before the race.

\$20 pre-registration; \$26 on site, please register 30 minutes prior to listed start time.

#### Sun

Dates	Time	Location	Class #
Jun 28	9:15-10 AM	TBD	103166

#### Sat

Dates	Time	Location	Class #
Aug 01	9:15-10 AM	Cool Creek Pool	103408

## RACQUETBALL

### Racquetball Information:

Racquetball/Handball/Walleyball Court Rentals

Goodson Recreation Center 303-798-2476

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 303-761-224

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.

### Low Intermediate/Intermediate Racquetball League (Co Rec) (Ages 16-Senior)

For those who are new to league play and want to get playing experience in a co-rec league.

Racquet and glasses required for play.

#### Wed

Nonresident: \$49 Resident:\$39

Dates	Time	Location	Class #
Jul 15 - Aug 19	6:45-8 PM	Goodson	690777
Sep 02 - Oct 07	6:45-8 PM	Goodson	690789

### Intermediate (Co-Rec) Racquetball League at Goodson (Ages 16-Senior)

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

Racquet and glasses required for play.

Nonresident: \$49; Resident:\$39

#### Thu

Dates	Time	Location	Class #
May 28 - Jul 02	7:15-8:30 PM	Goodson	690425
Jul 16 - Aug 20	7:15-8:30 PM	Goodson	690427
Sep 03 - Oct 08	7:15-8:30 PM	Goodson	690429

### High Intermediate (Co-Rec) Racquetball League (Ages 16-Senior)

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

Racquet and glasses required.

Nonresident: \$49 Resident:\$39

#### Mon

Dates	Time	Location	Class #
Jun 1 - Jul 6	7 -8:15 PM	Goodson	690406

#### Tue

Dates	Time	Location	Class #
Jul 20 - Aug 24	7:15-8:30 PM	Goodson	690407
Sep 01 - Oct 06	7:15-8:30 PM	Goodson	690869

### Elite High Intermediate (Co-Rec) Racquetball League (Ages 16-Senior)

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

Racquet and glasses required.

#### Wed

Nonresident: \$49 Resident:\$39

Dates	Time	Location	Class #
May 27 - Jul 01	6:15-7:30 PM	Goodson	690595

## Advanced Racquetball League (Co-Rec) (Ages 16-Senior)

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

Racquet and glasses required for play

Nonresident: \$49 Resident:\$39

### Tue

Dates	Time	Location	Class #
May 26 - Jun 30	7:15-8:30 PM	Goodson	690665

### Wed

Dates	Time	Location	Class #
Jul 21 - Aug 25	7:30-8:45 PM	Goodson	680667
Sep 01 - Oct 06	7:30-8:45 PM	Goodson	680679

## SKATEBOARDING

### Skateboard Clinics at Cornerstone (Ages 5-12)

Review the basics, learn tricks and how to maneuver obstacles in the skate park.

A signed Waiver of Participation is required by all contestants under 18 years old. Required equipment: helmet, skateboard, knee pads, elbow pads and wrist guards.

Youth Nonresident: \$30; Youth Resident: \$20

### Fri

Dates	Time	Location	Level	Class #
Jun 05	9 -10:30 AM	Cornerstone Skate Park	Beg	306106
Jun 12	9 -10:30 AM	Cornerstone Skate Park	Int	306116
Jul 10	9 -10:30 AM	Cornerstone Skate Park	Beg	306107
Jul 17	9 -10:30 AM	Cornerstone Skate Park	Int	303117

### Skateboard Clinic at Sheridan (Ages 5-12)

First-timer clinics teach basics of beginning skateboarding (balancing, pushing and turning on board. Intermediate clinics provide additional instruction for safely riding, learning tricks and maneuvering the obstacles in the skate park.

A signed Waiver of Participation is required by all contestants under 18 years old. Required equipment: helmet, skateboard, knee pads, elbow pads and wrist guards.

Youth Resident: \$20; Youth Nonresident: \$30

### Mon

Dates	Time	Location	Level	Class #
Jun 08	9 -10:30 AM	Sheridan Skate Park	Beg	303306
Jun 15	9 -10:30 AM	Sheridan Skate Park	Int	303316
Jul 06	9 -10:30 AM	Sheridan Skate Park	Beg	303307
Jul 20	9 -10:30 AM	Sheridan Skate Park	Int	303317

# CHILDCARE/DAY CAMPS

## PRESCHOOL

### Awesome, Gooney, & Fun!

Create seasonal and holiday art projects and take part in hands-on science activities. Bring a sack lunch. Child must be potty trained.

Youth Nonresident: \$110; Youth Resident: \$92

### Mon, Wed (Ages 30 Months - 6)

Dates	Time	Location	Class #
Jun 01 - 26	11:30 AM-2 PM	Goodson	340406
Jul 06 - 31	11:30 AM-2 PM	Goodson	340407

### Fri Ages 3-6

Dates	Time	Location	Class #
May 01 - 22	11:30 AM-2 PM	Goodson	340805

### On Your Mark (Ages 2-3)

Teachers ease your child into a school-like atmosphere to experience stories, songs, crafts and new friendships.

Youth Nonresident: \$127; Youth Resident: \$110

### Tue, Thu

Dates	Time	Location
Jun 02 - 25	9 -11:30 AM	Goodson
Jul 07 - 30	9 PM-11:30 AM	Goodson

### Mon, Wed, Fri

Dates	Time	Location
Aug 17 - Sep 11	9 -11:30 AM	Goodson

### 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.

### Tue, Thu

Youth Nonresident: \$127; Youth Resident: \$110

Dates	Time	Location
Jun 02 - 25	9 -11:30 AM	Goodson
Jul 07 - 30	9 -11:30 AM	Goodson

## Ready, Set, Go - Goodson (Ages 4-5)

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. Ready, Set, Go Graduation will be held on May 15, 2015.

**Mon, Wed, Fri**

Youth Nonresident: \$165; Youth Resident: \$145

Dates	Time	Location
Jun 01 - 26	9 -11:30 AM	Goodson
Jul 06 - 31	9 -11:30 AM	Goodson

## Lunchersize at Goodson and Lone Tree (Ages 2-7)

Enjoy free time to exercise or run errands while your child plays and eats their own sack lunch in our supervised program.

Bring a sack lunch. Ends May 22 and starts back up in September.

**Mon-Fri**

Youth Nonresident: \$11; Youth Resident: \$9

## CAMPS

### Club Lone Tree Spring Break Camp (Ages 5-10)

Socialize with peers and participate in daily field trips. Full-day supervision. Children should arrive by 9 am and can be picked up after 4:30 on field trip days. Parents must provide a lunch each day except for the Chuck E. Cheese date.

5 year olds must be in kindergarten to attend this camp.

Dates	Time	Location	Class #
Mar 20	7 AM-6:30 PM	Lone Tree	311933
Mar 23	7 AM-6:30 PM	Lone Tree	311543
Mar 24	7 AM-6:30 PM	Lone Tree	311643
Mar 25	7 AM-6:30 PM	Lone Tree	311743
Mar 26	7 AM-6:30 PM	Lone Tree	311843
Mar 27	7 AM-6:30 PM	Lone Tree	311943

### Spring Break Camp at Goodson (Ages 5-10)

Socialize with peers and participate in daily field trips. Full-day supervision. Children should arrive by 9 am and can be picked up after 4:30 on field trip days. Parents must provide a lunch each day except for the Chuck E. Cheese date.

Dates	Time	Location	Class #
Mar 23	7 AM-6 PM	Goodson	314003
Mar 24	7 AM-6 PM	Goodson	314013
Mar 25	7 AM-6 PM	Goodson	314023
Mar 26	7 AM-6 PM	Goodson	314033
Mar 27	7 AM-6 PM	Goodson	314043

### Family Sports Center Spring Break Adventure Camp (Ages 6-13)

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

Youth Nonresident: \$51; Youth Resident: \$47

Dates	Time	Location	Class #
Mar 20	7 AM - 6 PM	Family Sports	481353
Mar 23	7 AM-6 PM	Family Sports	480313
Mar 24	7 AM-6 PM	Family Sports	480323
Mar 25	7 AM-6 PM	Family Sports	480333
Mar 26	7 AM-6 PM	Family Sports	480343

Mar 27	7 AM-6 PM	Family Sports	480353
Mar 30	7 AM-6 PM	Family Sports	480413
Mar 31	7 AM-6 PM	Family Sports	480423
Apr 1	7 AM-6 PM	Family Sports	480334
Apr 2	7 AM-6 PM	Family Sports	480344
Apr 3	7 AM-6 PM	Family Sports	480354

### Family Sports Center Summer Adventure Camp (Ages 6-13)

Enroll by the day, the week or for the whole summer in our state-licensed day camp. It's impossible to get bored with ice skating, laser tag, bumper cars, inflatables, the eXerGame Zone, mini-golf, climbing wall and sports such as soccer, flag football and games in the sports dome.

Please Note: There are no credits or refunds for absences. Refunds will not be given less than 2 weeks prior to program date.

**Mon-Fri**

Entire summer: Resident: \$2485; Nonresident: \$2673

By the week: Resident: \$239; Nonresident: \$257.

By the day: Resident: \$47; Nonresident: \$51.

Wednesday Field Trip Days: Resident \$63; Nonresident: \$66.

### Family Sports Center In-Service Days at Adventure Camp (Ages 6-13)

Enroll by the day in our state-licensed program that keeps kids busy with activities such as:

- ice skating
- sports in the dome
- climbing wall
- laser tag
- inflatable obstacle course
- bumper cars and more!

Morning/afternoon snacks and lunch included in fee.

No Refunds 3 days prior to camp

Youth Nonresident: \$51; Youth Resident: \$47

**Mon**

Dates	Time	Location	Class #
Apr 20	7 AM-6 PM	Family Sports	481134

**Fri**

Dates	Time	Location	Class #
Apr 24	7 AM-6 PM	Family Sports	481544
May 08	7 AM-6 PM	Family Sports	481545

## Registration Information

Online registration will be available for this camp starting May 21. Early registration will be done at the early registration meeting.

For more information, contact Mary Kaminski at 303-708-3518 or by email at MaryK@sspr.org.

Nonrefundable deposit per track (4 weeks) \$100

## Summer Discovery Quest at Goodson

Based out of Goodson, this camp offered all day supervision, activities and field trips for children who have completed Kindergarten to age 10. Early registration meetings will be held in April and dates are available online. Camp runs May 26-August 14.

Fees:

Field Trip Days (Mon, Thu, Fri) Resident: \$38; Nonresident \$50

Non Field Trip Days (Tues, Wed) Resident \$25; Nonresident \$33



## Camp X-plosion Summer Camp (formerly Club-Mid) @ Goodson (Ages 11-14)

Based out of Goodson and deKovend Park, a wide variety of activities are offered for older campers ages 11-14. This day long camp includes sports, challenges, games and field trips to popular local attractions. Early registration meeting will be held in April. Camp will run from May 26 - Aug 14.

Fees:

Field trip days (Tues, Wed, Thurs) Resident: \$38; Nonresident \$50

Non field trip days (Mon, Fri) Resident \$27; Nonresident \$35

## Camp X-plosion Summer Camp @ Club Lone Tree (Ages 11-14)

Based at the Lone Tree, a wide variety of activities are offered for older campers ages 11-14. This day long camp includes sports, challenges, games and field trips to popular local attractions. Early registration meeting will be held in April. Camp will run from May 26 - Aug 14.

Fees:

Non-refundable deposit: \$100 per 4 week track

Field trip days (Tues, Thurs) Resident: \$38; Nonresident \$50

Non field trip days (Mon, Wed, Fri) Resident \$27; Nonresident \$35

## Camp Lone Tree (Ages 5-12)

Participants enjoy a wide variety of activities including sports, indoor/outdoor activities and fun field trips. Must have completed Kindergarten to attend the Summer Camp Program.

Summer Camp May 26 - Aug 14 7 am - 6:30 pm

Program Fees: Field Trip Days (Mon, Thur and Fri):

Resident: \$38; Nonresident \$50

Non Field Trip Days (Tues and Wed):

Resident: \$25; Nonresident: \$33

## Lone Tree Movie Night (Ages 5-12)

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.

Sat

Youth Nonresident: \$20; Youth Resident: \$15

Dates	Time	Location	Class #
Apr 18	5 -9 PM	Lone Tree	318004
May 16	5 -9 PM	Lone Tree	318005
Jun 20	5 -9 PM	Lone Tree	318006
Jul 18	5 -9 PM	Lone Tree	318007

## Kids Night Programs

### Rec and Rock

The Rec and Rock youth night is a monthly program that provides a safe, supervised environment where children ages 7 to 14 can be active, have fun, and make friends.

Sat

Nonresident: \$10 Resident: \$10

Dates	Time	Location	Class #
Apr 25	7 -10 PM	Lone Tree	316034
May 16	7 -10 PM	Goodson	316005
Mar 21	7 -10 PM	Goodson	316003

# DANCE

## RECREATIONAL DANCE

### BALLET

## Parent Tot Ballet at Buck (Ages 18 months - 3)

This class is an introduction to this classic dance form through dance games and basic ballet steps to interact with your child.

Parent (or caregiver) must attend with child. The fee is for the child and parent or caregiver together. Adults may wear comfortable clothing in which they are able to easily move. Street shoes are not allowed in the dance room so adults may be asked to remove them. Children are encouraged to wear ballet attire, however they may also wear comfortable clothing.

Wed

Youth Nonresident: \$24; Youth Resident: \$19 - 4 wks

Youth Nonresident: \$18; Youth Resident: \$14 - 3 wks\*

Dates	Time	Location	Class #
Apr 01 - 22	4:30-5 PM	Buck	392194
May 13 - 27*	4:30-5 PM	Buck	392195
Jun 03 - 24	4:30-5 PM	Buck	392196
Jul 08 - 29	4:30-5 PM	Buck	392197
Aug 05 - 26	4:30-5 PM	Buck	392198

## Parent-Tot Ballet at Goodson (Ages 18 months - 3)

Introduction to ballet for parents and tots! Interact with your child while learning basic ballet fundamentals in a relaxed and fun atmosphere.

The fee is for the child and parent or caregiver together. Each child must be accompanied by an adult. This means if you have 3 children you will need 3 adults to come to the class with them. There is no second child discount for this class.

Fri

Youth Nonresident: \$24; Youth Resident: \$19

Dates	Time	Location	Class #
Mar 06 - 27	9 -9:30 AM	Goodson	422543
Mar 06 - 27	9:30-10 AM	Goodson	422563
Apr 10 - May 01	9 -9:30 AM	Goodson	422544
Apr 10 - May 01	9:30-10 AM	Goodson	422564
May 08 - 29	9 -9:30 AM	Goodson	422545
May 08 - 29	9:30-10 AM	Goodson	422565
Jun 05 - 26	9 -9:30 AM	Goodson	422546
Jun 05 - 26	9:30-10 AM	Goodson	422566
Jul 10 - 31	9 -9:30 AM	Goodson	422547
Jul 10 - 31	9:30-10 AM	Goodson	422567
Aug 07 - 28	9 -9:30 AM	Goodson	422548
Aug 07 - 28	9:30-10 AM	Goodson	422568

## Parent-Tot Ballet at Lone Tree(Ages 1 1/2 - 3)

This class is an introduction to this classic dance form through dance games and basic ballet steps to interact with your child.

The fee is per child. Parent or caregiver must attend.

### Mon

Youth Nonresident: \$24; Youth Resident: \$19

Dates	Time	Location	Class #
Mar 02 - 30	10:30-11 AM	Lone Tree	452793
Apr 06 - 27	10:30-11 AM	Lone Tree	452794
Jun 08 - 29	10:30-11 AM	Lone Tree	452796
Jul 06 - 27	10:30-11 AM	Lone Tree	452797
Aug 03 - 24	10:30-11 AM	Lone Tree	452798

## Parent-Tot Creative Dance at Goodson (Ages 1 1/2 - 3)

Children explore locomotor movements through dance, games, rhythms and basic steps while dancing with their parent or caregiver. Ballet slippers are recommended.

### Tue

Youth Nonresident: \$24; Youth Resident: \$19

Dates	Time	Location	Class #
Apr 07 - 28	12-12:30 PM	Goodson	422754
May 05 - Jun 02	12-12:30 PM	Goodson	422755
Jun 09 - 30	12-12:30 PM	Goodson	422756
Jul 07 - 28	12-12:30 PM	Goodson	422757
Aug 04 - 25	12-12:30 PM	Goodson	422758

## Parent-Tot Creative Dance at Lone Tree (Ages 1 1/2 - 3)

Children explore loco-motor movements through dance, games, rhythms and basic steps while dancing with their parent or caregiver.

Adult must be present during the class. Class fee is per child.

### Tue

Youth Nonresident: \$24; Youth Resident: \$19

Dates	Time	Location	Class #
Apr 07 - 28	3:30-4 PM	Lone Tree	452844
May 05 - 26	3:30-4 PM	Lone Tree	452845
Jun 02 - 30	3:30-4 PM	Lone Tree	452846
Jul 07 - 28	3:30-4 PM	Lone Tree	452847

## Ballet in a Day (Ages 3-6)

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.

No second child discount for this class.

### Sat

Youth Nonresident: \$12; Youth Resident: \$10

Dates	Time	Location	Class #
Apr 25	2:30-3:45 PM	Goodson	422674
Aug 22	2:30-3:45 PM	Goodson	422678

## Creative Dancers at Goodson (Ages 3-5)

Learn the fundamentals of creative dance in a relaxed and fun atmosphere.

Youth Nonresident: \$59; Youth Resident: \$51

### Sat

Dates	Time	Location	Class #
Apr 04 - May 23	10:15-11 AM	Goodson	422604
May 30 - Jul 25	10:15-11 AM	Goodson	422605
Aug 01 - Sep 19	10:15-11 AM	Goodson	422608

### Tue

Dates	Time	Location	Class #
Apr 07 - May 26	11-11:45 AM	Goodson	422224
Jun 02 - Jul 21	11-11:45 AM	Goodson	422226
Jul 28 - Sep 15	11-11:45 AM	Goodson	422227

## Creative Dancers at Sheridan (Ages 3-5)

Learn the fundamentals of creative dance in a relaxed and fun atmosphere.

### Tue

Youth Nonresident: \$45; Youth Resident: \$39

Dates	Time	Location	Class #
Apr 07 - May 12	4-4:45 PM	Sheridan	438804
Jun 09 - Jul 14	4-4:45 PM	Sheridan	438806
Aug 4 - Sep 8	4-4:45 PM	Sheridan	438808

## Pre-Ballerinas at Goodson (Ages 4-5)

Children learn the fundamentals of pre-ballet in a fun, relaxed atmosphere.

Appropriate ballet shoes required.

### Sat

Youth Nonresident: \$59; Youth Resident: \$51

Dates	Time	Location	Class #
Apr 04 - May 23	11:15 AM-12 PM	Goodson	422634
May 30 - Jul 25	11:15 AM-12 PM	Goodson	422635
Aug 01 - Sep 19	11:15 AM-12 PM	Goodson	422638

## Princess Dance Camp (Ages 4-7)

Create essential pieces for your princess costume and learn a dance. Performance on the last day of class.

### Mon-Thu

Youth Nonresident: \$52; Youth Resident: \$48

Dates	Time	Location	Class #
Jun 08 - 11	2:30-4:30 PM	Goodson	422986

## Ballet/Tap Combo (Ages 5-7)

Learn the fundamentals of ballet and tap in a fun, relaxed atmosphere.

Appropriate tap and ballet shoes required.

### Sat

Youth Nonresident: \$59; Youth Resident: \$51

Dates	Time	Location	Class #
Apr 04 - May 23	12-1 PM	Goodson	422114
May 30 - Jul 25	12-1 PM	Goodson	422115
Aug 01 - Sep 19	12-1 PM	Goodson	422118

## HIP-HOP

**Hip-Hop at Lone Tree (Ages 6-10)**

Learn the fundamentals of hip hop including popping, locking, break dancing basics and R & B fluid movement.

**Mon**

Youth Nonresident: \$45; Youth Resident: \$39

Dates	Time	Location	Class #
Jun 01 - Jul 6	5:30-6:30 PM	Lone Tree	452856
Jul 20 - Aug 24	5:30-6:30 PM	Lone Tree	452857

**Jazz/Hip Hop at Goodson (Ages 7-11)**

Learn the fundamentals of jazz and tap in a relaxed and fun atmosphere. Sneakers required.

**Tue**

Youth Nonresident: \$59; Youth Resident: \$51

Dates	Time	Location	Class #
Mar 31 - May 19	5 - 6 PM	Goodson	422433
May 26 - Jul 14	5 - 6 PM	Goodson	422435
Jul 21 - Sep 08	5 - 6 PM	Goodson	422437

**Youth Hip-Hop Dance at Buck (Ages 7-12)**

Learn "music video" style choreography and hip-hop technique. Age appropriate, high energy and FUN!

Wear loose, comfortable clothing and sneakers or closed toed shoes that will slide for all classes.

**Thu**

Youth Nonresident: \$59; Youth Resident: \$51

Dates	Time	Location	Class #
May 07 - Jun 25	5:30-6:30 PM	Buck	392615
Jul 09 - Aug 27	5:30-6:30 PM	Buck	392617

**Hip Hop at Goodson (Ages 11-15)**

Learn the fundamentals of Hip Hop in a relaxed and fun atmosphere. Sneakers required.

**Sat**

Youth Nonresident: \$59; Youth Resident: \$51

Dates	Time	Location	Class #
Apr 04 - May 23	9 -10 AM	Goodson	422344
May 30 - Jul 25	9 -10 AM	Goodson	422345
Aug 1-Sep 19	9 -10 AM	Goodson	422348

**Ballet Folklorico Dance (Ages 6-18)**

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.

**Tue**

Youth Nonresident: \$38; Youth Resident: \$36

**Ages 6-11 years**

Dates	Time	Location	Class #
Apr 07 - May 12	6 -7 PM	Sheridan	438684
May 19 - Jun 23	6 -7 PM	Sheridan	438685
Jul 07 - Aug 25	6 -7 PM	Sheridan	438687

**Ages 12-18 years**

Dates	Time	Location	Class #
Apr 07 - May 12	7:15-8:15 PM	Sheridan	438734
May 19 - Jun 23	7:15-8:15 PM	Sheridan	438735
Jul 07 - Aug 11	7:15-8:15 PM	Sheridan	438737

**Young Adult Ballet (Ages 9 - 14)**

Instill grace, balance, precision, discipline, and self-confidence through dance and ballet.

Recommended attire: Girls - solid color leotard, tights, and leather ballet slippers (pink preferred).

Boys - black pants or shorts, white t-shirt, and black leather ballet slippers.

**Tue**

Youth Resident: \$38; Youth Nonresident: \$44

Dates	Time	Location	Class #
Apr 07 - May 12	6 -7 PM	Goodson	422304

**So You Think You Can Dance Camp (Ages 8-13)**

Camp focuses on a variety of dance styles including jazz and hip-hop. Performance on last day of class.

**Mon-Fri**

Youth Nonresident: \$64; Youth Resident: \$60

Dates	Time	Location	Class #
Jun 15 - 19	1 -3 PM	Sheridan	438656
Jul 06 - 10	2:30-4:30 PM	Goodson	422937
Aug 03 - 07	2:30-4:30 PM	Goodson	422938

**Dance Camp (Ages 5-13)**

Explore lyrical, jazz, hip-hop and ballet. Performance on last day of camp.

Please have participants bring a snack and water for break time.

Youth Nonresident: \$39; Youth Resident: \$36

**Tue-Fri Ages 5-8**

Dates	Time	Location	Class #
Jun 16 - 19	2:30-4 PM	Lone Tree	452806

**Tue-Fri Ages 9-13**

Dates	Time	Location	Class #
Jul 21 - 24	2:30-4 PM	Lone Tree	452807

## ACADEMY OF DANCE AT SOUTH SUBURBAN (AGES 3-14)

Welcome to the South Suburban Academy of Dance!

We are very excited to offer your child challenging, comprehensive dance training. This is a progressive program with classes designed especially for young students.

Recommended attire:

Girls should wear a solid color ballet leotard, tights and leather ballet slippers (pink preferred).

Boys should wear black pants or shorts, a white t-shirt and black leather ballet slippers. Street shoes are not permitted in the dance room.

## Ballet at Buck

Youth Nonresident: \$126; Youth Resident: \$111

### Fri Ages 3-4

Dates	Time	Location	Class #
May 15 - Aug 21	10:30-11:15 AM	Buck	392555

### Fri Ages 4-5

Dates	Time	Location	Class #
May 13 - Aug 19	11:15 AM-12 PM	Buck	392605

### Wed Ages 4-5

Dates	Time	Location	Class #
May 15 - Aug 21	5 -5:45 PM	Buck	392545

### Wed Ages 5-7

Dates	Time	Location	Class #
May 13 - Aug 19	5:45-6:45 PM	Buck	392515

## Ballet at Goodson

Youth Nonresident: \$126; Youth Resident: \$111

### Fri Age 3

Dates	Time	Location	Class #
May 15 - Aug 21	1 -1:45 PM	Goodson	422535
May 15 - Aug 21	2:45-3:30 PM	Goodson	422575

### Fri Age 4

Dates	Time	Location	Class #
May 15 - Aug 21	2 -2:45 PM	Goodson	422555

### Fri Age 5

Dates	Time	Location	Class #
May 15 - Aug 21	3:45-4:30 PM	Goodson	422175

### Thu Age 5-7

Dates	Time	Location	Class #
May 14 - Aug 20	4:30-5:15 PM	Goodson	422765

### Thu Ages 6-10

Dates	Time	Location	Class #
May 14 - Aug 20	5:15-6:15 PM	Goodson	422775

## Ballet at Lone Tree

Youth Nonresident: \$126; Youth Resident: \$111

### Mon Age 3

Dates	Time	Location	Class #
May 11 - Aug 24	11 -11:45 AM	Lone Tree	452135

### Mon Age 4-5

Dates	Time	Location	Class #
May 11 - Aug 24	11:45 AM-12:30 PM	Lone Tree	452045
May 11 - Aug 24	12:30-1:15 PM	Lone Tree	452115

### Tue Age 4-5

Dates	Time	Location	Class #
May 12 - Aug 18	4 -4:45 PM	Lone Tree	452875

### Wed Age 3-4

Dates	Time	Location	Class #
May 13 - Aug 19	4:30-5:15 PM	Lone Tree	452725

### Wed Age 5-7

Dates	Time	Location	Class #
May 13 - Aug 19	5:15-6:10 PM	Lone Tree	452735

## Jazz at Lone Tree (Ages 4-8)

Learn the fundamentals of Jazz in a relaxed and fun atmosphere. Leotard and tights should be worn for classes.

### Tue

Youth Nonresident: \$126; Youth Resident: \$111

Dates	Time	Location	Class #
May 12 - Aug 18	5:45-6:30 PM	Lone Tree	452955

## Tap Dance (Ages 4-8)

Learn the steps and build up to a routine while developing self-confidence and balance through tap.

### Tue

Youth Nonresident: \$126; Youth Resident: \$111

Dates	Time	Location	Class #
May 12 - Aug 18	5 -5:45 PM	Lone Tree	452985

## Ballet Level 2 at Lone Tree (Ages 5-9)

### Tue

Youth Nonresident: \$126; Youth Resident: \$113

Dates	Time	Location	Class #
May 15 - Aug 21	4 -5 PM	Lone Tree	452825

## Ballet Level 2 at Goodson (Ages 6-10)

### Fri

Youth Nonresident: \$126; Youth Resident: \$111

Dates	Time	Location	Class #
May 14 - Aug 20	4:45-5:45 PM	Goodson	422185

## Ballet Level 3 at Lone Tree (Ages 8-11)

Instructor: Ms. Amy

### Tue

Youth Nonresident: \$126; Youth Resident: \$111

Dates	Time	Location	Class #
May 12 - Aug 18	5 -6 PM	Lone Tree	452835

## Ballet Level 3 at Goodson (Ages 9-14)

### Fri

Youth Nonresident: \$126; Youth Resident: \$111

Dates	Time	Location	Class #
May 15 - Aug 21	6 -7 PM	Goodson	422195

## Ballet Level 4 at Lone Tree (Ages 9 - 14)

Instructor: Ms. Amy

### Tue

Youth Nonresident: \$126; Youth Resident: \$111

Dates	Time	Location	Class #
May 12 - Aug 18	7 -8 PM	Lone Tree	452695

## Lyrical Dance at Buck (Ages 6-9)

### Wed

Youth Nonresident: \$126; Youth Resident: \$111

Dates	Time	Location	Class #
May 13 - Aug 19	6:45-7:45 PM	Buck	392475

## Lyrical Dance at Lone Tree (Ages 7-14)

Tue

Youth Nonresident: \$126; Youth Resident: \$111

Dates	Time	Location	Class #
May 12 - Aug 18	6 -7 PM	Lone Tree	452975

## Hip-Hop Level 2 at Buck (Ages 7-13)

Continue to learn the fundamentals of Hip-Hop, basics of break dancing, and R&B fluid movement. Must have taken Beginning Hip-Hop or have dance equivalent. No summer recital.

Thu

Youth Nonresident: \$126; Youth Resident: \$111

Dates	Time	Location	Class #
May 14 - Aug 20	6:30-7:30 PM	Buck	392755

## Hip-Hop Level 2 at Lone Tree (Ages 7-12)

Mon

Youth Nonresident: \$126; Youth Resident: \$111

Dates	Time	Location	Class #
May 11 - Aug 24	6:30-7:30 PM	Lone Tree	452905

## ADULT DANCE CLASSES

### Beginning Ballroom at Buck (Ages 12-Senior)

Dance at any celebration or event. Explore Waltz, Foxtrot, Tango, Viennese Waltz. Class geared to participants.

Ages 12-14 may participate with a registered adult. Singles welcome. Price is per person.

