

SOUTH SUBURBAN

WINTER 2023/24

SSPRD.ORG

303.347.5999

DECEMBER 1-FEBRUARY 29

AQUATICS

PRE-K

FITNESS

PAINTING



**SOUTH
SUBURBAN**
PARKS & RECREATION



#ExploreSSPRD



Experience the *holiday magic* like never before
with two new, spectacular LIGHT SHOWS!

November 24-December 31.....
Hudson Holidays &
LIGHT UP THE NEW YEAR..... January 2-28

Free photos with Santa during Hudson Holidays | Warm beverages & cocktails for purchase
Tickets on sale now | Group tickets available | Low sensory nights Dec. 10 & Jan. 11

HudsonGardens.org/Holidays



Stay in the Game
with South Suburban
Newsletters

Enjoy exclusive offers and the latest updates
about the facilities and programs you love.
From sports and races to art and nature,
choose the newsletters that interest you!



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TheSSPRD

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WINTER SALE: SAVE BIG WITH THE BEST RECREATION CENTER DEALS OF THE YEAR

Save on your favorite fitness amenities, personal training sessions and more during South Suburban's Winter Sale!

Purchase Winter Sale deals as gifts or for yourself and ring in the new year with an affordable fitness routine. Discounted annual passes, punch cards, personal training sessions and Pilates Reformer sessions will be available for purchase online at register.ssprd.org or at any of South Suburban's recreation centers from Dec. 1-Jan. 3.

BUCK, GOODSON AND LONE TREE RECREATION CENTERS:

\$50 off Youth, Senior and Adult Annual Passes

\$100 off Household Annual Passes

10% off 20 Admission Punch Cards

10% off 10 Packs of 60-Minute Personal Training and Private Reformer packages

**Buck, Goodson and Lone Tree annual passes may be auto-debited over the course of three consecutive months.*

SHERIDAN RECREATION CENTER:

10% off all Annual Passes and 20 Admission Punch Cards



HOLIDAY WELLNESS TIPS: FIND YOUR AWE-SOME

The holidays bring food, festivities and gifts, but oftentimes can also bring stress. South Suburban and Great Outdoors Colorado Generation Wild encourage you to find your awe this season – something that shifts attention away from yourself and makes you feel part of something greater.

Need some inspiration? Spend time in nature and visit expansive landscapes. Join an adult hike, ski or snowshoe trip to the mountains, learn birdwatching skills, take full moon walks, or seek bald eagles on a guided walk.

"Time in nature is not just fun, it can seriously improve your mood and physical health," said South Platte Park Manager Skot Latona. "Even a walk to the lake to check out the latest wildlife improves your cardiovascular health, uses all your senses and creates new neuropathways, adds joy and awe to your day, helps escape stress and anxiety, metabolizes vitamin D, and much more."

Studies have shown that people who experience awe-inspiring moments have a more positive mood and sense of well-being, increased feelings of social support, a more balanced view of personal strengths and weaknesses, and even decreased inflammation.

Remember to take time for yourself and get outdoors, whether it's a visit to the Carson Nature Center or a walk around your block. For more awe-inspiring ideas, visit ssprd.org/nature.

Tips for getting started:

- Start somewhere familiar like a neighborhood park or trail.
- Choose to not always have a destination. Ambling without a goal has been found to allow your mind to relax and notice more.
- Go with a guide. A trained naturalist can help you find and understand more of what is happening around you and enhance your comfort level.

**SPRING 2024 REGISTRATION
BEGINS JAN. 16**



COMMITMENT TO SUSTAINABILITY

South Suburban is committed to sustainability and stewardship of the environment through conservation measures that reduce water and energy usage, improve the natural environment, protect natural resources, and provide significant savings to the District and its residents. Learn more about sustainability at South Suburban at ssprd.org/sustainability.

Here's a snapshot of our sustainability in action!

- 4,000,000 gallons of water (and mowing and fertilizer costs) saved annually by replacing 270,000 square feet of grass with synthetic turf.
- 80% of the electric costs for the Goodson, Buck, and Lone Tree recreation centers and 55% of the electric costs of five irrigation pumps are provided by District-owned and leased solar panels.
- The District recycles 100,800 pounds of material each year. That's nearly one ton per week!
- 5,500 pounds of electronics were recycled in 2022.

- 1,100 Christmas trees were recycled for mulch used across the District in 2023.
- 41 gas powered lawn equipment replaced by electric equipment in 2023 with grant funding from the Regional Air Quality Council's Mow Down Pollution Program.



JUMPSTART JANUARY FITNESS CHALLENGE

Jumpstart your 2024 fitness journey and win prizes during the Jumpstart January fitness challenge! Grab a challenge card from the front desk at your recreation center, then earn initials from staff for each fitness class or personal training session you complete between Jan. 8-31. Once your card is full, turn it in at the front desk by Jan. 31 for your chance to win!



South Suburban Parks and Recreation Winter 2023/24

WINTER BREAK CAMPS

Have fun and learn something new during winter break at South Suburban camps! Activities at full-day camps include games, crafts, swimming or ice skating, depending on location. Campers can also explore their favorite activities or discover new interests at one of our specialty sports, nature, arts or enrichment camps.

Visit register.ssprd.org to view a full list of camps and secure your spot.

Full-day licensed camps are available at Buck and Goodson recreation centers, Family Sports Center and the Sports Complex from Dec. 26-29 and Jan. 2-5 from 8 am-5 pm.

HUDSON HOLIDAYS Nov. 24-Dec. 31

LIGHT UP THE NEW YEAR Jan. 2-28 Hudson Gardens

Experience the holiday magic like never before! Hudson Gardens & Event Center will dazzle you with two brand new, spectacular light shows. Kick off your holiday season with Hudson Holidays, featuring never-before-seen light installations like a cathedral comprised of thousands of LED lights. Brighten up 2024 with us as the exhibit transforms into the Light Up the New Year show that includes vibrant displays, a laser garden and upbeat music.

Tickets available at: hudsongardens.org/holidays



PARENTS NIGHT OUT Various Dates Goodson & Lone Tree Recreation Centers

Parents can take the night off while kids enjoy a movie, pizza and popcorn. Winter movie nights will be held at Goodson Recreation Center on Dec. 8, Jan. 12, Feb. 9 & March 1, and at Lone Tree Recreation Center on Dec. 1, Jan. 5, Feb. 2 & March 1.



COCOA AND DONUTS WITH SANTA

Dec. 2 Buck Recreation Center

Santa is visiting Buck Recreation Center to share goodies and holiday cheer! This event is sponsored by the Littleton Rotary, and includes snacks, cocoa and photos with Santa.



36TH ANNUAL CRAFT FAIR

Dec. 2 Goodson Recreation Center

Shop for one-of-a-kind gifts and browse work from local artists! A variety of handmade items will be featured, including pottery, jewelry, holiday items and more from Colorado artisans. Admission and parking are free.



POLAR PARTY

Dec. 8 Lone Tree Recreation Center

Enjoy a family-friendly holiday outing with crafts and an opportunity to have your picture taken with Santa. Beverages and snacks will be available, along with plenty of holiday cheer!



HOLIDAYS ON ICE

Dec. 15-17 Sports Complex & Family Sports Center

Experience holiday magic at South Suburban ice events! Glide on the ice with Santa and his elves at Skate with Santa events. Enjoy free holiday figure skating shows at the Sports Complex or Family Sports Center throughout the weekend.



