

SOUTH SUBURBAN

WINTER 2024/25

SSPRD.ORG

303.347.5999

DECEMBER 1-FEBRUARY 28

MIXED MEDIA

YOGA

FIGURE SKATING

ACTIVE ADULTS



**SOUTH
SUBURBAN**
PARKS & RECREATION



#ExploreSSPRD



HUDSON *Holidays*

NOV 29 to JAN 12

Selfies with Santa
Warm beverages & cocktails
Group tickets available



HudsonGardens.org/Holidays



APPLY FOR YOUR ABSENTEE BALLOT

NEXT SOUTH SUBURBAN BOARD OF DIRECTORS ELECTION: MAY 2025

South Suburban is governed by a Board of Directors elected by the greatest MVPs in the District – YOU! The next election is coming up in 2025, where candidates will run to fill three open seats on the five-member board. Board members make important decisions that impact our community, from investments in trail and park improvements to new facilities and amenities.

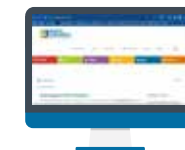
The 2025 election is your chance to make your voice heard! District residents can vote in person or by mail. Unlike general elections, ballots ARE NOT automatically mailed to district residents. To receive a mail-in ballot, or “absentee” ballot, you must submit an application. Apply now to ensure you receive your absentee ballot for the 2025 election.

GET YOUR ABSENTEE BALLOT &



How to Apply for an Absentee Ballot

1. VISIT [SSPRD.ORG/
ELECTIONS](https://SSPRD.ORG/ELECTIONS)
2. DOWNLOAD THE
APPLICATION FOR
AN ABSENTEE BALLOT
3. SIGN YOUR
COMPLETED
APPLICATION
4. MAIL OR EMAIL YOUR
APPLICATION TO
SOUTH SUBURBAN



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WINTER SALE: SAVE DURING OUR BIGGEST SALE OF THE YEAR!

Save on your favorite fitness activities, 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 or at any of South Suburban's recreation centers from Dec. 2-Jan. 3.

BUCK, GOODSON AND LONE TREE RECREATION CENTERS:

\$50 off Youth, Senior and Adult Annual Passes

\$100 off Household Annual Passes

Buy 20 Admission Punch Cards*, Get 5 Free

Buy 10 One-hour Personal Training or Private Reformer Sessions, Get 1 Free

**Admission Punch Cards and Personal Training sessions expire three years from date of purchase.*

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

SHERIDAN RECREATION CENTER:

\$25 off Adult Annual Passes**

\$10 off Youth and Senior Annual Passes**

***Annual Pass only for Sheridan Recreation Center.*



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 and more. Campers can also explore their favorite activities or discover new interests at one of our specialty sports, arts or enrichment camps. Visit register.ssprd.org to view a full list of camps and secure a spot for your kids.

CHECK OUT THESE CAMPS AND MORE:

- Club Camps
- Adventure Day Camps
- **New!** Holiday Gift Making
- Basketball Camp
- FUNdamental Youth Sports
- No School Nature Camp
- **New!** Art + Science Camp
- Princess Dance Camp
- Esports Camps



ssprd.org

Hudson Gardens Vision Plan CULTIVATE the future

South Suburban is inviting the community to "cultivate the future" of The Hudson Gardens & Event Center through a public engagement campaign. Community members are encouraged to share their ideas and help shape the future of this beloved scenic space.