Wed

Nonresident: \$77 Resident:\$72

Dates	Time	Location	Class #
Apr 08 - May 13	7 -8:30 PM	Buck	402344
Jun 03 - Jul 15	7 -8:30 PM	Buck	402346
Jul 22 - Aug 26	7 -8:30 PM	Buck	402347

### Continuing Ballroom Dancing (Ages 12-Senior)

Dance at any celebration or event with a different dance style learned each session. Explore waltz, foxtrot, tango and the Viennese Waltz.

Price is per person. Ages 12-14 may participate with a registered adult. Singles welcome.

Mon

Nonresident: \$77 Resident:\$72

Dates	Time	Location	Class #
Apr 06 - May 11	7 -8:30 PM	Buck	402414
Jun 01 - Jul 13	7 -8:30 PM	Buck	402416
Jul 20 - Aug 24	7 -8:30 PM	Buck	402417

## Wedding Dance Workshop at Buck (Ages 12- Senior)

Learn to dance so you can take the dance floor with confidence for your special event, or one you're attending. May bring your own music. Ages 12-14 may register with paying adult. Singles welcome. Price is per person. Ages 12-14 accompanied by parent or guardian.

Wed, Thu

Nonresident: \$30; Resident:\$27

Dates	Time	Location	Class #
Apr 01 - 02	7 -9 PM	Buck	402384
May 20 - 21	7 -9 PM	Buck	402385

## Adult Ballet Barre at Buck (Ages 13-Senior)

Low impact, graceful movement at the barre develops the strength, stamina, coordination and balance of a dancer. All levels of experience welcome.

Wear leather soled slippers.

Fri

Nonresident: \$44 Resident:\$38

Dates	Time	Location	Class #
May 08 - Jun 12	1 -2 PM	Buck	402005
Jun 19 - Jul 31	1 -2 PM	Buck	402006
Aug 07 - Sep 11	1 -2 PM	Buck	402008

## Adult Ballet (Ages 15-Senior)

Learn grace and tone, and elongate your muscles while learning basic ballet moves. All levels welcome.

Tue

Nonresident: \$58 Resident:\$51

Dates	Time	Location	Class #
Apr 07 - May 26	10 -11 AM	Goodson	432204
Jun 02 - Jul 21	10 -11 AM	Goodson	432206
Jul 28 - Sep 15	10 -11 AM	Goodson	432207

## Adult Ballet at Lone Tree (Ages 16-Senior)

Learn grace and tone and elongate your muscles while learning basic ballet moves.

Mon

Nonresident: \$29; Resident:\$26

Dates	Time	Location	Class #
Apr 06 - 27	1:30-2:30 PM	Lone Tree	463444
Jun 08 - 29	1:30-2:30 PM	Lone Tree	463446
Jul 06 - 27	1:30-2:30 PM	Lone Tree	463447
Aug 03 - 24	1:30-2:30 PM	Lone Tree	463448

## Belly Dance (Ages 15 and over)

Tone your torso and move your hips while learning this ancient dance form. Fitness or dancewear suggested.

Mon

Nonresident: \$44 Resident:\$38

Dates	Time	Location	Class #
Apr 13 - May 18	7:15-8:15 PM	Goodson	432174
Jun 01 - Jul 06	7:15-8:15 PM	Goodson	432176
Jul 13 - Aug 17	7:15-8:15 PM	Goodson	432177



## Jazz/Broadway (Ages 15 - Adult)

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.

**Tue**

Nonresident: \$59 Resident:\$51

Dates	Time	Location	Class #
Mar 31-May19	7-8 PM	Goodson	432093
May 26 - Jul 14	7-8 PM	Goodson	432095
Jul 22 - Sep 09	7-8 PM	Goodson	432097

## Tap-Beginning (Ages 15-Senior)

Have fun learning the basic movements and advanced movements of Tap.

Tap shoes, sneakers, or dance shoes recommended.

**Tue**

Nonresident: \$59; Resident:\$51

Dates	Time	Location	Class #
Apr 01-May 20	5:30-6:30 PM	Goodson	432314
May 27 - Jul 15	5:30-6:30 PM	Goodson	432315
Jul 22 - Sep 09	5:30-6:30 PM	Goodson	432317

## Tap - Beg/Cont Adult (Ages 15-Senior)

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.

**Mon**

Nonresident: \$59; Resident:\$51

Dates	Time	Location	Class #
Mar 30 - May 18	6 -7 PM	Goodson	432144
Jun 01 - Jul 20	6 -7 PM	Goodson	432146
Jul 27 - Sep 21	6 -7 PM	Goodson	432147

## Tap - Continuing / Intermediate (Ages 15-Senior)

Enjoy learning advanced movements of Tap.

Tap shoes, sneakers or dance shoes recommended.

**Tue**

Nonresident: \$59; Resident:\$51

Dates	Time	Location	Class #
Mar 31 - May 19	6 -7 PM	Goodson	432264
May 26 - Jul 14	6 -7 PM	Goodson	432265
Jul 21 - Sep 08	6 -7 PM	Goodson	432267

## World Dance Jam (Ages 15-Senior)

Move your body to Polynesian, Bollywood, African, Persian music and more.

**Wed**

Nonresident: \$44; Resident:\$38

Dates	Time	Location	Class #
Aug 05 - Sep 16	8 -9 PM	Goodson	432508

## Ballroom Dance Nights (Ages 18-Senior)

Swing, Waltz, Rhumba and Hop to the LIVE Big Band sounds of the Windjammers 10-piece orchestra.

Order tickets online or purchase at the door. Dress up or come casual. Free parking.

Order tickets online or purchase at the door.

Nonresident: \$10 Resident:\$8

**Sat**

Dates	Time	Location	Class #
May 02	6:30-9:30 PM	Lone Tree	461985
Jul 11	6:30-9:30 PM	Lone Tree	461987

**Fri**

Dates	Time	Location	Class #
Apr 03	7 -10 PM	Buck	396354
Jun 05	7 -10 PM	Buck	396356
Aug 14	7 -10 PM	Buck	396358

# EDUCATION/ENRICHMENT

## ACTING

### Acting Camp at Lone Tree (Ages 5-8)

Theater games, improvisation and mini-play rehearsals. Public performance on last day of class.

Please fill out paperwork and bring to class on the first day. Also please have participants bring a snack and drink for break time.

**Mon-Fri**

Youth Nonresident: \$49; Youth Resident: \$46

Dates	Time	Location	Class #
Jun 08 - 12	12:30-2 PM	Lone Tree	453116

### Acting Camp at Lone Tree (Ages 9-12)

**Mon-Fri**

Youth Nonresident: \$97; Youth Resident: \$91

Dates	Time	Location	Class #
Jun 15 - 19	9 AM-12 PM	Lone Tree	453186

## Theater - Imagination Station (Ages 4-6)

Use props, costumes, theater games and the introductory drama elements of voice and movement to improvise an informal performance, performed at the end of season.

**Mon**

Youth Nonresident: \$30; Youth Resident: \$29

Dates	Time	Location	Class #
Mar 09 - Apr 20	4:30-5:15 PM	Buck	395063
May 04 - Jun 15	4:30-5:15 PM	Buck	395065

## Imagineers' Studio at Lone Tree (Ages 5-9)

Use props, costumes, theater games and the introductory drama elements of voice and movement to improvise an informal performance, performed at the end of season.

### Mon

Youth Nonresident: \$40; Youth Resident: \$39

Dates	Time	Location	Class #
Jun 01 - Jul 6	4:15-5:15 PM	Lone Tree	453176
Jul 20 - Aug 24	4:15-5:15 PM	Lone Tree	453177
Apr 06 - May 11	4:15-5:15 PM	Lone Tree	453174

## Actors Toolbox (Ages 7-14)

Explore the essentials of acting. Improvise and pantomime for the stage, build believable characters; strengthen auditioning skills. Short performance at final class.

### Thu

Youth Nonresident: \$40; Youth Resident: \$39

Dates	Time	Location	Class #
Mar 12 - Apr 23	6 -7 PM	Buck	395403
May 7-Jun 11	6-7 PM	Buck	395405

## James and the Giant Peach - Park Theater Audition and Performance Class (Ages 12-18)

### James and the Giant Peach

Audition for this teen acting troupe who will travel to five South Suburban parks and perform a fun, action-packed collection of beloved fables. Must be loud, have lots of energy and love to perform.

Audition: April 11; 10 am - 12 pm at Buck Center Theatre  
For required audition appointment, call the performing arts box office at 303-730-4612.

Must be free to tour the week of June 15-19.

Have a 60 second monologue memorized. Successful audition participants then register for the class. Rehearsals will occur at Buck and various parks. Van transportation provided for actors.

Performances: June 16-19; 9-11:30 am

Rehearsals: Sat, May 2 - June 13, 10 am - 12 pm and Monday, June 15, 9-11:30 am (no rehearsal May 23)

### Sat

Youth Nonresident: \$90; Youth Resident: \$79

Dates	Time	Location	Class #
Apr 11 - Jun 19	Various	Buck	396104

## Charlotte's Web - Audition and Theater Production (Ages 6-16)

Named "the best American children's book of the past two hundred years", this is a beautiful story about relationships presented by various animals. The extraordinary spider, Charlotte, proves to be a true friend and a good writer!

Audition for this youth full-theater summer production: Tues, June 23, 4 - 6:30 pm at Buck Theater. Make an audition appointment by calling 303-730-4612.

Have a 60 second monologue memorized. Successful audition participants then register for the class. With an ensemble cast, each member will have relatively equal stage time playing one or several parts. This production, complete with set and costumes, will be presented to a ticketed public.

Successful audition participants then register for the class.

Rehearsals: Tues, Thurs 6-8 pm Sat 9-11 am July 7 - Aug 7 and Aug 7 at 3:15 pm.

Performance F, Aug 7 at 7 pm. All children may not need to attend every rehearsal.

### Mon, Wed, Sat

Youth Nonresident: \$97; Youth Resident: \$87

Dates	Time	Location	Class #
Jun 23 - Aug 07	Various	Buck	395966

## Transyl-Mania- Audition and Theater Production (Ages 10-18)

South Suburban's finest youth actors present Transyl-Mania. It's monster mayhem in a frightfully fun comedy!

Audition for this youth full-theater Halloween production:

Tues, August 25, 4 - 6:30 pm at Buck Theater.

Make an audition appointment by calling 303-730-4612. Have a 60 second monologue memorized. Successful audition participants then register for the class. With an ensemble cast, each member will have relatively equal stage time playing one or several parts. This production, complete with set and costumes, will be presented to a ticketed public.

Rehearsals: Mon, Wed 6-8 pm and Sat 9-11 am

Sept 16 - Oct 17 and Oct 19-22 every evening 6 - 8 pm.

Performance F, Oct 23 at 7 pm and Sat Oct 24 at 3 pm.

### Mon, Wed, Sat

Youth Nonresident: \$89; Youth Resident: \$79

Dates	Time	Location	Class #
Aug 25 - Oct 24	Various	Buck	39569

## Charlotte's Web - A Youth Theater Production (Ages 3-Senior)

South Suburban's finest youth actors present Charlotte's Web. This is a beautiful story about relationships presented by various animals. The extraordinary spider, Charlotte, proves to be a true friend and a good writer!

Purchase tickets at Buck, online or at the door, Dress up or come casual. Free parking

### Fri

Nonresident: \$7; Resident: \$7

Youth Nonresident: \$4; Youth Resident: \$4

Dates	Time	Location	Class #
Aug 07	7 - 8 PM	Buck	396008

## Transyl-Mania - A Youth Theater Production (ges 3-Senior)

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.

Purchase tickets at the door, online or at Buck. Dress up or come casual. Free parking

### Fri & Sat

Nonresident: \$7; Resident: \$7

Youth Nonresident: \$4; Youth Resident: \$4

Dates	Time	Location	Class #
Oct 23	7 -8 PM	Buck	3960010
Oct 24	3 -4 PM	Buck	3960210

## Public Speaking Without Fear (Ages 16-Senior)

Learn or bolster basic speaking skills. Increase your confidence and persuasiveness. Taught by an award-winning actor.

Wear comfortable clothes and shoes that are easy to move in. Bring a water bottle.

**Thu**

Nonresident: \$49; Resident: \$45

Dates	Time	Location	Class #
May 07 - Jun 11	7 -8 PM	Buck	400755

## CHESS

### Chess Full - Day Workshop at Goodson (Ages 6-14)

For beginners and intermediates. Six hours of chess rules, strategy, lessons, and competition taught by Todd Bardwick, National Master and 5-time Denver Chess Champion, Chess Life for Kids columnist, and author of Teaching Chess in the 21st Century, Chess Workbook for Children, and Chess Strategy Workbook

Youth Nonresident: \$68; Youth Resident: \$62

**Thu**

Dates	Time	Location	Class #
May 28	9 AM-3:30 PM	Goodson	411155

**Fri**

Dates	Time	Location	Class #
July 10	9 AM-3:30 PM	Goodson	411127

## COOKING

### Little Mixers at Lone Tree (Ages 3.5-6)

Learn basic cooking skills through different themes and a related craft or activity

Registration for cooking classes closes 24 hours before class start. Please let us know if you child has any food allergies.

**Wed**

Youth Nonresident: \$53; Youth Resident: \$43

Dates	Time	Location	Class #
Apr 01 - 22	1 -2:30 PM	Lone Tree	467664
May 06 - 27	1 -2:30 PM	Lone Tree	467665

### Kitchen Kids at Lone Tree (Ages 5-8)

Come hungry and make fun, kid-friendly recipes while practicing kitchen safety and cooking fundamentals.

**Sat**

Youth Nonresident: \$27; Youth Resident: \$25

Dates	Time	Location	Class #
Apr 04 - 11	1 -3 PM	Lone Tree	467814

## LEGO

### Superhero Engineering with LEGO at Lone Tree (Ages 5-6)

Save the world with LEGO Super Heroes! An experienced Play-Well instructor guides young heroes as they design, build and save a city where ingenuity and imagination can solve any conflict.

**Mon-Fri**

Youth Nonresident: \$215; Youth Resident: \$210

Dates	Time	Location	Class #
Jun 20 - 24	1 -4 PM	Lone Tree	455597

### Mine, Craft, Build: Survival Game LEGO Camp (Ages 7-12)

Bring Minecraft to life using LEGO! Resourcefulness, creativity and cooperation come together in this building adventure game. This LEGO Minecraft experience is an original game designed by Play-well instructors, using gameplay elements and characters inspired by the popular Minecraft video game.

**Mon-Fri**

Youth Nonresident: \$215; Youth Resident: \$210

Dates	Time	Location	Class #
Jun 29-Jul 3	1 -4 PM	Lone Tree	458156
Jul 27 - 31	1 -4 PM	Goodson	424327

### Ninjaneering LEGO Camp (Ages 5-6)

Imagine and build unique LEGO projects with the guidance of an experienced Play-Well instructor while exploring the fantasy world of Ninjago.

**Mon-Fri**

Youth Nonresident: \$215; Youth Resident: \$210

Dates	Time	Location	Class #
Jul 06 - 10	9 AM-12 PM	Lone Tree	458026

### Mine, Craft Build: Adventure Game LEGO Camp (Ages 5-6)

Bring Minecraft to life using LEGO! Resourcefulness, creativity and cooperation come together in the unique game. Build a Zoo; create a Medieval Castle; and design a Tree House Village.

This LEGO experience is an original game designed by Play-Well instructors inspired by the popular game Minecraft.

**Mon-Fri**

Youth Nonresident: \$215; Youth Resident: \$210

Dates	Time	Location	Class #
Jul 27 - 31	9 AM-12 PM	Goodson	424317
Jul 29-Jul 3	9 AM-12 PM	Lone Tree	458106

## Space - The Final Frontier Camp (Ages 5-11)

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.

### Mon-Fri

Youth Nonresident: \$215; Youth Resident: \$210

Dates	Time	Location	Class #
Jun 22 - 26	9 AM-12 PM	Buck	391206
Jul 13 - 17	9 AM-12 PM	Goodson	424847

## Ninjaneering Masters LEGO Camp (Ages 9-12)

In this advanced LEGO camp, Ninjaneering masters will learn real world concepts in physics, engineering and architecture, while exploring the fantasy world of Ninjago.

### Mon-Fri

Youth Nonresident: \$215; Resident: \$210

Dates	Time	Location	Class #
Jul 06 - 10	1 -4 PM	Lone Tree	458007

## Robotics Using LEGO EV3 Camp at Lone Tree (Ages 9-12)

Build and program robots using the LEGO Mindstorms system! Learn about mechanical and software design, loops and conditional statements.

### Mon-Fri

Nonresident: \$215; Youth Nonresident: \$210

Dates	Time	Location	Class #
Jun 15 - 19	1 -4 PM	Lone Tree	458256

## Girls' Engineering LEGO Camp (Ages 7-12)

Taught by women engineers and scientists, this course provides a supportive environment for girls to apply real-world concepts in physics, engineering, and architecture through projects such as arch bridges, motorized cars, skyscrapers and amusement parks!

### Mon-Fri

Youth Nonresident: \$215; Youth Resident: \$210

Dates	Time	Location	Class #
Jul 20 - 24	9 AM-12 PM	Lone Tree	458207

## Junior Robotics LEGO "WeDo" Camp at Buck (Ages 7-10)

LEGO's newest program! Using laptops, build and program robots in this introductory robotics class. Learn basic programming skills, simple engineering concepts and names of robot components. Complete several projects using tilt and motion sensors.

Parents or students can videotape projects at the end of each day.

### Mon-Wed

Youth Nonresident: \$170; Youth Resident: \$160

Dates	Time	Location	Class #
Mar 23 - 25	12:30-3:30 PM	Buck	390563

## Junior Robotics LEGO "WeDo" Camp at Lone Tree (Ages 7-9)

LEGO's newest program! Using laptops, build and program robots in this introductory robotics class. Learn basic programming skills, simple engineering concepts and names of robot components. Parents or students can videotape projects at the end of each day.

### Mon-Fri

Youth Nonresident: \$215; Youth Resident: \$210

Dates	Time	Location	Class #
Jun 15 - 19	9 AM-12 PM	Lone Tree	458057

## MUSIC

## Acoustic Guitar at Goodson (Ages 8-15)

Learn acoustic guitar fundamentals, techniques for playing and tablature, as well as reading notes. Small group setting. Bring a guitar you are comfortable with.

### Tue

Youth Nonresident: \$72; Youth Resident: \$64

Dates	Time	Location	Class #
Apr 07 - 28	5:15-6:45 PM	Goodson	423334
Jun 02 - 23	5:15-6:45 PM	Goodson	423336
Jul 07 - 28	5:15-6:45 PM	Goodson	423337

## Acoustic Guitar at Goodson (Ages 16 - Senior)

Learn acoustic guitar fundamentals, note reading and techniques for playing and tablature play. Relaxed pace instruction in a small group setting. All levels welcome.

Bring a familiar guitar to class.

### Tue

Nonresident: \$59 Resident:\$51

Dates	Time	Location	Class #
Apr 07 - 28	6:45-8:15 PM	Goodson	423124
Jun 02 - 23	6:45-8:15 PM	Goodson	423126
Jul 07 - 28	6:45-8:15 PM	Goodson	423127

## Fun Keys with Ms Carolyn Parent-Tot (Ages 1.5-5)

Learn to play the keyboard by watching fun interactive videos, dancing, singing and moving to the rhythm. Children enhance their motor skills during this parent tot class that emphasizes play.

### Tue

Youth Nonresident: \$27; Youth Resident: \$23

### Ages 18 Months - 2

Dates	Time	Location	Class #
Mar 10 - 31	9:30-10 AM	Goodson	423353
Apr 14 - May 05	9:30-10 AM	Goodson	423354
May 12 - Jun 02	9:30-10 AM	Goodson	423355
Jun 16 - Jul 07	9:30-10 AM	Goodson	423356
Jul 14 - Aug 4	9:30-10 AM	Goodson	423357

### Ages 2-3 years

Dates	Time	Location	Class #
Mar 10 - 31	10 -10:30 AM	Goodson	423363
Apr 14 - May 05	10 -10:30 AM	Goodson	423364
May 12 - Jun 02	10 -10:30 AM	Goodson	423365
Jun 16 - Jul 07	10 -10:30 AM	Goodson	423366
Jul 14 - Aug 4	10 -10:30 AM	Goodson	423367

### Ages 3-5 years

Dates	Time	Location	Class #
Mar 10 - 31	10:30-11 AM	Goodson	423373
Apr 14 - May 05	10:30-11 AM	Goodson	423374
May 12 - Jun 02	10:30-11 AM	Goodson	423375
Jun 16 - Jul 07	10:30-11 AM	Goodson	423376
Jul 14 - Aug 04	10:30-11 AM	Goodson	423377

### Fun Keys with Keyboard Encounters Kids by Yamaha (Ages 7-10)

Rock out learning to play the keyboard. Class features note reading, singing, listening, pitch matching, keyboard techniques, rhythm and movement.

**Tue**

Youth Nonresident: \$35; Youth Resident:\$30

Dates	Time	Location	Class #
Apr 14 - May 05	5:15-6:15 PM	Goodson	423084
May 12 - Jun 02	5:15-6:15 PM	Goodson	423085
Jun 10 - Jul 07	5:15-6:15 PM	Goodson	423086
Jul 14 - Aug 04	5:15-6:15 PM	Goodson	423087

### Fun Keys with Music for Little Mozarts (Ages 4-6)

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.

**Tue**

Youth Nonresident: \$35; Youth Resident:\$30

### Ages 4-6 years

Dates	Time	Location	Class #
Mar 10 - 31	4:15-5:15 PM	Goodson	423053
Apr 14 - May 05	4:15-5:15 PM	Goodson	423054
May 12 - Jun 02	4:15-5:15 PM	Goodson	423055
Jun 16 - Jul 07	4:15-5:15 PM	Goodson	423056
Jul 14 - Aug 04	4:15-5:15 PM	Goodson	423057

## SCIENCE AND ENGINEERING

### Outrageous Invention Convention (Ages 4-6)

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!

**Mon-Fri**

Youth Nonresident: \$179; Youth Resident: \$169

Dates	Time	Location	Class #
Jun 08 - 12	1 -4 PM	Goodson	424126

### Spy Camp (Ages 8-13)

Create and decipher top-secret messages. Create your own spy kit including cipher wheels, invisible ink and code breakers. Travel back in history and assume the identities of real spies; gather intelligence; and make life and death decisions.

Bring a snack and water.

**Mon-Fri**

Youth Nonresident: \$190; Youth Resident: \$180

Dates	Time	Location	Class #
Jul 27 - 31	9 AM-12 PM	Buck	391157
Jun 8-12	1-4 PM	Lone Tree	455826
Jul 20-24	9 AM-12 PM	Lone Tree	455837

**Mon-Wed** Nonresident: \$114; Youth Resident: \$108

Dates	Time	Location	Class #
Jul 13-15	1-4 PM	Sheridan	438057

## FITNESS

### DROP IN FITNESS

Drop-in Fitness classes are open to ages 12 & up. Ages 10-11 are welcome to participate when accompanied by an adult.

**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, LT
Cycle Sculpt	B, LT
Long Ride	G, 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, LT
Barre Sculpt	G, LT
Cardio Dance Fitness	LT
HoopCore Fitness	B
Nia	B
Step Combo	G, LT
Step Plus	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	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®	B, LT
Gentle Aqua	B, G
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, G
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 [sspr.org/schedules](http://sspr.org/schedules), by calling or visiting the recreation centers.

## FITNESS VAN RENTAL

Great for birthdays, community events and park fun! Activities include Wii sports games, hula hoops, jump ropes, balance.

\$85/\$75R first hour, \$60/\$50R additional hours

## FREE Equipment Orientation at Buck (Ages 10-Senior)

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.

Please arrive on time, if you are not on time your place may be given to another participant.

### Tue

Dates	Time	Location	Class #
Apr 14	9 -10:15 AM	Buck	520254
May 12	9 -10:15 AM	Buck	520255
Jun 09	9 -10:15 AM	Buck	520256
Jul 14	9 -10:15 AM	Buck	520257
Aug 11	9 -10:15 AM	Buck	520258

### Thu

Dates	Time	Location	Class #
Apr 16	6:30-7:45 PM	Buck	520304
May 21	6:30-7:45 PM	Buck	520305
Jun 18	6:30-7:45 PM	Buck	520306
Jul 16	6:30-7:45 PM	Buck	520307
Aug 20	6:30-7:45 PM	Buck	520308

## FREE Equipment Orientation at Goodson (Ages 10-Senior)

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.

Please arrive on time, if you are not on time your place may be given to another participant.

### Fri

Dates	Time	Location	Class #
Apr 10	9 -10:15 AM	Goodson	542304
May 08	9 -10:15 AM	Goodson	542305
Jun 12	9 -10:15 AM	Goodson	542306
Jul 10	9 -10:15 AM	Goodson	542307
Aug 14	9 -10:15 AM	Goodson	542308

## FREE Equipment Orientation at Lone Tree (Ages 10-Senior)

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.

Please arrive on time, if you are not on time your place may be given to another participant.

### Wed

Dates	Time	Location	Class #
Apr 01	11:30 AM-12:45 PM	Lone Tree	562304
May 06	11:30 AM-12:45 PM	Lone Tree	562305
Jun 03	11:30 AM-12:45 PM	Lone Tree	562306
Jul 01	11:30 AM-12:45 PM	Lone Tree	562307
Aug 05	11:30 AM-12:45 PM	Lone Tree	562308

### Sat

Dates	Time	Location	Class #
Apr 11	9 -10:15 AM	Lone Tree	562334
May 09	9 -10:15 AM	Lone Tree	562335
Jul 11	9 -10:15 AM	Lone Tree	562337
Aug 08	9 -10:15 AM	Lone Tree	562338
Jun 13	9 -10:15 AM	Lone Tree	562336

## FREE Indoor Cycle Orientation at Buck (Ages 10-Senior)

New to Cycling? FREE Indoor Cycle Orientation teaches how to set up your bike for optimum comfort and safety as well as receive a general overview of what to expect in a Cycling class.

This is a FREE class.

Ages 10-11 must be accompanied by an adult.

**Mon**

Dates	Time	Location	Class #
Apr 20	5:15-5:45 PM	Buck	522504
May 18	5:15-5:45 PM	Buck	522505
Jun 15	5:15-5:45 PM	Buck	522506
Jul 20	5:15-5:45 PM	Buck	522507
Aug 17	5:15-5:45 PM	Buck	522508

## Functional Motion at Buck (Ages 16-Senior)

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.

**Tue**

Nonresident: \$135 Resident:\$125

Dates	Time	Location	Class #
Apr 07 - Jun 30	9 -9:55 AM	Buck	520534

## Functional Motion at Goodson (Ages 16-Senior)

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.

**Mon**

Nonresident: \$135; Resident:\$125

Dates	Time	Location	Class #
Apr 06 - Jun 29	1:30-2:25 PM	Goodson	541194
Jul 06 - Sep 28	1:30-2:25 PM	Goodson	541197

## Functional Motion at Lone Tree (Ages 16-Senior)

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.

**Tue**

Nonresident: \$135; Resident:\$125

Dates	Time	Location	Class #
Apr 07 - Jun 30	11:05 AM-12 PM	Lone Tree	562454

## Active Adult Weight Training at Buck (Ages 18-Senior)

Incorporate machine weights, free weights, stretching/flexibility, balance and core training.

**Mon, Wed**

Nonresident: \$51; Resident:\$40 8 sessions\*

65+ Nonresident: \$47; 65+ Resident: \$34

Nonresident: \$57.40 Resident:\$45 9 sessions

65+ Nonresident: \$55.10; 65+ Resident: \$38.25

Dates	Time	Location	Class #
Apr 01 - 29	10:15-11:30 AM	Buck	520174
May 04 - 27	10:15-11:30 AM	Buck	520175
Jun 01 - 29	10:15-11:30 AM	Buck	520176
Jul 01 - 29	10:15-11:30 AM	Buck	520177
Aug 03 - 26	10:15-11:30 AM	Buck	520178

## Active Adult Weight Training at Goodson (Ages 18-Senior)

Incorporate machine weights, free weights, stretching/flexibility, balance and core training.

**Tue, Thu**

Nonresident: \$51; Resident:\$40 8 sessions\*

65+ Nonresident: \$47; 65+ Resident: \$34

Nonresident: \$57.40 Resident:\$45 9 sessions

65+ Nonresident: \$55.10; 65+ Resident: \$38.25

Dates	Time	Location	Class #
Apr 02 - 30	8:45-10 AM	Goodson	542204
Apr 02 - 30	9:30-10:45 AM	Goodson	542214
May 05 - 28	8:45-10 AM	Goodson	542205
May 05 - 28	9:30-10:45 AM	Goodson	542215
Jun 02 - 30	8:45-10 AM	Goodson	542206
Jun 02 - 30	9:30-10:45 AM	Goodson	542216
Jul 02 - 30	8:45-10 AM	Goodson	542207
Jul 02 - 30	9:30-10:45 AM	Goodson	542217
Aug 04 - 27	8:45-10 AM	Goodson	542208
Aug 04 - 27	9:30-10:45 AM	Goodson	542218

## Active Adult Weight Training at Lone Tree (Ages 18-Senior)

Incorporate machine weights, free weights, stretching/flexibility, balance and core training.

**Mon, Wed**

Nonresident: \$51; Resident:\$40 8 sessions\*

65+ Nonresident: \$47; 65+ Resident: \$34

Nonresident: \$57.40 Resident:\$45 9 sessions

65+ Nonresident: \$55.10; 65+ Resident: \$38.25

Dates	Time	Location	Class #
Apr 01 - 29	10 -11:15 AM	Lone Tree	562254
May 04 - 27	10 -11:15 AM	Lone Tree	562255
Jun 01 - 29	10 -11:15 AM	Lone Tree	562256
Jul 01 - 29	10 -11:15 AM	Lone Tree	562257
Aug 03 - 26	10 -11:15 AM	Lone Tree	562258

## Strong Women Strong Bones at Buck (Ages 18-Senior)

Designed for women of all ages to strengthen muscles, increase bone density, and improve balance. Pre and post assessments included.