RACE SERIES: SUPER SUNDAY FUN RUN 5K

Feb. 11 Mary Carter Greenway

Are you ready for some... running? Bring the entire family to run or walk before the big game and enjoy a post-race party at Breckenridge Brewery Farmhouse. Runners and walkers of all ages and abilities are invited to join this event. Wear your favorite team jersey!



SOMEONE SPECIAL DANCE

Feb. 16 Goodson Recreation Center

Dress to impress and get ready to groove at the annual Someone Special Dance. Kids can bring their favorite parent or guardian for a night of dancing, arts and crafts, light refreshments and a photo booth.



CONSTRUCTION ZONE

South Suburban completed improvements to five neighborhood parks in 2023, aligning with the organization's 2022 Master Plan Update priorities. Additionally, Lone Tree Golf Club & Hotel's new entrance is a fresh welcome to the public, who can also enjoy upgraded hotel bathrooms. The opening of the new Sports Dome and Littleton Golf and Tennis clubhouse wrapped up a busy season of improvements. For updates on all planning and construction projects at South Suburban, visit gameplan.ssprd.org.



Park Improvements

Neighborhood parks received new recreation amenities in 2023. Playgrounds and shade pavilions were upgraded at Abbott, Cherry, Linksview and Little Dry Creek parks in Centennial, as well as Lonesome Pine Park in Acres Green. A new pickleball facility with six outdoor lighted courts opened at the Lone Tree Recreation Center.



Lone Tree Pickleball Courts

2024 UPCOMING PROJECTS

- ▶ **Columbine Manor Park**
Town of Columbine Valley
New playground, concrete access path, pump track and shade pavilion.
- ▶ **Fairways at Lone Tree Park**
Lone Tree
New playground, shade pavilion, san-o-let enclosure and landscape improvements.
- ▶ **Harlow Park**
Littleton
New playground, shade pavilion and park benches.
- ▶ **High Line Canal Bridge Replacement at Elati Street**
Littleton
Larger bridges, benches and landscape improvements.
- ▶ **Reynolds Landing**
Littleton
Enhanced recreation opportunities, in-river and trail improvements.
- ▶ **TrailMark Park Playground**
Littleton
New playground and accessible routes.

Lone Tree Golf Club & Hotel

Hotel guests and golfers alike will notice the new modern facility entrance with improved ADA access. The parking lot was also renovated to provide better drainage during inclement weather. Six hotel bathrooms were completely renovated, along with repairs to the balconies featured in some rooms.



Sports Dome

Indoor classes, leagues and rentals are back at the new Sports Dome! The old air-supported structure was replaced with a pre-engineered metal building that features new synthetic turf, offices and restrooms. A public Touch-A-Truck celebration was held on Oct. 7, featuring oversized vehicles, youth sports activities and free giveaways.





FACILITIES

RECREATION AND COMMUNITY CENTERS

DOUGLAS H. BUCK COMMUNITY RECREATION CENTER

- 📍 2004 W. Powers Ave., Littleton
- 🌐 ssprd.org/Buck-Recreation-Center
- ☎ 303.797.8787

GOODSON RECREATION CENTER

- 📍 6315 S. University Blvd., Centennial
- 🌐 ssprd.org/Goodson-Recreation-Center
- ☎ 303.798.2476

LONE TREE RECREATION CENTER

- 📍 10249 Ridgeway Cir., Lone Tree
- 🌐 ssprd.org/Lone-Tree-Recreation-Center
- ☎ 303.708.3500

SHERIDAN RECREATION CENTER

- 📍 3325 W. Oxford Ave., Sheridan
- 🌐 ssprd.org/Sheridan-Recreation-Center
- ☎ 303.761.2241

LONE TREE HUB

- 📍 8827 Lone Tree Pkwy., Lone Tree
- 🌐 ssprd.org/The-Lone-Tree-Hub
- ☎ 720.245.2601

RESTAURANTS

AVALANCHE GRILL

- 📍 Family Sports Center
6901 S. Peoria St., Centennial
- 🌐 golf.ssprd.org/Avalanche-Grill
- ☎ 303.754.0544

CENTENNIAL GRILL

- 📍 Littleton Golf and Tennis
5800 S. Federal Blvd., Littleton
- 🌐 golf.ssprd.org/Centennial-Grill
- ☎ 303.795.7466

LONE TREE GRILL

- 📍 Lone Tree Golf Club & Hotel
9808 Sunningdale Blvd., Lone Tree
- 🌐 golf.ssprd.org/Lone-Tree-Grill
- ☎ 303.790.0202

SOUTH SUBURBAN GOLF COURSE BAR AND GRILL

- 📍 South Suburban Golf Course
7900 S. Colorado Blvd., Centennial
- 🌐 golf.ssprd.org/South-Suburban-Bar-Grill
- ☎ 303.770.1882

SOUTH SUBURBAN SPORTS COMPLEX GRILL

- 📍 4810 E. County Line Rd., Littleton
- 🌐 ssprd.org/Sports-Complex
- ☎ 303.798.7515

ENTERTAINMENT & SPORT FACILITIES

FAMILY SPORTS CENTER AND MINI GOLF

- 📍 6901 S. Peoria St., Centennial
- 🌐 ssprd.org/Family-Sports-Center
- ☎ 303.708.9500

SOUTH SUBURBAN SPORTS COMPLEX

- 📍 4810 E. County Line Rd., Littleton
- 🌐 ssprd.org/Sports-Complex
- ☎ 303.798.7515

SPORTS DOME

- 📍 6959 S. Peoria St., Centennial
- 🌐 ssprd.org/Sports-Dome
- ☎ 303.754.0541

COUNTY LINE BMX

- 📍 David A. Lorenz Regional Park
8560 S. Colorado Blvd., Centennial
- 🌐 ssprd.org/County-Line-BMX
- ☎ 303.798.7515

CORNERSTONE BATTING CAGES

- 📍 5098 S. Windermere St., Littleton
- 🌐 ssprd.org/Batting-Cages-at-Cornerstone-Park
- ☎ 303.797.3796

COLORADO JOURNEY MINI GOLF

- 📍 5150 S. Windermere St., Littleton
- 🌐 ssprd.org/Colorado-Journey
- ☎ 303.734.1083

NATURE FACILITIES

HUDSON GARDENS & EVENT CENTER

- 📍 6115 S. Santa Fe Dr., Littleton
- 🌐 hudsongardens.org
- ☎ 303.797.8565

SOUTH PLATTE PARK AND CARSON NATURE CENTER

- 📍 3000 W. Carson Dr., Littleton
- 🌐 ssprd.org/Nature
- ☎ 303.730.1022



Hudson Gardens

For more amenity, admission rates, facility rentals and holiday hours information, please visit ssprd.org.