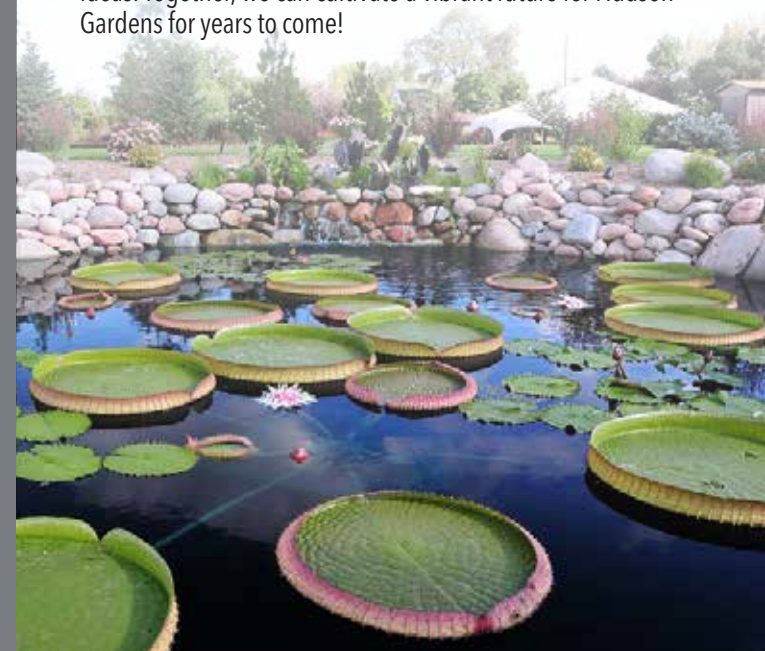
Hudson Gardens is committed to serving as a recreational, educational, and cultural hub for the community. The Hudson Gardens Vision Plan will enhance the gardens as a destination for celebrations and events, expand offerings, and ensure long-term sustainability.

Since assuming operations of Hudson Gardens, South Suburban has allocated more than \$5.4 million for Capital Improvement Projects through 2025. The largest project to date is the \$2.6 million Pond and Stream Improvement Project. The Hudson Gardens Vision Plan will build on these investments and guide future improvements and programming over the next decade.

"We are partnering with our patrons, local stakeholders, and facility experts to develop a vision for Hudson Gardens that best serves the needs of the community," said South Suburban Executive Director Rob Hanna. "Our goal is to enhance the user experience and sustain the operation of this regional amenity."

The public will have multiple opportunities to provide input, including events at Hudson Gardens, pop-up events in the area, stakeholder and focus group discussions, and online surveys.

We encourage all residents to visit gameplan.ssprd.org/hudson-gardens-vision-plan to learn more about the Hudson Gardens Vision Plan and find out how you can share your thoughts and ideas. Together, we can cultivate a vibrant future for Hudson Gardens for years to come!



**SPRING 2025 REGISTRATION
BEGINS JAN. 14**



ARCTIC ACTIVITIES & COZY CLASSES

Stay warm and active even in the cold weather. South Suburban has tons of indoor activities to keep you engaged and inspired. There are so many ways to play this winter!

ICE SKATING

Whether you're a seasoned skater or stepping onto the ice for the first time, indoor rinks at Family Sports Center and the Sports Complex have so much to offer. Enjoy public skating sessions with friends and family, or sign up for figure skating and hockey lessons to improve your skills. Plus, keep an eye out for themed events throughout the year!

INDOOR LEAGUES

Stay active by joining an indoor league, which run all year long at facilities throughout the District. Meet new people and enjoy friendly competition while playing basketball, soccer, racquetball and more. All ages and skills levels are welcome.

COOKING & ART CLASSES

Nothing warms the soul quite like a homecooked meal! Chefs of all skill levels can explore new cuisines in cooking classes for adults, while little ones can learn and play in a Saturday Treats Workshop. Unleash your creativity in a winter art class, open to artists of all levels with a variety of mediums. Express yourself and discover your new favorite hobby.

INDOOR PICKLEBALL & ARCHERY AT SSIA

The pickleball action never cools down at South Suburban! SSIA Pickleball has four indoor courts open for drop-in play, leagues and tournaments. This fun and social game is perfect for all ages, easy to learn and provides a great workout. Plus, this facility is also home to indoor archery classes for all skill levels. Try your hand at this exciting skill and learn from an Olympic archery team coach!

HEATED DRIVING RANGE

Your golf game doesn't need to hibernate when the temperatures drop! Visit the lighted, heated driving range at Family Sports Golf Course for year-round practice and improve your swing.

Don't let the cold weather freeze your fun this winter! Visit ssprd.org for program details, league information and more upcoming events.



South Suburban Parks and Recreation Winter 2024/25

COLD WEATHER FUN!

SPOTLIGHT

HUDSON HOLIDAYS

Nov. 29-Jan. 12
Hudson Gardens

Hudson Holidays is back and brighter than ever! Enjoy sparkling wrapped trees, light displays, warm beverages, selfies with Santa and more.

