### Spring Sale!

- **Spring Sale!**
- **March 14-27**
- Purchase at ssprd.org or at any of our four recreation centers.

- **• Buy a 20 pack of Admission Punches, Get 5 Free**
- **• Buy a 10 pack of 1 hour Personal Training, Private Reformer or Massage, Get 1 Free**

### Spring & Summer

There’s something for everyone at South Suburban spring and summer camps!

register.ssprd.org

### Event Rentals

South Suburban has the perfect venue for your event!

Our affordable packages can accommodate any size group for a variety of events:

- Family Sports Entertainment and Golf Course
- Lone Tree Golf Club & Hotel
- Lone Tree Hub
- South Suburban Golf Course
- South Suburban Recreation Centers
- South Suburban Sports Complex

register.ssprd.org

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South Suburban Parks and Recreation   Spring 2022
WELCOME TO THE NEW SOUTH SUBURBAN CATALOG

The South Suburban Catalog has a new look!
In an effort to promote sustainability and a shift in the user experience, we’ve reimagined our quarterly catalog. A hybrid of print and digital makes registering for your favorite class as easy as it was before.
As always, registration is available 24/7 at register.ssprd.org.

How to Use This Catalog:

All of your favorite South Suburban classes, programs and events are still available. Instead of listing individual classes and schedules, this catalog includes brief descriptions and summaries of everything South Suburban has to offer. Browse the catalog to find the programs you love, or discover something new. Then, scan the QR code at the top of each page or visit register.ssprd.org to view specific class numbers, locations, times and fees. You may also call the Registration Office during business hours at 303.347.5999.

To find specific program dates and times:

• Scan the QR code at the top of a catalog section to view all programs within that category.
  Example: If you’d like to view all aquatics offerings, use the camera on your cell phone to scan the QR code at the top of the Aquatics section. You will then be directed to our online catalog, where you can view specific details and register for classes.

• Search for specific classes using bolded keywords. You can find the full list of programs online by using bolded keywords found in this catalog.
  Example: If you’d like to view schedules and locations for different nature classes and events, try typing any of the bolded words from the section into the “Filter” search bar on the online catalog.

SPRING 2022 PLANNING AND CONSTRUCTION UPDATES

David A. Lorenz Regional Park
Look forward to enjoying three lighted synthetic turf fields, new restrooms, shade shelters, parking lots, picnic tables, benches and more. Construction of these amenities is anticipated to be complete this summer. Future phases of development include an off-lease dog park, eight lighted Pickleball courts with adjacent parking lot and a children’s playground.

Almost There...
Improvement projects at Centennial Ridge and Berry parks were completed in 2021, but are still waiting on some finishing touches due to supply chain delays. Bobcat and Southbridge park updates are underway and are expected to be finalized this spring. Additionally, as the weather warms up, Ida and Harmony parks will begin construction.

Update: Littleton Tennis Bubble and Family Sports Dome
The Littleton Tennis Bubble sustained substantial damage from the wind storm that occurred at the end of 2021. South Suburban had already begun the planning process for a replacement, and tennis players can look forward to a brand new facility in spring 2023! The air-structure and clubhouse will be replaced with a pre-engineered metal building, and the six tennis courts will remain in their current configuration. In addition to the new tennis facility, South Suburban will also replace the Sports Dome located at the Family Sports Center with a pre-engineered metal building. Construction on both of these exciting improvements will begin this summer. Stay tuned to ssprd.org/Construction-Detours for updates as these projects progress!

WELCOME 2022 YOUTH COMMISSION MEMBERS

Four members have returned in 2022, and one new face has joined the Youth Commission this year. Made up of students from grades 7-11, the South Suburban Youth Commission provides young people with volunteer and community development opportunities.

Members enjoy the chance to get involved in South Suburban events, organize fundraisers, host service projects and participate in engaging activities with their peers. Learn more about the Youth Commission and their work at ssprd.org/YouthCommission.

ssprd.org/Construction-Detours
ssprd.org

SPOTLIGHT
The next regular election for the South Suburban Parks and Recreation Board of Directors will be held on May 3, 2022. Three Board positions will be filled, each to serve a three-year term. Residents may vote in person at the South Suburban Sports Complex or Goodson Recreation Center, or by absentee ballot. Applications for absentee ballots for the May 3 election must be submitted to the DEO by close of business on Tuesday, April 26.

**Important Election Dates:**
- Feb. 25, 2022 (5 pm): Last day Self-Nomination and Acceptance Forms can be filed with the DEO
- Feb. 28, 2022 (5 pm): Last day to file Affidavit of Intent to be a Write-in Candidate with DEO
- March 18, 2022: UOCAVA Ballot mailing begins
- April 4, 2022: Absentee Ballot mailing begins
- April 26, 2022: Last day to request an Absentee Ballot
- May 3, 2022 (7 am – 7 pm): Election Day

More information including polling locations, voter eligibility, and instructions for receiving an absentee ballot is available at ssprd.org/election.

**LOCAL ARTISTS INVITED TO APPLY FOR 2022 ART ON LOAN PROGRAM**

The South Suburban Public Art Committee is seeking submissions from local artists for the 2022 Art on Loan program. Artists are invited to apply by Monday, March 7, 2022. Selected sculptures will be displayed at Goodson Recreation Center or Hudson Gardens for a year, and artists will receive a $500 honorarium for their display. The sculptures are selected by the Public Art Committee through a competitive process and approved by the South Suburban Board of Directors. Artists can learn more at ssprd.org.

**SPRING 2022 RACE SERIES**

**Rockin’ on the River 5k**
Sunday, April 10
Mary Carter Greenway
Take in the view along the beautiful South Platte River on the Mary Carter Greenway for this annual 5K, which starts and ends at the Hudson Gardens Event Center.

**41st Annual High Line Canal Run 5k & 10k**
Saturday, May 7
High Line Canal Trail
A local favorite! Runners of all ages and abilities are invited to participate in the 41st Annual High Line Canal 5K and 10K along the scenic High Line Canal Trail.

**Someone Special Dance**
Friday, February 18
Goodson Recreation Center
Dress to impress and get ready to groove at the annual Someone Special Dance (formerly Father Daughter Sweetheart Dance). Enjoy dancing, arts and crafts, light refreshments and a photo booth.

**9th Annual Egg Scramble**
Saturday, April 16
Sports Dome
Children ages 12 and under are invited to meet the Easter Bunny, search for eggs, and have a blast all morning long at this free event, sponsored by the City of Centennial.

**Total Lunar Eclipse Star Party**
Sunday, April 15
South Platte Park
Nature is putting on a rare show this year: A total lunar eclipse on a spring full moon! Watch the eclipse around a campfire at South Platte Park, complete with refreshments, a telescope, and spotting scopes.