OUTDOOR SWIMMING POOLS

BEN FRANKLIN POOL

- 1600 E. Panama Dr., Centennial
- ssprd.org/Ben-Franklin-Pool
- 303.798.5922

COOK CREEK POOL

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

HARLOW POOL

- 5151 S. Lowell Blvd., Littleton
- ssprd.org/Harlow-Pool
- 303.798.6269

HOLLY POOL

- 6651 S. Krameria Way, Centennial
- ssprd.org/Holly-Pool
- 303.770.0333

GOLF COURSES

LONE TREE GOLF CLUB & HOTEL

- 9808 Sunningdale Blvd., Lone Tree
- golf.ssprd.org/Lone-Tree-Golf-Club-Hotel
- 303.799.9940

FAMILY SPORTS GOLF COURSE

- 6901 S. Peoria St., Centennial
- golf.ssprd.org/Family-Sports-Golf
- 303.649.1115

SOUTH SUBURBAN GOLF COURSE

- 7900 S. Colorado Blvd., Centennial
- golf.ssprd.org/South-Suburban-Golf-Course
- 303.770.5500

LITTLETON GOLF AND TENNIS CLUB

- 5800 S. Federal Blvd., Littleton
- golf.ssprd.org/Littleton-Golf-and-Tennis-Club
- 303.794.5838

TENNIS

HOLLY TENNIS CENTER

- 6651 S. Krameria Way, Centennial
- ssprd.org/Tennis
- 303.771.3654

SOUTH SUBURBAN ICE ARENA - TENNIS

- 6580 S. Vine St., Centennial
- ssprd.org/Tennis
- 303.996.5474



TENNIS CENTER AT LONE TREE GOLF CLUB & HOTEL

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



REGISTER ONLINE

The easiest way to register for South Suburban classes and programs is online! Visit register.ssprd.org and click on "catalog" to find your favorite class and register.

REGISTRATION OFFICES

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

Hours: Mon-Thu 7:30 am–6 pm
Fri 7:30 am–5 pm
Sat 9 am–1 pm

Call the registration office at 303.347.5999.

Athletics league registration is located at the South Suburban Sports Complex, 4810 E. County Line Road, Littleton, CO 80126.

Hours: Mon-Fri 8 am–5 pm

To learn more about athletics leagues call 303.798.7515 or visit southsuburbansports.com

REFUNDS/CANCELLATIONS

Refunds or transfer must be requested and approved at least 3 full business days before the scheduled start of the activity. A full refund of the class cost will be issued as an account credit. If we cancel the class, no fees will be assessed. There is a \$5 service charge per class, per individual to refunds on a credit card. Cancellations made less than three days prior to the class start date may not be eligible for a credit or refund. There are specific programs with 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 physically, mentally or emotionally hurt another person. 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 discrimination against any patron or volunteer on the basis of race, color, sex, age, national origin, ancestry, genetic information, disability, religion, sexual preference or orientation, gender identity or expression, marital or military status, pregnancy, childbirth and related medical conditions, political affiliation, or any status protected by state or federal 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/or 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.

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 the District Address Search function on ssprd.org to learn if you live 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.

SCHOLARSHIPS

Scholarships are available for qualifying residents to use District facilities and participate in programs. To learn more about requirements and request an application, call the Registration Office at 303.347.5999 or visit ssprd.org/scholarships.



ACTIVE ADULTS

PROGRAMS & CLASSES

5280+ SENIOR CHORALES

The **5280+ Senior Chorales** is a non-auditioned choir that emphasizes the social, emotional, physical and mental health benefits of singing for older adults. It is open to anyone "55 & better" who seeks art education and performance opportunities under the direction of professional artists, and is interested in a fun and challenging musical adventure (no prior choral experience necessary).



CLASSES

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**, **Beginner Partners Dance**, **Spanish**, **Card Trick Class** and **Acrylic Paint Pouring**. 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 while participating in games and activities 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 **Pinochle** or **Poker** and more! All drop-in activities and games schedules can be found on register.ssprd.org.

TRIPS AND TOURS

Enjoy a fun outing while we do the driving! Experience culture at a live theater performance or museums, or explore our beautiful state on day-trip adventures and hikes. A complete list of all trips, dates and pricing is available at register.ssprd.org.



RESOURCES

LOCAL INFORMATION & ASSISTANCE

Arapahoe County Council on Aging.....	accoa.info
Arapahoe County Department of Human Services.....	303.636.1130
Arapahoe County First Ride.....	720.540.5566
Centennial Senior Commission.....	centennialco.gov
DRCOG Area Agency on Aging.....	303.480.6700
Integrated Family Community Services.....	303.795.3700
RTD Access-A-Ride.....	303.299.2960
South Metro Housing Authority - Littleton.....	303.794.9608
Douglas County Human Services.....	303.688.4825
Douglas County Senior Adult Services.....	303.814.4374
Douglas County Seniors' Council.....	303.663.7681
Lone Tree Living and Aging Well Commission.....	303.225.4930

Connect on Facebook!

facebook.com/groups/southsuburbanactiveadults

Stay Informed!

Sign up for the Active Adults Newsletter at ssprd.org/Newsletter-Signup

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 at register.ssprd.org.



AQUATICS

We're hiring lifeguards and swim instructors!

Enjoy flexible schedules and great benefits including discounts on golf, access to recreation centers and more. Free training available, find more information at careers.ssprd.org or contact Tim Logan at tlogan@ssprd.org.



RED CROSS CLASSES

RED 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.



SWIM TEAMS & LESSONS

SWIM CLUBS & CONDITIONING

Learn something new, practice your skills and stay in competitive shape all year long at indoor pools. Fine-tune strokes and maintain endurance at a **Pre-Competitive Swimming** class, or join our recreational **Wave Riders Swim Club**.

SWIM LESSONS

Swimmers of all ability levels can learn and improve at **Swim Lessons** for youth and adults. Practice basic skills and learn new ones in classes ranging from Parent-Tot to Level 5 at pools around the District. Private swim lessons are also available.

Winter 2023/24 Swim Lesson Fee and Session Information	
Indoor Pools	Session Dates: 2 Days or 1 Day per Week (M/W, Tu/Th or Sat)
Buck, Goodson and Lone Tree Rec Center	11/27-12/23: 4 weeks - (Sat)
	12/5-12/21: 3 weeks - Lone Tree (T/Th)
	1/8-2/3: 4 weeks
	2/5-3/2: 4 weeks
Fees:	
Parent-Tot/Preschool Age 6 months-5 years old	Tu/Th, 3 weeks: \$45R / \$59NR
	M/W or Tu/Th, 4 weeks: \$60R / \$78NR
	Sat, 4 weeks: \$30R / \$39NR
School Age and Adult 6 years and up	M/W or Tu/Th, 4 weeks: \$58R / \$76NR
	Sat, 4 weeks: \$29R / \$38NR





ARTS / EDUCATION

ACTING

YOUTH THEATRE

Learn to perform in front of others, use your imagination, create characters and build confidence in **Theatre - Improv Performance Team** and **Exploration of Theatre Arts** classes.

ARTS AND CRAFTS

ANIME CLUB

Participants will create art and cosplay pieces involving anime, comics, video games, manga, movies, and television.

ART CLUB

Explore art with a variety of media, including pastels, paints, glue and more! Make beautiful works of art for home. All materials provided.

ART STUDIO

Get creative in **Art Studio** as you experiment with multiple media such as chalk, watercolor, acrylic, oil, pastels or charcoal.

CRAFTS FOR ALL AGES

Let your creativity soar with hands-on crafts including **Stained Glass**, **Active Adult Ceramics**, **Printmaking**, **Origami**, **Sewing** and more. Make unique creations at seasonal workshops including **Candle Making** and **Wreath Making**. Classes and 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 **Drawing Techniques**, **Drawing with Pencils Studio**, **Drawing for Kids**, **Drawing for Teens**, and **Still Life Drawing for Adults**. Explore seasonal themes at **Draw & Paint: Famous Artists Workshop**.

HOMESCHOOL ART PROGRAMS

These in-depth **Homeschool Art** classes address art standards and explore a variety of media including drawing, painting, sculpture, collage, ceramics and printmaking.