**Tue, Thu**

Nonresident: \$61; Resident:\$55

Dates	Time	Location	Class #
Apr 02 - May 26	1 -2 PM	Gym	520204
May 26 - Jul 16	1 -2 PM	Gym	520205
Jul 16 - Sep 18	1 -2 PM	Gym	520207

## Commit to Get Fit Outdoors (Ages 16-Senior)

Burn calories and test your limits through a combination of cardio and strength training. Pre and post assessments are included.

First session will meet at Goodson Lobby. Recommended to bring gloves, mat or towel to be used on ground, water bottle and a pair of dumbbells. Boot camp regular meeting location and recommended items will be discussed at the first session. Assessments completed first Tuesday of each month.

### Tue, Thu

Nonresident: \$44; Resident:\$40

Dates	Time	Location	Class #
May 05 - 28	6 -7 AM	deKoevend	543105
Jun 02 - 30	6 -7 AM	deKoevend	543106
Jul 02 - 30	6 -7 AM	deKoevend	543107
Aug 04 - 27	6 -7 AM	deKoevend	543108

## TRX Suspension Training at Goodson (Ages 16-Senior)

Perform hundreds of functional exercises. Build strength, flexibility, core stability, muscular endurance, and metabolic conditioning. Call 303-483-7089 for more information, pricing or to schedule an individual appointment.

Nonresident: \$46; Resident:\$44

### Wed

Dates	Time	Location	Class #
Apr 01 - 22	6:30-7:30 PM	Goodson	543964

### Thu

Dates	Time	Location	Class #
Apr 02 - 23	9:30-10:30 AM	Goodson	543974
May 07 - 28	9:30-10:30 AM	Goodson	543975
Jun 04 - 25	9:30-10:30 AM	Goodson	543976
Jul 09 - 30	9:30-10:30 AM	Goodson	543977
Aug 06 - 27	9:30-10:30 AM	Goodson	543978

### Sat

Dates	Time	Location	Class #
Apr 04 - 25	9 -10 AM	Goodson	543914
May 02 - 23	9 -10 AM	Goodson	543915
Jun 06 - 27	9 -10 AM	Goodson	543916
Jul 11 - 25	9 -10 AM	Goodson	543917
Aug 01 - 22	9 -10 AM	Goodson	543918

### Tue

Dates	Time	Location	Class #
Apr 07 - 28	9:30-10:30 AM	Goodson	543954
May 05 - 26	9:30-10:30 AM	Goodson	543955
Jun 02 - 23	9:30-10:30 AM	Goodson	543956
Jul 07 - 28	9:30-10:30 AM	Goodson	543957
Aug 04 - 25	9:30-10:30 AM	Goodson	543958

### Wed

Dates	Time	Location	Class #
May 06 - 27	6:30-7:30 PM	Goodson	543965
Jun 03 - 24	6:30-7:30 PM	Goodson	543966
Jul 01 - 22	6:30-7:30 PM	Goodson	543967
Aug 05 - 26	6:30-7:30 PM	Goodson	543968

## Living Well with Cancer (Ages 18-Senior)

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 \$90/\$85R.

### Tue, Thu

Nonresident: \$51; Resident:\$40 8 sessions

Nonresident: \$57; Resident:\$45 9 sessions

Dates	Time	Location	Class #
Apr 02 - 30	1:15-2:30 PM	Goodson	540934
May 05 - 28	1:15-2:30 PM	Goodson	540935
Jun 02 - 30	1:15-2:30 PM	Goodson	540936
Jul 02 - 30	1:15-2:30 PM	Goodson	540937
Aug 04 - 27	1:15-2:30 PM	Goodson	540938

## Ultimate Fitness at Lone Tree (Ages 16-Senior)

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.

### Tue, Thu

Nonresident: \$51; Resident:\$40 8 sessions

Nonresident: \$57; Resident:\$45 9 sessions

Dates	Time	Location	Class #
Apr 02 - 30	6:30-7:45 PM	Lone Tree	562104
May 05 - 28	6:30-7:45 PM	Lone Tree	562105
Jun 02 - 30	6:30-7:45 PM	Lone Tree	562106
Jul 02 - 30	6:30-7:45 PM	Lone Tree	562107
Aug 04 - 27	6:30-7:45 PM	Lone Tree	562108

## PERSONAL TRAINING

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	\$55/\$45R	\$49/\$40R
3 Sessions	\$159/\$126R	\$132/\$111R
5 Sessions	\$255/\$200R	\$210/\$175R
10 Sessions	\$490/\$380	\$400/\$330R

### Group training 60-min sessions (all ages)

1 Session	\$70/\$59R
3 Sessions	\$201/\$168R
5 Sessions	\$325/\$270R
10 Sessions	\$630/\$520R

## 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:	\$90/\$85R
1 pre-assessment + 2 sessions:	\$130/\$125R

## Personal Equipment Orientation

Individual 60-minute session which includes orientation and set-up on a variety of cardiovascular and weight machines. \$30/\$25R

## 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: \$57/\$45R

## 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: \$75/\$65R  
3 sessions: \$205/\$180R

## PILATES

### Pilates 101 at Buck (Ages 10-Senior)

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.

Tue

Nonresident: \$45 Resident:\$37

Dates	Time	Location	Class #
Apr 07 - 28	5:15-6:15 PM	Buck	521454
May 05 - 26	5:15-6:15 PM	Buck	521455
Jun 02 - 30	5:15-6:15 PM	Buck	521456
Jul 07 - 28	5:15-6:15 PM	Buck	521457
Aug 04 - 25	5:15-6:15 PM	Buck	521458

### Pilates 101 at Goodson (Ages 10-Senior)

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.

Nonresident: \$45 Resident:\$37

Thu

Dates	Time	Location	Class #
Apr 02 - 30	5:15-6:15 PM	Goodson	540034
May 07 - 28	5:15-6:15 PM	Goodson	540035
Jun 04 - 25	5:15-6:15 PM	Goodson	540036
Jul 02 - 30	5:15-6:15 PM	Goodson	540037
Aug 06 - 27	5:15-6:15 PM	Goodson	540038

Mon

Dates	Time	Location	Class #
Apr 06 - 27	5:15-6:15 PM	Goodson	540044
May 04 - 18	5:15-6:15 PM	Goodson	540045
Jun 01 - 29	5:15-6:15 PM	Goodson	540046
Jul 06 - 27	5:15-6:15 PM	Goodson	540047
Aug 03 - 31	5:15-6:15 PM	Goodson	540048

## 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 \$61/\$50R  
3 Sessions \$174/\$141R  
5 Sessions \$280/\$225R  
10 Sessions \$540/\$430R

## 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  
3rd 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.

9:30-10:20 am	Th	Circuit	Goodson
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	F	Cardio	Lone Tree Ctr
10:30-11:25 am	Tu, Th	Classic	Goodson
10:30-11:25 am	M, W	Circuit	Lone Tree Ctr
11:05-11:50 am	M, W, F	Yoga	Buck Ctr
11:05-11:50 am	Tu, Th	Yoga	Lone Tree Ctr
11-11:55 am	Tu, Th	Classic	Buck Ctr
11:30am-12:25 pm	M, W, F	Classic	Goodson
11:30am-12:25 pm	M, W	Classic	Lone Tree Ctr
11:30am-12:25 pm	Tu, Th	Classic	Sheridan
12:30-1:15 pm	M, W, F	Yoga	Goodson

## SPECIALTY CLASSES

**Zumba Kids at Lone Tree (Ages 6-11)**

The ultimate dance-fitness party for young Zumba fans. Features age-appropriate music and moves.

**Mon**

Youth Nonresident: \$23; Youth Resident: \$20

Dates	Time	Location	Class #
Jun 05 - 26	10:15-11 AM	Lone Tree	564006
Jul 10 - 31	10:15-11 AM	Lone Tree	564007

## STRENGTH TRAINING

**Youth Strength Training at Goodson (Ages 10-16)**

Great for youth wanting to start a fitness routine or stay in shape for athletics. Incorporates weight machines, free weights and conditioning drills. All fitness levels welcomed and encouraged.

**Mon, Wed**

Youth Nonresident: \$45; Youth Resident: \$40

Dates	Time	Location	Class #
Jun 01 - 24	10:45 AM-12 PM	Goodson	542346
Jul 06 - 29	10:45 AM-12 PM	Goodson	542347

**Youth Strength Training at Lone Tree (Ages 10-16)**

Great for youth wanting to start a fitness routine or stay in shape for athletics. Incorporates weight machines, free weights and conditioning drills. All fitness levels welcomed and encouraged.

**Tue, Thu**

Youth Nonresident: \$45; Youth Resident: \$40

Dates	Time	Location	Class #
Jun 02 - 25	12:15-1:30 PM	Lone Tree	560176
Jul 07 - 30	12:15-1:30 PM	Lone Tree	560177

**Train For a 5k (Ages 10-Senior)**

Perfect for new runners or those looking to improve their time. Class held outdoors. Participants receive a discount to run the High Line Canal Race on May 9th.

**Sat**

Nonresident: \$40 Resident: \$36

Dates	Time	Location	Class #
Apr 04 - May 09	9-10:15 AM	Goodson	541954

## TAI CHI

**Tai Chi Level 1 at Buck (Ages 16-Senior)**

Balance the body's energy flow promoting general health, spiritual harmony, relaxation and stress reduction.

**Wed**

Nonresident: \$30 Resident: \$25

Dates	Time	Location	Class #
May 06 - 27	10-11 AM	Buck	521205
Jun 03 - 24	10-11 AM	Buck	521206
Jul 01 - 22	10-11 AM	Buck	521207
Aug 05 - 26	10-11 AM	Buck	521208

**Tai Chi Level 2 at Buck (Ages 16-Senior)**

Take Tai Chi to the next level in this 12 week class. Expand your learning of the Yang Style 24 Tai Chi form.

Must be approved by Instructor to take this class

**Wed**

Nonresident: \$80 Resident: \$75

Dates	Time	Location	Class #
Jun 03 - Aug 19	9-10 AM	Buck	521806

**Tai Chi: Moving for Better Balance at Buck**

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.

**Tue, Thu**

Nonresident: \$90 Resident: \$79

Dates	Time	Location	Class #
Apr 07 - Jun 25	2:30-3:30 PM	Buck	520874
Jul 07 - Sep 24	2:30-3:30 PM	Buck	520877

**Tai Chi: Moving for Better Balance at Goodson (Ages 18-Senior)**

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.

**Mon, Wed**

Nonresident: \$90 Resident: \$79

Dates	Time	Location	Class #
Apr 06 - Jun 24	1:30-2:30 PM	Dance Room	541204
Jul 06 - Sep 23	1:30-2:30 PM	Dance Room	541207

**Tai Chi: 8, 16 and 24 Forms (Yang Style) at Goodson (Ages 16-Senior)**

Relieve stress, tension, increase inner energy and tranquility, improve balance and flexibility and promote physical and mental well being.

\$25 fee due at first class to instructor for course manual and DVD.

**Mon**

Nonresident: \$195 Resident: \$190

Dates	Time	Location	Class #
Mar 30 - Jun 01	6:30-8 PM	Goodson	541154

**Beginner's Tai Chi at Lone Tree (Ages 18-Senior)**

Relieve stress, improve balance and promote physical and mental well-being in this introductory Tai Chi class.

**Tue, Thu**

Nonresident: \$88; Resident: \$76

Dates	Time	Location	Class #
May 05 - Jun 25	1-2 PM	Lone Tree	561255
Jul 07 - Aug 27	1-2 PM	Lone Tree	561257



## YOGA

### Parent-Tot Yoga at Buck (Ages 2-5)

This play-based class will focus on learning yoga poses through music, movement and games. Parents and kids develop strength and patience while journeying from a child's natural high-energy mode to a calmer, peaceful place.

#### Mon

Youth Nonresident: \$23; Youth Resident: \$21 3 wks

Youth Nonresident: \$30; Youth Resident: \$28 4 wks

Dates	Time	Location	Class #
Apr 06 - 27	11:35 AM-12:20 PM	Buck	521604
May 04 - 18	11:35 AM-12:20 PM	Buck	521605
Jun 08 - 29	11:35 AM-12:20 PM	Buck	521606
Jul 06 - 27	11:35 AM-12:20 PM	Buck	521607

### Parent-Tot Yoga at Lone Tree (Ages 2-5)

This play-based class will focus on learning yoga poses through music, movement and games. Parents and kids develop strength and patience while journeying from a child's natural high-energy mode to a calmer, peaceful place.

#### Wed

Youth Nonresident: \$23; Youth Resident: \$21 3 wks

Youth Nonresident: \$30; Youth Resident: \$28 4 wks

Dates	Time	Location	Class #
Apr 01 - 22	10:15-11 AM	Lone Tree	563864
May 06 - 27	10 -10:45 AM	Lone Tree	563855
Jun 10 - 24	10:15-11 AM	Lone Tree	563866

### Young Yogis at Goodson (Ages 6-12)

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.

#### Tue

Youth Nonresident: \$23; Youth Resident: \$20

Dates	Time	Location	Class #
Apr 07 - 28	4:15-5 PM	Goodson	540484
May 05 - 26	4:15-5 PM	Goodson	540485

### Young Yogis at Lone Tree (Ages 6-12)

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.

#### Mon

Youth Nonresident: \$17.5; Youth Resident: \$15 3 wks

Youth Nonresident: \$23; Youth Resident: \$20 4 wks\*

Dates	Time	Location	Class #
Apr 06 - 27	4:30-5:15 PM	Lone Tree	560134
May 04 - 18*	4:30-5:15 PM	Lone Tree	560135

### Yoga for Older Adults at Goodson (Ages 18-Senior)

Improve health, flexibility, stamina and increase range of motion for daily living activities.

#### Mon

Nonresident: \$45 Resident:\$37

65+ Nonresident: \$35; 65+ Resident: \$30

Dates	Time	Location	Class #
Apr 06 - 27	10:35-11:45 AM	Goodson	540684
May 04 - 18	10:35-11:45 AM	Goodson	540685
Jun 01 - 29	10:35-11:45 AM	Goodson	540686
Jul 06 - 27	10:35-11:45 AM	Goodson	540687
Aug 03 - 31	10:35-11:45 AM	Goodson	540688

### Yoga at Buck (Ages 10-Senior)

Increase energy, gain flexibility and improve your overall physical shape in a class that focuses on good health and stress management. All levels welcome.

#### Tue

Nonresident: \$45 Resident:\$37

Dates	Time	Location	Class #
Apr 07 - 28	6:30-8 PM	Buck	521404
May 05 - 26	6:30-8 PM	Buck	521405
Jun 02 - 30	6:30-8 PM	Buck	521406
Jul 07 - 28	6:30-8 PM	Buck	521407
Aug 04 - 25	6:30-8 PM	Buck	521408

### Yoga at Goodson (Ages 10-Senior)

Increase energy, gain flexibility and improve your overall physical shape in a class that focuses on good health and stress management. All levels welcome.

Nonresident: \$45 Resident:\$37

#### Wed

Dates	Time	Location	Class #
Apr 01 - 29	9 -10:25 AM	Goodson	540654
Apr 01 - 29	6 -7:30 PM	Goodson	540704
May 06 - 27	9 -10:25 AM	Goodson	540655
May 06 - 27	6 -7:30 PM	Goodson	540705
Jun 03 - 24	9 -10:25 AM	Goodson	540656
Jun 03 - 24	6 -7:30 PM	Goodson	540706
Jul 01 - 29	9 -10:25 AM	Goodson	540657
Jul 01 - 29	6 -7:30 PM	Goodson	540707
Aug 05 - 26	9 -10:25 AM	Goodson	540658
Aug 05 - 26	6 -7:30 PM	Goodson	540708

#### Sat

Dates	Time	Location	Class #
Apr 04 - 25	8:30-10 AM	Goodson	540804
May 02 - 30	8:30-10 AM	Goodson	540805
Jun 06 - 27	8:30-10 AM	Goodson	540806
Jul 04 - 25	8:30-10 AM	Goodson	540807
Aug 01 - 29	8:30-10 AM	Goodson	540808

#### Mon

Dates	Time	Location	Class #
Apr 06 - 27	9 -10:25 AM	Goodson	540564
May 04 - 18	9 -10:25 AM	Goodson	540565
Jun 01 - 29	9 -10:25 AM	Goodson	540566
Jul 06 - 27	9 -10:25 AM	Goodson	540567
Aug 03 - 31	9 -10:25 AM	Goodson	540568

### Yoga in the Park

Join us for our free summer yoga in the park series.

Dates	Time	Location
May 26	6:30-7:30 PM	Belvedere Park
Jul 15	6-7 PM	Ketring Park
Aug 4	6-7 PM	deKoevend Park

## Water Yoga at Buck (Ages 10-Senior)

Traditional 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.

**Tue**

Nonresident: \$45 Resident:\$37

Dates	Time	Location	Class #
Apr 07 - 28	4 -5 PM	Therapy Pool	521384
May 05 - 26	4 -5 PM	Therapy Pool	521385

## GOLF

### LESSONS

#### Start Smart Golf Lessons (Ages 4-7)

Child works one-on-one with a parent to learn a variety of basic skills. Activities are played with specialized learning equipment while teaching participants the motor skills necessary to play golf. The parent-child will move through stations:

- putting
- chipping
- pitching
- and full shot.

Parent or guardian required to accompany each child.

Youth Resident: \$50; Youth Nonresident: \$60

**Sat**

Dates	Time	Location	Class #
Jun 06 - 27	10 -10:45 AM	Lone Tree	300616
Jul 11 - 25	10 -10:45 AM	Lone Tree	300617

**Mon, Wed**

Dates	Time	Location	Class #
Jun 08 - 17	6 -6:45 PM	Goodson	300166
Jun 22 - Jul 01	6 -6:45 PM	Lone Tree	300586
Jul 06 - 15	6 -6:45 PM	Goodson	300167
Jul 20 - 29	6 -6:45 PM	Lone Tree	300587
Jul 20 - 29	6 -6:45 PM	Buck	300247

**Tue, Thu**

Dates	Time	Location	Class #
Jun 09 - 18	5 -5:45 PM	Buck	300086
Jul 07 - 16	5 -5:45 PM	Buck	300087
Jul 21 - 30	5 -5:45 PM	Lone Tree	300597

#### Youth Golf Lessons and Programs

Family Sports Center Learn To Play Golf - Youth Golf Schools ages 4-15

#### Pee-Wees (Ages 4-6)

Golf instruction focused on full swing and short game. Students learn basic etiquette, safety, and fundamentals.

Youth Nonresident: \$60; Youth Resident: \$55

**Sat Ages 4 - 6**

Dates	Time	Location	Class #
Jun 06 - 27	9 -9:45 AM	Family Sports	606006
Jul 11 - Aug 01	9 -9:45 AM	Family Sports	606007
Aug 15 - Sep 12	9 -9:45 AM	Family Sports	606008

## Mulligan Level (Beginner) (Ages 7-15)

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.

Youth Nonresident: 75; Youth Resident: \$75

**Sun Ages 7-15**

Dates	Time	Location	Class #
Apr 26 - May 17	12 -1 PM	Family Sports	600094
May 31 - Jun 21	1:30-2:30 PM	Family Sports	600135
Jul 12 - Aug 02	12 -1 PM	Family Sports	600097
Aug 16 - Sep 13	12 -1 PM	Family Sports	600098
Aug 16 - Sep 13	1:30-2:30 PM	Family Sports	600138

**Wed Ages 7-15**

Dates	Time	Location	Class #
Apr 29 - May 21	4 -5 PM	Family Sports	603154
May 31 - Jun 21	12 -1 PM	Family Sports	600095
Jun 03 - 24	4 -5 PM	Family Sports	603156
Jul 08 - 29	4 -5 PM	Family Sports	603157

#### Q-School Level (Intermediate) (Ages 7-17)

Classes offer review of Mulligan level basics, intense short game focus, bunker play, etiquette, and scoring. Games, sportsmanship and teamwork are a focal point.

Requirement: Student in the Q - School must have some golf experience and be able to get ball airborne 3/5 times.

Youth Nonresident: \$85; Youth Resident: \$80

**Sun Ages 7-17**

Dates	Time	Location	Class #
Apr 26 - May 17	1:30-2:30 PM	Family Sports	600134
Jul 12 - Aug 02	1:30-2:30 PM	Family Sports	600137

#### Littleton Youth Learn to Play Golf (Ages 7-9)

Youth Learn to Play Golf classes offer basic instruction on stance, grip, swing, club selection, rules and etiquette.

Loaner clubs are available for free during lessons.

Youth Nonresident: \$87; Youth Resident: \$63

**Tue**

Dates	Time	Location	Class #
Apr 14 - May 05	4:15-4:45 PM	Littleton Golf	592304
Jul 07 - 28	4:15-4:45 PM	Littleton Golf	592307
May 26 - Jun 16	4:15-4:45 PM	Littleton Golf	592305

**Wed**

Dates	Time	Location	Class #
Apr 15 - May 06	5 -5:30 PM	Littleton Golf	593244
May 27 - Jun 17	5 -5:30 PM	Littleton Golf	593245
Jul 08 - 29	5 -5:30 PM	Littleton Golf	593247

**Thu**

Dates	Time	Location	Class #
Apr 16 - May 07	4:15-4:45 PM	Littleton Golf	594204
May 28 - Jun 18	4:15-4:45 PM	Littleton Golf	594205
Jul 09 - 30	4:15-4:45 PM	Littleton Golf	594207

## Littleton Youth Learn to Play Golf (Ages 10-16)

Youth Learn to Play Golf classes offer basic instruction on stance, grip, swing, club selection, rules and etiquette.

Loaner clubs are available for free during the lessons.

### Wed

Youth Nonresident: \$87; Youth Resident: \$63

Dates	Time	Location	Class #
Apr 15 - May 06	4:15-4:45 PM	Littleton Golf	593224
May 27 - Jun 17	4:15-4:45 PM	Littleton Golf	593225
Jul 08 - 29	4:15-4:45 PM	Littleton Golf	593227

## Lone Tree Youth Learn to Play Golf (Ages 7-9)

Youth Learn to Play Golf classes offer basic instruction on stance, grip, swing, club selection, rules and etiquette.

Loaner clubs are available for free during lessons.

Youth Nonresident: \$87; Youth Resident: \$63

### Tue

Dates	Time	Location	Class #
Apr 14 - May 05	4:45-5:15 PM	Lone Tree Golf	582234
May 26 - Jun 16	4:45-5:15 PM	Lone Tree Golf	582235
Jul 07 - 28	4:45-5:15 PM	Lone Tree Golf	582237

### Wed

Dates	Time	Location	Class #
Apr 15 - May 06	5 -5:30 PM	Lone Tree Golf	583264
May 27 - Jun 27	5 -5:30 PM	Lone Tree Golf	583265
Jul 08 - 29	5 -5:30 PM	Lone Tree Golf	583267

### Thu

Dates	Time	Location	Class #
Apr 16 - May 07	5:15-5:45 PM	Lone Tree Golf	584254
May 28 - Jun 18	7 -7:30 PM	Lone Tree Golf	584355
Jul 09 - 30	7 -7:30 PM	Lone Tree Golf	584307

### Fri

Dates	Time	Location	Class #
Apr 17 - May 08	10:15-10:45 AM	Lone Tree Golf	585104
Apr 17 - May 08	6:15-6:45 PM	Lone Tree Golf	585284
May 29 - Jun 19	10:15-10:45 AM	Lone Tree Golf	585105
May 29 - Jun 19	6:15-6:45 PM	Lone Tree Golf	585285
Jul 10 - 31	10:15-10:45 AM	Lone Tree Golf	585107
Jul 10 - 31	6:15-6:45 PM	Lone Tree Golf	585287

### Sat

Dates	Time	Location	Class #
Apr 18 - May 09	11:30 AM-12 PM	Lone Tree Golf	586304
May 30 - Jun 20	11:30 AM-12 PM	Lone Tree Golf	586305
Jul 11 - Aug 01	11:30 AM-12 PM	Lone Tree Golf	586307

## Lone Tree Youth Learn to Play Golf (Ages 10-16)

Youth Learn to Play Golf classes offer basic instruction on stance, grip, swing, club selection, rules and etiquette.

Loaner clubs are available for free during lessons.

Youth Nonresident: \$87; Youth Resident: \$63

### Tue

Dates	Time	Location	Class #
Apr 14 - May 05	5:30-6 PM	Lone Tree Golf	582254
May 26 - Jun 16	5:30-6 PM	Lone Tree Golf	582255
Jul 07 - 28	5:30-6 PM	Lone Tree Golf	582257

### Wed

Dates	Time	Location	Class #
Apr 15 - May 06	4:15-4:45 PM	Lone Tree Golf	583204
May 27 - Jun 17	4:15-4:45 PM	Lone Tree Golf	583205
Jul 08 - 29	4:15-4:45 PM	Lone Tree Golf	583207

### Thu

Dates	Time	Location	Class #
Apr 16 - May 07	4:30-5 PM	Lone Tree Golf	584204
Jul 09 - 30	5 -5:30 PM	Lone Tree Golf	584247

### Fri

Dates	Time	Location	Class #
Apr 17 - May 08	4:15-4:45 PM	Lone Tree Golf	585204
May 29 - Jun 19	4:15-4:45 PM	Lone Tree Golf	585205
Jul 10 - 31	4:15-4:45 PM	Lone Tree Golf	585207

## South Suburban Youth Learn to Play Golf (Ages 7-9)

Youth Learn to Play Golf classes offer basic instruction on stance, grip, swing, club selection, rules, and etiquette.

Loaner clubs are available for free during lessons.

Youth Nonresident: \$87; Youth Resident: \$63

### Tue

Dates	Time	Location	Class #
Apr 14 - May 05	4:15-4:45 PM	S. Sub Golf	612224
May 26 - Jun 16	4:15-4:45 PM	S. Sub Golf	612225
May 28 - Jun 18	7:30-8 PM	S. Sub Golf	614275
Jul 07 - 28	4:15-4:45 PM	S. Sub Golf	612227

### Wed

Dates	Time	Location	Class #
Apr 15 - May 06	6:15-6:45 PM	S. Sub Golf	613384
May 27 - Jun 17	8 -8:30 AM	S. Sub Golf	613005
May 27 - Jun 17	6:15-6:45 PM	S. Sub Golf	613385
Jul 08 - 29	8 -8:30 AM	S. Sub Golf	613007
Jul 08 - 29	6:15-6:45 PM	S. Sub Golf	613387

### Sat

Dates	Time	Location	Class #
Apr 18 - May 09	4:45-5:15 PM	S. Sub Golf	616304
May 30 - Jun 20	4:45-5:15 PM	S. Sub Golf	616305
Jul 11 - Aug 01	4:45-5:15 PM	S. Sub Golf	616307

### Fri

Dates	Time	Location	Class #
May 29 - Jun 19	9 -9:30 AM	S. Sub Golf	615355
Jul 10 - 31	9 -9:30 AM	S. Sub Golf	614357

### Thu

Dates	Time	Location	Class #
Jul 09 - 30	7:30-8 PM	S. Sub Golf	614277

## South Suburban Youth Learn to Play Golf (Ages 10-16)

Youth Learn to Play Golf classes offer basic instruction on stance, grip, swing, club selection, rules, and etiquette.

Loaner clubs are available for free during lessons.

Youth Nonresident: \$87; Youth Resident: \$63

### Tue

Dates	Time	Location	Class #
Apr 14-May 05	5-5:30 PM	S. Sub Golf	612284
May 26-Jun 16	5-5:30 PM	S. Sub Golf	612285
Jul 7-Jul 28	5-5:30 PM	S. Sub Golf	612287

### Wed

Dates	Time	Location	Class #
Apr 15-May 6	4:15-4:45 PM	S. Sub Golf	613194
May 27-Jun 17	8:15-8:45 AM	S. Sub Golf	613035
May 27-Jun 17	4:15-4:45 PM	S. Sub Golf	613195
Jul 8-Jul 29	8:15-8:45 AM	S. Sub Golf	613037
Jul 8-Jul 29	4:15-4:45 PM	S. Sub Golf	613197

**Thu**

Dates	Time	Location	Class #
Apr 16-May 7	4:15-4:45 PM	S. Sub Golf	614214
May 28-Jun 18	4:15-4:45 PM	S. Sub Golf	614215
Jul 9-30	4:15-4:45 PM	S. Sub Golf	614217

**Fri**

Dates	Time	Location	Class #
Apr 17-May 8	4:15-4:45 PM	S. Sub Golf	615214
May 29-Jun 19	9:45-10:15 AM	S. Sub Golf	615375
May 29-Jun 19	4:15-4:45 PM	S. Sub Golf	615215
Jul 10-31	9:45-10:15 AM	S. Sub Golf	614377
Jul 10-31	4:15-4:45 PM	S. Sub Golf	615217

**Sat**

Dates	Time	Location	Class #
Apr 18-May 9	10:15-10:45 AM	S. Sub Golf	616034
Apr 18-May 9	4-4:30 PM	S. Sub Golf	616254
May 30-Jun 20	10:15-10:45 AM	S. Sub Golf	616025
May 30-Jun 20	4-4:30 AM	S. Sub Golf	616255
Jul 11-Aug 1	10:15-10:45 AM	S. Sub Golf	616037
Jul 11-Aug 1	4-4:30 PM	S. Sub Golf	616257

## Littleton Beginner Golf Get Golf Ready 101 (Ages 18-Senior)

Beginner Get Golf Ready 101 offers basic instruction preparing the golfer to play the game.