Interested in serving as an election judge? Contact Jennifer King at 303.483.7011
### FACILITIES

#### RECREATION AND COMMUNITY CENTERS

<table>
<thead>
<tr>
<th>Center Name</th>
<th>Address</th>
<th>Website</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DOUGLAS H. BUCK COMMUNITY RECREATION CENTER</strong></td>
<td>2004 W. Powers Ave., Littleton</td>
<td>ssprd.org/Buck-Recreation-Center</td>
<td>303.797.8787</td>
</tr>
<tr>
<td><strong>GOODSON RECREATION CENTER</strong></td>
<td>6315 S. University Blvd., Centennial</td>
<td>ssprd.org/Goodson-Recreation-Center</td>
<td>303.798.2476</td>
</tr>
<tr>
<td><strong>LONE TREE RECREATION CENTER</strong></td>
<td>10249 Ridgegate Cir., Lone Tree</td>
<td>ssprd.org/Lone-Tree-Recreation-Center</td>
<td>303.708.3500</td>
</tr>
<tr>
<td><strong>SHERIDAN RECREATION CENTER</strong></td>
<td>3325 W. Oxford Ave., Sheridan</td>
<td>ssprd.org/Sheridan-Recreation-Center</td>
<td>303.761.2241</td>
</tr>
<tr>
<td><strong>LONE TREE HUB</strong></td>
<td>8827 Lone Tree Pkwy., Lone Tree</td>
<td>ssprd.org/The-Lone-Tree-Hub</td>
<td>720.245.2601</td>
</tr>
</tbody>
</table>

### ENTERTAINMENT & SPORT FACILITIES

<table>
<thead>
<tr>
<th>Facility</th>
<th>Address</th>
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<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FAMILY SPORTS CENTER AND MINI GOLF</strong></td>
<td>6901 S. Peoria St., Centennial</td>
<td>ssprd.org/Family-Sports-Center</td>
<td>303.708.9500</td>
</tr>
<tr>
<td><strong>SOUTH SUBURBAN SPORTS COMPLEX</strong></td>
<td>4810 E. County Line Rd., Littleton</td>
<td>ssprd.org/Sports-Complex</td>
<td>303.798.7515</td>
</tr>
<tr>
<td><strong>SPORTS DOME</strong></td>
<td>6959 S. Peoria St., Centennial</td>
<td>ssprd.org/Sports-Dome</td>
<td>303.754.0541</td>
</tr>
<tr>
<td><strong>COUNTY LINE BMX</strong></td>
<td>David A. Lorenz Regional Park</td>
<td>ssprd.org/County-Line-BMX</td>
<td>303.798.7515</td>
</tr>
<tr>
<td><strong>CORNERSTONE BATTING CAGES</strong></td>
<td>5098 S. Windermere St., Littleton</td>
<td>ssprd.org/Batting-Cages-at-Cornerstone-Park</td>
<td>303.797.3796</td>
</tr>
<tr>
<td><strong>COLORADO JOURNEY MINI GOLF</strong></td>
<td>5150 S. Windermere St., Littleton</td>
<td>ssprd.org/Colorado-Journey</td>
<td>303.734.1083</td>
</tr>
</tbody>
</table>

### NATURE FACILITIES

<table>
<thead>
<tr>
<th>Facility</th>
<th>Address</th>
<th>Website</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>THE HUDSON GARDENS &amp; EVENT CENTER</strong></td>
<td>6115 S. Santa Fe Dr., Littleton</td>
<td>hudsongardens.org</td>
<td>303.797.8565</td>
</tr>
<tr>
<td><strong>SOUTH PLATTE PARK AND CARSON NATURE CENTER</strong></td>
<td>3000 W. Carson Dr., Littleton</td>
<td>ssprd.org/Nature</td>
<td>303.730.1022</td>
</tr>
</tbody>
</table>

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For more amenity and admission information as well as holiday hours, please visit [ssprd.org](http://ssprd.org)
FACILITIES

OUTDOOR SWIMMING POOLS

<table>
<thead>
<tr>
<th>Pool Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEN FRANKLIN POOL</td>
<td>1600 E. Panama Dr., Centennial</td>
<td>303.798.5922</td>
</tr>
<tr>
<td>COOK CREEK POOL</td>
<td>8711 Lone Tree Pkwy., Lone Tree</td>
<td>303.790.7665</td>
</tr>
<tr>
<td>HARLOW POOL</td>
<td>5151 S. Lowell Blvd., Littleton</td>
<td>303.798.6269</td>
</tr>
</tbody>
</table>

COOK CREEK POOL

- 8711 Lone Tree Pkwy., Lone Tree
- ssprd.org/Cook-Creek-Pool
- 303.790.7665

LONE TREE GOLF CLUB & HOTEL

- 9808 Sunningdale Blvd., Lone Tree
- ssprd.org/Tennis
- 303.768.8109

GOLF COURSES

<table>
<thead>
<tr>
<th>Golf Course</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>SOUTH SUBURBAN GOLF COURSE</td>
<td>7900 S. Colorado Blvd., Centennial</td>
<td>golf.ssprd.org/South-Suburban-Golf-Course</td>
</tr>
<tr>
<td>LITTLETON GOLF AND TENNIS CLUB</td>
<td>5800 S. Federal Blvd., Littleton</td>
<td>golf.ssprd.org/Littleton-Golf-and-Tennis-Club</td>
</tr>
</tbody>
</table>

TENNIS

<table>
<thead>
<tr>
<th>Tennis Center</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>HOLLY TENNIS CENTER</td>
<td>6651 S. Krameria Way, Centennial</td>
<td>ssprd.org/Tennis</td>
</tr>
<tr>
<td>TENNIS CENTER AT LONE TREE GOLF CLUB</td>
<td>9808 Sunningdale Blvd., Lone Tree</td>
<td>ssprd.org/Tennis</td>
</tr>
</tbody>
</table>

REGISTRATION

- Online: register.ssprd.org
- Phone: 303.347.5999
- Walk In

REGISTRATION OFFICES

- Athletics: 6715 S. University Blvd., Centennial, CO 80121 | 303.347.5999
- Littleton: 8711 Lone Tree Pkwy., Lone Tree, CO 80126 | 303.794.5838
- Centennial: 7900 S. Colorado Blvd., Centennial | 303.770.5500
- Littleton: 5151 S. Lowell Blvd., Littleton | 303.798.6269

Sports Complex

- 4810 E. County Line Road, Littleton, CO 80126 | 303.770.5500

Hours

- Mon-Thur: 7:30 am - 6 pm
- Fri: 7:30 am - 5 pm
- Sat: 9 am - 1 pm
- Sun: Closed

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, gender identity, 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 303.483.7004.