PAINTING

Classes and workshops featuring **Watercolor** and other mediums for tots, teens, adults and specialty classes just for Active Adults! Plus, try the new **Watercolor Batik** or **Fluid Acrylic Paint Pouring** workshops. Little ones can explore in **Art for Tots** or **Canvas and Cookies** classes.

36th Annual Craft Fair

Saturday, Dec. 2 at Goodson Recreation Center
Shop for one-of-a-kind gifts and browse work from local artists at South Suburban's 36th Annual Craft Fair. A variety of handmade items will be featured, including pottery, jewelry, sewing crafts, paintings, photography, holiday items and more from Colorado artisans. Admission and parking are free. Learn more at register.ssprd.org.



Creativity Lab

There are opportunities for creators of all ages at Sheridan Recreation Center's Creativity Lab! Imagine and build beautiful creations out of recycled treasures and found objects. The Creativity Lab is free with admission to the Sheridan Recreation Center. Creativity Lab drop-in hours are 2-5 pm on Mondays and 3-6 pm on Wednesdays. Sensory-friendly days available every Wednesday from 12-3 pm.



COOKING

COOKING FOR ADULTS

Classes include recipes, in-depth instruction and sampling of the completed dishes. This winter, explore **New Orleans Cuisine**, treat yourself with **Cake Rolls**, discover new **Holiday Appetizers**, embrace wellness and **Eat to Health**, and learn how to make a **Valentine's Dinner**.

COOKING FOR KIDS

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

LEARN SOMETHING NEW

LANGUAGE LEARNING

Build vocabulary and improve fluency and listening skills in an **Intermediate Spanish** class. Practice your English in a fun and relaxed setting during an **English Conversation Group** meeting!

MUSIC

FUN KEYS SEMI PRIVATE PIANO LESSONS

These fun lessons feature popular piano teaching methods with catchy rhythms, melodies and chord progressions that students love to practice.

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.

YOUNG VOICES OF COLORADO

Kindergartners and first graders can explore the joy of singing in a group and prepare for a lifetime of singing in choirs! At the end of the semester, students are invited to participate in a major choral concert at the Newman Center for the Performing Arts at the University of Denver.

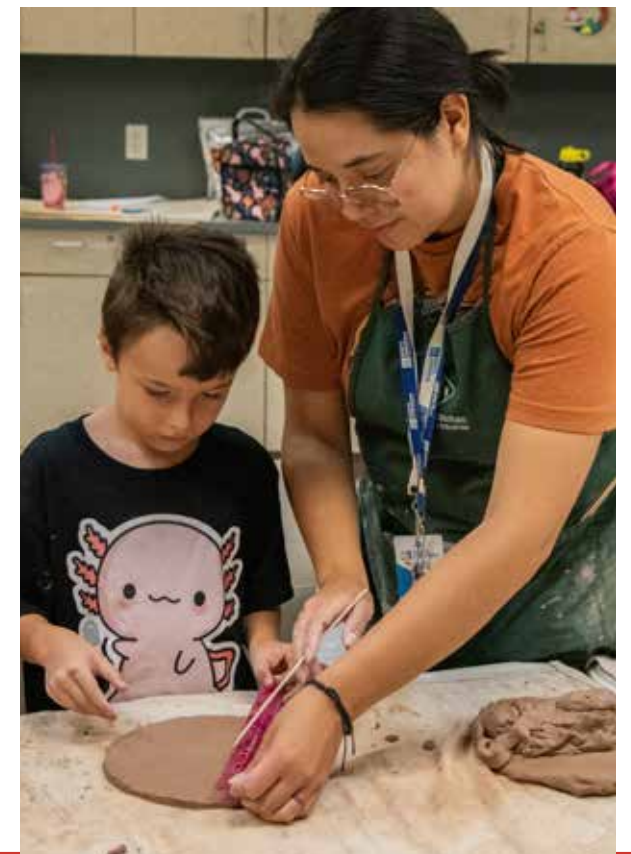
5280+ SENIOR CHORALES

The **5280+ Senior Chorales** is a non-auditioned choir open to anyone "55 & better" seeking to perform under the direction of professional artists, and those interested in a fun and challenging musical adventure (no prior choral experience necessary).

POTTERY

CLAY

Explore the possibilities of clay work without the wheel, from boxes and bowls to platters and free-form art pieces in **Pottery Beyond the Wheel**, **Clay for Tots**, **Youth Clay**, **Pottery Basics**, **Adult Hand Building** or **Youth Sculpture** classes.



POTTERY

Give this craft a spin with adult **Pottery** classes for Levels 1-3, **Introduction to Raku** and **Goodson Pottery Studio Open Lab Time**, and **Youth Pottery** or **Youth/Family Pottery** classes for young creators.



DANCE



ACADEMY OF DANCE

Academy of Dance classes offer challenging, comprehensive dance training designed specifically for students ages 3-18. 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.

BALLET

Instill grace, balance and confidence through **Ballet**. Classes and conditioning courses available for dancers of all ages and abilities, from Level 1 to Level 4. **Ballet / Tap** and **Ballet / Jazz** combo classes are also available.

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. Beginning, intermediate and advanced levels are available.

JAZZ

Experience the upbeat energy of **Jazz**, which combines classical ballet with modern and popular dance techniques. Beginning, intermediate and advanced levels available, as well as a **Jazz / Tap** combo class.

LYRICAL DANCE

Lyrical Dance is perfect for anyone who wants to learn how to use movement to express emotions. Students work on balance, technique and creativity in beginning, intermediate and advanced sessions.

STRENGTH AND CONDITIONING

Practice technique, correct stance, turnout, body structure and fully pointed foot extensions in **Strength and Conditioning**.

TAP

Get into the rhythm and explore the energetic styles of **Tap**! Students will focus on timing and technique while learning exciting dances and routines. Beginning, intermediate and advanced levels available.

Academy of Dance Spring Recital

Dancers will perform for family and friends at the Academy of Dance Spring Recital on May 16 & 17 at the Lone Tree Arts Center.

ADULT DANCE CLASSES

DANCE PROGRAMS

Practice grace and strength in **Adult Dance** for beginners or continuing dancers, or explore the many benefits of **Belly Dance**. Kick up your heels in **Line Dance** or move to your favorite songs in **Jazz / Broadway**! Try the new **Beginner Partners Dance** class to learn popular ballroom, Latin and social dances. 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.



YOUTH RECREATIONAL DANCE CLASSES

BALLET

Learn the fundamentals of ballet in **Pre-Ballet** classes. Various age groups are available for these shorter dance sessions, lasting from 1-8 weeks.

HIP HOP

Learn **Hip Hop** choreography that is age-appropriate, high-energy and fun!

JAZZ

Combine classical ballet, modern dance and popular moves in upbeat and fun **Jazz** 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 rhythm and basic steps in fun classes like **Creative Movement** and **Princess Dance**!



ESPORTS

ESPORTS CAMPS

Whether you're a seasoned pro or brand new to the genre, duke it out with various enemies, weapons and characters at **Battle Royale Camp**. Love to tinker and build? Jump on the custom South Suburban Esports Minecraft server and bring your ideas to life at **Minecraft Camp**. Meet new friends and prepare for local tournaments at **Super Smash Bros Camp**.