Loaner clubs are free of charge for the lessons.

Nonresident: \$99; Resident:\$89

**Tue**

Dates	Time	Location	Class #
Apr 14 - May 05	9 -10 AM	Littleton Golf Ladies Only	592504
Apr 14 - May 05	10:15-11:15 AM	Littleton Golf	592554
Apr 14 - May 05	5 -6 PM	Littleton Golf	592704
May 26 - Jun 16	9 -10 AM	Littleton Golf Ladies Only	592505
May 26 - Jun 16	10:15-11:15 AM	Littleton Golf	592555
May 26 - Jun 16	5 -6 PM	Littleton Golf	592705
Jul 07 - 28	9 -10 AM	Littleton Golf Ladies Only	592507
Jul 07 - 28	10:15-11:15 AM	Littleton Golf	592557
Jul 07 - 28	5 -6 PM	Littleton Golf	592707x

**Wed**

Dates	Time	Location	Class #
Apr 15 - May 06	9:30-10:30 AM	Littleton Golf	593554
May 27 - Jun 17	9:30-10:30 AM	Littleton Golf	593555
May 27 - Jun 17	6:45-7:45 PM	Littleton Golf	593795
Jul 08 - 29	9:30-10:30 AM	Littleton Golf	593557
Jul 08 - 29	6:45-7:45 PM	Littleton Golf	593797

**Thu**

Dates	Time	Location	Class #
Apr 16 - May 07	9 -10 AM	Littleton Golf	594554
Apr 16 - May 07	5 -6 PM	Littleton Golf	594704
May 28 - Jun 18	9 -10 AM	Littleton Golf	594555
May 28 - Jun 18	5 -6 PM	Littleton Golf	594705
Jul 09 - 30	9 -10 AM	Littleton Golf	594557
Jul 09 - 30	5 -6 PM	Littleton Golf	594707

**Sat**

Dates	Time	Location	Class #
Apr 18 - May 09	10:15-11:15 AM	Littleton Golf	596554
May 30 - Jun 20	10:15-11 AM	Littleton Golf	596555
Jul 11 - Aug 01	10:15-11 AM	Littleton Golf	596557

## Lone Tree Beginner Golf Get Golf Ready 101

Beginner Get Golf Ready 101 offers basic instruction preparing the golfer to play the game.

Loaner clubs are free of charge for the lessons.

Nonresident: \$99 Resident:\$89

**Tue**

Dates	Time	Location	Class #
Apr 14 - May 05	6:15-7:15 PM	Lone Tree Golf	582784
May 26 - Jun 16	6:15-7:15 PM	Lone Tree Golf	582785
Jul 07 - 28	6:15-7:15 PM	Lone Tree Golf	582787

**Wed**

Dates	Time	Location	Class #
Apr 15 - May 06	5:45-6:45 PM	Lone Tree Golf	583764
May 27 - Jun 17	5:45-6:45 PM	Lone Tree Golf	583765
Jul 08 - 29	5:45-6:45 PM	Lone Tree Golf	583767

**Thu**

Dates	Time	Location	Class #
Apr 16 - May 07	6 -7 PM	Lone Tree Golf	584654
Jul 09 - 30	5:45-6:45 PM	Lone Tree Golf	584607

**Fri**

Dates	Time	Location	Class #
Apr 17 - May 08	9 -10 AM	Lone Tree Golf Ladies Only	585514
Apr 17 - May 08	5 -6 PM	Lone Tree Golf	585704
May 29 - Jun 19	9 -10 AM	Lone Tree Golf Ladies Only	585515
May 29 - Jun 19	5 -6 PM	Lone Tree Golf	585705
Jul 10 - 31	9 -10 AM	Lone Tree Golf Ladies Only	585517
Jul 10 - 31	5 -6 PM	Lone Tree Golf	585707
Jul 10 - 31	7 -8 PM	Lone Tree Golf	585807

**Sat**

Dates	Time	Location	Class #
Apr 18 - May 09	10:15-11:15 AM	Lone Tree Golf	586454
May 30 - Jun 20	10:15-11:15 AM	Lone Tree Golf	586455
Jul 11 - Aug 01	10:15-11:15 AM	Lone Tree Golf	586457

## South Suburban Beginner Golf Get Golf Ready 101 (Ages 18-Senior)

Beginner Get Golf Ready 101 offers basic instruction preparing the golfer to play the game.

Loaner clubs are free of charge for the lessons.

Nonresident: \$99; Resident:\$89

**Tue**

Dates	Time	Location	Class #
Apr 14 - May 05	9 -10 AM	S. Sub Golf	612604
Apr 14 - May 05	5:45-6:45 PM	S. Sub Golf	612754
May 26 - Jun 16	9 -10 AM	S. Sub Golf	612605
May 26 - Jun 16	5:45-6:45 PM	S. Sub Golf	612755
Jul 07 - 28	9 -10 AM	S. Sub Golf	612607
Jul 07 - 28	5:45-6:45 PM	S. Sub Golf	612757

**Wed**

Dates	Time	Location	Class #
Apr 15 - May 06	9:30-10:30 AM	S. Sub Golf	613504
Apr 15 - May 06	5 -6 PM	S. Sub Golf	613654
May 27 - Jun 17	9:30-10:30 AM	S. Sub Golf	613505
May 27 - Jun 17	5 -6 PM	S. Sub Golf	613655
Jul 08 - 29	9:30-10:30 AM	S. Sub Golf	613507
Jul 08 - 29	5 -6 PM	S. Sub Golf	613657

**Thu**

Dates	Time	Location	Class #
Apr 16 - May 07	5 - 6 PM	S. Sub Golf	614744
May 28 - Jun 18	5 - 6 PM	S. Sub Golf	614745
Jul 09 - 30	5 - 6 PM	S. Sub Golf	614747

**Fri**

Dates	Time	Location	Class #
Apr 17 - May 08	10:30-11:30 AM	S. Sub Golf Ladies Only	615574
Apr 17 - May 08	5 - 6 PM	S. Sub Golf	615744
May 29 - Jun 19	5 - 6 PM	S. Sub Golf	615645
Jul 10 - 31	10:30-11:30 AM	S. Sub Golf Ladies Only	615577
Jul 10 - 31	5 - 6 PM	S. Sub Golf	615747

**Sat**

Dates	Time	Location	Class #
Apr 18 - May 09	9 - 10 AM	S. Sub Golf	616404
Apr 18 - May 09	5:30-6:30 PM	S. Sub Golf	616674
May 30 - Jun 20	9 - 10 AM	S. Sub Golf	616405
May 30 - Jun 20	5:30-6:30 PM	S. Sub Golf	616406
Jul 11 - Aug 01	9 - 10 AM	S. Sub Golf	616407
Jul 11 - Aug 01	5:30-6:30 PM	S. Sub Golf	616677

## Family Sports Center Adults Learn to Play Golf/ Get Golf Ready (Ages 18-Senior)

Adult PGA Get Golf Ready Program. The four-week lesson series offers on course basic instruction. All classes are 1 hour and 15 minutes in length. Ages 18 and older. 6:1 student to teacher ratio.

Registration ends 48 hours prior to the beginning of the class. Call the Academy for more details 303-649-1115 or contact John Tolan by email at JohnT@sspr.org.

Nonresident: \$99 Resident:\$89

Nonresident: \$125; Resident:\$115\*

**Thu Beginner 101**

Dates	Time	Location	Class #
Apr 23 - May 14	6:30-7:45 PM	Family Sports	604784
May 28 - Jun 18	6:30-7:45 PM	Family Sports	604785
Jul 09 - 30	6:30-7:45 PM	Family Sports	604787
Aug 13 - Sep 03	6:30-7:45 PM	Family Sports	604788

**Sat Beginner 101**

Dates	Time	Location	Class #
Apr 25 - May 16	10 - 11:15 AM	Family Sports	606544
May 30 - Jun 20	10 - 11:15 AM	Family Sports	606545
Jul 11 - Aug 01	10 - 11:15 AM	Family Sports	606547
Aug 15 - Sep 12	10 - 11:15 AM	Family Sports	606548

**Tue Beginner 101**

Dates	Time	Location	Class #
Apr 28 - May 19	5 - 6:15 PM	Family Sports	602744
Jun 02 - 23	5 - 6:15 PM	Family Sports	602746
Jul 07 - 28	5 - 6:15 PM	Family Sports	602747
Aug 11 - Sep 01	5 - 6:15 PM	Family Sports	602748

**Wed Intermediate 201, On Course 201\***

Dates	Time	Location	Class #
Apr 29 - May 20*	6:30-7:45 PM	Family Sports	603854
Jun 03 - 24	5 - 6:15 PM	Family Sports	603706
Jun 03 - 24*	6:30-7:45 PM	Family Sports	603856
Jul 08 - 29*	6:30-7:45 PM	Family Sports	603857
Jul 08 - 29	5 - 6:15 PM	Family Sports	603707
Aug 12 - Sep 02	5 - 6:15 PM	Family Sports	603708
Aug 12 - Sep 02*	6:30-7:45 PM	Family Sports	603858

## Lone Tree Intermediate Get Golf Ready 201 (Ages 18-Senior)

Get Golf Ready 201 helps you reach the next level in your golf game, including strategy, club and course management. Loaner clubs are available free of charge during the lessons.

Nonresident: \$99 Resident:\$89

**Wed**

Dates	Time	Location	Class #
May 27 - Jun 17	7 - 8 PM	Lone Tree Golf	583805
Jul 08 - 29	7 - 8 PM	Lone Tree Golf	583807

**Sat**

Dates	Time	Location	Class #
Apr 18 - May 09	9 - 10 AM	Lone Tree Golf	586514
May 30 - Jun 20	9 - 10 AM	Lone Tree Golf	586515
Jul 11 - Aug 01	9 - 10 AM	Lone Tree Golf	586517

## Littleton Intermediate Get Golf Ready 201 (Ages 18-Senior)

This unique four week lesson series for adults was developed by the PGA through Play Golf America and includes on course instruction. Intermediate Get Golf Ready 201 helps you reach the next level in your golf game, including strategy, club and course management.

Loaner clubs are available free of charge during the lessons.

Nonresident: \$99 Resident:\$89

**Tue**

Dates	Time	Location	Class #
Apr 14 - May 05	6:15-7:15 PM	Littleton Golf	592804
May 26 - Jun 16	6:15-7:15 PM	Littleton Golf	592805
Jul 07 - 28	6:15-7:15 PM	Littleton Golf	592807

**Wed**

Dates	Time	Location	Class #
Apr 15 - May 06	5:45-6:45 PM	Littleton Golf	593764
May 27 - Jun 17	5:45-6:45 PM	Littleton Golf	593765
Jul 08 - 29	5:45-6:45 PM	Littleton Golf	593767

**Thu**

Dates	Time	Location	Class #
Apr 16 - May 07	6:15-7:15 PM	Littleton Golf	594854
May 28 - Jun 18	6:15-7:15 PM	Littleton Golf	594855
Jul 09 - 30	6:15-7:15 PM	Littleton Golf	594857

**Sat**

Dates	Time	Location	Class #
Apr 18 - May 09	9 - 10 AM	Littleton Golf	596604
May 30 - Jun 20	9 - 10 AM	Littleton Golf	596605
Jul 11 - Aug 01	9 - 10 AM	Littleton Golf	596607

## South Suburban Intermediate Get Golf Ready 201

This unique four week lesson series for adults was developed by the PGA through Play Golf America and includes on course instruction. Intermediate Get Golf Ready 201 helps you reach the next level in your golf game, including strategy, club and course management.

Nonresident: \$99 Resident:\$89

**Tue**

Dates	Time	Location	Class #
Apr 14-May 5	10:15-11:15 AM	S. Sub Golf Ladies Only	612454
May 26-Jun 16	10:15-11:15 AM	S. Sub Golf Ladies Only	612455
May 26-Jun 16	7-8 PM	S. Sub Golf	612855
Jul 7-Jul 28	10:15-11:15	S. Sub Golf Ladies Only	612457
Jul 7-28	7-8 PM	S. Sub Golf	612857



Thu			
Dates	Time	Location	Class #
Apr 16-May 7	6:15-7:15 PM	S. Sub Golf	614554
May 28-Jun 18	6:15-7:15 PM	S. Sub Golf	614555
Jul 9-30	6:15-7:15 PM	S. Sub Golf	614557

Fri			
Dates	Time	Location	Class #
Apr 17-May 8	6:15-7:15 PM	S. Sub Golf	615854
May 29-Jun 19	6:15-7:15 PM	S. Sub Golf	615715
Jul 10-31	6:15-7:15 PM	S. Sub Golf	615857

Wed			
Dates	Time	Location	Class #
May 27-Jun 17	7-8 PM	S. Sub Golf	613705
Jul 8-29	7-8 PM	S. Sub Golf	613707

Sat			
Dates	Time	Location	Class #
Jul 11-Aug 1	6:45-7:45 PM	S. Sub Golf	616807

## Family Sports Center Ladies Only Golf School (Ages 11 and up)

Family Sports Golf Academy

Ladies Only Series

Four, one-hour sessions which cover the full swing and short game areas. Sessions taught by the Academy's female staff. 4:1 student to teacher ratio.

Registration ends 48 hours prior to the beginning of the class.

Call the Academy for more details 303-649-1115 or contact John Tolan by email at JohnT@sspr.org.

Sat

Nonresident: \$150 Resident:\$140

Youth Nonresident: \$120; Youth Resident: \$110

Dates	Time	Location	Class #
Apr 25 - May 16	9 -10 AM	Family Sports	606954
Jun 06 - 27	9 -10 AM	Family Sports	606956
Jul 11 - Aug 01	9 -10 AM	Family Sports	606957

## Family Sports Center Full Day Golf Schools (Ages 11 and up)

Instruction on all phases of the game. Video swing analysis. Q & A session with instructor followed by 9 holes of golf with instructor. Lunch included. Families welcome.

Registration ends 48 hours prior to the start of the school.

Call the Academy for details 303-649-1115 or contact John Tolan by email at JohnT@sspr.org.

Sat

Nonresident: \$150 Resident:\$140

Youth Nonresident: \$140 ;Youth Resident: \$130

Dates	Time	Location	Class #
May 16	9 AM-3 PM	Family Sports	606965
Jun 20	9 AM-3 PM	Family Sports	606966
Jul 18	9 AM-3 PM	Family Sports	606967

## Junior Golf & Tennis Camps (Ages 7-15)

Learn to play two sports in the same camp! You will have a 30 minute golf lesson and an hour of tennis with lunch in between the two.

Includes lunch and range balls.

Youth Nonresident: \$95; Youth Resident: \$83

Mon, Wed

Dates	Time	Location	Class #
Jun 08 - 17	11 AM-1 PM	Littleton Tennis	803006
Jun 22 - Jul 08	11 AM-1 PM	Littleton Tennis	803016
Jul 13 - 22	11 AM-1 PM	Littleton Tennis	803007
Jul 27 - Aug 05	11 AM-1 PM	Littleton Tennis	803017

Tue, Thu

Dates	Time	Location	Class #
Jun 09 - 18	11 AM-1 PM	Tennis Center	805006
Jun 23 - 09	11 AM-1 PM	Tennis Center	805016
Jul 14 - 23	11 AM-1 PM	Tennis Center	805007
Jul 28 - Aug 06	11 AM-1 PM	Tennis Center	805017

## Junior Golf Camp at Littleton Golf Course (Ages 7-17)

PGA/LPGA instruction includes all aspects of the game: rules, etiquette, and skills challenge. 8 hours of instruction. Clubs provided as needed.

Dress code will be enforced. For more information on this program, please contact Bill Hancock at BillH@sspr.org.

Mon-Thu

Dates	Time	Location	Class #
Jun 15 - 18	1 -3 PM	Littleton Golf	590056
Jul 13 - 16	1 -3 PM	Littleton Golf	590057

## Junior Golf Camp at Lone Tree Golf Course (Ages 7-17)

PGA instruction focuses on the full swing and short game. Students learn basic etiquette, safety, and golf fundamentals. 8 hours of instruction.

Dress code will be enforced. For more information on this program, please contact Bill Ramsey at 303-799-9940 or contact him by email at BillR@sspr.org.

Youth Nonresident: \$80; Youth Resident: \$65

Mon-Thu Ages 7-9

Dates	Time	Location	Class #
Jun 15 - 18	1 -3 PM	Lone Tree Golf	580506
Jul 13 - 16	12 -2 PM	Lone Tree Golf	580507

Mon-Thu Ages 10-17

Dates	Time	Location	Class #
Jun 15 - 18	3:15-5:15 PM	Lone Tree Golf	580556
Jul 13 - 16	2:15-4:15 PM	Lone Tree Golf	580557

## Junior Golf Camp at South Suburban Golf (Ages 7-17)

PGA/LPGA golf instruction includes:

- all aspects of game
- rules and etiquette
- skills challenge
- 8 hours of instruction
- Raffles and daily giveaways

Clubs provided as needed.

Please bring a water bottle and wear comfortable clothes. Check in by the restaurant.

### Mon-Thu

Youth Nonresident: \$80; Youth Resident: \$65

### Ages 7-11

Dates	Time	Location	Class #
Jun 08 - 11	8 -10 AM	S. Sub Golf	610506
Jul 06 - 09	8 -10 AM	S. Sub Golf	610507

### Ages 12-17

Dates	Time	Location	Class #
Jun 08 - 11	10:30 AM-12:30 PM	S. Sub Golf	610556
Jul 06 - 09	10:30 AM-12:30 PM	S. Sub Golf	610557

## Family Sports Center Advanced Playing Camps for Youth (Ages 8-17)

Includes 2 1/2 hours of golf instruction, plus 30-minute lunch, and 2 hours of on course play with instruction. Full swing (take-home video analysis included) and the short game will be covered.

Must have own set of clubs for this class. Registration ends 48 hours prior to the camp.

Call the Academy for more details 303-649-1115 or email John Tolan at JohnT@sspr.org

Registration for this program will begin on February 23rd.

Youth Nonresident: \$295; Youth Resident: \$285

### Tue-Fri

Dates	Time	Location	Class #
Jun 02 - 05	9 AM-2 PM	Family Sports	602916
Jun 09 - 12	9 AM-2 PM	Family Sports	602926
Jun 16 - 19	9 AM-2 PM	Family Sports	602936
Jun 23 - 26	9 AM-2 PM	Family Sports	602946
Jun 30 - Jul 03	9 AM-2 PM	Family Sports	602917
Jul 07 - 10	9 AM-2 PM	Family Sports	602927
Jul 14 - 17	9 AM-2 PM	Family Sports	602937
Jul 21 - 24	9 AM-2 PM	Family Sports	602947
Jul 28 - 31	9 AM-2 PM	Family Sports	602957
Aug 04 - 07	9 AM-2 PM	Family Sports	602918

## Junior Golf Playing Series at Lone Tree (Ages 7 - 17)

Choose either the 5 or 7 week playing series. Play on Wednesday mornings. Fees include 9 holes of golf, range balls and refreshments following play. On course supervision provided.

Maximum 32 participants.

5 Week Playing Series Fee: Resident: \$120; Nonresident: \$130

7 Week Playing Series Fee: Resident: \$168; Nonresident: \$182

Dress code will be enforced.

Youth Nonresident: \$26; Youth Resident: \$24

### Wed

Dates	Time	Location	Class #
Jun 10	7 AM-12 PM	Lone Tree Golf	586716
Jun 17	7 AM-12 PM	Lone Tree Golf	586726
Jun 24	7 AM-12 PM	Lone Tree Golf	586736
Jul 01	7 AM-12 PM	Lone Tree Golf	586747
Jul 08	7 AM-12 PM	Lone Tree Golf	586757
Jul 15	7 AM-12 PM	Lone Tree Golf	586767
Jul 22	7 AM-12 PM	Lone Tree Golf	586777

## South Suburban Par 3 Junior Playing Series (Ages 7-17)

Learn to play golf in a friendly, competitive manner. Designed for beginner to intermediate player. Players should be able to carry their own clubs and keep pace with the group in front of them. Class is designed to graduate player to Championship Course Playing Series.

Class Includes:

- greens fees
- range balls
- lunch
- on course supervision
- weekly prizes (golf shop credit)
- and trophies.

Prerequisite: Each player must pass a rules and etiquette test before beginning of play. Check in at the golf shop.

### Wed

Youth Nonresident: \$16/week; Youth Resident: \$16/week

Dates	Time	Location	Class #
Jun 10	8 AM-2 PM	S. Sub Golf	610716
Jun 17	8 AM-2 PM	S. Sub Golf	610726
Jun 24	8 AM-2 PM	S. Sub Golf	610736
Jul 01	8 AM-2 PM	S. Sub Golf	610747
Jul 08	8 AM-2 PM	S. Sub Golf	610757
Jul 15	8 AM-2 PM	S. Sub Golf	610767
Jul 22	8 AM-2 PM	S. Sub Golf	610777

## South Suburban Championship Junior Playing Series (Ages 7-17)

Learn to play golf in a friendly, competitive manner. Designed for the advanced player. Players should be able to carry their own clubs and keep pace with the group in front of them.

Class Includes:

- greens fees
- range balls
- lunch
- on course supervision
- weekly prizes (golf shop credit)
- and trophies.

Prerequisite: Each player must pass a rules and etiquette test before beginning of play. Check in at the golf shop. Register for each week that you will be playing. Min. 5 weeks

**Thu**

Youth Nonresident: \$23/week; Youth Resident: \$23/week

Dates	Time	Location	Class #
Jun 11	1 -3 PM	S. Sub Golf	610816
Jun 18	1 -3 PM	S. Sub Golf	610826
Jun 25	1 -3 PM	S. Sub Golf	610836
Jul 02	1 -3 PM	S. Sub Golf	610847
Jul 09	1 -3 PM	S. Sub Golf	610857
Jul 16	1 -3 PM	S. Sub Golf	610867
Jul 23	1 -3 PM	S. Sub Golf	610877

## Family Sports Center Junior Golf Playing League (Ages 8-15)

A series of tournaments for juniors, ages 8-15. Weekly play Mondays, June 8-July 20. On-course supervision provided. Cost includes:

- green fees
- small bucket of range balls
- lunch
- tournament prizes.

Maximum 100 participants.

Register for each week that you will playing; minimum of 4 weeks. Call Family Sports Center Golf Course at 303-649-1115, come to the Pro Shop for more information or email [Johnt@sspr.org](mailto:Johnt@sspr.org).

Online registration for this program will begin on February 23rd.

**Mon**

Nonresident: \$22; Resident:\$18

Dates	Time	Location	Class #
Jun 08	12 -12 PM	Family Sports	600516
Jun 15	12 -12 PM	Family Sports	600526
Jun 22	12 -12 PM	Family Sports	600536
Jun 29	12 -12 PM	Family Sports	600546
Jul 06	12 -12 PM	Family Sports	600557
Jul 13	12 -12 PM	Family Sports	600567
Jul 20	12 -12 PM	Family Sports	600577

## Family Sports Center

Men's Club Monday 9 Hole 50 and Over League

Men's Club plays Monday mornings May through Sep. Tee times for May, Aug, and Sep begin at 9 am. Tee times for Jun and Jul begin at 8 am. League includes weekly tournaments and contests, and end of the season awards banquet and prizes.

League Fees:

Entry Fees: \$40

Greens Fees: \$16 65+ Greens Fees: \$12

Women's Leagues

Entry Fees: \$70

Greens Fee: \$16 65+ Greens Fees: \$12

### Women's Monday Afternoon Golf League

League plays Mon, Apr 27- Aug 24; Tee times start at 3:45pm.

### Women's Tuesday Morning Golf League

League plays Tue, Apr 28-Sep 22. May tee times start at 8 am; Jun-Sep tee times start at 7:30 am.

### Women's Tuesday Afternoon Golf League

League plays Tue, Apr 28 – Aug. 25, with tee times starting at 4 pm.

### Women's Saturday Morning Golf League

League plays Sat, Apr 25 – Sep 26, with tee times starting at 8 am. Open to all women, any age and ability.

### Heated, Lighted, Two-Tiered Driving Range

Driving range upgrades enhance the target area's appearance. Open year-round.

### Range Card Program

Purchase the popular \$100 Range Card and receive an additional \$55 worth of balls FREE! Resident: \$100; Nonresident: \$90. Purchase the Ultimate Range Card and receive an additional \$225 worth of balls FREE! Resident: \$300; Nonresident: \$270. The \$20 Range Card includes \$10 worth of balls FREE! \$20.

### 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 4 half hour: \$160; Series of 6 half hour: \$240.

**Semi-Private Lessons** (2-3 students) Bring your own group for personal instruction sessions. Adults one hour: \$45 each person Juniors one hour: \$45 each person.

# NATURE

## CHILDREN'S NATURE AGES 4-5

### Ranger Pam's Nature Adventures (Ages 4-5)

Unforgettable educational adventures await you as you explore hands-on nature with Ranger Pam. Each session focuses on a different topic.

#### Mon

Youth Nonresident: \$59; Youth Resident: \$49

Dates	Time	Location	Topic	Class #
Jun 01 - 22	9:30-11:30 AM	S. Platte Pk	Growing Up Wild	670536
Jun 29 - Jul 27	9:30-11:30 AM	S. Platte Pk	Be My Neighbor	670537
Aug 03 - 24	9:30-11:30 AM	S. Platte Pk	Habitat Happening	670538

### Predator and Prey (Ages 4-5)

Children play animals that hunt for their food and feel what it is like to sneak through the park as they stalk their snack.

#### Tue

Youth Nonresident: \$12; Youth Resident: \$9

Dates	Time	Location	Class #
Jun 02	9:30-11:30 AM	S. Platte Pk	670736

### Animal Defenders (Ages 4-5)

What are clues to stay safe around animals? Focus on how animals protect themselves.

#### Tue

Youth Nonresident: \$12; Youth Resident: \$9

Dates	Time	Location	Class #
Jun 23	9:30-11:30 AM	S. Platte Pk	670776

### Talking Animals (Ages 4-5)

Children discover how animals communicate by listening, imitating, and playing games while exploring on the trails.

#### Tue

Youth Nonresident: \$12; Youth Resident: \$9

Dates	Time	Location	Class #
Jul 21	9:30-11:30 AM	S. Platte Pk	670757

## CHILDREN'S NATURE AGES 5-8

### Animal Detectives (Ages 5-8)

Explore the park seeking animal clues, and solve the mystery of who passed by and why!

#### Wed

Youth Nonresident: \$12; Youth Resident: \$9

Dates	Time	Location	Class #
Jul 01	9 -11 AM	S. Platte Pk	670837
Jul 29	9 -11 AM	S. Platte Pk	670847

### Crazy 'Bout Crawdads (Ages 5-8)

Wade the lakes searching for these amusing creatures, then catch them and return them to their homes. Meet at the easternmost parking lot after entering the park via the So. Platte Canyon Rd. entrance.

Youth Nonresident: \$15; Youth Resident: \$12

#### Wed

Dates	Time	Location	Class #
May 27	9 -11 AM	S. Platte Pk	670905
May 27	1 -3 PM	S. Platte Pk	671895

#### Thu

Dates	Time	Location	Class #
May 28	1 -3 PM	S. Platte Pk	671055

#### Fri

Dates	Time	Location	Class #
Jun 05	1 -3 PM	S. Platte Pk	671196

#### Thu

Dates	Time	Location	Class #
Jun 11	1 -3 PM	S. Platte Pk	671226
Jun 25	1 -3 PM	S. Platte Pk	671056
Jul 02	9 -11 AM	S. Platte Pk	671927
Jul 08	9 -11 AM	S. Platte Pk	671217
Jul 16	9 -11 AM	S. Platte Pk	671937
Jul 30	1 -3 PM	S. Platte Pk	671227

### Creepy Critters (Ages 5 - 8)

Examine the fascinating habits of frogs, toads, salamanders, snakes, turtles and lizards.

#### Tue

Youth Nonresident: \$12; Youth Resident: \$9

Dates	Time	Location	Class #
Jun 02	1 -3 PM	S. Platte Pk	671396
Jun 23	1 -3 PM	S. Platte Pk	671866
Jul 21	1 -3 PM	S. Platte Pk	671397

### Dragons and Damsels (Ages 5-8)

Explore the ponds and lakes with nets in hand for these voracious predators discovering the wonder of metallic blue dragonflies and damselflies.

#### Mon

Youth Nonresident: \$12; Youth Resident: \$9

Dates	Time	Location	Class #
Jun 29	9 -11 AM	S. Platte Pk	671946

### From Fairyhouses to Forts (Ages 5-8)

Nature provides a bounty of edible plants but it also has some to avoid! Join us to learn which plants are fit for a menu and which ones to stay away from!

Youth Nonresident: \$12; Youth Resident: \$9

#### Tue

Dates	Time	Location	Class #
May 26	9 -11 AM	S. Platte Pk	671155

#### Thu

Dates	Time	Location	Class #
Jul 30	9 -11 AM	S. Platte Pk	671247

## Gold Panning at South Platte Park (Ages 5-8)

Pan for gold in the South Platte River just like they did during the Gold Rush.

Youth Nonresident: \$15; Youth Resident: \$12

**Fri**

Dates	Time	Location	Class #
Jun 30	1 -3 PM	S. Platte Pk	672216

**Thu**

Youth Nonresident: \$12; Youth Resident: \$9

Dates	Time	Location	Class #
Jul 09	1 -3 PM	S. Platte Pk	672227

## In Reel Time! (Ages 5-8)

Take the bait and learn basic skills then try them out on our sunfish. We'll provide the tackle, bait and a rod you can keep!

**Tue**

Youth Nonresident: \$32; Youth Resident: \$29

Dates	Time	Location	Class #
Jun 30	8 -11 AM	S. Platte Pk	671966

## Insects and Spiders (Ages 5-8)

Catch different kinds of insects in special nets to examine their shapes, sizes, colors and more! Explore the world of insect life-cycles, body parts, needs and diversity.