INDEMNIFICATION AND WAIVER OF LIABILITY

By registering for any program, the registrant acknowledges that program activities carry certain risks for participants. Further, by registering, the registrant releases and indemnifies the 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, VIDEOS AND EMAIL ADDRESSES

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

South Suburban Park and Recreation District may take photos, audio and video recordings of anyone in attendance at a District-managed property or facility or during any District-associated class, event or program. The District may use these materials at its discretion for promotional, marketing and publicity purposes without obligation, compensation or liability to those appearing in such materials.

For the most current activities and information, visit register.ssprd.org. Prices and dates subject to change.

HOUSEHOLD PASSES

The fee structure for households is based on the following definition: two adults and up to three (3) dependent children up to the age of 17, all residing year round in the same residence. For additional dependent children residing year round in the same household, an additional child fee will be charged. Additional adults living in the household need to create their own account and purchase their own individual admission or pass.

RESIDENCY

Use our District Address Search function to learn if you within the South Suburban boundaries to receive the resident rates. Additional proof of residency may be requested at any time, such as a current photo ID with your address printed on it or a current bill with the District address and customer name.

3 EASY WAYS TO REGISTER

- Online: register.ssprd.org
- Phone: 303.347.5999
- Walk In
ACTIVE ADULTS

PROGRAMS & CLASSES

CLASSSES

Find your new favorite hobby, or hone your skills at a craft you love. There’s something for everyone at our classes and programs designed specifically for adults, from watercolors and ceramics to line dance and Spanish. Connect with other adults who have the same interests as you, and learn something new!

DROP-IN ACTIVITIES & GAMES

Stop by to connect with friends old and new with activities and games hosted at various times and locations throughout the week. Play Duplicate Bridge, work on your crochet or knitting projects at Happy Hooks and Needles, drop in for Pinocchio or Poker and more! All drop-in activities and games schedules can be found on register.ssprd.org.

5280+ SENIOR CHORALES

The 5280+ Senior Chorales is a non-auditioned choir that emphasizes educational or fitness class? Look for this icon throughout the catalog.

RESOURCES

LOCAL INFORMATION & ASSISTANCE

Aging Well Resource Center - Bemis Library 303.795.3980
Arapahoe County Council on Aging 303.795.3700
Arapahoe County Department of Human Services 303.636.1130
Arapahoe County First Ride 720.540.5566
Centennial Senior Commission 303.794.9608
Douglas County Senior Services 303.688.4825
Douglas County Senior Adult Services 303.914.4374
Douglas County Seniors’ Council 303.663.7881
Lone Tree Living and Aging Well Ad Hoc Committee 303.225.4930

SWIM TEAMS & LESSONS

Learn something new, practice your skills and stay in competitive shape at a swim conditioning class. Masters Swim program, or join our recreational Wave Riders Swim Club.

SWIM LESSONS

Swimmers ages 6 months to 12 years are invited to dive in at our swim lessons, offered at indoor pools at Buck, Geoduck and Lone Tree recreation centers year-round. Practice basic skills and learn new ones in classes ranging from Parent/Tot to Level 5. Private swim lessons are also available.

SWIM CLUBS & CONDITIONING

Enjoy competitive swimming in a fun, recreational setting when you join a South Suburban summer swim team! Practice with a team of swimmers with similar abilities and compete in weekly meets throughout the metro area. Swimmers ages 6-18 are invited to join the Ben Franklin Fish, Cook Creek Wahoos or Holly Park Sharks. Practice times differ for each team and age group. Registration opens April 12 at 8 am, with the season starting in May.

AQUATICS

LEAD CROSS CLASSES & TRAINING

Learn the skills and tactics necessary to save a life, respond to emergencies, and provide care for others. Earn American Red Cross certifications, including First Aid CPR and AED, Lifeguard Training and Babysitter Training. Fees, requirements and ages vary depending on course and experience.

Babysitter Training

M/W or Tu/Th; 3 weeks: $42R / $56NR
Sa; 4 weeks: $54R / $72NR
Sa; 3 weeks: $28R / $37NR
Su; 4 weeks: $36R / $48NR

First Aid CPR and AED

M/W or Tu/Th; 4 weeks: $56R / $74NR
Sa; 3 weeks: $40R / $54NR
Su; 4 weeks: $38R / $57NR
Sa; 4 weeks: $28R / $37NR

School Age

M/W or Tu/Th; 3 weeks: $48R / $54NR
Su; 4 weeks: $54R / $72NR
Su; 3 weeks: $30R / $36NR
Su; 4 weeks: $27R / $33NR

Parent/Tot/Preschool Age

M/W or Tu/Th; 3 weeks: $42R / $56NR
M/W or Tu/Th; 4 weeks: $56R / $74NR
Sa; 3 weeks: $36R / $48NR
Su; 4 weeks: $36R / $48NR

Preschool Age

M/W or Tu/Th; 4 weeks: $56R / $74NR
Sa; 3 weeks: $36R / $48NR
Su; 4 weeks: $36R / $48NR

Fees:

5/2-5/21: 3 weeks
4/4-4/30: 4 weeks
5/2-5/21: 4 weeks

Swim Lesson Fee and Session Information

Swim Lesson Fee and Session Information

AQUATICS

Looking for your favorite Active Adult art, educational or fitness class? Look for this icon throughout the catalog.

You can also find all of these classes on register.ssprd.org.

Connect on Facebook! facebook.com/groups/southsuburbanactiveadults

RTD Access-A-Ride 303.299.2960
Integrated Family Community Services 303.794.9608
Douglas County Senior Adult Services 303.914.4374
Douglas County Seniors’ Council 303.663.7881
Lone Tree Living and Aging Well Ad Hoc Committee 303.225.4930

swprd.org

South Suburban Parks and Recreation Spring 2022
ARTS / EDUCATION

THEATRE CLASSES
Step into the spotlight at youth or adult theatre classes including Acting with Imagination, Theatre Games, Youth Theatre, Theatre Troupe, Improv and Monologues, all designed to help you practice confidence and performance skills.

THEATRE PARKS TOUR SPRING 2022: AUDITIONS & REHEARSALS
Sign up for auditions for our spring theater production. Auditions are Saturday, March 26, 10 am - 12 pm at Buck Recreation Center. Students need a 60-second monologue memorized to perform for their audition. The performance will take place on Monday, June 6 at Buck Recreation Center.

ARTS AND CRAFTS
CRAFTS FOR ALL AGES
Let your creativity soar with hands on crafts including Recycled Creations, Stained Glass and more. Classes and one-day workshops available for adults, youth and parent tot.

DRAWING
Learn new skills and explore techniques and tools in drawing classes for all ages. Try your hand at Character Drawing, Draw & Paint, Drawing with Colored Pencils, Drawing with Pencil Studio, Drawing for Teens, Zentangle and more.

FELT DESIGN
Learn from a felt artist to create your own felt art inspired by Fashion Illustration and Flora and Fauna, or make Mother’s Day Felt Figures.