DROP-IN GAMING MON-FRI 4-8 PM WEEKENDS 10 AM-4 PM

OPEN PLAY GAMING

Join us for open play sessions during daily **Drop-Ins**! Perfect your skills, try out new games, and meet friends while playing on our professional-grade equipment. Guarantee your spot by registering online or drop in and pay on-site.

TABLE TOP GAMING

We enjoy old-school gaming as much as the new stuff here at South Suburban. Join us on weekends from 12-8 pm for some analog gaming! Bring a group and games, or swing by solo to meet new adventurers.



TOURNAMENTS

ROCKET LEAGUE 2V2 SERIES

Join the **Rocket League 2v2 Series** every other Sunday at 2 pm online or in person at the South Suburban Esports Lounge. Get a partner, get signed up, and come get some wins! Sign up at: communitygaming.io/user/SouthSuburbanEsports

FIGHT GAME COMMUNITY

South Suburban hosts weekly and monthly fighting game tournaments throughout the District. Choose from a variety of titles, including Super Smash Bros, Street Fighter 6 and many more. Follow South Suburban Esports on social media for updates on dates and time.

South Suburban Esports Fall Showcase

Saturday, Nov. 11

Join us for the second annual South Suburban Esports Fall Showcase! The event is open to all skill levels and features Street Fighter 6, Super Smash Bros Ultimate & Melee, and Tekken 7. Enjoy local competition, connect with others, or just catch all the action! Learn more at ssprd.org/esports or start.gg/ssprd.



Connect with us for the latest updates and information on upcoming events.

 @ssprd_esports

 Discord:

 Twitch
twitch.tv/southsuburbanesports





FITNESS

Jumpstart January

Jumpstart your 2024 fitness journey and win prizes during the Jumpstart January fitness challenge! Grab a challenge card from the front desk at your recreation center, then earn initials from staff for each fitness class or personal training session you complete between Jan. 8-31. Once your card is full, turn it in at the front desk by Jan. 31 for your chance to win!



GROUP FITNESS

POSTURE & FUNCTIONAL TRAINING

Learn gentle corrective exercises for balance, strength and chronic pain relief in **Functional Motion** classes. Learn how to improve postural and movement habits with **Alexander Technique** private lessons and 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 or scan the QR code below for times and locations.

Looking for Drop-In Fitness Classes?
Scan the QR Code below for an
up-to-date schedule!



Pro tip: Cut out this box and keep it on display or tucked away for easy access to the Drop-In Fitness calendar whenever you need it!

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**, **Active Adult Weight Training** and **Commit to Get Fit**. Stay mentally fit and stimulate your brain in **Ageless Grace**.



PARKINSON'S FOUNDATIONS

Parkinson's Foundations 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

Call 303.483.7080 for an appointment with a certified, licensed massage therapist at Goodson Recreation Center. Single massages can be purchased at the front desk. Notice: Massage packages are no longer sold, and any packages purchased before Jan. 1, 2023 must be used by Dec. 31, 2023.

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

Developing a mindfulness practice can impact your well-being at any moment in your life. The **Mindfulness-Based Stress Reduction** course provides a long-term tool to manage stress and live your life now. Learn more about mindfulness meditation and practice a variety of ways to bring mindfulness into your life at **Mindfulness Workshops**.

PILATES

PILATES 101

Pilates utilizes a unique system of simple yet challenging stretching and strengthening mat 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**. **Private Reformer** sessions for individuals or groups available as well.

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

INSURANCE BENEFIT PLAN ORIENTATIONS

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** is also available for all abilities.

TAI CHI

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.

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.

YOGA

YOUTH YOGA

Through poses, breath work, asanas and a lot of laughter, kids ages 6-12 will learn the physical and mental benefits of yoga. Parents are welcome to register and attend with their kids.

YOGA WITH SUZANNE

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





GOLF COURSES

FAMILY SPORTS GOLF COURSE



This 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 area's only heated and lighted double-deck driving range, open year-round, and late into the 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 with any warranty-related issue.

LITTLETON GOLF AND TENNIS



The par-63 executive 18-hole course is a great choice if you're looking to play a round on a naturally beautiful course. The title may say executive, but the challenge of the course will put your skills to the test. It features two par-5s, five par-4s, a grass driving range with water targets and a practice putting green.

Centennial Grill and Pro Shop

Stop in for a drink or bite to eat at the new Centennial Grill. It's the perfect casual dining spot, featuring great views, large TVs and a full-service bar. Take advantage of weekly food and drink specials.

LONE TREE GOLF CLUB & HOTEL



A public course with a country club feel. The 18-hole, Arnold Palmer-designed, par-72 championship course features rolling fairways and greens and offers players incredible views of Denver and the Front Range. With five sets of tees, players can choose tee boxes to match their handicap. Lone Tree offers great practice facilities with a grass tee driving range, large putting green and a short game area consisting of two chipping greens, two sand bunkers and one grass bunker.

Lone Tree Grill and Pro Shop

The Lone Tree Grill is open seven days a week and is the perfect spot to grab breakfast before a round or a cocktail to unwind and relax. The Grill offers regular specials, music on the patio in the summer and themed parties. Stop in the newly renovated pro shop to receive a custom club fitting from professionals and enjoy competitive prices. It's the perfect spot to find a gift for the golfer who has everything.

Lone Tree Hotel and Events

The Lone Tree Golf Club & Hotel offers unique sophistication with a traditional flair for all types of events, including weddings, corporate events, life celebrations and more! Feel confident that you and your guests will receive care and attention from start to finish by hospitality professionals attending to every detail, so you can enjoy your day! In addition to 15 boutique hotel suites, Lone Tree offers a full catering.



Play a round against a picturesque mountain backdrop at this regional favorite! South Suburban is a superbly maintained, 18-hole regulation course, conveniently located in the south metro area. Whether your handicap is in the single or double digits, everyone enjoys playing this fun and challenging Dick Phelps-designed course. Take advantage of our short game practice area, which includes a 3,000 square-foot chipping and putting area, as well as a practice sand bunker.

Par-3 Course

The 9-hole, par-3 golf course is an excellent choice for those who are learning the game or have limited time.

South Suburban Grill and Pro Shop

Whether you're dining indoors or on the patio, the sweeping views of the golf course and mountains are the perfect complement to your meal. The Grill is open daily for breakfast, lunch and dinner, with full bar service, daily specials and happy hour Monday-Friday. The Grill offers music on the patio during the summer and is available for your next event, reception or outing. Reservations are accepted and gluten-free items are available.

Make any day a hole-in-one at South Suburban's two mini golf courses!

- Family Sports Center Mini Golf
- Colorado Journey Mini Golf

GOLF CLINICS & CLASSES

FAMILY SPORTS GOLFTEC LESSONS

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

GOLFTEC



South Suburban is celebrating 50 years of remarkable golf at South Suburban Golf Course in 2024. The clubhouse opened its doors in April 1974 and immediately became a community favorite! This course was the first within the District and was designed by renowned landscape architect Dick Phelps. The original design included the Par-3 course, which stands today as one of the best in the region. The course design has only seen minimal changes since its inception and welcomes more than 90,000 rounds a year. The first golf professional at the course, Wes Squires, was responsible for creating men's and ladies leagues that still exist today.

"Celebrating 50 years at South Suburban Golf Course is due to the support of the local golf community and staff," said PGA Head Golf Professional Todd Marley. "We've had golfers that started here in our junior camps and continue to play as adults. The mountain views, quality service and family-friendly course are what truly make South Suburban unique and one of the best on the front range."