Youth Nonresident: \$12; Youth Resident: \$9

**Wed**

Dates	Time	Location	Class #
May 27	9 -11 AM	S. Platte Pk	671115

**Mon**

Dates	Time	Location	Class #
May 27	1 -3 PM	S. Platte Pk	671955
Jul 06	9 -11 AM	S. Platte Pk	671117

**Fri**

Dates	Time	Location	Class #
May 29	9 -11 AM	S. Platte Pk	671065

## Nests and Eggs (Ages 5-8)

Search for nests in the fields and thickets of South Platte Park. Build your own nest, learn about what's inside eggs, and learn to recognize the wild nesters.

Youth Nonresident: \$12; Youth Resident: \$9

**Wed**

Dates	Time	Location	Class #
Jun 10	9 -11 AM	S. Platte Pk	671426

## Prairie Dog Town (Ages 5-8)

Prairie dogs have their own rooms, live in towns and have their own language. Join us to learn more about these funny little animals and visit their town in South Platte Park!

**Fri**

Youth Nonresident: \$12; Youth Resident: \$9

Dates	Time	Location	Class #
Jul 03	9 -11 AM	S. Platte Pk	671877

## Princess Adventures (Ages 5-8)

Join women naturalists in a girls-only nature exploration like pioneering women of Colorado. Princess dresses are welcome if you don't mind getting them dirty.

Youth Resident: \$12; Youth Nonresident: \$15

**Thu**

Dates	Time	Location	Class #
May 28	9 -11 AM	S. Platte Pk	671575

**Fri**

Dates	Time	Location	Class #
Jun 19	9 -11 AM	S. Platte Pk	671536

## Transformers - Water Based (Ages 5-8)

Meet nature's transformers while dipping in the pond and searching the fields. Find out how critters undergo amazing changes during their lives.

Two sessions differ - register for either OR BOTH!

**Tue**

Youth Nonresident: \$15; Youth Resident: \$12

Dates	Time	Location	Class #
May 26	1 -3 PM	S. Platte Pk	671595
Jun 09	1 -3 PM	S. Platte Pk	671596

## Be a Beaver (Ages 5-8)

We'll investigate some of the beaver structures in the park then build our own. Come prepared for water, mud, and beaverish fun!

**Wed**

Youth Nonresident: \$12; Youth Resident: \$9

Dates	Time	Location	Class #
Jul 15	9 -11 AM	S. Platte Pk	671097

## CHILDREN'S NATURE AGES 9-13

### Geocaching for Kids (Ages 9-13)

Join the global high-tech treasure hunting craze of Geocaching! You'll learn how to point GPS units or apps to caches in the park and wherever your travels take you!

**Wed**

Youth Nonresident: \$18; Youth Resident: \$15

Dates	Time	Location	Class #
Jul 22	9 AM-12 PM	S. Platte Pk	670457

## Gold Panning at South Platte Park (Ages 9-13)

Pan for gold in the South Platte River just like they did during the Gold Rush, and take home your bounty!

**Fri**

Youth Nonresident: \$15; Youth Resident: \$12

Dates	Time	Location	Class #
May 29	1 -3 PM	S. Platte Pk	672015
Jul 02	1 -3 PM	S. Platte Pk	672017



## Primitive Survival Skills (Ages 9-13)

Make a fire with sticks, build a "wickiup" shelter, make rope from plants, use an atlatl to launch spears, create a gourd canteen, and much more.

**Wed**

Youth Nonresident: \$43; Youth Resident: \$34

Dates	Time	Location	Class #
Jun 03	9 AM-3 PM	S. Platte Pk	673706
Jun 24	9 AM-3 PM	S. Platte Pk	671626

## The Art of Nature (Ages 9-13)

Join us for a day of observation, art and writing as we explore the Park. Using colored pencils and thumbprint journals, you'll never see nature the same way again!

All materials included.

**Fri**

Youth Nonresident: \$20; Youth Resident: \$12

Dates	Time	Location	Class #
Jun 05	10 AM-2:30 PM	S. Platte Pk	671006

## Wildlife Identification (Ages 9-13)

We'll explore the park looking for wildlife and learn how to identify species using groupings, field guides, tracks, scat and more!

**Tue**

Youth Nonresident: \$12; Youth Resident: \$9

Dates	Time	Location	Class #
Jul 07	9-11 AM	S. Platte Pk	674757

## Youth Night Hike (Ages 9-13)

This after hours look at the park includes a night hike watching for bats, owls, and beavers. Also enjoy night games and intriguing night vision tricks.

**Fri**

Youth Nonresident: \$12; Youth Resident: \$9

Dates	Time	Location	Class #
Jul 03	8-10 PM	S. Platte Pk	671747

## Kids Nature Club House (Ages 6-10)

Discover how much fun nature can be by playing in the forests and ponds. Naturalists guide activities and nature games, provide a safe atmosphere and spark curiosity.

**Mon-Fri**

Youth Nonresident: \$107; Youth Resident: \$83

Dates	Time	Location	Class #
Jun 01 - 05	9 AM-12 PM	S. Platte Pk	671786
Jun 08 - 12	9 AM-12 PM	S. Platte Pk	671756
Jun 15 - 19	9 AM-12 PM	S. Platte Pk	671766
Jul 06 - 10	9 AM-12 PM	S. Platte Pk	671787
Jul 20 - 24	9 AM-12 PM	S. Platte Pk	671757

## Spring Break Nature Camp (Ages 6-12)

Delight in a full day adventure packed with nature encounters. Different activities each day include nature play, finding wildlife, hiking and warm-up indoors with games and crafts.

**Mon-Thu**

Youth Nonresident: \$129; Youth Resident: \$119

Dates	Time	Location	Class #
Mar 23 - 26	8:30 AM-4:30 PM	S. Platte Pk	672073

## Zombie Survival Camp (Ages 9-13)

Can you survive a zombie apocalypse? Learn primitive survival skills such as shelter-building, obtaining food, avoiding dangers and finding resources before the apocalypse arrives.

**Mon-Fri**

Youth Nonresident: \$199; Youth Resident: \$189

Dates	Time	Location	Class #
Aug 03 - 07	9 AM-12 PM	S. Platte Pk	671888

## Junior Rangers (Ages 10-12)

A true nature adventure! Explore the forests, have hands-on opportunities with wildlife, experience a night hike, sleep-over and much more. Wednesday includes an overnight in the nature center through 8:30 am Thursday.

M/Tu/F:8:30am-4:30pm, Wed: 8:30am overnight to 8:30am Th

**Mon-Fri**

Youth Nonresident: \$229; Youth Resident: \$224

Dates	Time	Location	Class #
Jun 22 - 26	8:30 AM-4:30 PM	S. Platte Pk	671796
Jul 13 - 17	8:30 AM-4:30 PM	S. Platte Pk	671797
Jul 27 - 31	8:30 AM-4:30 PM	S. Platte Pk	671807

## Homeschool Science Days Grades K-5

Homeschoolers, take advantage of time scheduled for you to experience naturalist-guided programs that usually require larger classroom numbers!

**Thu**

Youth Nonresident: \$9; Youth Resident: \$7

Dates	Time	Location	Topic	Class #
Apr 16	10 AM-12 PM	S. Platte Pk	My Life is a Bird	672254
May 14	10 AM-12 PM	S. Platte Pk	Insects and Spiders	672255

## Full Moon Walk

Challenge your senses as a naturalist guides you on an exciting, moonlight adventure through a riverside forest. Different focus each month.

Adults, children 6 & older. 6-16 must be with a registered adult.

When taking the household rate (\$24R/\$32), please register each individual.

Nonresident: \$12 Resident:\$8

Youth Nonresident: \$8; Youth Resident: \$5

**Mon**

Dates	Time	Location	Topic	Class #
May 04	7:30-9 PM	S. Platte Pk	Nocturnal Wildlife	674135

**Fri**

Dates	Time	Location	Topic	Class #
Jul 31	8-9:30 PM	S. Platte Pk	Owls	674187

## FAMILY NATURE PROGRAMS

### HawkQuest Night Out

Watch a trained hawk swoop past you. Get close-up views of live eagles, owls and falcons.

**Tue**

Nonresident: \$5 Resident:\$5

Dates	Time	Location	Class #
Aug 11	6:30-8 PM	S. Platte Pk	675338

Register at [ssprd.org](http://ssprd.org) or by calling 303-347-5999 67

## 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.

**Fri**

Nonresident: \$12 Resident:\$8

Youth Nonresident: \$7; Youth Resident: \$5

Family Nonresident: \$32; Family Resident: \$24

Dates	Time	Location	Class #
Jun 26	6 -7:30 AM	S. Platte Pk	672556

## Cooley Lake Nature Walks - Free!

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.

**Sat**

Dates	Time	Location	Class #
Apr 11	9:30-11 AM	S. Platte Pk	676504
May 09	9:30-11 AM	S. Platte Pk	676505
Jun 13	9:30-11 AM	S. Platte Pk	676506
Jul 11	9:30-11 AM	S. Platte Pk	676507

**Sun**

Dates	Time	Location	Class #
May 10	9:30-11 AM	S. Platte Pk	676555
Jun 21	9:30-11 AM	S. Platte Pk	676556
Sep 12	9:30-11 AM	S. Platte Pk	676509

## Friday Night Firesides

Enjoy classic fireside fun and thematic snacks, right in the heart of Littleton. Lawn seating (bring blankets or lawn chairs) and campfire or indoor fireplace.

**Fri**

Nonresident: \$12 Resident:\$8

Youth Nonresident: \$7; Youth Resident: \$5

Nonresident Family: \$32; Resident Family: \$24

Dates	Time	Location	Topic	Class #
Mar 20	6:30-8 PM	S. Platte Pk	Songs for All Seasons	677053
Jun 12	7:30-9 PM	S. Platte Pk	Mountain Men & Beavers	674176

## Gone Fishin' with Colorado Parks and Wildlife (Ages 6-Adult)

Join us for a workshop on lake fishing in Colorado! We'll discuss species, management, fishing ethics, identification, knot tying, casting and ways to get the most out of a day of fishing. We'll also practice what we learn by fishing in a lake at South Platte Park.

Participants over 15 years old must have a Colorado Fishing License. Bring your own rod or purchase one of ours for \$20. We'll provide the bait and tackle.

**Sat**

Nonresident: \$12 Resident:\$7

Youth Nonresident: \$7; Youth Resident: \$5

Dates	Time	Location	Class #
Mar 28	9 AM-12 PM	S. Platte Pk	671013

## Parent/Child Birdwatching (Ages 5 and up)

Learn to get started in this fun and easy hobby as a family. You'll be able to use your new skills at parks, while camping or anywhere your family outdoor adventures take you!

**Sat**

Nonresident: \$12 Resident:\$8

Youth Nonresident: \$7; Youth Resident: \$5

Family Nonresident: \$32; Family Resident: \$24

Dates	Time	Location	Class #
Apr 25	10 -11:30 AM	S. Platte Pk	672124

## Stories from the Stars (All ages)

Join us fireside to hear stories, mythology and legends borne from stars.

**Fri**

Nonresident: \$12; Resident:\$8

Family Nonresident: \$32; Family Resident: \$24

Dates	Time	Location	Class #
Aug 14	8 -9:30 PM	S. Platte Pk	672398

## ASTRONOMY AT SOUTH PLATTE PARK

### Perseids Meteor Shower (Ages 6 and up)

Learn to get started in this fun and easy hobby as a family. You'll be able to use your new skills at parks, while camping or anywhere your family outdoor adventures take you!

Household rates is for 2 adults and up to 3 youths at the same address. Under 16 must be with a registered adult.

**Wed**

Nonresident: \$12 Resident:\$8

Youth Nonresident: \$7; Youth Resident: \$5

Family Nonresident: \$32; Family Resident: \$24

Dates	Time	Location	Class #
Aug 12	8 -10 PM	S. Platte Pk	672868

## NATURE ART & SKILLS

### Edible and Poisonous Plants (Ages 16 and up)

Nature provides a bounty of edible plants but it also has some to avoid! Join us to learn which plants are fit for a menu and which ones to stay away from!

**Wed**

Nonresident: \$12 Resident:\$8

Dates	Time	Location	Class #
Aug 19	6 -7:30 PM	S. Platte Pk	675138

### Tree Climbing Introduction Monthly (Ages 7-Senior)

A certified instructor provides all the ropes and safety equipment. Use arborist ropes and harnesses to pull yourself over 50 feet into the canopy of the riverside cottonwoods of South Platte Park.

**Sun**

Nonresident: \$33; Resident:\$30

Dates	Time	Location	Class #
Apr 19	12 -2:30 PM	S. Platte Pk	673354
May 17	12 -2:30 PM	S. Platte Pk	673355
Jun 21	12 -2:30 PM	S. Platte Pk	673356
Jul 26	12 -2:30 PM	S. Platte Pk	673357
Aug 16	12 -2:30 PM	S. Platte Pk	673358

## Geocaching (Ages 8 and up)

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.

**Sat**

Nonresident: \$12; Resident:\$8

Youth Nonresident: \$7; Youth Resident: \$5

Family Nonresident: \$32; Family Resident: \$24

Dates	Time	Location	Class #
Sep 12	9 -11:30 AM	S. Platte Pk	674469

## Summer Wilderness Survival (Ages 12 and up)

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.

**Sat**

Nonresident: \$99; Resident:\$89

Dates	Time	Location	Class #
Mar 14	8 AM-5 PM	S. Platte Pk	674433

## Basic Tree Climbing, Two-day Training (Ages 18 and up)

Learn everything you need to become an independent recreational or technical tree climber.

**Sat, Sun**

Nonresident: \$450 Resident:\$435

Dates	Time	Location	Class #
Jun 27 - 28	9 AM-5:30 PM	Carson Nature	673426

## WILDLIFE WATCHING AT SOUTH PLATTE PARK

### Coyote Trails (Ages 6 and over)

Explore the Park with a naturalist seeking coyote dens and pups, learn about their role in the environment and how to live with them in your neighborhood.

**Thu**

Nonresident: \$12 Resident:\$8

Youth Nonresident: \$7; Youth Resident: \$5

Family Nonresident: \$32; Family Resident: \$24

Dates	Time	Location	Class #
Jun 18	7:30-9 PM	S. Platte Pk	674686

### Birding by Ear (Ages 16 and up)

Do you know the difference between a call and a song? Learn about bird communication and how to identify some of our common birds by sound.

**Wed**

Nonresident: \$18 Resident:\$12

Dates	Time	Location	Class #
Apr 22 - 29	6 -8 PM	S. Platte Pk	675284

## Birding Package (Ages 16 and up)

Learn to use field guides, binoculars and observation skills to become familiar with common area birds and get started in this easy hobby.

**Wed**

Nonresident: \$19; Resident:\$13

Dates	Time	Location	Class #
Mar 25 - Apr 01	5:30-7 PM	Highlands Ranch	675153
Sep 02 - 09	5:30-7 PM	S. Platte Pk	675159

## Birding: Intermediate/Advanced (Ages 16 and up)

Build your skills or add to previous classes focusing on behavior, calls, and field marks to identify more challenging birds.

**Wed**

Nonresident: \$11 Resident:\$8

Dates	Time	Location	Class #
Apr 01	5:30-7 PM	S. Platte Pk	675274
Sep 09	5:30-7 PM	S. Platte Pk	675279

## Birdwatching for Beginners (Ages 16 and up)

Learn to use field guides, binoculars and observation skills to become familiar with common area birds.

**Wed**

Nonresident: \$11 Resident:\$8

Dates	Time	Location	Class #
Mar 25	5:30-7:30 PM	Highlands Ranch	675253
Sep 02	5:30-7 PM	S. Platte Pk	675259

## Botany for Birders (Ages 16 and up)

Join a guide to learn the local plants and predict what birds you may encounter on them.

**Wed**

Nonresident: \$11 Resident:\$8

Dates	Time	Location	Class #
May 20	5:30-8 PM	CNC	675395

## Sunset Bird Walk (Ages 8 and up)

Enjoy an evening walk with one of our naturalist guides looking for beautiful songbirds at and learning about their habits.

**Thu**

Nonresident: \$12 Resident:\$8

Dates	Time	Location	Class #
Aug 13	7 -8:30 PM	S. Platte Pk	675378

## Great Horned Owls

Hike with a naturalist seeking hidden adult owls, nests and even fuzzy owl chicks.

**Sat**

Nonresident: \$12 Resident:\$8

Youth Nonresident: \$7; Youth Resident: \$5

Family Nonresident: \$32; Family Resident: \$24

Dates	Time	Location	Class #
Apr 18	12 -2 PM	S. Platte Pk	675204
Apr 18	3 -5 PM	S. Platte Pk	675214

## Backcountry Turkeys at Highlands Ranch (Ages 8 and up)

Join us for an exclusive hike into the private Backcountry at Highlands Ranch seeking gobbling turkeys as they prepare to nest. We'll wrap up the evening with a campfire.

Transportation from SPP included!

**Fri**

Nonresident: \$19 Resident:\$15

Youth Nonresident: \$12; Youth Resident: \$10

Dates	Time	Location	Class #
Apr 10	5:30-7:30 PM	S. Platte Pk	674734

## Sunset Canoeing (Ages 8 and up)

Explore Cooley Lake's shoreline, moving silently past herons, ducks and beavers as the sun slips behind the mountains.

Due to the popularity of this program and the limited opportunities on Cooley Lake, we request no more than one session per person per catalog cycle. Each Canoe must have at least one experienced paddler.

**Fri**

Nonresident: \$19 Resident:\$17

Dates	Time	Location	Class #
May 15	6-8:30 PM	S. Platte Pk	673495
Jun 19	6:30-9 PM	S. Platte Pk	673506
Jul 17	6:30-9 PM	S. Platte Pk	673507
Aug 21	6-8:30 PM	S. Platte Pk	673498
Sep 18	6:30-9 PM	S. Platte Pk	673509

## NATURE TRIPS AND TOURS

### Booming Prairie Chickens of Colorado (Adult)

Watching prairie chickens boom at dawn is the holy grail of birding in the southeast Colorado. We'll also explore the Nature and Raptor Center of Pueblo, and other birding havens. Pre-trip meeting will be Wednesday, March 18, 6-7pm.

**Sat, Sun, Mon**

Nonresident: \$499 Resident:\$479

Dates	Time	Location	Class #
Apr 04 - 06	8 AM-5 PM	S. Platte Pk	675474

### Georgia O'Keeffe's New Mexico! (Adult)

Visit Santa Fe, including the fabulous Georgia O'Keefe museum, and O'Keefe's Abiquiu home, plus an overnight at Ghost Ranch. The program includes transportation, naturalist guides, lodging and meals at Ghost Ranch, lodging and breakfasts in Santa Fe, several picnic lunches, and the private group tours. Some meals on your own.

Public trip is #6761610 October 22-26; custom trip #6761510 October 12-16 and is currently only open to members of JoAnn Taylor group. Phone Registrations office at 303-347-5999 with \$100 deposit to hold space with full payment due by June 30 (or upon registration after that date).

Nonresident: \$799 Resident:\$779

**Mon-Fri**

Dates	Time	Location	Class #
Oct 12 - 16	8 AM-5 PM	Santa Fe area	6761510
Oct 22 - 26	8 AM-5 PM	Santa Fe area	6761610

## Niobrara Canoe Adventure (Adult)

Lie back in your canoe or kayak and let the spring-fed Niobrara River drift you past dozens of waterfalls. We will be visiting Fort Niobrara National Wildlife Refuge and Smith Falls State Parks. Stay in a beautiful log cabin, and explore Valentine NWR. For more info contact skotl@sspr.org.

Basic canoe experience is mandatory for this trip. Check out on of our canoe classes for some training or a brush-up!

**Thu-Sun**

Nonresident: \$649 Resident:\$629

Dates	Time	Location	Class #
Jun 11 - 14	8 AM-6 PM	S. Platte Pk	675901

## OLDER ACTIVE ADULTS

### BRIDGE CLASSES FOR ACTIVE ADULTS

#### Bridge Defense

Learn the best strategies for leads, card play in each seat, defensive signaling, establishing an approach with partner and how to interfere with declarer's plans.

**Mon**

Nonresident: \$100 Resident:\$84

Dates	Time	Location	Class #
Apr 06 - Jun 01	12:30-2:30 PM	Buck	704664

### FREE EDUCATIONAL PRESENTATIONS FOR ACTIVE ADULTS

These are FREE events but registration is required.

#### Boomers: Who Are They Really? - April 1

How to protect your assets without long term care insurance will be presented by an advisor to the Council of Aging, long term care specialist and an elder law specialist.

#### Dementia Presentation - April 16

Patsy Barnes will present on dementia, a journey of her family and her mother through the disease.

#### Estate Planning 101 - May 21

Discover the nuts and bolts of estate planning and have the opportunity to ask any questions that you might have to make the best decision for you and your family.

#### Aging: Legislative Issues - June 3

ACCoA, advocates for seniors in Arapahoe County, will report on issues and legislation affecting seniors.

#### Life Reimagined; Discover Your Life Possibilities - June 6 & 27

Boomers have many questions as they move into retirement. AARP has a program that can help, a new way of thinking about what's next in your life.

#### Addressing Long Term Care - June 18

What is Long Term Care and who needs it? These are just a few of the issues discussed and options will be presented.

## Lunch and Learn

This is a free presentation but you must register to attend.

### Mon

Dates	Time	Location	Class #
Apr 20	12 -1:30 PM	Buck	703554
May 14	12 -1:30 PM	Lone Tree	703565
Jun 22	12 -1:30 PM	Buck	703556

## Prevention and Treatment Options for Healthy Feet

Discuss routine and complex foot and ankle ailments with a professional. This is a FREE event but registration is required.

This is a FREE presentation. Registration is required.

### Thu

Dates	Time	Location	Class #
Apr 23	1 -2 PM	Buck	703304

## Veterans Services

Get a general overview of VA Benefits and information regarding claims process and issues facing veterans.

This is a FREE event but registration is required.

### Wed

Dates	Time	Location	Class #
May 06	12 -1 PM	Buck	703035

## OUTDOOR RECREATION FOR ACTIVE ADULTS

### Bi-Monthly Hikes

Good physical condition and the ability to walk with moderate to strenuous elevation walk with moderate to strenuous elevation All hikes range from 4-6 miles.

### 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 [www.sspr.org](http://www.sspr.org) or call 303-730-4606 for schedule. (Sep-May)

### Cherry Creek Trail Challenge (8 weeks)

Walk the length of the Cherry Creek Trail in 5-6 mile increments from Franktown to Confluence Park in Denver. Transportation and mapping provided.

Wear good walking shoes.

Bring water, snack, sunscreen, and hat.

Must be able to walk at least a 20-minute mile

\$7 weekly transportation fee

### Wed

Nonresident: \$20 Resident:\$16

Dates	Time	Location	Class #
Apr 01 - May 20	8 AM-11 PM	Cherry Creek	703114

## SPECIAL EVENTS AND ACTIVITIES

### Coffee & Chats

Second Tuesday of the Month at 11:30 AM at Goodson and the last Tuesday of the month at 11:15 AM at Lone Tree.

### Happy Hooks & Needles

First Thursday of the month at Buck.

10 AM-11:30 AM

## Afternoon Movie Club

Join us to watch a newly released movie the first Thursday of the month! The movie schedule is out a month in advance.

### Thu

Nonresident: \$1.25 Resident:\$1

## Thursday Lunch Program

Year round at Buck from 12-1 PM.

Nonresidents: \$6.75; Residents: \$5

**For a complete listing of Active Adult programs check out the new Active at Any Age catalog.**

## Drop-in Activities at Buck Recreation Center

Nonresident: \$1.25; Resident: \$1

Drop In Bridge	Mon/Tues	12:30 PM
Duplicate Bridge	Wed	12:30 PM
Mah Jongg	Wed	1-3 PM
Poker	Fri	12:30-3 PM
Wii	Fri	10 AM -12 PM
Pinockle	Mon	12:30-3:30 PM

## Drop-in Activities at Lone Tree Recreation Center

Nonresident: \$1.25; Resident: \$1

Duplicate Bridge for Beginning & Intermediate Players	Tues	12:30 PM
Duplicate Bridge	Fri	12:30 PM
Duplicate Bridge; ACBL Sanctioned play	Mon	12:30 PM

## 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.

Available at Buck on the 1st Thursday of the month and Goodson on the 2nd Thursday of the month.

Nonresident: \$28; Resident \$25

## Blood Pressure Checks

2nd Thursday of the month at Buck. Free

## Low Vision Support Group

2nd Thursday of the month at Buck. Free

## SPECIALTY CLASSES FOR ACTIVE ADULTS

### AARP Smart Driver Course

A driver improvement course designed for motorists age 50 and older. Call 303-730-4605 to register.

Fee payable on first day of class. Cash or check payable to AARP.

### Wed

Nonresident: \$20 Resident:\$15

Dates	Time	Location	Class #
May 27	8 AM-12 PM	Buck	705075



## Can We Talk?

This is a free presentation on health topics and issues but you must register. For more information, contact Senior Resource Desk at 303-730-4605

### Tue

Dates	Time	Location	Class #
Apr 07	12:15-1:15 PM	Buck	703264
Apr 14	12:15-1:15 PM	Buck	703174
May 05	12:15-1:15 PM	Buck	703275
May 12	12:15-1:15 PM	Buck	703295
Jun 09	12:15-1:15 PM	Buck	703216

## Continuing Intermediate Spanish

An ongoing class to improve fluency and build vocabulary to maximize communication. Optional book: Spanish for Real Life.

### Wed

Dates	Time	Location
Ongoing	9-10:30 AM	Buck

## Spring Fashion Workshop for 55+

Focus on styles and colors that work for you.

### Tue

Nonresident: \$15 Resident:\$12

Dates	Time	Location	Class #
Apr 07	12:30-2:30 PM	Buck	706704

## TECHNOLOGY FOR ACTIVE ADULTS

### Computer Discovery at Buck

Join fellow computer users for informational sessions on a variety of topics including:

- Skype
- iPad & other tablets
- Facebook & Social Media
- Internet
- Email
- Digital Camera & Scanners

Bring your lap top, tablet or whatever you have. Q & A period after each presentation.

Call 303-730-4605 for schedule.

### 2nd and Fourth Fri of the month

Nonresident: \$6 Resident:\$5

1-3 PM

### Digital Camera

Learn how to select and operate a digital camera, as well as:

- print photos without a computer
- interface the camera or photo storage card with your computer
- enhance your photos and
- store, print and email selected photos.

Bring your camera and manual to class. Laptops welcome.

### 3rd Tue of the month

Drop-in Fee:

Nonresident: \$19; Resident:\$16

65+ Nonresident: \$19; 65+Resident: \$16

Monthly Fee:

Nonresident: \$33; Resident:\$28

65+ Nonresident: \$28; 65+Resident: \$24

## ARTS AND ENRICHMENT FOR ACTIVE ADULTS

### 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.

### Mon, Tue at Buck 12:30-2 PM

Monthly Fee:

Nonresident: \$32; Resident:\$26

65+ Nonresident: \$32; 65+Resident: \$26

### 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)

### Tue at Buck 9:30 AM-12 PM

Monthly Fee:

Nonresident: \$32; Resident:\$26

65+ Nonresident: \$32; 65+Resident: \$26

### Line Dancing

Love to dance but don't have a partner? Kick up your heels to a variety of music for exercise and friendship.

### Lone Tree

Beginner Monthly on Tuesdays 1:30-2:25 PM

Intermediate/Advance monthly on Tuesdays 2:30-3:25 PM

### Buck

Beginner Monthly on Wednesdays 1:30-2:25 PM

Intermediate/Advance monthly on Wednesdays 2:30-3:25 PM

Drop-in fee:

Nonresident: \$6.50; Resident: \$5.50 R

65+ Nonresident: \$5.50; 65+ Resident: \$4.50

10 Punch card pass:

Nonresident: \$60; Resident

65+ Nonresident: \$50; 65+ Resident: \$40

### Active Adult Tap Dance @ Buck (Ages 18-Senior)

Want to learn how to tap? Join us for instruction in flaps, shuffles and the shuffle-ball change, and create simple dance routines. Performing is optional.

Prerequisites required. Call 303-730-4609 for more information.

Beg/Intermediate Drop-in fee: \$6.50/\$5.50 R 65+: \$5.50/\$4.50 R

Advanced Drop-in fee: \$8.75/\$7.75 R 65+: \$7.75/ \$6.75 R

### Fri

Nonresident: \$35 Resident:\$31

65+ Nonresident: \$31; 65+ Resident: \$27

Dates	Time	Location	Class #
Apr 03 - 24	10:30 AM-12 PM	Buck	703604
May 01 - 29	10:30 AM-12 PM	Buck	703605
Jun 05 - 26	10:30 AM-12 PM	Buck	703606

## Mon

Nonresident: \$26 Resident:\$22

65+ Nonresident: \$22; 65+ Resident: \$18

Dates	Time	Location	Class #
Apr 06 - 27	9 -10 AM	Buck	703674
Apr 06 - 27	10 -11 AM	Buck	703654
May 04 - 25	9 -10 AM	Buck	703675
May 04 - 25	10 -11 AM	Buck	703655
Jun 01 - 29	9 -10 AM	Buck	703676
Jun 01 - 29	10 -11 AM	Buck	703656

## RESOURCE INFORMATION:

Aging Well Resource Center-Bemis Library	303-795-3980
Arapahoe County Council on Aging	www.Accoa.info
Arapahoe County Dept of Human Services	303-636-1130
Arapahoe County First Ride	720-540-5566
DRCOG Area Agency on Aging	303-480-6700
InterFaith Community Services	303-789-0501
Littleton Omnibus Transportation	303-795-3700
RTD Access-A-Ride	303-299-2960
South Metro Housing Authority-Littleton	303-794-9608

## TRIPS AND TOURS

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 [www.sspr.org](http://www.sspr.org) or call 303-730-4606 or 303-797-8787.