HOMESCHOOL ART PROGRAMS
These in-depth classes address art standards and explore a variety of media including drawing, painting, sculpture, collage, ceramics and printmaking.

ACTING

COOKING
COOKING FOR KIDS
Cooking helps build independence, persistence and confidence in students. Learn skills to use in the classroom and at home at a Saturday Treats Workshop.

COOKING FOR ADULTS
Classes are designed around the customer’s desires and include recipes, in-depth instruction and sampling of the completed dishes. This spring, delight in cuisines including Mediterranean and Tantalizing Thai or try the flavors of Springtime in Paris.

LEARN SOMETHING NEW
ANIME CLUB
Participants will create and cosplay pieces involving anime, comics, video games, manga, movies, and television.

CHESS
Beginner and intermediate players can have fun and grow with rules and strategy taught by a Master Chess Instructor at Chess Camp.

LECTURES: ART & HISTORY SERIES
Challenge your mind and learn new things at our Tesoro Cultural Center Art and History lectures including topics like Colorado history, Native American history, and much more!

CONTINUING INTERMEDIATE SPANISH
Build vocabulary to maximize communication in this ongoing class to improve fluency and listening skills.

TEA TASTINGS
Experience the ins and outs of different types of tea! Learn about growing regions and sample different kinds at a Green/White Teas tasting event or an Herbal Teas tasting event.

HUNTERS OF THE UNKNOWN PARANORMAL
Learn how to conduct paranormal investigations, including how to talk with clients, collect evidence, use equipment and more. Study orbs and other entities you may encounter, and how to reveal your findings to the client.

MUSIC
MUSIC FOR TOTS
Sing, dance and play! Enjoy interactive classes like Music Together and Crocodile Rock to lay the foundation for a lifetime of music appreciation.

FUN KEYS SEMI PRIVATE PIANO LESSONS
These fun lessons feature popular piano teaching methods with catchy rhythm, melodies and chord progressions that students love to practice.

CLAY

POTTERY
POTTERY
Pottery classes for all experience levels, from the very beginner to the experienced. Give this craft a spin with classes for Levels 1 – 3 and Goodson Pottery Studio Open Lab Time for adults, and Youth Pottery classes for young creators.

Spring Break Camps
Steal the spotlight at a Spring Break Acting Camp, get creative at a Spring Break Art Camp or enjoy STEM activities at a Science Matters Camp. View all camps and secure your spot at register.ssprd.org.
ADULT DANCE CLASSES

TAP - VARIOUS LEVELS
From beginners looking to learn something new to experienced dancers looking to practice and perform, South Suburban has a class for anyone ready to move their feet! Join the Ritz Tappers at any level from beginner to advanced to brush up on your skills and learn routines in classes tailored for older adults. Dancers ages 15+ can sign up for a beginning, intermediate or advanced Tap class to enjoy a vigorous, high energy and fun way to exercise. Experience requirements vary by class.

BALLETT & MORE
Various classes are available for dancers of all ability levels. Practice grace and strength in Ballet or beginners or continuing dancers, or explore the many benefits of Belly Dance. Kick up your heels in Line Dance, feel the rhythm in Reggae Vibrations, or move to your favorite songs in Jazz and Broadway! Appropriate attire and shoes are recommended for all classes, and requirements and locations vary by class.

YOUTH RECREATIONAL DANCE CLASSES

YOUNG DANCERS
Your little ones can move and groove at classes designed for dancers ages 1-5. Play and learn with your child at a Parent/Tot Dance class, or let them explore movement in fun classes like Creative Movement, Creative Dancers and Princess Dance!

BALLET / TAP
Learn the fundamentals of ballet in Pre-Ballet, or explore new skills in Ballet/Tap Combo classes. Groups range from ages 4-7 for these shorter dance sessions, lasting from 1-8 weeks.

HIP HOP
Groove to the beat while learning new skills and techniques. Students will learn Hip Hop moves while working on coordination, strength and teamwork. Group classes are available for ages 5-8, 6-8, and 9-12.

JAZZ / TAP
Explore the energetic styles of Jazz / Tap, which are often paired with jazz. Students ages 3-10 will focus on timing and technique while learning exciting dances and routines.

LYRICAL DANCE
Lyrical Dance is perfect for dancers with little dance experience, or anyone who wants to learn how to use movement to express emotions. Students ages 7-14 work on balance, technique and creativity.

CHEER / POMS
Practice fun routines with synchronized movements including group work, turns and jump sequences. Perfect for those who want to join a dance or pom team at school.

MUSICAL THEATRE JAZZ
Explore various musical theatre styles and learn dances inspired by the likes of Bob Fosse, Gene Kelly, Fred Astaire, Ginger Rogers, Cyd Charisse, and more. Experience the best of Broadway!

DANCE

ACADEMY OF DANCE
Academy of Dance classes offer challenging, comprehensive dance training designed specifically for students ages 3-16. Youth receive quality studio instruction in a fun and engaging setting at a fraction of the cost of other studio classes. Learn more at ssprd.org/Academy of Dance.

BALLETT
Instill grace, balance and confidence through Ballet. Classes and conditioning courses are available for dancers of all ages and abilities, from Level 1 to Level 4. Intensive Ballet / Tap combo classes are also available. Students must be able to follow instructions and show they are able to handle the physical requirements for their class level. Higher levels may require instructor permission to join.

HIP HOP
Grow with the beat while learning new skills and techniques. Students will learn Hip Hop moves while working on coordination, strength and teamwork. Group classes are available for ages 5-8, 6-8, and 9-12.

JAZZ / TAP
Explore the energetic styles of Jazz / Tap, which are often paired with jazz. Students ages 3-10 will focus on timing and technique while learning exciting dances and routines.

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MUSICAL THEATRE JAZZ
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LEAGUES

Esports National Leagues
Esports is dedicating a day to the grind at Esports National Leagues drop-in sessions! Stop by on Saturdays for 6-hour sessions to compete in leagues presented by some of the best tournament organizers in the world.

TOURNAMENTS

Esport Tournament Events
Compete to win prizes or prepare for larger events at a South Suburban Esports Tournament. Super Smash Bros. Ultimate Tournament, Apex Legends Tournament or Rocket League 2v2 Tournament. Rules, prizes and player age requirements vary depending on tournament.

Active Adults programs

South Suburban Parks and Recreation   Spring 2022

spprd.org
FITNESS / WELLNESS

GROUP FITNESS

CORE AND FUNCTIONAL TRAINING

Work on core muscles with MUTU Core and Pelvic Floor Training, and learn gentle corrective exercises for balance, strength and chronic pain relief in Functional Motion classes.