South Suburban Golf Course will be celebrating all year with drink specials, giveaways and nostalgic merchandise. We look forward to seeing you this spring!

START SMART GOLF

Before your child steps out on the green, sign up for a **Start Smart Golf** program at the Sports Complex or 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.



SWING AWAY AT LITTLETON GOLF AND TENNIS!

Littleton Golf and Tennis is open! Construction was completed in October and the facility is in full swing this winter. The new clubhouse includes six tennis courts, a pro shop, a larger kitchen and bar area, and outdoor seating. Stop by the Centennial Grill for great views, large TVs, a casual menu and full-service bar. Get fitted for new clubs or upgrade your wardrobe with the latest looks from the pro shop.

Tennis programming is available for all ages and abilities. Learn more at ssprd.org/tennis. For tee times and features of Littleton Golf and Tennis, visit golf.ssprd.org.





Join the South Suburban Preschool family with Universal Pre-K

Your little one can grow and learn in South Suburban's Child Discovery Time program with unique activities like swimming, a full-sized gym for indoor play, an introduction to new sports with Kidokinetics, visits from the South Platte Express Nature Van, and more.

Universal Pre-K pricing is unbeatable!

Cost per Month:

2-day (T/Th) | 9 am-3 pm | \$51R / \$78NR

3-day (M/W/F) | 9 am-3 pm | \$72R / \$96NR

5-day (M-F) | 9 am-3 pm | Price Varies

Learn more and apply:



LICENSED CAMPS / PRESCHOOL

ADVENTURE DAY CAMP

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

CLUB CAMP

Full day **Club Camps** at the Sports Complex, Buck, Goodson and Lone Tree recreation centers offer a wide range of activities including arts and crafts, sports, science fun, group games, swimming, ice skating and more for campers during school breaks.



Schedule a Preschool Tour

Want to learn more about preschool activities, facilities and staff? Schedule a tour to see what makes South Suburban's Child Discovery Time preschool programs unique and perfect for your child at bit.ly/CDTtours.



Parents Night Out

Hey parents! Take the night off and bring your kiddos (ages 3-12) to a movie night, complete with pizza and popcorn. Winter movie nights will be held at Goodson Recreation Center on Dec. 8, Jan. 12, Feb. 9 and March 8, and at Lone Tree Recreation Center on Dec. 1, Jan. 5, Feb. 2 and March 1.



PRESCHOOL

To register for the following programs, contact the Family Services Coordinators at Goodson (303.483.7091) or Lone Tree (303.708.3518). Spring sessions begin Jan. 9, 2024 but students may enroll at any time if the age and potty training requirements are met.



PRESCHOOL / 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- or full-day classes available M/W/F, T/TH and M-F at Goodson Recreation Center and Lone Tree Recreation Center.

- Preschool - ages 3-4
- Pre-Kindergarten - ages 4-5

Camp and Preschool Registration Fees

Payment of annual registration fees is required to attend South Suburban licensed camps or preschool programs. The fee is \$35 for licensed day camps, and \$135R / \$160NR 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 child care, preschool and day camps.



NATURE / OUTDOOR RECREATION

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 certificate course, offered in partnership with the National Association for Interpretation.

OUTDOOR RECREATION

Make memories on an epic Colorado adventure at the Breckenridge Nordic Center. Travel with a small group to **Cross Country Ski** or **Snowshoe** on groomed trails.

CHILDREN'S NATURE

CLASSES & CAMPS

No school? No problem! Explore nature with games and hikes in South Platte Park at **No School Nature Camp!** Homeschool students can get outside to learn and socialize in **Homeschool Science**.



Winter Break Nature Camp

Explore the magical mysteries of winter with games, hikes and fun nature-based activities at Winter Break Nature Camp! Every day is a new adventure.

FAMILY NATURE & SPECIAL EVENTS

ARCHERY

With our **Indoor Beginner** classes, archers ages 8+ can learn skills with recurved bows from a certified instructor and range coach. Purchase an **Archery Punch Pass** to drop in and practice technique and form.



ASTRONOMY

Explore the outdoors by moonlight on a **Full Moon Walk**. Experience an exciting celestial show at the **Geminids Meteor Shower** viewing event.

HORSEBACK RIDING

Learn or improve skills from grooming to cantering in horseback lessons for riders of all ability levels. Riders ages 8+ can gain more experience in a group setting **Horseback Riding** course.

MORE FAMILY NATURE

Fill the winter with family-friendly adventures! Catch a glimpse of protected wildlife at a free **Cooley Lake Nature Walk**. Enjoy fireside nature films at **Friday Night Films at the Nature Center**. Seek nature's most impressive hunters in winter skies with **Raptors of Winter at Rocky Mountain Arsenal** and adventure to Waterton Canyon to view **Bighorn Sheep**. Start a new tradition on a **Holiday Nature Walk** on Thanksgiving and Christmas.

WILDLIFE WATCHING

BIRDING

Calling all birders! Classes, hikes and events are available for birders of all abilities. Join other enthusiasts at **Wednesday Birding** or **Birdwatching for Beginners**. Hike to look for **Bald Eagles** or learn about different ducks at **Bottoms Up! Duck Identification**. Join an Audubon Master Birder at monthly **Bird Walks at Hudson Gardens**.

Nature Program Scholarships Available

Visit ssprd.org/scholarships to learn more and apply!

South Platte Express Nature Van, Field Trips & Homeschool Opportunities

South Platte Park can bring our nature van to your school 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 local curriculum standards. Visit ssprd.org/nature to learn more and start planning your adventure!



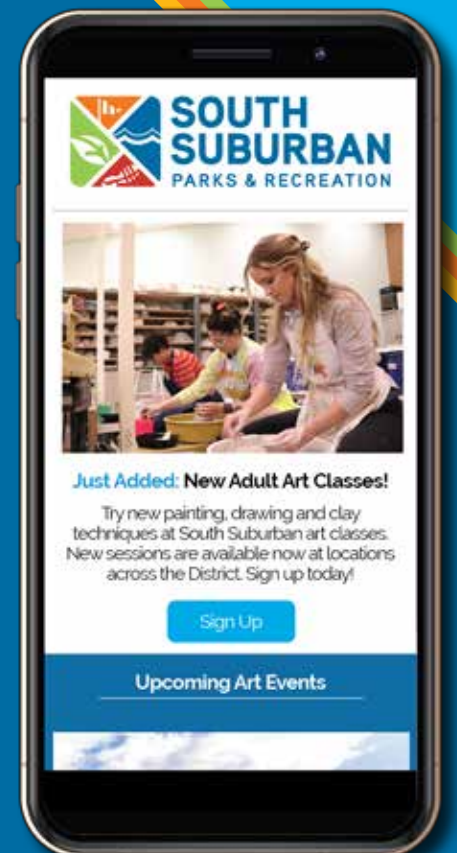
Feeling out of the loop? Sign up for South Suburban Newsletters for monthly updates!

Sign up for the newsletters that interest you to receive updates about your favorite programs, leagues, classes and events. The news you care about, delivered straight to your inbox!

Newsletter Topics Include:

- Active Adults Trips & Tours
- Arts & Education Programs
- Athletics & Leagues
- Buck Recreation Center
- Golf
- Goodson Recreation Center
- HOA Updates
- Lone Tree Recreation Center
- Pickleball
- Race Series
- Nature & South Platte Park News
- STAR Events (South Suburban Therapeutic Adaptive Recreation program)
- Tennis

ssprd.org/Newsletter-Signup





SPORTS

School Break Sports Camps

Make school breaks a slam dunk at a **Nothing But Net** basketball camp, explore new sports at a **FUNDamental Youth Sports Camp** and more! View all camps and sign up today at register.ssprd.org.