## Motown the Musical A Day in Manitou Springs

### Manitou Springs

Spend a day in historic Manitou Springs, lined with unique art galleries, gift shops and trading posts with handcrafted Native American treasures.

Lunch is at your own expense at one of the many locally owned restaurants.

## The Other Side Restaurant Sunday Brunch and Estes Park

### Estes Park

We'll brunch within the National Park village. Following brunch, enjoy leisure time in scenic Estes Park.

## Union Station Walking Tour

### Denver History Tour

Let's take a walking tour of Union Station, now the Grande dame of downtown, and the surrounding areas. The tour includes a break for lunch, so wear comfortable shoes.

This is a walking tour.

## Day in Manitou Springs

"Manitou" is a Native American word for "spirit"! Spend a day in the historic district lined with unique art galleries, one of a kind gift shops and trading posts with handcrafted Native American treasures. Lunch is at your own expense. Choose from one of the many locally owned restaurants.

## Cirque de Soliel: Kurious-Cabinet of Curiosities

What if you could alter reality at will? Delve into a world of curiosity where seeing is disbelieving: the world of KURIOS – Cabinet of

Curiosities from Cirque du Soleil. The show immerses you in a mysterious and fascinating realm that disorients your senses and challenges your perceptions, leaving you to wonder: "Is it real, or just a figment of my imagination?"

## Pikes Peak Cog Railway

Enjoy a safe, comfortable and relaxing journey to the summit of majestic Pikes Peak at 14,110 feet. From the mountain top, it's possible to see four states, the snow-covered peaks of the Continental Divide, the cities of Denver, Manitou Springs, Colorado Springs and the historic gold camps of Cripple Creek and Victor. Lunch is at Edelweiss at your own expense (\$8-\$12).

## Denver Orientation Tour

Denver History Tours presents a guided bus tour of Denver from beginning to present telling many tales contrasting the past with the present.

## Downtown Aquarium

### Denver

Travel down to sea level and view underwater exhibits with ecosystems from around the world, over 500 species of animals, and an interactive Stingray Reef touch tank. Lunch on your own at the aquarium (\$6 - \$20).

## Just Lunch Bunch

Experience new and favorite restaurants in the area. Come with friends or make new ones. Lunch is at your expense (\$8-15).

## Casino: Bull Durham

### Blackhawk

### Tue

Nonresident: \$14 Resident:\$12

65+ Nonresident: \$12; 65+ Resident: \$10

Dates	Time	Location	Class #
May 05	9 AM-3 PM	Blackhawk	710225
Jun 30	9 AM-3 PM	Blackhawk	710226

Transportation included in fees for all trips. All trips and tours require independent participation.

## ADULT DANCE CLASSES

## Ballroom Dance Nights at Lone Tree

Swing, Waltz, Rhumba and Hop to the LIVE Big Band sounds of the Windjammers 10-piece orchestra.

Order tickets online or purchase at the door. Dress up or come casual. Free parking.

Contact Iris Gregg at Lone Tree 303-708-3513

Order tickets online or purchase at the door.

### Sat

Nonresident: \$10 Resident:\$8

Dates	Time	Location	Class #
May 02	6:30-9:30 PM	Lone Tree	461985
Jul 11	6:30-9:30 PM	Lone Tree	461987

## Older Active Adult Health & Resource Day Vendor Registration

These free events will allow you to learn about local senior resources and how to improve or maintain your fitness.

Free

**Tue, Wed**

Dates	Time	Location	Class #
May 19 - 20	10 AM-12 PM	Goodson	707005

## OUTDOOR RECREATION

### Beginning Archery Indoor Range at Bear Creek (Ages 8-Senior)

Introduce yourself to archery at Bear Creek Archery's indoor facility. All archery equipment is provided.

Bear Creek Archery requires that a parent or guardian be present with their children during all archery classes.

Nonresident: \$64; Resident: \$59

**Wed**

Dates	Time	Location	Class #
Jun 03 - 24	10:30-11:30 AM	Bear Creek Archery	683316

**Tue**

Dates	Time	Location	Class #
Jul 07 - 28	10:30-11:30 AM	Bear Creek Archery	683307

**Thu**

Dates	Time	Location	Class #
Jul 23 - Aug 13	10:30-11:30 AM	Bear Creek Archery	683327

### Beginning Archery at Goodson (Ages 9-Senior)

Develop a passion for archery in this fun class for all ages. Kids and adults will gain shooting skills, learn safety, scoring and gain an understanding of the equipment and terminology.

Equipment is provided. Non-participating children may not be left in the archery area for safety reasons.

**Wed**

Nonresident: \$45 Resident: \$39

Dates	Time	Location	Class #
Apr 01 - 15	4 - 5 PM	Goodson	683074
Apr 01 - 15	5:30-6:30 PM	Goodson	683094
May 05 - 19	4 - 5 PM	Goodson	683085
May 05 - 19	5:30-6:30 PM	Goodson	683105

### Hands On Bike Repair (Ages 10 - adult)

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.

Family price option for one adult, one youth and one bike - \$29 R/\$39. Class takes place at the South Platte Park Maintenance Shop, south of employee parking lot at South Platte Park's Nature Center. Bring your bike and be prepared to get a bit dirty!

Nonresident: \$24 Resident: \$19

**Sun**

Dates	Time	Location	Class #
Apr 19	1:30-3:30 PM	Carson Nature	681014
Jun 07	1:30-3:30 PM	Carson Nature	681076

**Sat**

Dates	Time	Location	Class #
May 09	1:30-3:30 PM	Carson Nature	681075
Aug 01	10 AM-12 PM	Carson Nature	681128
Sep 05	1:30-3:30 PM	Carson Nature	681079

**Mon**

Dates	Time	Location	Class #
Jul 06	6:30-8:30 PM	Carson Nature	681077

### Disc Golf

Get outdoors and explore the South Suburban 18-hole disc golf course at David A. Lorenz Regional Park near Holly and County Line Road. The course is in a natural open space area which means you can explore nature's playground while throwing your flying discs and hitting the targets. Make sure to wear sturdy shoes and bring sunscreen and plenty of water. Oh, and remember, all you'll need is your own disc since no specialized equipment is necessary. Individuals and families of all ages can enjoy nature and this alternative sport. What's better than that?

Fee: FREE and open to the public.

### Fly-Fishing 101 (Ages 12-Senior)

New anglers will enjoy this hands-on course. Learn the essential elements of angling local Colorado waters including rigging, knots, fly selection, casting and fly presentation as well as fishing etiquette.

Ages 12-15 must register with an adult.

**Sat**

Nonresident: \$109 Resident: \$99

Dates	Time	Location	Class #
Apr 11	9:30 AM-3:30 PM	Anglers Shop	684114
May 09	9:30 AM-3:30 PM	Anglers Shop	684115
May 30	9:30 AM-3:30 PM	Anglers Shop	684125
Jun 20	9:30 AM-3:30 PM	Anglers Shop	684116
Jul 18	9:30 AM-3:30 PM	Anglers Shop	684117
Aug 22	9:30 AM-3:30 PM	Anglers Shop	684118

### Preschooler Horsemanship (Ages 3-4)

Enjoy a western style riding class for ages 3-4 provides a fun and safe introduction to horses while grooming and riding.

Wear long pants and sturdy footwear. Helmets are provided. Bring water or sports drink and a snack.

**Tue, Thu**

Youth Nonresident: \$54; Youth Resident: \$51

Dates	Time	Location	Class #
Jun 02 - 04	3:15-3:45 PM	Stockton Stable	685916
Jun 09 - 11	3:15-3:45 PM	Stockton Stable	685926
Jun 16 - 18	3:15-3:45 PM	Stockton Stable	685936
Jun 23 - 25	3:15-3:45 PM	Stockton Stable	685946
Jun 30 - Jul 02	3:15-3:45 PM	Stockton Stable	685917
Jul 14 - 16	3:15-3:45 PM	Stockton Stable	685937
Jul 21 - 23	3:15-3:45 PM	Stockton Stable	685947
Jul 28 - 30	3:15-3:45 PM	Stockton Stable	685927
Aug 04 - 06	3:15-3:45 PM	Stockton Stable	685918

## English Horsemanship Riding Camp (Ages 5-12)

Have fun and learn English riding along with general equestrian lessons. No previous experience necessary. Camp is held:

M-Th: 9 am-3 pm

F: 9 am -12 pm

You can add an optional Friday afternoon at 3 pm for and additional \$30

Bring a good helmet (horse, bike or ski type) or rent onsite; wear heeled footwear and long pants, bring lunch, drink, and snack. Parent or guardian need to sign release info form at 1st class.

These camps will be at Millbrook Stables in PARKER at: 7860 N Flintwood Rd, Parker, CO 80138

### Mon-Fri

Youth Nonresident: \$460; Youth Resident: \$450

Dates	Time	Location	Class #
Jun 01 - 05	9 AM-3 PM	Millbrook	680956
Jun 08 - 12	9 AM-3 PM	Millbrook	680966
Jun 15 - 19	9 AM-3 PM	Millbrook	680976
Jun 22 - 26	9 AM-3 PM	Millbrook	680986
Jul 06 - 10	9 AM-3 PM	Millbrook	680957
Jul 20 - 24	9 AM-3 PM	Millbrook	680977

## Kiddie Corral 1 (Ages 5-7)

Ride and learn about horse behavior, grooming and feeding in this safety focused program.

Wear long pants and sturdy footwear. Bring water or sport drink and a snack.

### Tue-Fri

Youth Nonresident: \$94; Youth Resident: \$84\*

Youth Nonresident: \$109; Youth Resident: \$99

Dates	Time	Location	Class #
Mar 09 - 12 *	4:30-5:30 PM	Stockton Stable	685013
Mar 23 - 26 *	11:30 AM-12:30 PM	Stockton Stable	685173
May 04 - 07	4:30-5:30 PM	Stockton Stable	685005
May 26 - 29	9 -10 AM	Stockton Stable	685355
Jun 01 - 04	11:30 AM-12:30 PM	Stockton Stable	685116
Jun 08 - 11	4 -5 PM	Stockton Stable	685106
Jun 15 - 18	11:30 AM-12:30 PM	Stockton Stable	685146
Jun 29 - Jul 02	9 -10 AM	Stockton Stable	685276
Jul 06 - 09	11:30 AM-12:30 PM	Stockton Stable	685117
Jul 13 - 16	4 -5 PM	Stockton Stable	685107
Jul 27 - 30	4 -5 PM	Stockton Stable	685167
Aug 03 - 06	11:30 AM-12:30 PM	Stockton Stable	685118

## Kiddie Corral 2 (Ages 5-7)

Kiddie Corral graduates continue to gain new skills such as grooming, saddling, bridle and reins use.

Only for Kiddie Corral Graduates. Wear long pants and sturdy footwear. Bring water or sports drink and a snack.

### Mon-Thu

Youth Nonresident: \$109; Youth Resident: \$99

Dates	Time	Location	Class #
Jun 22 - 25	11:30 AM-12:30 PM	Stockton Stable	685526
Jul 20 - 23	11:30 AM-12:30 PM	Stockton Stable	685527
Aug 10 - 13	1 -2 PM	Stockton Stable	685598

## Beginning Youth Horsemanship (Ages 8-14)

Bareback riding, grooming, saddling, bridling and introduction of rein use are in this safely focused class for beginner Western horsemen.

Wear long pants and sturdy footwear. Bring water or sport drink and a snack.

### Mon-Fri

Youth Nonresident: \$189; Youth Resident: \$179\*

Youth Nonresident: \$204; Youth Resident: \$194

### Tue-Fri\*\*

Dates	Time	Location	Class #
Mar 23 - 27*	9 -11 AM	Stockton Stable	686063
May 25 - 28 **	10:30 AM-1 PM	Stockton Stable	686215
Jun 01 - 05	9 -11 AM	Stockton Stable	686016
Jun 08 - 12	1 -3 PM	Stockton Stable	686106
Jun 15 - 19	9 -11 AM	Stockton Stable	686136
Jul 13 - 17	9 -11 AM	Stockton Stable	686027
Jul 20 - 24	1 -3 PM	Stockton Stable	686137
Jul 27 - 31	9 -11 AM	Stockton Stable	686067
Aug 03 - 07	9 -11 AM	Stockton Stable	686018

## Intermediate Youth Horsemanship (Ages 8-14)

After graduating from Beginning Horsemanship class, improve your skills in this class and enjoy a trail ride on the last day.

Only for Beginning Horsemanship class grads. Wear long pants and sturdy footwear. Bring water or sport drink and a snack.

### Mon-Fri

Youth Nonresident: \$204; Youth Resident: \$194

Dates	Time	Location	Class #
Jun 01 - 05	1 -3 PM	Stockton Stable	686516
Jun 08 - 12	9 -11 AM	Stockton Stable	686526
Jun 15 - 19	1 -3 PM	Stockton Stable	686586
Jun 29 - Jul 02	1 -3:30 PM	Stockton Stable	686506
Jul 13 - 17	1 -3 PM	Stockton Stable	686537
Jul 20 - 24	9 -11 AM	Stockton Stable	686597
Jul 27 - 31	1 -3 PM	Stockton Stable	686547
Aug 03 - 07	1-3 PM	Stockton Stable	686518

## Saturday Intro Riding Lessons for All Ages!

Learn and improve on horsemanship skills from grooming to canter using this indoor heated arena.

Wear long pants and sturdy shoes. Bring water or a sport drink and a snack.

### Sat

Nonresident: \$109 Resident:\$99

Dates	Time	Location	Class #
Mar 07 - 21	10 -11 AM	Stockton Stable	686603

## WATER SPORTS

### Basics of Canoeing Class (Ages 12 - Senior)

A great beginner course to learn the basic paddle strokes, craft handling and safe boating procedures.

State Park entrance fee is not included in the cost of the class. Ages 12-16 must register with a registered adult. Wear water shoes and clothes that can get wet, but keep you warm, fleece suggested (not cotton). Have bug repellent as needed.

#### Sat

Nonresident: \$19 Resident:\$17

Dates	Time	Location	Class #
May 09	10 AM-12 PM	Chatfield	682065

#### Fri

Dates	Time	Location	Class #
Jun 05	10 AM-12 PM	Chatfield	682066
Jun 26	10 AM-12 PM	Chatfield	682096

## CANOE TRIPS - WEEKENDS

### Beer Tasting Yampa River Canoe Trip (Ages 21+)

A great weekend on the Yampa River with microbrew tastings included. Suitable for beginners, no previous canoeing experience required.

Outfitter provides all canoes gear, delicious meals, and experienced guides. You bring a tent, sleeping bag and personal clothing. Ages 21+. Fee not refundable if cancelled less than 2 weeks before trip.

Get a \$20 discount if you register by April 15.

#### Sun

Nonresident: \$384 Resident:\$379

Dates	Time	Location	Class #
Jun 19 - 21	6:30 AM-4:30 PM	Yampa River	682316

### 1 Day Upper Colorado River Canoe Trip (Ages 6 and over)

An easy one-day canoeing trip near State Bridge, CO. No experience necessary just a great back country experience.

Ages 6-17 must be accompanied by an adult. Fee not refundable if cancelled less than 2 weeks before trip. You'll receive a trip information sheet after you register.

#### Sat

Nonresident: \$169 Resident:\$165

Youth Nonresident: \$155; Youth Resident: \$150

Dates	Time	Location	Class #
Jul 18	6:30 AM-4:30 PM	Colorado River	682287

### Star Gazing Canoe Trip (Ages 6 and over)

Combine star gazing with paddling the Gunnison River for a fun trip for all ages. A free night at Fiske Planetarium in Boulder is included.

No previous canoeing experience required. The outfitter provides all boats and accessories, meals and guides. Bring a tent & sleeping bag and personal clothing. Meet at put-in 6:30 am on 1st day, finish mid-to-late afternoon last day. Specifics mailed upon registration. Ages 6-17 up must be accompanied by an adult. Fee not refundable if cancelled less than 2 weeks before trip.

Get a \$20 discount on the adult pricing if you register by April 15.

#### Fri, Sat, Sun

Nonresident: \$384; Resident:\$379

Youth Nonresident: \$349; Youth Resident: \$339

Dates	Time	Location	Class #
Jun 19 - 21	6:30 AM-4:30 PM	Gunnison River	682296

### Intro Kayak River Lessons (Ages 12-Senior)

You'll learn about hydraulic features of rivers, how to avoid dangerous hazards, and how to negotiate common obstacles and simple rapids. You'll practice maneuvering in current and will work on eddy turns, ferries and peel-outs. We'll provide modern, high quality equipment., inflatable ducky option.

Must have previous lake or pool lessons.

Transportation is not included.

#### Sat

Nonresident: \$149 Resident:\$139

Dates	Time	Location	Class #
Jun 20	9 AM-3 PM	Colorado River	682486
Jul 11	9 AM-3 PM	Colorado River	682487
Aug 08	9 AM-3 PM	Colorado River	682488

### Intro River Kayak Lake Lesson

Join our Intro Lake Lesson to learn the basic skills of whitewater kayaking. We'll dress you from head to toe in modern, high quality equipment including a boat for the day! You'll become familiar with gear, basic safety concepts and fundamental skills.

Students need to be comfortable in the water and have basic swimming skills.

ALL KAYAK CLASSES REQUIRE ONE WEEK CANCELLATION NOTICE.

Nonresident: \$149 Resident:\$139

#### Sat

Dates	Time	Location	Class #
Jun 13	9 AM-3 PM	Chatfield	682586
Jul 25	9 AM-3 PM	Chatfield	682587
Aug 08	9 AM-3 PM	Chatfield	682588

#### Fri

Dates	Time	Location	Class #
Jul 10	9 AM-3 PM	Chatfield	682377



## Full Day Sea Kayak Lesson (Ages 12-Senior)

Spend the day learning basic sea kayak skills and then putting them to good use and play. Fee includes equipment rental. Contact Phil at 303-370-1022 x10 or PhilipW@sspr.org if need to inquire about other dates.

Nonresident: \$149 Resident:\$139

### Sat

Dates	Time	Location	Class #
May 23	9 AM-3 PM	Chatfield	682465

### Sun

Dates	Time	Location	Class #
Jun 28	9 AM-3 PM	Chatfield	682156
Aug 02	9 AM-3 PM	Chatfield	682158

### Wed

Dates	Time	Location	Class #
Jul 15	9 AM-3 PM	Chatfield	682137

## SAILING

### Little Puffs Sailing Camp (Ages 5-7)

Fun, safety and close supervision are the focuses in an introductory camp to water and boating safety for children ages 5-7.

Register early and save!

Pre-pay by April 15 for \$25 discount!

### Mon-Fri

Youth Nonresident: \$410; Youth Resident: \$400

Dates	Time	Location	Class #
Jun 01-05	9:30 AM-3:30 PM	C. Creek Res	682866
Jun 08 - 12	9:30 AM-3:30 PM	C. Creek Res	682886
Jun 22 - 26	9:30 AM-3:30 PM	C. Creek Res	682896
Aug 10 - 14	9:30 AM-3:30 PM	C. Creek Res	682888

### Youth Learn-To-Sail Camp (Ages 8-17)

Sail the first day of this week long class offering instruction for kids 8-17. Sailboats and all safety equipment are included.

Students must show proof of swimming ability (form provided following registration) State Park entrance is NOW included in class fee.

Register early and save!

Pre-pay by April 15 for \$25 discount!

### Mon-Fri

Youth Nonresident: \$445; Youth Resident: \$435

Dates	Time	Location	Class #
Jun 01 - 05	9:30 AM-3:30 PM	C. Creek Res.	682616
Jun 08 - 12	9:30 AM-3:30 PM	C. Creek Res.	682626
Jun 15 - 19	9:30 AM-3:30 PM	C. Creek Res.	682636
Jun 22 - 26	9:30 AM-3:30 PM	C. Creek Res.	682646
Jul 06 - 10	9:30 AM-3:30 PM	C. Creek Res.	682617
Jul 13 - 17	9:30 AM-3:30 PM	C. Creek Res.	682627
Jul 20 - 24	9:30 AM-3:30 PM	C. Creek Res.	682637
Jul 27 - 31	9:30 AM-3:30 PM	C. Creek Res.	682647
Aug 03 - 07	9:30 AM-3:30 PM	C. Creek Res.	682618

## Adult Beginning Sailing

Experience the exhilaration of sailing on Cherry Creek Reservoir even if you have never sailed before. Designed for beginners or as a refresher, this class will cover the fundamentals of sailing with emphasis on basics and feeling comfortable on the water. Instruction, sailboat and safety equipment are included.

Must be able to swim 25 yards and float 5 minutes in sailing clothes (sneakers, swimsuit, T-shirt).

Register early and save!

Pre-pay by April 15 for \$25 discount!

### Tue

Nonresident: \$275 Resident:\$265

Dates	Time	Location	Class #
May 05 - 26	5 - 8 PM	Cherry Ck Res	682755
Sep 05 - 29	5 - 8 PM	Cherry Ck Res	682759

### Stand Up Paddling Introduction - Outdoor (Ages 12-adult)

This is a great beginner class that will teach you all the skills and knowledge to get out on the water and have fun! All equipment is provided during class.

### Fri

Nonresident: \$74; Resident:\$69

Dates	Time	Location	Class #
Jun 19	9 -11:30 AM	Chatfield	688206
Jul 10	9 -11:30 AM	Chatfield	688207
Jul 10	12:30-3 PM	Chatfield	688217
Aug 14	12:30-3 PM	Chatfield	688218

## WALKS & HIKES

### Adult Nature Hikes with Phil

Bring a thirst for adventure, get outdoors and hike 3-6 miles round trip with a naturalist. Hikes include transportation.

Bring a daypack, rain gear, sack lunch, water and hiking boots.

Meet at the Carson Nature Center. Due to popularity, 1 week cancel notice is required for refund!

Nonresident: \$25 Resident:\$21

### Thu

Dates	Time	Location	Class #
Apr 30	8 AM-4:30 PM	Dawson Buttes	680154
May 14	8 AM-4:30 PM	Devil's Head	680115
May 28	8 AM-4:30 PM	Maxwell Falls	680145
Sep 03	8 AM-4:30 PM	Spruce Mtn	680119
Sep 17	8 AM-4:30 PM	Mt Flora	680139
Oct 01	8 AM-4:30 PM	Kenosha Pass	6801110

### Wed

Dates	Time	Location	Class #
Jun 03	8 AM-4:30 PM	Goshawk Ridge	680126
Jun 17	8 AM-4:30 PM	Burning Bear	680176
Jun 24	8 AM-4:30 PM	Beaver Brook	680186
Jul 08	8 AM-4:30 PM	Bear Track Lakes	680127
Jul 22	8 AM-4:30 PM	Middle St Vrain	680177
Aug 05	8 AM-4:30 PM	Rogers Pass	680128
Aug 19	8 AM-4:30 PM	Diamond Lake	680178

## Bigger Adult Nature Hikes with Phil

For those in good shape, try these 7-10 mile round trip hikes with high elevation gains.

A previous SSPR hike is necessary for leader approval. Transportation included. Meet at Carson Nature Center. Bring lunch, snacks, good hiking boots, AT LEAST 2 quarts of water, and rain gear. One week cancel notice is required for these popular outings

### Wed

Nonresident: \$29 Resident:\$25

Dates	Time	Location	Class #
Jul 15	8 AM-5 PM	Butler Gulch	680377
Aug 12	8 AM-5 PM	Shelf Lake	680378

## SPORTS

### Speed and Agility Camps (Ages 6-18)

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.

For more information please call 303-754-0541

### Mon-Fri

Youth Nonresident: \$120; Youth Resident: \$110

### Ages 6 - 12

Dates	Time	Location	Class #
Mar 30 - Apr 03	9 -10:30 AM	Sports Dome	510453
Jun 08 - 12	9 -10:30 AM	Sports Dome	510446
Jun 15 - 19	9 -10:30 AM	Sports Dome	510456
Jun 22 - 26	9 -10:30 AM	Sports Dome	510466
Jul 13 - 17	9 -10:30 AM	Sports Dome	510447
Jul 20 - 24	9 -10:30 AM	Sports Dome	510457
Jul 27 - 31	9 -10:30 AM	Sports Dome	510467
Aug 03 - 07	9 -10:30 AM	Sports Dome	510448
Aug 10-14	9-10:30 AM	Sports Dome	510458

### Ages 12-18

Dates	Time	Location	Class #
Mar 30 - Apr 03	10:30 AM-12 PM	Sports Dome	510483
Jun 08 - 12	10:30 AM-12 PM	Sports Dome	510476
Jun 15 - 19	10:30 AM-12 PM	Sports Dome	510486
Jun 22 - 26	10:30 AM-12 PM	Sports Dome	510496
Jul 13 - 17	10:30 AM-12 PM	Sports Dome	510477
Jul 20 - 24	10:30 AM-12 PM	Sports Dome	510487
Jul 27 - 31	10:30 AM-12 PM	Sports Dome	510497
Aug 03 - 07	10:30 AM-12 PM	Sports Dome	510478
Aug 10 - 14	10:30 AM-12 PM	Sports Dome	510488

### Soccer @ Family Sports Center Dome (Ages 3-6)

Boys and girls improve basic skills while interacting with others in a safe, encouraging environment.

Youth Nonresident: \$60; Youth Resident: \$45

### Tue

Dates	Time	Location	Class #
Apr 07 - 28	9 -9:50 AM	Sports Dome	515404
May 05 - 26	9 -9:50 AM	Sports Dome	515405
Jun 02 - 23	9 -9:50 AM	Sports Dome	515406
Jul 07 - 28	9 -9:50 AM	Sports Dome	515407
Aug 04 - 25	9 -9:50 AM	Family Dome	515408

### Wed

Dates	Time	Location	Class #
Apr 08 - 29	9 -9:50 AM	Sports Dome	515414
Apr 08 - 29	5:30-6:20 PM	Sports Dome	515424
May 06 - 27	9 -9:50 AM	Sports Dome	515415
May 06 - 27	5:30-6:20 PM	Sports Dome	515425
Jun 03 - 24	9 -9:50 AM	Sports Dome	515416
Jun 03 - 24	5:30-6:20 PM	Sports Dome	515426
Jul 08 - 29	9 -9:50 AM	Sports Dome	515417
Jul 08 - 29	5:30-6:20 PM	Sports Dome	515427
Aug 05 - 26	9 -9:50 AM	Sports Dome	515418
Aug 05 - 26	5:30-6:20 PM	Sports Dome	515428

### Mighty Mites Multi-Sports Instructional Camps at the Family Sports Dome (Ages 3-6)

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. Recommended equipment: shin guards for soccer and baseball gloves for wiffleball.

Youth Nonresident: \$60; Youth Resident: \$45

### Wed

Dates	Time	Location	Class #
Mar 04 - 25	10 -10:50 AM	Sports Dome	515183
Apr 08 - 29	10 -10:50 AM	Sports Dome	515184
Apr 08 - 29	6:30-7:20 PM	Sports Dome	515154
May 06 - 27	10 -10:50 AM	Sports Dome	515185
May 06 - 27	6:30-7:20 PM	Sports Dome	515155
Jun 03 - 24	10 -10:50 AM	Sports Dome	515186
Jun 03 - 24	6:30-7:20 PM	Sports Dome	515156
Jul 08 - 29	10 -10:50 AM	Sports Dome	515187
Jul 08 - 29	6:30-7:20 PM	Sports Dome	515157
Aug 05 - 26	10 -10:50 AM	Sports Dome	515188
Aug 05 - 26	6:30-7:20 PM	Sports Dome	515158

### Tue

Dates	Time	Location	Class #
Apr 07 - 28	10 -10:50 AM	Sports Dome	515144
May 05 - 26	10 -10:50 AM	Sports Dome	515145
Jun 02 - 23	10 -10:50 AM	Sports Dome	515146
Jul 07 - 28	10 -10:50 AM	Sports Dome	515147
Aug 04 - 25	10 -10:50 AM	Sports Dome	515148

### Tue

Dates	Time	Location	Class #
Mar 03 - Mar 24	10 -10:50 AM	Sports Dome	515143

### Multi-Sport Camps for Youth (Ages 4-10)

Participate in fun drills and games that teach kicking, throwing, catching, cooperation and teamwork. Participants receive a camp T-shirt and giveaway.

Youth Nonresident: \$109; Youth Resident: \$90

### Mon-Fri

Dates	Time	Location	Class #
Jun 01 - 05	9 -11:30 AM	Cherry Knolls	302126
Jun 08 - 12	9 -11:30 AM	Cherry Knolls	302166
Jun 15 - 19	9 -11:30 AM	Willow Creek	302236
Jun 22 - 26	9 -11:30 AM	Cherry Knolls	302266
Jun 29 - Jul 03	9 -11:30 AM	Cherry Knolls	302127
Jul 06 - 10	9 -11:30 AM	Hogback Hill	302277
Jul 13 - 17	9 -11:30 AM	Willow Creek	302237
Jul 20 - 24	9 -11:30 AM	Cherry Knolls	302167
Jul 27 - 31	9 -11:30 AM	Willow Creek	302337

## Sport, Splash & Mini Golf Camps for Youth (Ages 5-12)

Sports Splash and Mini-Golf Champs Camp includes fun drills and games to teach basic sport fundamentals. After the sports component, participants will enjoy a round of miniature golf at Colorado Journey then cool off at the Cornerstone Park spray ground.

### Mon-Fri

Youth Nonresident: \$109; Youth Resident: \$90

Dates	Time	Location	Class #
Jun 08 - 12	9 AM-12 PM	Cornerstone	302436
Jun 29 - Jul 03	9 AM-12 PM	Cornerstone	302496
Jul 13 - 17	9 AM-12 PM	Cornerstone	302437
Jul 27 - 31	9 AM-12 PM	Cornerstone	302487

## Sports Skills Camps (Ages 6-18)

Boys and girls focus on sport-specific skill development, as well as speed, agility, quickness and "explosiveness." Athletes are grouped by level of skill, experience and age.