Tickets available at: hudsongardens.org/holidays



SANTA'S WORKSHOP

Various Dates
South Platte Park

Visit with Santa, make a nature-themed craft, play games and enjoy refreshments at South Platte Park's cozy winter workshop!



PANCAKES WITH SANTA

Saturday, Nov. 30
Hudson Gardens

Spend a magical morning at Hudson Gardens with a scrumptious pancake breakfast and visits from Santa and Mrs. Claus. Get creative and write a letter to Santa or decorate a festive coloring sheet.



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COCOA AND DONUTS WITH SANTA

Saturday, Dec. 7
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.



37TH ANNUAL CRAFT FAIR

Saturday, Dec. 7
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 is free.



POLAR PARTY

Friday, Dec. 13
Lone Tree Recreation Center

Enjoy a family-friendly holiday outing with crafts and festive activities. Beverages and snacks will be available, along with plenty of holiday cheer.



HOLIDAYS ON ICE

Dec. 13-15
Sports Complex &
Family Sports Center

Experience holiday magic at South Suburban ice events! Glide on the ice with Santa and his elves at these free Skate with Santa events.



SOMEONE SPECIAL DANCE

Friday, Feb. 7
Goodson Recreation Center

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



RACE SERIES: SUPER SUNDAY FUN RUN 5K

Sunday, Feb. 9
Mary Carter Greenway

Bring the entire family to run or walk before the big game. Runners and walkers of all ages and abilities are invited to join this event. Wear your favorite team jersey!



CONSTRUCTION ZONE

SPOTLIGHT

South Suburban completed improvements to four local neighborhood parks in 2024, aligning with the organization's Master Plan priorities. Additionally, partnerships made the new Lee Gulch Lookout a success, and design is in the works for High Note Regional Park in Lone Tree and the Southpark Pickleball Complex in Douglas County. For updates on all planning and construction projects at South Suburban, visit gameplan.ssprd.org.



UNDER CONSTRUCTION

Fairways at Lone Tree Park

Construction is underway to install a modern-themed playground with rubberized safety surfacing. The existing shade pavilion will be replaced with a post-tension basketball half-court and a new, larger shade pavilion. Renovations are expected to be complete by April 2025.

TrailMark Park

Playground construction is complete, as well as a new shade pavilion and ADA accessible picnic tables. The second phase of improvements includes a new irrigation system, expected to be complete in spring 2025.

REGIONAL PARTNER PROJECTS

Lee Gulch Lookout

Crews have been busy working on upgrades near the intersection of the High Line Canal Trail and the Lee Gulch Trail! Improvements include a more efficient trail intersection, boulder scramble, boulder terrace seating, overlook with benches, and interpretive signage and log stump steppers. This project is made possible through partnerships with Arapahoe County Open Spaces and the High Line Canal Conservancy.

City of Lone Tree Active Transportation Plan

Lone Tree is updating its 2015 Walk and Wheel Plan in partnership with South Suburban. The plan aims to ensure a complete, connected, and comprehensive network of trails, bikeways and walkways that provide safe, comfortable, and convenient connections to everyday destinations. The public is invited to share input on this project through December. Visit gameplan.ssprd.org to learn more.

Southpark Pickleball Complex

South Suburban always strives to embrace recreation trends, in accordance with our Master Plan. That includes pickleball! South Suburban is partnering with Highlands Ranch Metro District to build the Southpark Pickleball Complex, located at the intersection of South Broadway and West County Line Road. The new complex will feature 19 lighted courts, ample parking, two restroom buildings and two shade pavilions. The groundbreaking for this project will happen in late 2024.

High Note Regional Park

Design is underway for Phase 1 of High Note Regional Park in Lone Tree. The goal of this phase is to build the core areas of the park. Elements include a festival terrace, signature water feature, amphitheater lawn, pavilion structures, trail connections, multipurpose fields, maintenance and storage buildings, and more. Visit cityoflonetree.com/regionalpark to learn more.