BASKETBALL

BASKETBALL CLINICS

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 Skills and Drills**.

For youth and adult league information, see pages 30-31.



BIKING

STRIDER CAMP

Strider Bike teaches kids ages 2-8 to ride, balance and steer on two wheels. Ignite a passion for riding with fun, socialization and instruction.

ssprd.org

FENCING

FENCING CLASSES

Youth can develop balance, reflexes, confidence and self-esteem while exploring the art of **Fencing**!

GYMNASTICS



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 GYMNASTICS

Enjoy extra practice 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.

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.

GYMNASTICS CLASSES

Various levels of instruction offered for gymnasts ages 6-11, from **Beginner to Advanced**. Active little ones ages 18 months-5 years can jump, tumble, learn and explore at gymnastics programs including **Mighty Munchkins**, **Tiny Tots**, **Tumble Bugs**, **Jumping Juniors**, **Tumble Tykes** and **Kindernastics**.

New gymnastics sessions begin Jan. 8.

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 1-6, and experienced skaters can learn even more in **Freestyle** and **Ice Dancing** classes.

HOCKEY

For adult hockey league information visit ssprd.org/Adult-Ice-Hockey.

LEARN TO PLAY - HOCKEY

Focus on hockey skills in the new Learn to Play series for all abilities. Learn basic moves and then develop your technique with **Mighty Mites** (ages 4-8) or **Mighty Warriors** (ages 9-17). Play actual games in **Junior Warrior House League** (12U & 17U). Must provide your own gear. Learn to Skate Pre 1 & Pre 2 or Level 1 are a prerequisite for Learn to Play.

For youth hockey league information visit ayhl.com.



Black Aces Lunch League

Lace up your skates and join South Suburban's new Adult Hockey League! Our new lunch league will have four seasons – Fall, Winter, Spring and Summer. Each season will be 10 weeks long with single elimination playoffs. Learn more at ssahl.sportngin.com/blackaces.

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** and **Tae Kwon Do** classes. Adults, youth and families can learn techniques and gain confidence in **Self-Defense** classes.

MULTI-SPORT

CHAMPS CAMP

Participate in fun drills, activities, and games that teach the basic sport fundamentals of soccer, kickball, flag football and baseball at **Multi-Sport Champs Camp**.

Personal Training at the South Suburban Sports Complex

Denver Human Performance (DHP) provides private, small group and team training for any athlete or sport team seeking to improve their physical capabilities while strengthening camaraderie and discipline. Search for **Sports Complex Sports Performance Training** at register.ssprd.org to learn more and get started.

PICKLEBALL

CLINICS, CAMPS & DROP-IN

Meet new friends and ace your game at **Drop-In Pickleball** at the Sports Complex! View drop-in schedules at ssprd.org/pickleball.





RACE SERIES

Visit ssprd.org/raceseries to learn more and register for upcoming South Suburban races!

SUPER SUNDAY FUN RUN 5K

Are you ready for some... running? Bring the entire family to run or walk before the big game and enjoy a post-race party at Breckenridge Brewery Farmhouse. Runners and walkers of all ages and abilities are invited to join this event along the Mary Carter Greenway on Sunday, Feb. 11 at 10 am. Show your team spirit and wear your favorite team jersey!



SOCCER

PROGRAMS & CAMPS

Learn coordination, teamwork and perseverance at soccer programs for players 12 and under. Various levels are offered for **Colorado Soccer Buddies**, and **Soccer Instruction** classes.

For youth and adult league information, see pages 30-31.



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TENNIS

Stay Updated on Tennis Programs

For the most up-to-date information on tennis classes, camps, and leagues, visit ssprd.org/tennis. Connect with us at facebook.com/groups/ssprdtennis, and sign up for the monthly tennis newsletter at ssprd.org/newsletter-signup! Enjoy playing at the new Littleton Golf and Tennis facility!

ADULT TENNIS

Learn essential drills designed for NTRP level, cardio, or for those brand new to tennis in a **Quick Start** program.

JUNIOR TENNIS

The Junior **ROGY** Program uses a step-by-step progression to help players develop strong fundamental tennis skills.

Red Ball (ages 5-7) on a mini court
Orange Ball (ages 6-10) on a short court
Green Ball (ages 11-14) on a full court

LITTLETON TENNIS ACADEMY

A progression program for players ages 12-18 advancing from the ROGY program, with a focus on high school and tournament level play. Visit ssprd.org/tennis for additional information and registration links.

VOLLEYBALL

YOUTH & ADULT

Volleyball Instruction for Youth includes fun drills and training techniques to build foundational skills. Adult players can have fun and stay active at **Over 50 Volleyball**.

For youth and adult league information, see pages 30-31.



DON'T MISS OUT!

REGISTER NOW FOR WINTER LEAGUES



Learn more about
youth and adult leagues.
southsuburbansports.com





Find out more and register for all adult/youth leagues at **southsuburbansports.com**



2023/24 ADULT SPORTS LEAGUES							
Sport		Season	Registration Range	League Starts	Fees (R/NR)	Games	Types of Leagues
Basketball		Winter	Oct. 16-Dec. 26	Jan. 2	\$575/team	8	Women's, Men's Rec, Men's Comp & Men's Open
Lacrosse - Indoor Field		Winter	Oct. 3-Nov. 24	Dec. 6	\$1250/team	9	Men's
Pickleball		Winter	Nov. 1-Dec. 6	Jan. 6	\$154/team	6 or 7	Mixed, Men's, & Women's 3.0-3.5
Racquetball		Winter	Nov 1-Dec 24	Jan. 9	\$49/\$59	9	Intermediate & Advanced
Soccer - Indoor	Sports Complex	Winter I	Sept. 12-Nov. 15	Nov. 27	\$650/team	8	Co-ed, Men's 30+, Men's 18+, Women's 18+
	Sports Complex	Winter II	Dec. 18-Jan. 22	Feb. 5	\$650/team	8	Co-ed, Men's 30+, Men's 18+, Women's 18+
	Sports Dome	Winter	Sept. 3-Oct. 27	Nov. 6	\$925/team	7	Men's A & B, Co-ed
Tennis		Winter	Nov. 1-Nov. 10	Jan. 6	\$390-\$450/team	13-15	Men's & Women's 3.0-4.5
Volleyball		Winter	Dec. 29-Jan. 25	Feb. 2	\$195/team	16	Coed 4v4



WEATHER HOTLINE

Get updates on league and program status with South Suburban's weather hotline: 303.219.1150.
Download the free app RainoutLine
Search: SSPRD rainoutline.com