DROP-IN GROUP FITNESS CLASSES

Drop-in fitness classes are included with daily admission to any recreation center. Cardio, Strength, Cycling, Dance Aqua Fitness, Mind Body, SilverSneakers® and so much more! Visit ssprd.org/drop-in-fitness.html for times and locations.

SMALL GROUP TRAINING

Feel comfortable and get motivated with South Suburban’s group training sessions. Start with one of the free Equipment Orientations and gain strength with Women on Weights, TRX Boot Camp, Active Adult Weight Training, Triathlon Training and Commit to Get Fit.

PARKINSON’S FOUNDATIONS

This class is designed for anyone experiencing mobility, cognitive, balance, or coordination issues, including Parkinson’s, MS, TBI, stroke, or neuropathy. Each session focuses on exercises that will improve overall fitness, mobility, reflexes, voice strength, and balance, all in a fun and friendly atmosphere.

Free Equipment Orientations

Learn safe and proper use of a variety of cardiovascular and weight machines from a certified personal trainer. Ages 10-13 may attend with a registered adult.

HEALTH & WELLNESS

MASSAGE

Relax and recharge with our affordable massage packages. Available at Goodson Recreation Center. Schedule an appointment at 303.483.7080.

PERSONAL TRAINING

Achieve your goals through affordable training. South Suburban’s nationally certified trainers will provide safe, effective workouts designed for each individual’s needs. Adult, youth and group rates available.

PHYSICAL THERAPY

Receive an individualized treatment plan to help restore, maintain and optimize your activity. Doug Geistert, MPT, has more than 25 years of experience and specializes in orthopedic injuries, stroke and neurological rehabilitation.

WELLNESS WORKSHOPS & CLASSES

Focus on you this season. Learn how to create a nightly routine to achieve better sleep with our Better Sleep, Better You class. Come back to the present moment and help manage stress with our Mindfulness Based Stress Reduction course.

PILATES

PILATES 101

Pilates utilizes a unique system of simple yet challenging stretching and strengthening exercises that target the core. Suitable for all levels.

PILATES REFORMER

Pilates Reformer classes offered for the beginner to the advanced student. Try it out at Discover Pilates Reformer, then move to Reformer Level 1 and work your way up to Level 3. Reformer Fusion offers a mix of equipment, such as the Reformer, chair, springboard and more. Private Reformer sessions available as well.

SILVERSNEAKERS®, SILVER & FIT, RENEW ACTIVE/ONE PASS

INSURANCE BENEFIT PLAN ORIENATIONS

Get a general overview of the SilverSneakers, Silver & Fit, and Renew Active/One Pass programs and facility tours. All members are welcome.

SILVERSNEAKERS® CLASSES

A variety of SilverSneakers classes are offered at each of our recreation centers to help you meet your health and wellness goals. Classes are included with daily recreation center admission. Try SilverSneakers Circuit for a low-impact workout or SilverSneakers Classic with a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. SilverSneakers Yoga also available for all abilities.

PARKS & RECREATION

South Suburban Parks and Recreation

JIMMY K.

PRIVATE YOGA AND TAI CHI SESSIONS

Improve your yoga or tai chi practice in private sessions with our certified instructors. Contact your recreation center for appointments.

YOUTH YOGA

Increase energy, gain flexibility and improve your overall physical shape in a class that focuses on good health and stress management. All levels welcome.

YOGA WITH SUZANNE

Through poses, breath work, asanas and a lot of laughter, kids will learn the physical and mental benefits of yoga. For ages 6-12.

YOGA

Private Yoga and Tai Chi Sessions

Improve your yoga or tai chi practice in private sessions with our certified instructors. Contact your recreation center for appointments.

TAI CHI

Relieve stress, improve balance and promote physical and mental well-being with Tai Chi classes. Start with the beginning class and move your way up to advanced, and build confidence with Moving for Better Balance classes.

SILVER & FIT

Reformer Fusion offers a mix of equipment, such as the Reformer, chair, springboard and more.

Private Reformer sessions available as well.

PILATES REFORMER AT LONE TREE

Visit Lone Tree Recreation Center’s newly renovated Maple Room for a refreshing Pilates experience. Find classes and times at register.sspd.org.

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GOLF

FAMILY SPORTS GOLF COURSE

The 9-hole, par-31 executive golf course is perfect for those short on time, or those wanting to practice their short game. In addition to South Suburban’s PGA teaching staff, GOLFTEC provides individual outdoor lessons onsite at Family Sports Golf Course.

Family Sports Golf Course also features the Denver metro’s only heated and lighted double-deck driving range, open year round, late at night! Golfers enjoy infrared heaters while hitting range balls on cold days or nights. Adjacent to the driving range is an award winning short game practice area featuring two large practice greens, two bunkers and the ability to hit up to 75-yard-long pitch shots.

Avalanche Grill and Pro Shop
At the Avalanche Grill, catch your favorite sports on the big screen TV, watch the Colorado Avalanche practice on the ice below, or dine on the covered patio, overlooking the golf course.

Stop by the pro shop where our certified professional staff will guide you through your purchase to ensure you have the right equipment for your game. Family Sports enjoys a very low tax rate. We will also assist you in any warranty-related issue.

GOLF CAMPS & CLASSES

Adult Clinics
Up your game at Lone Tree and Littleton Golf Clinics designed for intermediate and advanced golfers. Topics include putting, chipping/ pitching, irons and driver. Clinics are one hour in length with an 8:1 student-to-teacher ratio.

Junior Golf Advanced Playing Camp at Family Sports
This golf program focuses on the full swing and short game. Students will learn basic fundamentals, safety and etiquette.

Family Sports GolfTEC Lessons
GOLFTEC gives lessons to every player from beginner to serious competitive golfers. They will develop a customized plan to fit your game, your learning style and your goals.

Start Smart Golf
Before your child steps out on the green, sign up for a Start Smart Golf program for ages 4-8 at Goodson or Lone Tree recreation centers. Players will enjoy fun activities while using specialized learning equipment and practicing the motor skills necessary to play golf.

Youth Learn to Play Clinics
All four courses offer Youth Learn to Play Golf Clinics. These clinics are designed to cover the basic golf fundamentals of grip, stance, full swing, short game and etiquette.

Range Card Programs
Range cards are a great way to save money and improve your golf game!

- Family Sports Golf Course
  - Purchase a $20 Range Card and receive $10 worth of range balls free.
  - Purchase a $100 Range Card and receive $55 worth of range balls free.
  - Purchase the Ultimate Range Card for $300 and receive $225 worth of range balls free.

- Littleton Golf and Tennis, Lone Tree Golf Club & Hotel, South Suburban Golf Course
  - Purchase a $70 card and receive $25 worth of range balls free.
  - Purchase a $140 card and receive $35 worth of range balls free.
  - Purchase a $175 card and receive $75 worth of range balls free.