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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

THE 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



Carson Nature Center

For more amenity information, admission rates, facility rentals and holiday hours, 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

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



Littleton Golf and Tennis

TENNIS & PICKLEBALL

HOLLY TENNIS CENTER

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

SSIA - PICKLEBALL

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

TENNIS CENTER AT LONE TREE GOLF CLUB & HOTEL

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



REGISTRATION

3 EASY WAYS TO REGISTER

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

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 crafting skills. There's something for everyone at our classes and programs including **Watercolors, Cooking, Ceramics, Line Dance, Spanish, Card Trick Class, Printmaking, Watercolor Batik, Technical Assistance** classes and more. 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 indoor lifeguards and swim instructors!

Enjoy flexible schedules and great benefits including discounts on golf, access to recreation centers and more. Free training is available, find more information at careers.ssprd.org or contact Anne Harston at aharston@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 dip your toes into competitive swimming by joining the recreational **Wave Riders Swim Club**, coached by ACES.

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. **Flexible Private Swim Lessons** are also available, as well as **Sessional Private Swim Lessons** with set dates and times.

Winter 2024/25 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	12/2-12/21: 3 weeks
	1/6-2/1: 4 weeks
	2/3-3/1: 4 weeks
2024 Fees:	
Parent-Tot/Preschool Age 6 months-5 years old	M/W or Tu/Th, 3 weeks: \$45R / \$59NR
	Sat, 3 weeks: \$23R / \$30NR
School Age and Adult 6 years and up	M/W or Tu/Th, 3 weeks: \$44R / \$58NR
	Sat, 3 weeks: \$22R / \$29NR
2025 Fees:	
Parent-Tot/Preschool Age 6 months-5 years old	M/W or Tu/Th, 4 weeks: \$64R / \$84NR
	Sat, 4 weeks: \$32R / \$42NR
School Age and Adult 6 years and up	M/W or Tu/Th, 4 weeks: \$62R / \$82NR
	Sat, 4 weeks: \$31R / \$41NR

INDOOR SWIM LESSON REGISTRATION

Indoor swim lesson registration will open on a rolling basis. Registration for December indoor swim lesson sessions will be available on Oct. 15. January and February registrations will open on Dec. 16 and Jan. 20, respectively.





ARTS & EDUCATION / ENRICHMENT

ACTING

THEATRE

Romance and mystery intertwine at a thrilling **Murder Mystery Dinner** theatre event at Hudson Gardens.

ARTS & CRAFTS



ANIME CLUB

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

CRAFTS

Let your creativity soar with hands-on crafts including **Stained Glass**, **Active Adult Ceramics**, **Origami** and more. 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. Explore season themes at **Draw & Paint: Famous Artist Workshop**.

HOMESCHOOL ART PROGRAMS

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

MIXED MEDIA

Let your creativity soar while experimenting with paint, fabric, clay and more in **Art Club**. Adult artists can explore, learn and grow in **Art Studio** and mixed media **Adult Art** classes.

PAINTING

Classes and workshops featuring **Watercolor**, **Watercolor Batik**, **Printmaking** and other mediums for tots, teens, adults and specialty classes just for Active Adults! Little ones can explore in **Art for Tots** or **Canvas and Cookies** classes.

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.



37th Annual Craft Fair

Saturday, Dec. 7
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 is free. Learn more at ssprd.org.



COOKING

COOKING FOR ADULTS

This winter, learn classic techniques to create **A French Christmas**, explore the ins and outs of iconic **German Cuisine**, and try your hand at making delicious **Crepes**. Learn how to cook nutritious meals with a variety of themes in **Cooking & Nutrition** classes.



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

ART & HISTORY LECTURES

Challenge your mind and learn something new at Tesoro Cultural Center's Art and History lectures! Topics include various explorations of Colorado history, Native American history and much more.

CAMPS

Learn rules and strategies from a Master Chess Instructor at **Chess Camp**. Get creative and explore lighting, composition and more photography elements in **Photography and Digital Art Camp**. Create unique and personal gifts for the holidays or any occasion in a **Gift Making Workshop**.

LANGUAGE LEARNING

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

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 rhythms, melodies and chord progressions that students love to practice.

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**, **Adult Hand Building**, **Youth Clay**, or **Clay for Tots** classes.