For more information please call 303-754-0541.

### Mon-Fri

Youth Nonresident: \$175; Youth Resident: \$165

Dates	Time	Location	Class #
Jun 15 - 19	9 AM-12 PM	Sports Dome	511156
Jul 13 - 17	9 AM-12 PM	Sports Dome	511157

## Sport & Splash Camps for Youth at Buck (Ages 5-10)

Camps include fun drills and games to teach basic sport fundamentals. Half of each daily session will cover basic sport fundamentals and the other half is open swim.

### Mon-Fri

Youth Nonresident: \$109; Youth Resident: \$90

Dates	Time	Location	Class #
Jun 08 - 12	12 -3 PM	Buck	302506
Jun 22 - 26	12 -3 PM	Buck	302516

## Sport & Splash Camps for Youth at Franklin (Ages 5-10)

Participants enjoy fun drills and games that teach basic sport fundamentals like kicking, throwing and catching, while developing coordination, balance and agility. Half of each daily session covers sport fundamentals and the other half is open swim.

### Mon-Fri

Youth Nonresident: \$109; Youth Resident: \$90

Dates	Time	Location	Class #
Jun 08 - 12	11 AM-2 PM	Franklin Elementary/ Pool	302376
Jun 22 - 26	11 AM-2 PM	Franklin Elementary/ Pool	302386

## Sport & Splash Camps for Youth at Goodson (Ages 5-10)

Camps include fun drills and games to teach basic sport fundamentals, Half of each daily session will cover basic sport fundamentals and the other half is open swim.

### Mon-Fri

Youth Nonresident: \$109; Youth Resident: \$90

Dates	Time	Location	Class #
Jun 15 - 19	1:30-4:30 PM	Goodson	302606
Jul 20 - 24	1:30-4:30 PM	Goodson	302617

## Sport & Splash Camps for Youth at Lone Tree (Ages 5-10)

Campers play sports and learn basic skills followed by mini golf and the spray ground park.

### Mon-Fri

Youth Nonresident: \$109; Youth Resident: \$90

Dates	Time	Location	Class #
Jun 08 - 12	1:30-4:30 PM	Prairie Sky Park	302416
Jul 06 - 10	1:30-4:30 PM	Prairie Sky Park	302407
Jul 20 - 24	1:30-4:30 PM	Prairie Sky Park	302427
Jul 27 - 31	1:30-4:30 PM	Prairie Sky Park	302408

## Sport and Splash Camps for Youth at Sweetwater Park/ Cook Creek (Ages 5-10)

Camps include fun drills and games to teach basic sport fundamentals. Half of each daily session will cover basic sport fundamentals and the other half is open swim.

### Mon-Fri

Youth Nonresident: \$109; Youth Resident: \$90

Dates	Time	Location	Class #
Jun 15 - 19	9 AM-12 PM	Sweetwater /C. Creek Pool	302076
Jul 06 - 10	9 AM-12 PM	Sweetwater /C. Creek Pool	302077

## Recess Champs Camp (Ages 5-11)

Play favorite games like tetherball, wallball, double Dutch, four square, hopscotch and dodge ball. Camp takes place outdoors. All participants will receive a camp t-shirt and giveaway.

dodgeball, tetherball, ball, camp, outdoors, games, double, dutch, jump rope, wall, youth, South Suburban, Centennial

### Mon-Fri

Youth Nonresident: \$109; Youth Resident: \$90

Dates	Time	Location	Class #
Jun 01 - 05	9 -11:30 AM	Eagle Ridge	302666
Jun 22 - 26	9 -11:30 AM	Eagle Ridge	302696

## 2015 Summer T-ball, Youth Baseball & Softball Recreational Leagues

Learn fundamentals and strategies of t-ball, baseball and softball, with equal playing time and sportsmanship strongly emphasized.

Dates: June 1-July 24

### Kindergarten T-ball: Boys & Girls

Fee: Nonresident: \$85; Resident: \$69

6:30-7:30 PM	Cherry Knolls	Thurs
5:30-6:30 PM	DeKoevend	Wed
5:30-6:30 PM	Willow Creek/Lone Tree Elem	Wed
5:30-6:30 PM	Willow Creek/Lone Tree Elem	Thurs

### 1st Grade Modified T-ball: Boys & Girls

Fee: Nonresident: \$85; Resident: \$69

5:30-6:30 PM	Cherry Knolls	Wed
5:30-6:30 PM	DeKoevend	Thurs
5:30-6:30 PM	Willow Creek/Lone Tree Elem	Wed
6:30-7:30 PM	Willow Creek/Lone Tree Elem	Thurs

### 2nd/3rd Grade Division 1 Baseball: Boys

Fee: Nonresident: \$85; Resident: \$69

6:30-7:30 PM	Cherry Knolls	Wed
5:30-6:30 PM	Cherry Knolls	Thurs
6:30-7:30 PM	DeKoevend	Thurs
6:30-7:30 PM	Willow Creek/Lone Tree Elem	Wed
6:30-7:30 PM	Willow Creek/Lone Tree Elem	Thurs

### 2nd/3rd Grade Division 1 Softball: Girls

Fee: Nonresident: \$85; Resident: \$69

6:30-7:30 PM	DeKoevend	Wed
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### 4th/5th Grade Division 2 Baseball: Boys

Fee: Nonresident: \$85; Resident: \$69

5:30-6:45 PM	Varies	Thurs
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### 4th/5th Grade Division 2 Softball: Girls

Fee: Nonresident: \$83; Resident: \$101

5:30-6:45 PM	Varies	Wed
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### 6th-8th Grade Division 3 Baseball: Boys

Fee: Nonresident: \$83; Resident: \$101

7:00-8:15 PM	Varies	Thurs
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### 6th-8th Grade Division 3 Softball: Girls

Fee: Nonresident: \$83; Resident: \$101

7:00-8:15 PM	Varies	Wed
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## "Bring the Heat" Baseball Tournament

The Bring the Heat Tournament is designed for AA level or AAA level (or equivalent) teams ages 8-10. There is a 3 game guarantee.

July 11-12; Saturday and Sunday  
\$400/team

## Fall Baseball

Designed for the recreational player who wants to keep working on their skills in preparation for next year and for children not ready to quit playing baseball for the season.

Sept. 13-Oct. 18

Sunday; 5-10 yrs

Nonresident: \$54; Resident: \$48

## Colorado Rockies CPRA Baseball Skills Challenge

Ages 6-13 display throwing, running and hitting skills at event sponsored by Colorado Rockies and Colorado Parks and Recreation Association.

Free

13-Jun 9:00am Saturday 6-13 years

## Swisher Basketball Skills Clinics (Boys and Girls, Ages 4-12)

Focus on ball handling, dribbling, passing, shooting and rebounding. Basic offense, defense and rules are covered. Come prepared to practice.

Tennis shoes required.

Sat

Youth Nonresident: \$44; Youth Resident: \$36

### Ages 4-5

Dates	Time	Location	Class #
Apr 11 - May 03	9 -9:45 AM	Goodson	301014
Jun 06 - 27	9 -9:45 AM	Buck	301096
Jul 11 - Aug 01	9 -9:45 AM	Lone Tree	301077

### Ages 6-8

Dates	Time	Location	Class #
Apr 11 - May 03	9:50-10:45 AM	Goodson	301034
Jun 06 - 27	9:50-10:45 AM	Buck	301116
Jul 11 - Aug 01	9:50-10:45 AM	Lone Tree	301167

### Ages 9-12

Dates	Time	Location	Class #
Apr 11 - May 03	10:50-11:45 AM	Goodson	301054
Jun 06 - 27	10:50-11:45 AM	Buck	301156
Jul 11 - Aug 01	10:50-11:45 AM	Lone Tree	301177

## 3 v 3 Outdoor Youth Basketball Leagues

3rd grade - 6th grade: boys and girls

July 7 - July 31

5:00-8:00 PM Tuesday \$40/\$45

7th/8th grade: boys and girls

July 7 - July 31

5:00 pm - 8:00 pm Monday \$40/\$45

## 5 v 5 Summer Basketball

5th/6th grade: boys and girls

June 5 - June 26 5:00 pm - 8:00 pm Friday \$49/\$55

7th/8th grade: boys and girls

June 5 - June 26 5:00 pm - 8:00 pm Friday \$49/\$55

9th/10th grade boys and girls

June 5 - June 26 5:00 pm - 8:00 pm Friday \$49/\$55

## Flag Football Champs Camps for Youth (Ages 5-12)

Camp emphasizes fundamental skills, basic offense, defense and rules. Includes games that teach cooperation and teamwork. Great introduction for the Fall Flag Football league. Participants receive a camp t-shirt and giveaway. Camp takes place outdoors.

### Mon-Fri

Youth Nonresident: \$109; Youth Resident: \$90

Dates	Time	Location	Class #
Jun 08 - 12	9 -11:30 AM	Willow Creek	302016
Jun 22 - 26	9 -11:30 AM	Cornerstone	302036
Jul 06 - 10	9 -11:30 AM	Cherry Knolls	302027
Jul 20 - 24	9 -11:30 AM	Willow Creek	302017
Jul 27 - 31	9 -11:30 AM	Lone Tree	302057

## Rising Rushers Flag Football Clinic (Ages 4-5)

Focus on developing hiking, passing, flag-pulling, catching, and throwing skills. A scrimmage is included during the final week.

Each participant should have one parent/guardian stay and help out. Fee includes flag belt and instructors. Participants should dress for the weather and bring a water bottle each week.

### Sat

Youth Nonresident: \$40; Youth Resident: \$32

Dates	Time	Location	Class #
Apr 18 - May 09	8:45-9:30 AM	Medema Park	301694
Apr 18 - May 09	9:45-10:30 AM	Medema Park	301724

## ADULT SPORT LEAGUE INFORMATION

Sport	Season	Registration Date	League Starts	Fees	Games	Types of Leagues Offered
	Spring Summer Fall Winter	Jan 12 April 13 July 20 Sept 28	Mar 16 June 8 Sept 14 Dec 7	\$539 Team Fee	8 games plus single elimination playoff	Men's, Women's, Competitive & Recreational
Flag Football 4 x 4	Spring Summer Fall	Jan 12 April 13 July 20	Mar 16 June 8 Sept 14	4 x 4 \$339 Team Fee	7 games plus single elimination playoff	Men's
Lacrosse	Summer Fall	April 13 July 20	June 3 Sept 6	\$750 Summer Team Fee \$750 Fall Team Fee \$60/\$50 R Free Agent Fee	6 games plus single elimination playoff	Men's, Rec, Comp, and Masters (35 & Up)
Softball	Spring Summer Fall	Jan 12 March 30 June 22	Mar 30 June 2 Sept 8	\$495 \$645 \$545	6 games + playoffs 9 games + playoffs 7 games + playoffs	Men's, Women's, Co-Rec, Over 45, Recreational & Competitive
Volleyball	Spring Fall	Feb 2 July 27	April 3 Sept 4	\$190/\$170 R (4 Person Team)	2 games per night x 7wks+ single elimination tournament	Co-Rec
<b>Indoor Leagues at the Sports Dome 6959 S. Peoria St. Centennial, CO 80112 303-754-0541</b>						
Indoor Flag Football 8 v 8	Spring Fall Winter	Jan 5 July 31 Sept 14	Feb 15 Sept 13 Oct 25	\$775 \$465 \$775	10 Games 6 Games 10 Games	Men's Sunday
Indoor Soccer 9 v 9	Spring Summer Fall Winter	Feb 23 June 1 Aug 24 Nov 23	Apr 2 June 25 Sept 22 Jan 5	\$1050	10 Games	Th Men's Rec F Co-Rec
Indoor Lacrosse 10 v 10	Spring Summer Fall Winter	Feb 23 June 1 Aug 24 Nov 23	Mar 3 June 23 Sep 24 Nov 23	\$1050	8 Games	Tue Men's

## South Suburban Adult Softball Tournament Schedule

Beat the Heat Ice Breaker	Men's D & Co-Rec D	\$200	Aug 2
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!



## Boom Football Buddies at the Sports Dome (Ages 18 months- 3)

Boom Football classes are motor and football skill development classes for you and your child. Using story-telling and games, the class creates an environment that will get your little ones bouncing, running, kicking and chasing.

Tell a friend or two and they can try the first class free! Drop in at the beginning of a session that works for you. Check ssprd.org for the summer schedule.

Youth Nonresident: \$59; Youth Resident: \$57

### Fri

Dates	Time	Location	Class #
Apr 03 - 24	9 -10 AM	Sports Dome	511674
May 08 - 29	9 -10 AM	Sports Dome	511675

## Boom Football at the Sports Dome (Ages 3-6)

Boom Football classes are motor and football skill development classes for you and your child. Using story-telling and games, the class creates an environment that will get your little ones bouncing, running, kicking and chasing.

Tell a friend or two and they can try the first class free! Drop in at the beginning of a session that works for you. Check ssprd.org for the summer schedule.

This is a parent-tot class.

### Fri

Youth Nonresident: \$59; Youth Resident: \$57

Dates	Time	Location	Class #
Apr 03 - 24	10 -11 AM	Sports Dome	511684
May 08 - 29	10 -11 AM	Sports Dome	511685

## Spring Adult Hockey Clinic for forwards and defensemen (Ages 18-Senior)

Emphasis on power skating, stickhandling, passing shooting and positional play

### Tue, Thu

Nonresident: \$185 Resident:\$175

Dates	Time	Location	Class #
Apr 14 - May 07	7:40-9 PM	Family Sports	500904

## Spring Adult Hockey Clinic for Goaltenders (Ages 18-Senior)

### Tue, Thu

Nonresident: \$100; Resident:\$90

Dates	Time	Location	Class #
Apr 14 - May 07	7:40-9 PM	Fam	500914

## New Players Boys Lacrosse

Unsure if your child wants to play lacrosse? Try this clinic and they will get a feel for the game. Modified equipment will be provided so no need to make any purchases. Separate sessions for boys and girls.

### Wed

Youth Nonresident: \$30; Youth Resident: \$25

Dates	Time	Location	Class #
Aug 05 - 12	5:30-7 PM	Lorenz Park	304458

## New Players Girls Lacrosse (Ages 6-10)

Unsure if your child wants to play lacrosse? Try this clinic and they will get a feel for the game. Modified equipment will be provided so no need to make any purchases. Separate sessions for boys and girls.

Youth Nonresident: \$30; Youth Resident: \$25

### Mon

Dates	Time	Location	Class #
Mar 30 - Apr 06	5:30-6:30 PM	Medema Park	304933

### Wed

Dates	Time	Location	Class #
Aug 05 - 12	5:30-7 PM	Lorenz Park	304048

## Lacrosse: Drillz & Skillz Clinics

Meet weekly to learn and practice new skills for beginner to intermediate players. Players must have full equipment in order to participate. Equipment list online.

Youth Nonresident: \$45; Youth Resident: \$35

### Tues Ages 6-7

Dates	Time	Location	Class #
Jun 09 - Jul 07	5:30-6:30 PM	Medema Park	304506

### Wed Ages 6-9

Dates	Time	Location	Class #
Jun 10 - Jul 08	5:30-6:30 PM	Medema Park	304486

### Tue Ages 8-9

Dates	Time	Location	Class #
Jun 09 - Jul 07	6:30-7:30 PM	Medema Park	304516

### Mon Ages 10-11

Dates	Time	Location	Class #
Jun 08 - Jul 06	5:30-6:30 PM	Medema Park	304466

### Wed Ages 10-14

Dates	Time	Location	Class #
Jun 10 - Jul 08	6:30-7:30 PM	Medema Park	304496

### Mon Ages 12-14

Dates	Time	Location	Class #
Jun 08 - Jul 06	6:30-7:30 PM	Medema Park	304476

## Lacrosse Summer Camps

Beginner and intermediate players can be introduced to new skills and offered some game play. Separate sessions for boys and girls ages 6-14. Players must have full equipment to participate. Equipment list online.

### Mon-Fri

Youth Nonresident: \$115; Youth Resident: \$85

### Girls\*

### Ages 6 - 10

Dates	Time	Location	Class #
Jun 01 - 05	9 -11 AM	Lone Tree Elem	304126
Jul 06 - 10	9 -11 AM	Cherry Knolls	304217

### Ages 8-14

Dates	Time	Location	Class #
Jun 08 - 12 *	9 -11 AM	Cherry Knolls	304156
Jun 22 - 26 *	9 -11 AM	Willow Creek	304146
Jul 13 - 17 *	9 -11 AM	Cherry Knolls	304157
Jul 27 - 31 *	9 -11 AM	Lone Tree Elementary	304167

### Ages 10-14

Dates	Time	Location	Class #
Jun 15 - 19	9 -11 AM	Willow Creek	304106
Jul 20 - 24	9 -11 AM	Cornerstone	304227

## 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.

### Tue, Thu

Youth Nonresident: \$49; Youth Resident: \$35

### Boys Ages 6-9

Dates	Time	Location	Class #
Aug 04 - 11	5:30-7 PM	Lorenz Park	304298

### Girls Ages 8-14

Dates	Time	Location	Class #
Aug 04 - 11	5:30-7 PM	Lorenz Park	304278

### Boys Ages 10-14

Dates	Time	Location	Class #
Aug 04 - 11	5:30-7 PM	Lorenz Park	304288

## Rugby Camp for Youth (Ages 5-11)

Learn to play rugby! The fundamentals of the game will be covered: running, catching, passing and scoring. Camp takes place outdoors.

Youth Nonresident: \$35; Youth Resident: \$25

### Wed

Dates	Time	Location	Class #
Jun 10 - Jul 08	6 -7 PM	Abbott Park	304776

## Summer and Fall Youth Lacrosse and Summer and Fall High School Lacrosse are offered!

Season includes 6 games, reversible jersey and officials.

Visit [ssprd.org/Lacrosse](http://ssprd.org/Lacrosse)

## Boom Soccer Buddies at the Sports Dome (Ages 18 months - 3)

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.

Tell a friend or two and they can try the first class free! Drop in at the beginning of a session that works for you. Check [ssprd.org](http://ssprd.org) for summer schedule.

This is a parent-tot class.

Youth Nonresident: \$59; Youth Resident: \$57

### Thu

Dates	Time	Location	Class #
Apr 02 - 23	10 -11 AM	Sports Dome	513104
May 07 - Aug 28	10 -11 AM	Sports Dome	513105

## Boom Soccer at the Sports Dome (Ages 3 - 6)

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.

Tell a friend or two and they can try the first class free! Drop in at the beginning of a session that works for you. Check [ssprd.org](http://ssprd.org) for

the summer schedule.

This is a parent-tot class.

Youth Nonresident: \$59; Youth Resident: \$57

### Thu

Dates	Time	Location	Class #
Apr 02 - 23	10 -11 AM	Sports Dome	513254
May 07 - 28	10 -11 AM	Sports Dome	513255

## Soccer Champs Camps for Youth (Ages 4-10)

Play soccer and other games. Camp provides a sound foundation for beginners, while refining skills of the intermediate player. Camp takes place outdoors. Participants receive a camp t-shirt and giveaway.

Bring a water bottle, peanut free snack and sunscreen.

### Mon-Fri

Youth Nonresident: \$109; Youth Resident: \$90

Dates	Time	Location	Class #
Jun 01 - 05	9 -11:30 AM	Willow Creek	302066
Jun 15 - 19	9 -11:30 AM	Cherry Knolls	302046
Jun 29 - Jul 03	9 -11:30 AM	Willow Creek	302067
Jul 13 - 17	9 -11:30 AM	Cornerstone	302137

## Soccer Instruction for Youth

Fundamental program for beginner and early intermediate players. Learn basic rules and skills with scrimmage play. Class prepares participants for future play in leagues. Camp takes place outdoors.

Youth Nonresident: \$70; Youth Resident: \$55

### Mon Ages 5-8

Dates	Time	Location	Class #
Jun 01 - Jul 06	9 -10 AM	deKoevend,	305986

### Tue Ages 5-8

Dates	Time	Location	Class #
Jun 02 - Jul 07	9 -10 AM	Prairie Sky Park	305906

### Wed Ages 5-8

Dates	Time	Location	Class #
Jun 03 - Jul 08	9 -10 AM	deKoevend	305966

### Thu Ages 5-8

Dates	Time	Location	Class #
Jun 04 - Jul 09	9 -10 AM	deKoevend	305956

### Mon Ages 9-12

Dates	Time	Location	Class #
Jun 01 - Jul 06	10 -11 AM	deKoevend	305996

### Tue Ages 9-12

Dates	Time	Location	Class #
Jun 02 - Jul 07	10 -11 AM	Prarie Sky Park	305916

### Wed Ages 9-12

Dates	Time	Location	Class #
Jun 03 - Jul 08	10 -11 AM	deKoevend	305976

### Thu Ages 9-12

Dates	Time	Location	Class #
Jun 04 - Jul 09	10 -11 AM	deKoevend	305946

## Spring Youth Flag Football Leagues Grades K-8

Don't pass up this non-contact flag football league open to boys and girls. Fee includes a reversible football jersey and flag. Participants are required to wear a mouth guard. Co-Rec Grade Divisions: Kind, 1, 2, 3, 4, 5, 6, 7&8 Registration begins Monday, Jan 5. The registration deadline is Friday, March 13. Pre-season practices may be held on Saturdays, March 21 & 28. Beginning April 4, practices can be on Saturdays for 1-hour prior to games. Some coaches may hold optional practices during the week. Games are on Saturdays, April 4-May 16 at David A. Lorenz Regional Park or Altair Park. Volunteer coaches needed for Youth Flag Football Leagues! Please contact the Athletics Office at 303-798-7515. The Coaches Meeting is Thu, Mar 19, 7 pm at Goodson Recreation Center, 6315 S University Blvd.

April 4-May 16

Nonresident: \$75; Resident: \$90

## Spring CARA Volleyball League Grades 3-5

A program supported by the Colorado Association of Recreation Athletics (CARA). For beginner and intermediate 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 Saturday tournaments (which includes a State tournament) with other metro area recreation agency teams. Tournaments held all over the metro area, locations and dates specified two weeks into the season. Team shirt included. Knee pads recommended. Elementary teams practice 1 hour per week, middle school teams will practice two hours per week. Practice location and day(s) determined by coach at coaches meeting. Registration deadline is 5pm, Fri, February 27. Team information will be emailed to registered participants on March 6. Youth Athletic League Refunds: Refund requested 3 business days prior to the registration deadline will be charged 25% of the league fee. Refund requested less than 3 business days before the registration deadline date, no refund will be given. Refund of 100% if the activity has been cancelled by SSPR.

Mar 9-May 16

Nonresident: \$72; Resident: \$60

## County Line BMX Track & Race Information

Visit our Facebook page [www.facebook.com/CountyLineBMX](http://www.facebook.com/CountyLineBMX) for track open/closed status, events etc! The track is open to the public to ride 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.

## Racing at County Line BMX

ALL ages and abilities welcome and encouraged to race! (We have riders 18months to 60 years and EVERYTHING in between!) County Line BMX is a sanctioned race track through USA BMX. BMX racing is a sport of youthful achievement and the American family. While the young boy or girl BMX racer develops skills at an individual pace, they are learning about winning, losing and trying again. The racer's family learns that time spent together in support of the racer and the individual achievement is quality time well spent.

Apr 12- Nov 22

10-11 AM

\$10 race, \$60 annual members

## TENNIS

### Junior Boot Camp at the Tennis Center at Lone Tree - Spring

Get back into the swing of tennis by honing your skills. We highly recommend this program to ensure proper placement for CARA

Youth Nonresident: \$74; Youth Resident: \$61

#### Mon, Wed Ages 7-9; Beg & Beg/Int\*

Dates	Time	Location	Class #
May 04 - 20*	4:30-5:30 PM	Lone Tree	808505
May 04 - 20*	4:30-5:30 PM	Lone Tree	808555

#### Mon, Wed Ages 10-12

Dates	Time	Location	Class #
May 04 - 20*	4:30-5:30 PM	Lone Tree	808515
May 04 - 20	4:30-5:30 PM	Lone Tree	808565

#### Mon, Wed Ages 13-15

Dates	Time	Location	Class #
May 04 - 20*	4:30-5:30 PM	Lone Tree	808525
May 04 - 20	4:30-5:30 PM	Lone Tree	808578

### Junior Boot Camp at Holly - Spring (Ages 7-9)

Get back into the swing of tennis by honing your skills. We highly recommend this program to ensure proper placement for CARA

Youth Nonresident: \$74; Youth Resident: \$61

#### Tue, Thu Ages 7-9

Dates	Time	Location	Class #
May 05 - 21	4 - 5 PM	Holly Tennis	801505
May 05 - 21	4 - 5 PM	Holly Tennis	801555

#### Tue, Thu Ages 10-12

Dates	Time	Location	Class #
May 05 - 21	4 - 5 PM	Holly Tennis	801565
May 05 - 21	4 - 5 PM	Holly Tennis	801515

#### Tue, Thu Ages 13-15

Dates	Time	Location	Class #
May 05 - 21	4 - 5 PM	Holly Tennis	801525
May 05 - 21	4 - 5 PM	Holly Tennis	801575

### High School Drills at Littleton Golf and Tennis (Ages 15-18)

Strategy, both doubles and singles covered as well as match play situations.

Fri

Youth Nonresident: \$74; Youth Resident: \$61

Dates	Time	Location	Class #
May 08 - 24	4 - 6 PM	Littleton Tennis	802515

### Tiny Tennis @ Holly Tennis (Ages 4-5)

Emphasis on hand-eye coordination, basic skill development and FUN. A Wilson junior custom-fit tennis racquet can be purchased for a minimal cost.

Youth Nonresident: \$99; Youth Resident: \$81

Youth Nonresident: \$51; Youth Resident: \$45 3 wks\*

#### Mon Ages 4-5

Dates	Time	Location	Class #
May 04 - 20 *	5 - 6 PM	Holly Tennis	801725
Jun 15 - Jul 18	10:30-11:30 AM	Holly Tennis	807006
Jul 20 - Aug 15	10:30-11:30 AM	Holly Tennis	807007

**Wed Ages 6-8**

Dates	Time	Location	Class #
Jun 15 - Jul 18	10:30-11:30 AM	Holly Tennis	807116
Jul 20 - Aug 15	10:30-11:30 AM	Holly Tennis	807117

**Tiny Tennis - Tennis Center at Lone Tree Golf Club**

Emphasis is on eye-hand coordination, basic skill development and FUN.

Youth Nonresident: \$99; Youth Resident: \$81

**Tue Ages 4-5**

Dates	Time	Location	Class #
Jun 15 - Jul 18	10-11 AM	Lone Tree	807206
Jun 15 - Jul 18	5-6 PM	Lone Tree	807216
Jul 20 - Aug 15	10-11 AM	Lone Tree	807207
Jul 20 - Aug 15	5-6 PM	Lone Tree	807217

**Sat Ages 4-5**

Dates	Time	Location	Class #
Jun 15 - Jul 18	10-11 AM	Lone Tree	807376
Jul 20 - Aug 15	11 AM-12 PM	Lone Tree	807387

**Thu Ages 6-8**

Dates	Time	Location	Class #
Jun 15 - Jul 18	10-11 AM	Lone Tree	807266

**Sat Ages 6-8**

Dates	Time	Location	Class #
Jun 15 - Jul 18	11 AM-12 PM	Lone Tree	807386
Jun 15 - Jul 18	5-6 PM	Lone Tree	807236
Jul 20 - Aug 15	10-11 AM	Lone Tree	807267
Jul 20 - Aug 15	5-6 PM	Lone Tree	807237

**Junior Team Tennis at Holly (Ages 7-12)**

Low intermediate to advanced players who have match play experience are invited to participate in this competitive league. Low intermediate to advanced players who have match play experience are invited to participate in this competitive league.

Due to increasing participation, practice times may change or be added. If you are interested in a class that is showing no availability, please contact Mike Hall [mikeh@sspr.org](mailto:mikeh@sspr.org)

**Mon, Wed Ages 7-12**

Youth Nonresident: \$145; Youth Resident: \$130

Dates	Time	Location	Class #
Jun 01 - Jul 17	4-5 PM	Holly Tennis	800706

**Mon, Wed Ages 13-18**

Dates	Time	Location	Class #
Jun 01 - Jul 17	4-5 PM	Holly Tennis	800726

**Junior Team Tennis at Lone Tree**

Low intermediate to advanced players who have match play experience are invited to participate in this competitive league. Practice twice a week at Lone Tree Tennis Center and matches played on Monday at various locations.

Due to increasing participation, practice times may change or be added. If you are interested in a class that is showing no availability, please contact Mike Hall [mikeh@sspr.org](mailto:mikeh@sspr.org)

Nonresident: \$145 Resident: \$130

**Tue, Thu Ages 7-12**

Dates	Time	Location	Class #
Jun 01 - Jul 17	2-3 PM	Lone Tree	805406

**Tue, Thu Ages 13-18**

Dates	Time	Location	Class #
Jun 01 - Jul 17	2-3 PM	Lone Tree	805416

**Tennis & Splash Camps at Holly**

Learn the basics or improve your game while meeting new friends and having a great time. Special attention given to stroke production, footwork, court etiquette and learning how to play the game of tennis. After your one hour tennis lesson you will be escorted to the pool. Don't forget your bathing suits!