South Suburban Parks and Recreation  Spring 2022
LICENSED CAMPS / PRESCHOOL

CAMPS

ADVENTURE DAY CAMP

Have a new adventure at Family Sports Center! During school and summer breaks, campers ages 6-13 can explore activities like laser tag, euro bungee, ice skating, mini golf and regular camp activities like crafts and sports.

CLUB CAMPS

Full day club camps offered during school and summer breaks at Goodson Recreation Center and Lone Tree Recreation Center offer a wide range of activities including arts and crafts, sports, science fun, group games, swimming and more for campers ages 5-10.

PRESCHOOL

To register for the following programs, contact the Registration office at 303.347.5999. New sessions begin monthly.

Camp and Preschool Registration Fees

Payment of annual registration fees is required to attend South Suburban licensed camps or preschool programs.

- The fee is $20 for licensed day camps; and $55 R/$65 NR for licensed child care and preschool programs.
- Visit register.ssprd.org to learn more about these fees and for more details about signing up for childcare, preschool and day camps.

PRE-SCHOOL / PRE-KINDERGARTEN

Children will socialize, develop self-esteem, engage in physical activities, improve verbal and listening skills, and work on math and reading readiness at this state-licensed preschool program. Half-day full class sessions available M/W/F or T/TH at Goodson Recreation Center and Lone Tree Recreation Center.

- Pre-Kindergarten - ages 3-5

EXTENDED DAY

An afternoon of activities in a less structured preschool setting where kids ages 5-10 can explore arts and crafts, sports, science fun, outside time and more. Sessions offered M/W/F or T/TH.

LICENSED CAMPS / PRESCHOOL

ADULT NATURE

CERTIFIED INTERPRETIVE GUIDE WORKSHOP

Earn the respected title of Certified Interpretive Guide (CIG) to increase your skills and open doors in your career. Take a professional certification course, offered in partnership with the National Association for Interpretation.

GUIDED HIKES

Join a naturalist guide for hikes at regional parks and trails in winter conditions. Travel 3 to 6 miles on snowshoes with moderate elevation gain, at elevation. Learn guidelines for safety in winter mountain conditions and how to see the clues of wildlife and plants tolerating winter. Transportation is provided. Participants bring their own gear. Also bring snacks, a sack lunch, and plenty of water. Experience the beauty of winter on Backcountry Snowshoe or Cross Country Ski trips.

NATURETEENS

South Platte Park’s Natureteen program is a summer volunteer experience designed to foster leadership skills, mentoring roles, and job skills for youth ages 14-18. Most shifts include outdoor leadership and guidance for children in nature programs and camps.

SINGLE DAY CLASSES & EVENTS

Explore, learn and play at South Platte Park! Try your hand at primitive skills at Quest for Fire or Hunting on the Prairie workshops, or learn how to make your own bow drill at The Bow Drill: Start to Finish. Learn the basics and get your feet wet at Fly Fishing for Kids, and discover the outdoors at Nature for Newbies or Geocaching.

FAMILY NATURE

ASTRONOMY

Explore a moonside forest by moonlight on a Full Moon Walk, and experience an eclipse at the Total Lunar Eclipse Star Party.

FAMILY HIKES & WALKS

Discover unique wildlife, plants and more on family friendly adventures. Catch a glimpse of protected wildlife at a Cooley Lake Nature Walk, or celebrate your mom on the Mother’s Day Walk.

HORSEBACK RIDING

Learn or improve skills from grooming to cantering in horseback lessons for riders of all ability levels. Aspiring riders ages 5-7 can build confidence in the Kiddie Corral, and riders ages 8+ can gain more experience in a group setting. Horseback Riding course.

NATURE VAN, FIELD TRIPS & HOMESCHOOL OPPORTUNITIES

South Platte Park can bring our nature van to your school playground or community meeting to provide a hands-on natural science experience. You can also book a field trip to the South Platte River for an adventure that aligns with your curriculum standards! Visit ssprd.org/nature to learn more and start planning your adventure!
SPORTS

ARCHERY
ARCHERY CLASSES & CAMPS
From weekly beginner classes to week long camps, archers ages 8+ can develop skills with recurved, compound and crossbows with a certified instructor and range coach. This spring, South Suburban is offering Indoor Beginner Drop-in and Explore Archery options.

WILDLIFE WATCHING
BIRDING
Calling all birders! Classes, hikes and events are available for birders of all abilities. Whether you’re just starting out or you’re looking to expand your skills and knowledge, there are single day and weekly activities offered all season long. Paddle silently past herons and ducks during the popular Sunset Canoeing or join other enthusiasts at Wednesday Birding or Birdwatching for Beginners.

OTHER WILDLIFE
Join other animal enthusiasts of all ages to see native wildlife at various events in South Platte Park. Join naturalists for guided adventures to see owls, crows and ravens at A Murder in the Park, experience Eagle Power, or learn about Great Horned Owls.

CHILDREN’S NATURE
SPRING BREAK NATURE CAMP
Delight in a half day adventure packed with nature encounters. Different activities each day include nature play, finding wildlife, hiking and warm-up indoors with games and crafts.

SPORTS
BASKETBALL
BASKETBALL CLINICS & CAMPS
Players ages 4-12 can practice basic basketball skills at a Swisher Basketball Clinic, and players ages 6-15 can learn from experienced coaches at Nothing But Net Basketball Camp. For youth and adult league information, see pages 28-29.

BMX
CHAMPS CAMP
Riders ages 5-12 can discover BMX skills in this exciting BMX Champs Camp, held on our sanctioned BMX track.

PRIVATE LESSONS
Is your child having trouble mastering one or more gymnastics skills? Private, semi-private and small group lessons are available for all ages and ability levels. Call 303.483.7085 or email kborawa@ssprd.org to request a coach.

GYNMASTICS
C.A.R.A. COMPETITIVE TEAMS
South Suburban partners with the Colorado Association of Regional Athletics (C.A.R.A.) to offer this girls competitive program. For more information, call 303.483.7083 or email sparks@ssprd.org.

DROP-IN GYMNASICS
Enjoy extracurricular time or burn off excess energy at Drop-In Gymnastics! Trained staff supervise sessions, but do not offer instruction or structured activities. Learn more and view schedules at register.ssprd.org.

GYMNASTICS CLASSES
Various levels of instruction offered for gymnasts ages 6-11, from Beginner to Advanced. Active little ones ages 1-6 can jump, tumble, learn and explore at gymnastics programs including Mighty Munchkins, Tiny Tots, Tumble Bugs, Jumping Juniors, Tumble Tykes and Kindermastics. New gymnastics sessions begin week of Feb. 28 and May 2.

Nature Program Scholarships
Scholarships are available for South Suburban Nature and Outdoor Recreation programs! The scholarships are made possible by donations to the Carson Nature Center. Visit ssprd.org/scholarships to learn more and apply.