POTTERY

Give this craft a spin with adult **Pottery** classes for Levels 1-3, **Raku** and **Goodson Pottery Studio Open Lab Time**, and **Youth Pottery** or **Youth/Family Pottery** classes for young creators. Beginner pottery classes are offered at Buck and Goodson recreation centers.





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 5. **Ballet / Tap** and **Ballet / Jazz** combo classes are also available. Practice technique, correct stance, turnout, body structure and fully pointed foot extensions in **Strength and Conditioning**.

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. Focus on technique and perfect your skills in a **Leaps & Turns** 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.

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.

ADULT DANCE CLASSES

DANCE PROGRAMS

Practice grace and strength in adult dance classes for beginners or continuing dancers! Explore the many benefits of **Belly Dance**. Kick up your heels in **Line Dance** or move to your favorite songs in **Jazz / Broadway**! Try a **Beginner Partners Dance** class to learn popular ballroom, Latin and social dances or turn it up a notch and expand on your experience in **Intermediate Partners Dance**. 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** and **Mario Kart Camp**.

DROP-IN GAMING LONE TREE: MON-FRI 4-8 PM WEEKENDS 10 AM-4 PM SHERIDAN: MON-FRI 2-7 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.

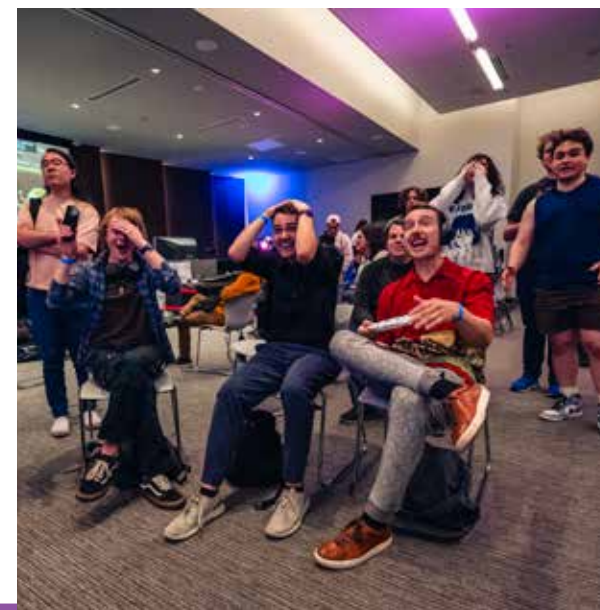


TABLE TOP GAMING

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

TOURNAMENTS

FIGHT GAME COMMUNITY

South Suburban hosts weekly fighting game tournaments throughout the District. Choose from a variety of titles, including Super Smash Bros, Tekken 8, Rivals 2, Street Fighter 6 and many more. Follow South Suburban Esports on social media for updates on dates and times.

South Suburban Esports Fall Showcase

The South Suburban Esports Fall Showcase will be held on Nov. 9! Celebrate gaming in Colorado with organizer booths, guest speakers, raffles and awesome prize pools for multiple tournaments. Enjoy some competitive gameplay or watch the matches and meet new friends and colleagues. Games, dates, prizes and more will be shared at ssprd.org/esports. We hope to see you there!



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



@SSPRD_Esports



Discord:



@ssprd_esports



Twitch
twitch.tv/southsuburbanesports





FITNESS

Jumpstart January

Jumpstart your 2025 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. 6-31. 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 **Posture, Balance and Movement** 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 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, Kickboxing 101, Pelvicore Yoga Fusion** 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.

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 with Dr. Michelle Stauffer to help restore, maintain and optimize your activity. For more information, email SherianT@ssprd.org.

RESTING METABOLIC RATE TESTING

Resting Metabolic Rate (RMR) Testing is available now! The MetaCheck® RMR machine is an accurate, professional metabolic analyzer. Knowing your metabolic rate helps to create an effective weight loss plan based on individual caloric needs.

WELLNESS

Experience the benefits of a **Sound Bath** at Hudson Gardens to promote mental clarity, increase focus and reduce stress. Enjoy high-quality Chinese tea and be guided through a true sensory experience at a **GongFu Tea Ceremony** at Hudson Gardens.