2023/24 YOUTH SPORTS LEAGUES							
Sport		Grades	Season	Registration Range	Practice Start (week of)	Games Start (week of)	Fees (R/NR)
Baseball/ Softball/ T-Ball	Little Sluggers (June/July Session)	PreK	Summer	Jan. 1-May 5/June 30	N/A	June 3/July 8	\$44/\$54
	T-ball	K - 1	Summer	Jan. 1-May 5	May 27	June 3	\$85/\$103
	Baseball / Softball	2nd - 8th	Summer	Jan. 1-May 5	May 27	June 3	\$85-\$119
Basketball	Little Hoopers (Jan./Feb. Session)	Ages 3-5	Winter	Aug. 14-Dec. 15/Jan. 19	N/A	Jan. 6/Feb. 3	\$39/\$49
	Youth	K - 8th	Winter	Aug. 14-Oct. 20	Nov. 6	Jan. 1	\$90-\$95/ \$115-\$120
	High Line Competitive	5th - 6th	Winter	Aug. 14-Nov. 10	N/A	Dec. 7	\$900/team
Flag Football		K - 8th	Spring	Dec. 1-March 10	March 18	March 23	\$75-\$80/ \$90-\$100
Lacrosse	Box	6th - HS	Winter	Jan. 6-Feb. 25	N/A	Jan. 6	\$150
	Field	7th - HS	Winter	Jan. 6-Feb. 25	N/A	Jan. 7	\$1375/team
Soccer - Indoor	Boys/Girls - Sports Complex	U11/U12/ U13/U14	Winter	Nov. 6-Dec. 15	N/A	Jan. 1	\$850/team
	Boys/Girls - Sports Dome	U11/U12/ U13/U14	Winter	Nov. 1-Dec. 22	N/A	Jan. 7	\$725/team
		HS	Winter	Nov. 1-Dec. 22	N/A	Jan. 7	\$925/team
Volleyball		2nd - 12th	Spring	Jan. 1-March 8	March 25	April 20	\$75/\$87

2023/24 TOURNAMENT SCHEDULE				
Sport	Title	Divisions	Fee	Date
Youth Lacrosse	3v3 Winter Tournament	Boys & Girls 3rd-8th Grade	\$35/player	Dec. 29
Adult Tennis	Valentine's Classic	3.0-4.5 NTRP Men's/Women's	\$36/player	Feb. 2-9
Youth Basketball	3v3 March Mountain Madness	Boys & Girls 5th-8th Grade	\$65/team	March 16



STAR

South Suburban Therapeutic Adaptive Recreation

EVENTS

DANCES

Dance and listen to the DJ play your favorite tunes each month at the **Friday Night Dances**. Meet old friends and make new ones. Enhance the fun by dressing according to each monthly theme.

CELEBRATIONS

Splash around and swim with your friends at the **Pool Party**. Celebrate the season at the **Holiday Party**.

STAR TRIPS AND TOURS

Enjoy outings with friends on STAR trips and tours this winter. Challenge yourself and bring your best bowling game at **Bowlero and Arcade**.



STAR Fitness Buddies

Work out with one of our buddies and increase your fitness level and gym independence. Work toward your goals with fun and challenging exercises through cardio, weights, stretching and more. Contact Brendan Lawbaugh at blawbaugh@ssprd.org / 303.730.4614 for more information.

PROGRAMS

ART & MUSIC

Express yourself and build skills in various art mediums, from canvas painting to clay work, in **STAR Creative Crafts**. Play all kinds of instruments and move to the beat at **STAR Music and Dance**.



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.

GAMES & SPORTS

Stay active as you play a variety of games and sports each week in **STAR Basketball**, **STAR Gym Games**, **STAR Indoor Golf**, **STAR Turf Field Games** and **STAR Virtual Games**.



Stay Connected!

Sign up for the STAR email newsletter for the latest updates on trips, events and more. Scan the code to sign up or visit ssprd.org/Newsletter-Signup.



LET'S 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, theatre 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.

Esports & Gaming

Show off your skills with a gaming party at the Esports Lounge! Play your choice of over 250 games on professional gaming computers with headsets and gaming chairs, or on today's most popular gaming consoles. We also offer a virtual reality add-on!

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

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

Pool Parties

Make a splash on your special day! Pool parties are available year-round at Buck or Lone Tree's indoor pools, or plan a summer party at Cook Creek Pool.

Sports Complex

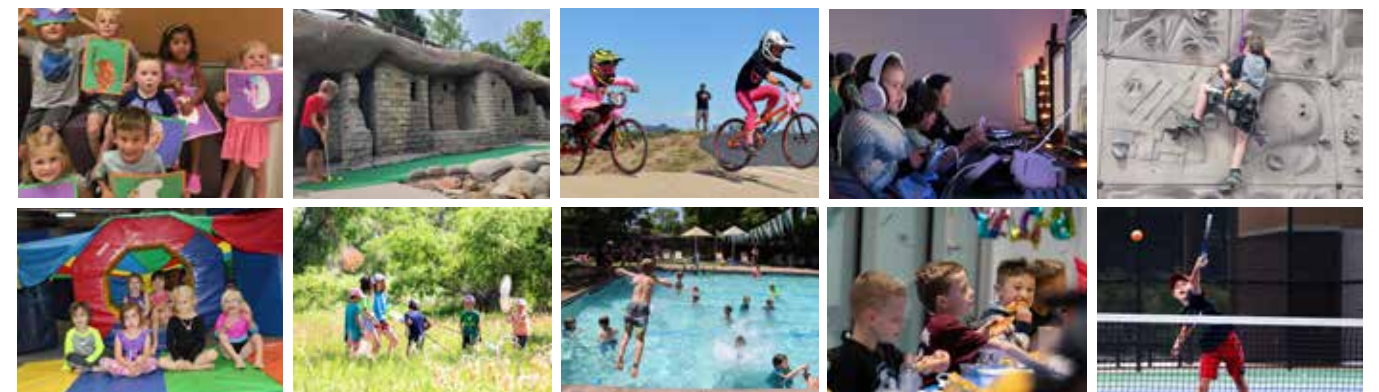
Lace up your skates or cleats and get ready to have some fun! Choose from ice, turf field or basketball court party packages, including party room space.

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





Hudson Gardens and Event Center

- * Three Venue Options
 - The Inn
 - The Bloom Room
 - The Pavilion
- * Scenic Views
- * Experienced Vendors
- * Competitive Pricing
- * Free Parking

Learn more about event and meeting rentals at Hudson Gardens.



All Cheer, No Mess or Stress

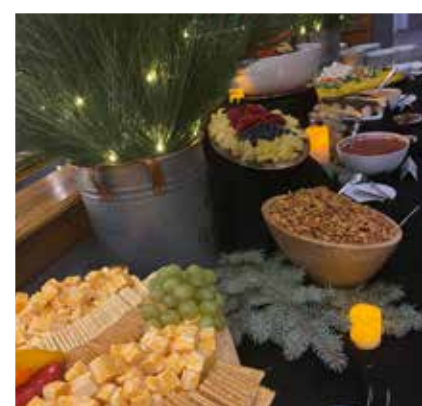
Celebrate the Holidays at South Suburban!

Leave the planning and clean up to us this holiday season. South Suburban has the perfect space for your holiday celebration! With two unique locations, we can host intimate or large groups, for personal events or corporate gatherings. Our experienced staff will help make the process as seamless as possible and ensure you and your guests enjoy every moment.

Lone Tree Golf Club & Hotel

- * Five Unique Event Spaces
- * Scenic Golf Course Views
- * Customized Food and Drink Menus
- * 15 Boutique Hotel Rooms
- * Competitive Pricing
- * Free Parking

Learn more about event rentals at Lone Tree Golf Club & Hotel.





4810 East County Line Road
Littleton, CO 80126

ECRWSS
POSTAL CUSTOMER



WE ARE HIRING

Looking for a fun, rewarding job with people that love sports and being outdoors? Get paid to play!

South Suburban offers a wide range of career opportunities and awesome employee perks. Explore them all and find the job that fits you!



careers.ssprd.org