PRIVATE LESSONS
Is your child having trouble mastering one or more gymnastics skills? Private, semi-private and small group lessons are available for all ages and ability levels. Call 303.483.7085 or email kborawa@ssprd.org to request a coach.

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Spring Break Sports Camps
Stay active and make new friends at a South Suburban Spring Break Camp! Fly over a day in Gymnastics Camp, shoot hoops at a Nothing But Net Basketball Camp and more! Learn more and secure your spot at register.ssprd.org.
ICE SKATING

ADULT LEARN TO SKATE
Beginner, Intermediate and Advanced ice skating lessons for skaters ages 18+.

YOUTH LEARN TO SKATE
From Parent Tot to Advanced Freeskate and everything in between for ice skaters ages 2-17. Beginners can develop basic skills in Learn to Skate levels, and experienced skaters can learn even more in Freestyle and Ice Dancing classes.

HOCKEY
For adult hockey information visit ssprd.org/Adult-Ice-Hockey
For youth hockey information visit ayhl.com

LEARN TO SKATE - HOCKEY
Beginner to advanced hockey skills for players ages 4-17. Tots (4-6) can gain basic skills in Hockey Pre levels 1-3 and Mighty Mites, and skaters ages 7-17 can develop their skills through more advanced techniques in Hockey levels 1-6.

MARTIAL ARTS

AIKIDO, KARATE & TAE KWON DO
Practice self-defense, discipline and other essential skills at one of South Suburban’s many martial arts classes for all ages and abilities. Different levels offered for Aikido, Colorado Budokan Karate, ISKF Colorado Karate, Tae Kwon Do and Self-Defense classes.

MULTISPORT

MULTISPORT CHAMPS CAMP
Campers will participate in fun drills, activities, and games that teach the basic sport fundamentals of soccer, kickball, flag football and T-ball/baseball/softball.

SUPER STARS
Not sure what sport your little one likes best? Try them all in this fun class! Activities include soccer, hockey, tee ball, track & field, mini golf, volleyball, lacrosse, flag football, kickball and more.

PICKLEBALL

CLINICS, CAMPS & DROP-IN
Meet new friends and ace your game at a Pickleball Clinic, Boot Camp, or Drop In Pickleball at various indoor and outdoor locations across the District! View drop-in schedules at ssprd.org/pickleball.

LACROSSE

CLINICS & CAMPS
Learn basic skills through drills and games at a New Player Lacrosse Clinic, or hone your skills at a Lacrosse Camp.

SOCcer

PROGRAMS & CAMPS
Learn coordination, teamwork and perseverance at soccer programs for players 12 and under. Various levels are offered for Boom Soccer and Colorado Soccer Buddies, and players can learn even more at a Soccer Instruction class.

ROCKIN’ ON THE RIVER 5K
Take in the view along the beautiful South Platte River on the Mary Carter Greenway for this annual 5K, which starts and ends at the Hudson Gardens Event Center on April 10, 2022.

41ST ANNUAL HIGH LINE CANAL RUN
A local favorite! Runners of all ages and abilities are invited to participate in the 41st Annual High Line Canal 5K and 10K along the scenic High Line Canal Trail on May 7, 2022.

C.A.R.A. Spring Track
Competitors ages 6-15 can develop skills for different track events while working on running form, speed, distance and endurance in this spring track program!

Tennis

New Temporary Tennis Facility
In March 2022, the former South Suburban Ice Arena will be converted to hold four new tennis courts. This is a temporary solution and will only be open for the duration of the construction of the new Littleton Tennis Bubble.

Only District programming and private lessons will take place at this facility. A separate spring registration will go live in February with tennis class offerings for March, April and May.

Visit ssprd.org/raceseries to learn more and register for South Suburban races!
Register for all adult/youth leagues at southsuburbansports.com

### 2022 ADULT SPORTS LEAGUES

<table>
<thead>
<tr>
<th>Sport</th>
<th>Season</th>
<th>Registration Range</th>
<th>League Starts</th>
<th>Fees</th>
<th>Games</th>
<th>Types of Leagues</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arena Soccer</td>
<td>Spring</td>
<td>Feb 7 - Apr 1</td>
<td>Apr 3</td>
<td>$950</td>
<td>9 + playoffs</td>
<td>Men’s A/20+, Coed A/B/20+, Women’s A/B</td>
</tr>
<tr>
<td>Basketball</td>
<td>Spring</td>
<td>Jan 17 - Mar 14</td>
<td>Mar 21</td>
<td>$575</td>
<td>8 + playoffs</td>
<td>Women’s, Men’s Rec, Men’s Comp &amp; Men’s Open</td>
</tr>
<tr>
<td>Field Lacrosse</td>
<td>Spring</td>
<td>Feb 7 - Mar 25</td>
<td>Apr 3</td>
<td>$930</td>
<td>7 + playoffs</td>
<td>Men’s</td>
</tr>
<tr>
<td>Flag Football</td>
<td>Spring</td>
<td>Jan 1 - Feb 6</td>
<td>Feb 13</td>
<td>$625</td>
<td>5 + playoffs</td>
<td>Men’s</td>
</tr>
<tr>
<td>Pickleball</td>
<td>Spring</td>
<td>Feb 14 - Apr 8</td>
<td>Apr 18</td>
<td>$130</td>
<td>10 games</td>
<td>Mixed Doubles, Men’s Doubles, Women’s Doubles</td>
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<td>$150</td>
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<tr>
<td>Racquetball</td>
<td>Spring</td>
<td>Jan 24 - Feb 25</td>
<td>Mar 15</td>
<td>$49</td>
<td>8 weeks +</td>
<td>Intermediate &amp; Advanced</td>
</tr>
<tr>
<td>Softball</td>
<td>Spring</td>
<td>Jan 24 - Mar 7</td>
<td>Mar 14</td>
<td>$505</td>
<td>6 + playoffs</td>
<td>Men’s Rec, Men’s E, Men’s Open, Coed D, Coed E</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Spring</td>
<td>Feb 21 - Mar 29</td>
<td>Apr 4</td>
<td>$195</td>
<td>14 + playoffs</td>
<td>Coed 4v4</td>
</tr>
</tbody>
</table>