Youth Nonresident: \$99; Youth Resident: \$81

**Mon, Fri Ages 7-12**

Dates	Time	Location	Class #
Jun 16 - Jul 16	11:30 AM -12:30 PM	Holly Tennis	806006
Jul 21 - Aug 13	11:30 AM -12:30 PM	Holly Tennis	806007

**Mon, Fri Ages 13-16**

Dates	Time	Location	Class #
Jun 16 - Jul 16	1-2 PM	Holly Tennis	806026
Jun 16 - Jul 16	1-2 PM	Holly Tennis	806026
Jul 21 - Aug 13	1-2 PM	Holly Tennis	806027
Jul 21 - Aug 13	1-2 PM	Holly Tennis	806027

**Tennis & Splash Camps at Cook Creek**

Learn the basics or improve your game while meeting new friends and having a great time. Special attention given to stroke production, footwork, court etiquette and learning how to play the game of tennis. After your one hour tennis lesson you will be escorted to the pool. Don't forget your bathing suits!

Youth Nonresident: \$99; Youth Resident: \$81

**Tue, Thu Ages 7-12**

Dates	Time	Location	Class #
Jun 16 - Jul 16	2-3 PM	C. Creek Tennis	806306
Jul 21 - Aug 13	2-3 PM	C. Creek Tennis	806307

**Ages 13-16**

Dates	Time	Location	Class #
Jun 16 - Jul 16	3:30-4:30 PM	C. Creek Tennis	806316
Jul 21 - Aug 13	3:30-4:30 PM	C. Creek Tennis	806317

**Tennis & Splash Camps/Youth & Teen at Harlow Park**

Learn the basics or improve your game while meeting new friends and having a great time. Special attention given to stroke production, footwork, court etiquette and learning how to play the game of tennis. After your one hour tennis lesson you will be escorted to the pool. Don't forget your bathing suits!

Youth under 13 must be accompanied by parent or guardian to the pool.

**Tue, Thu Ages 7-12**

Youth Nonresident: \$99; Youth Resident: \$81

Dates	Time	Location	Class #
Jun 16 - Jul 16	2-3 PM	Harlow Park	806206
Jul 21 - Aug 13	2-3 PM	Harlow Park	806207

**Tue, Thu Ages 13-16**

Dates	Time	Location	Class #
Jun 16 - Jul 16	3:30-4:30 PM	Harlow Park	806226
Jul 20 - Aug 15	3:30-4:30 PM	Harlow Park	806227

## Junior Golf & Tennis Camps ages 7-15

Learn to play two sports in the same camp! You will have a 30 minute golf lesson and an hour of tennis with lunch in between the two.

Includes lunch and range balls.

### Mon, Wed

Youth Nonresident: \$95; Youth Resident: \$83

Dates	Time	Location	Class #
Jun 08 - 17	11 AM-1 PM	Littleton Tennis	803006
Jun 08 - 18	11 AM-1 PM	Lone Tree	805016
Jun 22 - Jul 09	11 AM-1 PM	Lone Tree	805016
Jun 22 - Jul 08	11 AM-1 PM	Littleton Tennis	803016
Jul 13 - 23	11 AM-1 PM	Littleton Tennis	803007
Jul 13 - 22	11 AM-1 PM	Lone Tree	805007
Jul 27 - Aug 05	11 AM-1 PM	Lone Tree	805017
Jul 27 - Aug 05	11 AM-1 PM	Littleton Tennis	803017

## LITTLETON TENNIS ACADEMY

### Littleton Tennis High School Prep (Ages 14-18)

For junior players desiring the discipline of an intense workout to enhance their skills for summer tournament season. Singles & doubles drills, footwork, strategy and etiquette covered. Match play is included. Int/Adv players only.

### Fri

Nonresident: \$99 Resident: \$81

Dates	Time	Location	Class #
Jun 19 - Jul 17	2 -4 PM	Littleton Tennis	803226
Jul 24 - Aug 14	2 -4 PM	Littleton Tennis	803227

### C.A.R.A. Junior Tennis - Team Recreational

Designed for beginner to intermediate players. Teams formed for boys and girls in following age divisions: 10 & under, 11/12, 13/14 and 15-18. Practice twice a week with match play on Friday. Team shirt included in fee. Season ends with state tournament. Matches played throughout metro area. Transportation to matches not included.

Youth Nonresident: \$145; Youth Resident: \$130

### Tue, Thu Ages 7-12

Dates	Time	Location	Class #
Jun 01 - Jul 17	8 -9 AM	deKoevend	804006

### Mon, Wed Ages 7-12

Dates	Time	Location	Class #
Jun 01 - Jul 17	8:30-9:30 AM	Lone Tree	808006

### Tue, Thu Ages 13-18

Dates	Time	Location	Class #
Jun 01 - Jul 17	9 -10 AM	deKoevend	804026

### Mon, Wed Ages 13-18

Dates	Time	Location	Class #
Jun 17 - Jul 17	8:30-9:30 AM	Lone Tree	808026

## Youth Powell Camp

Learn the basics or improve your game. Special attention will be given to stroke production, footwork, court etiquette and learning how to play the game of tennis.

Youth Nonresident: \$99; Youth Resident: \$81

### Mon, Wed Ages 7-9

Dates	Time	Location	Class #
Jun 15 - Jul 18	1 -2 PM	Powell MS	804166
Jul 20 - Aug 15	1 -2 PM	Powell MS	804167

### Mon, Wed Ages 10-12

Dates	Time	Location	Class #
Jun 15 - Jul 18	1 -2 PM	Powell MS	804186
Jul 20 - Aug 15	1 -2 PM	Powell MS	804187

## SPECIAL TENNIS EVENTS

### Tiny Tennis Play Day (Ages 4-8)

Youngsters are invited to have a fun day to practice the skills that they learned in class with friends. Match format will depend on the number of entrants at each age level.

### Thu

Youth Nonresident: \$20; Youth Resident: \$17

Dates	Time	Location	Class #
May 28	4:30-6 PM	Holly Tennis	801745

### Tiny Tennis 10 & Under Format- Tennis Center at Lone Tree Golf Club

Class emphasizes hand-eye coordination, basic skill development and fun utilizing the 10 & Under format. Classes will vary weekly to challenge students.

Youth Nonresident: \$51; Youth Resident: \$45

### Tue Ages 4-5

Dates	Time	Location	Class #
May 05 - 21	5 -6 PM	Lone Tree	807215

### Thu Ages 6-8

Dates	Time	Location	Class #
May 05 - 21	5 -6 PM	Lone Tree	807295

## Junior Boot Camp Competition

All Campers are invited to have a fun day to practice the skills that they learned in Boot Camp with friends.

Youth Nonresident: \$20; Youth Resident: \$17

### Tue Ages 7-9

Dates	Time	Location	Class #
May 26	4:30-6 PM	Lone Tree	808485

### Wed Ages 10-12

Dates	Time	Location	Class #
May 27	4:30-6 PM	Holly Tennis	801495

### Thu Ages 13-15

Dates	Time	Location	Class #
May 28	4:30-6 PM	Lone Tree	808495

## Lone Tree Tennis Carnival/Summer Opening

Celebrate the summer tennis season with our Tennis Carnival. Learn about spring/summer activities, programs, and tournaments at all of our tennis facilities. Our professional staff will be on-court assisting you and your family in a variety of fun activities. Please pre-register so that we will have adequate staff available.

Tennis Center at Lone Tree Golf Club

9810 Sunningdale Blvd

Lone Tree

Saturday, May 2 11 am - 1 pm

Bring a racquet, water, a hat, and sunscreen. Wear tennis shoes and appropriate clothing.



**Sat**

Dates	Time	Location	Class #
May 02	11 AM-1 PM	Lone Tree	805995

## Tennis Center at Lone Tree Golf Club Endless Summer Family Event

Celebrate a successful summer season with our staff! We will have games galore! All ages welcome. Please pre-register so that we will have adequate staff available.

Bring a racquet, water, a hat, and sunscreen. Wear tennis shoes and appropriate clothing.

**Sun**

Dates	Time	Location	Class #
Sep 13	5 -7 PM	Lone Tree	805989

## After School Classes- Tennis Center at Lone Tree Golf Club

Learn the basics or improve your game. Special attention will be given to stroke production, footwork, court etiquette and learning how to play the game of tennis.

Youth Nonresident: \$99; Youth Resident: \$81

**Tue, Thu Ages 7-9**

Dates	Time	Location	Class #
Jun 15 - Jul 18	4 -5 PM	Lone Tree	805206
Jul 20 - Aug 15	4 -5 PM	Lone Tree	805207

**Tue, Thu Ages 10-12**

Dates	Time	Location	Class #
Jun 15 - Jul 18	4 -5 PM	Lone Tree	805216
Jul 20 - Aug 15	4 -5 PM	Lone Tree	805217

## Lone Tree Tennis Camp (Ages 7-14)

Designed for intermediate players to improve skills including forehand, backhand, serve and volley as well as rules, strategy and tennis etiquette.

Youth Nonresident: \$99; Resident:\$81

**Tue, Thu**

Dates	Time	Location	Class #
Jun 16 - Jul 16	1 -2 PM	Lone Tree	808106
Jul 21 - Aug 13	1 -2 PM	Lone Tree	808107

## Adult Group Lessons- Tennis Center at Lone Tree Golf Club (Ages 18-Senior)

Enhance stroke consistency and improve court positioning in singles and doubles.

Bring a racquet, water, a hat, and sunscreen. Wear tennis shoes and appropriate clothing.

Nonresident: \$75; Resident:\$57

**Tue**

Dates	Time	Location	Class #
Jun 16 - Jul 14	6 -7 PM	Lone Tree	805326
Jun 16 - Jul 14	7 -8 PM	Lone Tree	805336
Jul 21 - Aug 11	6 -7 PM	Lone Tree	805327
Jul 21 - Aug 11	7 -8 PM	Lone Tree	805337

**Thu**

Dates	Time	Location	Class #
Jun 18 - Jul 16	6 -7 PM	Lone Tree	805346
Jul 23 - Aug 13	6 -7 PM	Lone Tree	805347

**Sat**

Dates	Time	Location	Class #
Jun 20 - Jul 18	9 -10 AM	Lone Tree	805356
Jun 20 - Jul 18	10 -11 AM	Lone Tree	805366
Jul 25 - Aug 15	9 -10 AM	Lone Tree	805357
Jul 25 - Aug 15	10 -11 AM	Lone Tree	805367

## Adult Group Lessons @ Holly (Ages 18-Senior)

Enhance stroke consistency and improve court positioning in singles and doubles.

Bring a racquet, water, a hat, and sunscreen. Wear tennis shoes and appropriate clothing.

Nonresident: \$75 Resident:\$57

**Mon**

Dates	Time	Location	Class #
Jun 15 - Jul 13	9 -10 AM	Holly Tennis	801306
Jul 20 - Aug 10	9 -10 AM	Holly Tennis	801307

**Tue**

Dates	Time	Location	Class #
Jun 16 - Jul 14	9 -10 AM	Holly Tennis	801316
Jul 21 - Aug 16	9 -10 AM	Holly Tennis	801317

**Sat**

Dates	Time	Location	Class #
Jun 20 - Jul 18	9 -10 AM	Holly Tennis	801336
Jul 25 - Aug 15	8 -9 AM	Holly Tennis	801327
Jul 25 - Aug 15	9 -10 AM	Holly Tennis	801337

## Adult Group Lessons at deKoevend

Enhance stroke consistency and improve court positioning in singles and doubles.

Bring a racquet, water, a hat, and sunscreen. Wear tennis shoes and appropriate clothing.

Nonresident: \$75 Resident:\$57

**Mon**

Dates	Time	Location	Class #
Jun 15 - Jul 13	7 -8 PM	deKoevend	804106
Jun 15 - Jul 13	8 -9 PM	deKoevend	804126
Jul 20 - Aug 10	8 -9 PM	deKoevend	804127

**Tue**

Dates	Time	Location	Class #
Jun 16 - Jul 14	7 -8 PM	deKoevend	804116
Jul 20 - Aug 10	7 -8 PM	deKoevend	804107
Jul 21 - Aug 16	7 -8 PM	deKoevend	804117

## Adult Group Lessons at Littleton Golf and Tennis

Students learn the basic fundamentals of the game and increase overall playing ability. Scoring, strategies, and game playing included.

**Sat**

Dates	Time	Location	Class #
Jun 20-Jul 18	11 AM-12 PM	Littleton Tennis	802676
Jun 20-Jul 18	12-1pm	Littleton Tennis	802686
Jun 20-Jul 18	1-2 PM	Littleton Tennis	802696
Jul 25-Aug 15	11 AM-12 PM	Littleton Tennis	802677
Jul 25-Aug 15	12 PM-1 PM	Littleton Tennis	802687
Jul 25-Aug 15	1-2 PM	Littleton Tennis	802697

## Adult Drill Classes at Holly

Strategy for doubles and singles, as well as match play situations.

Bring a racquet, water, a hat, and sunscreen. Wear tennis shoes and appropriate clothing.

Nonresident: \$54 Resident:\$42

### Sat

Dates	Time	Location	Class #
May 02 - 16	8 -9 AM	Holly Tennis	801005
May 02 - 16	9 -10 AM	Holly Tennis	801015

### Mon

Dates	Time	Location	Class #
May 04 - 18	10 -11 AM	Holly Tennis	801025
May 04 - 18	11 AM-12 PM	Holly Tennis	801035

### Tue

Dates	Time	Location	Class #
May 05 - 19	11 AM-12 PM	Holly Tennis	801045

### Wed

Dates	Time	Location	Class #
May 06 - 20	11 AM-12 PM	Holly Tennis	801055

## Adult Drill Classes @ Littleton Golf and Tennis (Ages 18-Senior)

Strategy for doubles and singles as well as match play situations.

There are no waitlists for any classes at the Littleton Tennis Center. If you cannot register for a class, please call Vicki Holtus at 303-794-6933.

### Tue

Nonresident: \$75 Resident:\$57

Dates	Time	Location	Class #
Jun 16 - Jul 14	11 AM-12 PM	Littleton Tennis	802456
Jun 16 - Jul 14	12 -1 PM	Littleton Tennis	802466
Jul 21 - Aug 16	11 AM-12 PM	Littleton Tennis	802457
Jul 21 - Aug 16	12 -1 PM	Littleton Tennis	802467

## Adult Drill Classes at deKoevend (Ages 18-Senior)

Strategy for doubles and singles, as well as match play situations.

Bring a racquet, water, a hat, and sunscreen.

Nonresident: \$54 Resident:\$42

### Wed

Dates	Time	Location	Class #
May 06 - 20	6:30-7:30 PM	deKoevend	801065

### Thu

Dates	Time	Location	Class #
May 07 - 21	6:30-7:30 PM	deKoevend	801075

## Adult Drill Classes - Tennis Center at Lone Tree Golf Club (Ages 18-Senior)

Strategy for doubles and singles, as well as match play situations. Drills for specific tennis game areas including all strokes.

Bring a racquet, water, a hat, and sunscreen. Wear tennis shoes and appropriate clothing.

Nonresident: \$54 Resident:\$42

### Sat

Dates	Time	Location	Class #
May 02 - 16	9 -10 AM	Lone Tree	805865
May 02 - 16	10 -11 AM	Lone Tree	805875

### Tue

Dates	Time	Location	Class #
May 05 - 19	10 -11 AM	Lone Tree	805625

May 05 - 19	11 AM-12 PM	Lone Tree	805665
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### Thu

Dates	Time	Location	Class #
May 07 - 21	11 AM-12 PM	Lone Tree	805635

## Singles Strategy at Holly (Ages 18-Senior)

Drills will focus on singles strategy. Players should be 3.0-3.5 ability levels.

Nonresident: \$75 Resident:\$57

### Wed

Dates	Time	Location	Class #
May 06 - 20	10 -11 AM	Holly Tennis	802965
Jun 17 - Jul 15	10 -11 AM	Holly Tennis	802966
Jul 22 - Aug 12	10 -11 AM	Holly Tennis	802967

### Thu

Dates	Time	Location	Class #
May 07 - 21	10 -11 AM	Holly Tennis	802975
Jun 18 - Jul 16	10 -11 AM	Holly Tennis	802976
Jul 23 - Aug 13	10 -11 AM	Holly Tennis	802977

## Singles Strategy at Littleton Golf and Tennis Club (Ages 18-Senior)

Drills will focus on singles strategy. Players should be 3.0-3.5 ability levels.

Nonresident: \$75; Resident:\$57

### Wed

Dates	Time	Location	Class #
Jun 17 - Jul 15	10 -11 AM	Littleton Tennis	803556
Jul 22 - Aug 12	10 -11 AM	Littleton Tennis	803557

### Fri

Dates	Time	Location	Class #
Jun 19 - Jul 17	1 -2 PM	Littleton Tennis	803566
Jul 24 - Aug 14	1 -2 PM	Littleton Tennis	803567

## Adult Doubles Strategy Classes (Ages 18-Senior)

A focus on proper technique, strategies, and doubles positioning rounds out this class.

There are no waitlists for any classes at the Littleton Tennis Center. If you cannot register for a class, please call Vicki Holtus at 303-794-6933.

Bring a racquet, water, a hat, and sunscreen. Wear tennis shoes and appropriate clothing.

### Thu

Nonresident: \$75 Resident:\$57

Dates	Time	Location	Class #
Jun 18 - Jul 16	11 AM-12 PM	Littleton Tennis	802556
Jun 18 - Jul 16	12 -1 PM	Littleton Tennis	802566
Jul 23 - Aug 13	11 AM-12 PM	Littleton Tennis	802557
Jul 23 - Aug 13	12 -1 PM	Littleton Tennis	802567

## Holly Stroke Clinics (Ages 18-Senior)

Join our stroke clinics to address your specific needs. We will cover groundstrokes, volleys, serves and overheads.

Bring a racquet, water, a hat, and sunscreen. Wear tennis shoes and appropriate clothing.

### Fri

Nonresident: \$75; Resident:\$57

Dates	Time	Location	Class #
Jun 19 - Jul 17	10 -11 AM	Holly Tennis	800006
Jul 24 - Aug 14	10 -11 AM	Holly Tennis	800007

More class details available online ➡

## Stroke Clinics - Tennis Center at Lone Tree Golf Club (Ages 18-Senior)

Join our stroke clinics to address your specific needs, including groundstrokes, volleys, serves, and overheads.

Bring a racquet, water, a hat, and sunscreen. Wear tennis shoes and appropriate clothing.

Nonresident: \$75 Resident:\$57

### Mon

Dates	Time	Location	Class #
Jun 15 - Jul 13	10 -11 AM	Lone Tree	805056
Jul 20 - Aug 10	10 -11 AM	Lone Tree	805057

### Wed

Dates	Time	Location	Class #
Jun 17 - Jul 15	10 -11 AM	Lone Tree	805076
Jul 22 - Aug 12	10 -11 AM	Lone Tree	805077

## Stroke of the Week Clinic - Tennis Center at Lone Tree Golf Club (Ages 18-Senior)

A great way to sharpen your skills with specific instruction and practice drills.

Bring a racquet, water, a hat, and sunscreen. Wear tennis shoes and appropriate clothing.

### Fri

Nonresident: \$26 Resident:\$22

Dates	Time	Location	Class #
May 01	10 -11 AM	Lone Tree	805815
May 08	10 -11 AM	Lone Tree	805825
May 15	10 -11 AM	Lone Tree	805835
May 22	10 -11 AM	Lone Tree	805845
Jun 05	10 -11 AM	Lone Tree	805856
Jun 19	10 -11 AM	Lone Tree	805816
Jun 26	10 -11 AM	Lone Tree	805826
Jul 10	10 -11 AM	Lone Tree	805837
Jul 17	10 -11 AM	Lone Tree	805847
Jul 24	10 -11 AM	Lone Tree	805857
Jul 31	10 -11 AM	Lone Tree	805817
Aug 07	10 -11 AM	Lone Tree	805828
Aug 14	10 -11 AM	Lone Tree	805838
Aug 21	10 -11 AM	Lone Tree	805848
Aug 28	10 -11 AM	Lone Tree	805858

## Ball Machine Clinic (Ages 18-Senior)

Join our clinic to learn correct techniques and practice formats, and use the ball machine.

Bring a racquet, water, a hat, and sunscreen. Wear tennis shoes and appropriate clothing.

### Thu

Nonresident: \$26 Resident:\$22

Dates	Time	Location	Class #
Jun 04	10 -11 AM	Lone Tree	805786
Jul 09	10 -11 AM	Lone Tree	805787
Aug 06	10 -11 AM	Lone Tree	805788

## Lone Tree Tennis Carnival/Summer Opening

Celebrate the summer tennis season with our Tennis Carnival. Learn about spring/summer activities, programs, and tournaments at all of our tennis facilities. Our professional staff will be on-court assisting you and your family in a variety of fun activities. Please pre-register so that we will have adequate staff available.

### Sat

Dates	Time	Location	Class #
May 02	11 AM-1 PM	Lone Tree	805995

## TRACK

### Spring Track (Ages 6-15)

Boys and girls learn healthy exercise including running form and a great intro to sport basics

### Mon, Wed

Youth Nonresident: \$60; Youth Resident: \$50

Dates	Time	Location	Class #
Apr 06 - May 13	6:30-7:30 PM	Euclid	309824

## Summer Track: South Suburban Stampede (Ages 5-15)

Location: Newton (4001 E. Arapahoe Rd). For questions on weather please check the Athletics WEATHER HOTLINE at 303-794-3338, one hour before your scheduled practice. Check [ssprd.org](http://ssprd.org) in April for more info.

Youth Nonresident: \$96; Youth Resident: \$84

### Mon, Wed

Dates	Time	Location	Class #
Jun 08 - Jul 22	9 -10:30 AM	Newton	309821

### Tue, Thu

Dates	Time	Location	Class #
Jun 09 - Jul 23	6 -7:30 PM	Newton	309861

## VOLLEYBALL

### Volleyball Instruction for Youth

All levels of play are welcome in this elementary, middle and high school co-recreational program. Learn fundamental skills, team strategies and team work, while building confidence. Fun drills, games and scrimmages.

### Tue, Thu

Youth Nonresident: \$70; Youth Resident: \$55

### Ages 5-10

Dates	Time	Location	Class #
Jun 02 - Jul 09	6 -7:30 PM	Clarkson Park	305346

### Ages 11-13

Dates	Time	Location	Class #
Jun 02 - Jul 09	6 -7:30 PM	Clarkson Park	305366

### Ages 14-18

Dates	Time	Location	Class #
Jun 02 - Jul 09	6 -7:30 PM	Clarkson Park	305386

## Volleyball Champs Camps for Youth (Ages 7-14)

Camp includes fun drills and training techniques to build skills in:

• passing • setting • 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.

### Mon-Fri

Youth Nonresident: \$63; Youth Resident: \$55

Dates	Time	Location	Class #
Jun 08 - 12	9 -10:30 AM	Lone Tree	305156
Jun 15 - 19	9 -10:30 AM	deKoevend	305106
Jul 06 - 10	9 -10:30 AM	Lone Tree	305157
Jul 13 - 17	9 -10:30 AM	deKoevend	305107

Register at [ssprd.org](http://ssprd.org) or by calling 303-347-5999 89

## Volleyball Class for Adult Beginners (Summer, Winter) (Ages 18-Senior)

Learn the basic skills and rules of volleyball. Instructors will teach fundamentals to build skills in: serving, passing, setting and hitting. Focus will be on good, clean technique along with teamwork and sportsmanship. Warm up, stretching and cool down included.

Class will meet 4 sessions, 1.5hrs each. Participants will receive a ball. Class takes place outdoors.

**Sun**

Nonresident: \$63 Resident:\$55

Dates	Time	Location	Class #
Jun 07 - 28	9 -10:30 AM	deKoevend	309316

## 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. For adults 50 and over.

**Mon, Wed, Fri**

Nonresident: \$48; Resident:\$40

Dates	Time	Location	Class #
Aug 10 - Dec 11	1:30-3 PM	Goodson Gym	309108

## STAR

The STAR Mission: To enhance opportunities for individuals with disabilities to participate in leisure services through inclusion and specially designed programs.

**STAR Adult Dances**

**NEW TIME STARTING MARCH 2015!** Fridays 6:30 – 8:30 pm

**Mar 20 St Patty's Party**

**No April Dance in 2015**

**May 15 Prom Luau**

**Jun 19 Grease 50's**

**Jul 17 Pajama Party**

**Aug 21 Hillbilly Hoedown**

**NEW FEE STARTING IN MARCH 2015!**

Drop-In Fee: \$7 Please call the Buck Center at 303-797-8787 for questions regarding dance cancellation due to weather.

## VOLUNTEER

### Be a VolunTeen

Kids ages 12-15 can have fun this summer, gain valuable work experience, and community service hours. A limited number of VolunTeen positions are available. VolunTeens receive an exclusive T-shirt and South Suburban ID badge. The VolunTeen Application and information is available at [ssprd.org/Volunteer](http://ssprd.org/Volunteer).

**Sun-Sat**

Nonresident: \$65; Resident:\$60

Class #105006

### Parent/Child Host Team

Children 10 and older work with parents or grandparents on weekends or afternoons as Nature Center naturalist hosts.

### Nature Center Host

Adults serve as Nature Center hosts, greeting guests, caring for exhibits and leading demonstrations. Weekday or weekend shifts.

## Land Stewardship Team

Adults and teens, work with resource professionals to restore and manage park habitats, planting native plants, weed removal, trail work, wetland management and more. Weekday or weekend events.

## Program Assistant

Adults lead small groups on hikes for weekday school field trips, and assist professional interpretive naturalists with presentations. Training provided.

## 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: \$65/\$55R, 1/2 hour: \$43/\$35R, Hot Stone: \$75/\$65R

### 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, [www.sspr.org](http://www.sspr.org) for more information or call 303-730-5224 for an appointment. Buck only.

1 hour: \$60/\$55R

### 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: \$50/\$40R

### 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.

7-9:30am \$40

### 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.



## FREE TOUCH A TRUCK

May 30; 9 AM - 12 PM

Family Sports Center  
Dome Parking Lot

South Suburban Ice Arena  
Sept. 5; 10 AM – 1 PM

## Sheridan Recreation Center's CREATIVITY LAB

Create paintings, sculptures, gifts, school projects and more using a wide variety of art and craft supplies after school. Free with admission.



## SOUTH SUBURBAN RACE SERIES

Rockin' On The River 5k - April 19  
Highline Canal Run 5k & 10k - May 9  
Youth TRYathlon - June 28  
Pancake Stampede 5k - Aug 9



CONNECT WITH US:  
SouthSuburbanParks

## YOGA IN THE PARK

Free Summer Yoga Series

May 26 6:30-7:30 PM Belvedere Park  
July 15 6-7 PM Ketring Park  
August 4 6-7 PM deKoevend Park

## RIDGEGATE CONCERT SERIES

Free at Prairie Sky Park

May 21- TBD

June 18- The Parlor Pickers;  
Old Americana Folk  
July 16- Jeff Scroggins and  
Colorado; Bluegrass  
Aug 20- Rastasaurus; Reggae

## WESTERN WELCOME WEEK

FREE Family Night Concert  
and Fireworks  
Fri., Aug. 7, 6-10 pm  
Sterne Park  
5800 Spotswood Ave.

## FLOOD HISTORY EVENT

In honor of the Flood of 1965, a film series, birds of prey, hayrides and hikes leading from Aspen Grove.  
June 16, 4-9pm, Aspen Grove.



## 20TH ANNUAL 4TH OF JULY

Family Festival & Fireworks Celebration  
Sat., July 4, 8 am  
Bellevue, Cornerstone and Progress Parks  
FREE (some activities have fees)  
Presented by South Suburban, City of Englewood,  
City of Littleton



## TANTALIZING TASTE EVENTS

At the Lone Tree Golf Course & Hotel

April 14 - A Trip to the Shore

June 9 - A Back to Summer BBQ

August 11 - A County Fair

Reservations Required at 303-790-0202



## FREE SHARE THE TRAIL EVENT

Sat, May 30 8:30-11:30 AM

Hudson Gardens Rest Stop along the  
Mary Carter Greenway Trail

Learn about trail safety and etiquette, and stop by  
vendor booths for information and giveaways.

## MUSIC ON THE PATIO

At the Lone Tree Grill  
Friday Evenings May 29-Sept 4



FOLLOW US  
@ssprd

## ONLINE TEE TIME

Make your reservation at  
[ssprd.org/TeeTime](http://ssprd.org/TeeTime)



FOLLOW US  
@ssprd

## PUPPY PADDLE - SAT, AUG 12

Come bring your furry friend for a dip in the pool.  
Only dogs may swim at this event.  
\$8 per adult. \$2 for additional dog.  
Prepay by Sept 10 and save \$1.  
Class # 101009



South Suburban  
PARKS AND RECREATION

## NIGHT TIME EGG SCRAMBLE

Colorado Journey Mini Golf at Cornerstone Park  
Bring your own basket and flashlight!  
Ages toddler to 13 years. Fri., April 3, beginning at 5:30 pm

## EGG SCRAMBLE

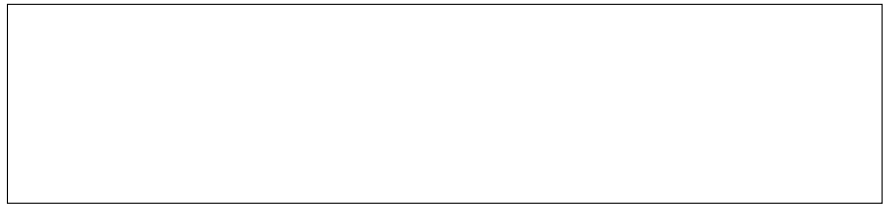
Bring your own basket. Inflatables and fitness van activities.  
April 4 Starting at 9 AM at the Family Sports Dome





**South Suburban**  
PARKS AND RECREATION

6631 S. University Blvd.  
Centennial, CO 80121-2913



# SUMMER ADVENTURE PASS

includes admission to 4 recreation centers and 4 outdoor pools, valid May 23 - Sept. 7. Purchase your Summer Adventure Pass between April 6 and May 16, and receive over \$50 of value in recreation coupons.