### 2022 YOUTH SPORTS LEAGUES

<table>
<thead>
<tr>
<th>Sport</th>
<th>Ages</th>
<th>Season</th>
<th>Registration Range</th>
<th>Practice Start (week of)</th>
<th>Games Start (week of)</th>
<th>Fees (R/NR)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>5th - 8th</td>
<td>Spring</td>
<td>Jan 1 - Mar 18</td>
<td>N/A</td>
<td>Apr 1</td>
<td>$90/$115</td>
</tr>
<tr>
<td>Basketball Team Registration</td>
<td>5th - 8th</td>
<td>Spring</td>
<td>Jan 1 - Mar 18</td>
<td>N/A</td>
<td>Apr 1</td>
<td>$900</td>
</tr>
<tr>
<td>CAHA Volleyball</td>
<td>2nd - 4th</td>
<td>Spring</td>
<td>Jan 1 - Mar 4</td>
<td>Apr 2</td>
<td>Apr 9</td>
<td>$60/$72</td>
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<tr>
<td></td>
<td>5th - 12th</td>
<td>Spring</td>
<td>Jan 1 - Mar 4</td>
<td>Apr 2</td>
<td>Apr 9</td>
<td>$75/$87</td>
</tr>
<tr>
<td>Field Lacrosse</td>
<td>K - 1st</td>
<td>Spring</td>
<td>Nov 15 - Jan 31</td>
<td>Feb 28</td>
<td>Mar 19</td>
<td>$185/$105</td>
</tr>
<tr>
<td></td>
<td>4th - 12th</td>
<td>Spring</td>
<td>Nov 15 - Jan 31</td>
<td>Feb 28</td>
<td>Mar 19</td>
<td>$200/$150</td>
</tr>
<tr>
<td>Flag Football</td>
<td>K - 3rd</td>
<td>Spring</td>
<td>Jan 1 - Mar 13</td>
<td>Mar 21</td>
<td>Mar 26</td>
<td>$75/$90</td>
</tr>
<tr>
<td></td>
<td>4th - 12th</td>
<td>Spring</td>
<td>Jan 1 - Mar 13</td>
<td>Mar 21</td>
<td>Mar 26</td>
<td>$185/$100</td>
</tr>
</tbody>
</table>

Register for all adult/youth leagues at southsuburbansports.com

### 2022 SOFTBALL TOURNAMENT SCHEDULE

<table>
<thead>
<tr>
<th>Title</th>
<th>Division’s</th>
<th>Fee</th>
<th>Date</th>
<th>For more Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ducks on the Pond</td>
<td>Mens D Rec</td>
<td>$200</td>
<td>Jun 4</td>
<td>southsuburbansports.com</td>
</tr>
<tr>
<td>Grand Slam</td>
<td>Mens D</td>
<td>$200</td>
<td>Jul 16</td>
<td>southsuburbansports.com</td>
</tr>
</tbody>
</table>

Register for all adult/youth leagues at southsuburbansports.com

### WEATHER HOTLINE
South Suburban has a weather hotline: 303.219.1150.
Download the free app RainoutLine
Search: SSPRD rainoutline.com
STAR Field Day: Enjoy a day of bowling and goofing around in the safety of your own home.

CREATIVE CRAFTS
Create, express, and enjoy yourself as you build skills in various art mediums, from canvas painting to clay work.

VIRTUAL GAMES
Be a Super STAR and meet your friends online while having fun playing a variety of interactive games in the safety of your own home.

PROGRAMS

AQUA EXERCISE
Work on a variety of exercises including range of motion, cardio and more in the warm water therapy pool. Must be able to swim in five feet of water.

CREATIVE CRAFTS
Create, express, and enjoy yourself as you build skills in various art mediums, from canvas painting to clay work.

GYM GAMES
Enjoy being active as you play a variety of fun, creative games and sports each week.

MUSIC & DANCE
Improve your music skills and express yourself through the medium of music! Play the drums, rhythm sticks, and a wide arrange of musical instruments during the music portion, and learn choreographed dances in the dance portion.

TURF FIELD GAMES
Enjoy the new South Suburban Sports Complex turf fields playing a variety of games. Try soccer, softball, and tag!

VIRTUAL GAMES
Be a Super STAR and meet your friends online while having fun playing a variety of interactive games in the safety of your own home.

DANCES
Dance and listen to the DJ play your favorite tunes each month. Meet old friends and make new ones. Enhance the fun by dressing according to each monthly theme. Dances are held the third Friday of every month.

STAR TRIPS AND TOURS
Enjoy fun outings with friends on STAR trips and tours this spring! Visit the Conservation Center and learn about our ecosystem on a guided wagon tour at the Plains Foothills Animal Shelter. Enjoy fun outings with friends on STAR trips and tours this spring! Visit the monthly theme. Dances are held the third Friday of every month.

EVENTS

South Suburban Therapeutic Adaptive Recreation

South Suburban Parks and Recreation Spring 2022

LETS CELEBRATE YOU!
Choose how to enjoy your special day with unique birthday packages at locations across South Suburban. Planning your celebration with us is a piece of cake!

Art Parties
Celebrate your birthday with a creative twist! Art parties for kids or adults include a room and art activity instruction. Choose from dance, clay, painting, cupcake decorating or the Creativity Lab.

Colorado Journey Mini Golf
Explore the wonders of Colorful Colorado and make your birthday a hole-in-one. Choose from a variety of mini golf party packages including 18 holes, a reserved party area and more.

County Line BMX
Riders, get ready to race! Hit the track with an adventurous BMX birthday party, including exclusive track access and a sheltered picnic table area for festivities.

Family Sports Center
There’s something for everyone at a Family Sports Center party, from ice skating and laser tag to arcade games and a rock climbing wall.

Gymnastics
Have a blast at a fun and energetic gymnastics party! Enjoy the obstacle course, foam pit, trampoline, parachute activities and games.

Nature
Welcome, explorers! Celebrate in the great outdoors with a nature birthday party, including naturalist-guided programs on creepy crawlies, river treasures, geocaching and more.

Pool Parties
Make a splash on your special day! Pool parties are available year-round at Lone Tree or Buck’s indoor pools, or plan a summer party at one of South Suburban’s four outdoor pools.

Sports Dome
Lace up your skates or cleats and get ready to have some fun! Choose from ice, turf field or basketball court party packages, including party room space.

Sports Complex
Lace up your skates or cleats and get ready to have some fun! Choose from ice, turf field or basketball court party packages, including party room space.

Tennis
Ace your special day with a tennis party, great for guests of all ages and abilities. Enjoy a court rental, instruction from a tennis pro, and food and beverage options.

Learn more at ssprd.org/birthdays

South Suburban Parks and Recreation Spring 2022
Hey YOU! Yeah YOU!
Need a job?
Part-time, flexible hours, sweet perks and some money in your pocket.
It doesn’t get better than that.
Check out your options at careers.ssprd.org

We need:
Lifeguards • Swim Instructors • Customer Service Representatives • Ride Attendants
Party Hosts • Skate Hosts • Mini Golf Attendants • Batting Cage Attendants
Site Supervisors • Youth Sports Instructors • Youth Sports Officials
Gymnastics Instructors • Golf Cart Attendants • Golf Maintenance
Concessionaires • Kitchen Staff • Park Interpreter
Park Birthday Party Hosts • Custodial