PILATES

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. Once you've completed Level 2, consider trying a **Jumpboard Reformer** class!

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** and **Tai Chi for Wellness** 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 golf or skating 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 menu.



SOUTH SUBURBAN GOLF COURSE

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 Bar and 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 hosts events and live music on select dates year-round, 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.



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 and Lone Tree recreation centers. Players will enjoy fun activities while using specialized learning equipment and practicing the motor skills necessary to play golf.

OUR NEW LOOK!

South Suburban is celebrating the individuality of each of our four golf courses with new logos. The new graphics for Family Sports Golf Course, Littleton Golf and Tennis, Lone Tree Golf Club & Hotel, and South Suburban Golf Course mirror the South Suburban brand, while also featuring a signature visual from each course.

Golfers throughout the region are familiar with South Suburban's four golf courses. Whether learning to play as a junior at South Suburban, joining a ladies league at Littleton, trying the championship course at Lone Tree, or taking advantage of the heated driving range at Family Sports, each course offers unique amenities and breathtaking views.

Major improvements have also taken place at these courses in the last few years, ranging from new clubhouses, to redesigning of signature holes and river integration enhancements.

Golfers will notice the implementation of the new logos throughout the rest of the year, while apparel will be available in early 2025.





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, visits from the South Platte Express Nature Van, and more.

Universal Pre-K pricing is unbeatable!

2025 Pricing

Goodson Cost per Month:

2-day (T/Th) | 9 am-3 pm | \$60R / \$85NR

3-day (M/W/F) | 9 am-3 pm | \$80R / \$105NR

Lone Tree Cost per Month:

2-day (T/Th) | 9 am-3 pm | \$70R / \$95NR

3-day (M/W/F) | 9 am-3 pm | \$90R / \$115NR

Learn more and apply for the Universal Pre-K program:



LICENSED CAMPS / PRESCHOOL

CAMP

Camp Registration Fees

Camp registration fees are changing in 2025. Pay your 2025 camp fees between October 2024 and January 2025 to receive discounted early bird pricing. Learn more about fees for camps at register.ssprd.org.

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 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.

Summer Camps

Learn and play at South Suburban Summer Camps! Registration for all summer camps will open Feb. 4. Stay tuned to ssprd.org for more information.

PARENTS NIGHT OUT

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 Dec. 13, Jan. 10 and Feb. 14, and at Lone Tree Recreation Center on Dec. 6, Jan. 3 and Feb. 7.

PRESCHOOL

To register for the following programs, contact the Family Services Coordinators at Goodson (303.483.7075) or Lone Tree (303.708.3518). Spring sessions begin Jan. 7, but students may enroll at any time if the age and potty training requirements are met.

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.



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



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



GUIDED HIKES

Travel with a small group to **Cross Country Ski** or **Snowshoe** and explore the Frisco Nordic Center, Breckenridge Nordic Center and backcountry trails.

FAMILY NATURE & SPECIAL EVENTS

ARCHERY

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

ASTRONOMY

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

CAMPS

No school? Time to explore! Learn and play this winter at **No School Nature Camp!**

NATURE ART & SKILLS

Get an up-close look! Learn about different herbs and their medicinal properties in an **Herbal Education** class. Deepen your connection with nature through drawing and writing in **Nature Journaling**.

MORE FAMILY NATURE & EVENTS

Visit with Santa, make nature-themed crafts and more at our cozy **Santa's Workshop** events. Celebrate the Solstice and reflect on the change of seasons on the **Solstice Sunset Hike**. 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**. Start a new tradition on a **Holiday Nature Walk** on Thanksgiving and New Years Day.

WILDLIFE WATCHING

BIRDING

Calling all birders! Classes, hikes and events are available for birders of all abilities. Join other enthusiasts at **Wednesday Birding**. Explore with and Audubon Master Birder to discover rich bird habitats on **Birds Walks at Hudson Gardens**.

MORE WILDLIFE

Seek nature's most impressive hunters in winter skies at **Raptors of Winter at Rocky Mountain Arsenal**. Hike with a naturalist to look for **Bald Eagles** perched over the lakes or river in search of prey. Adventure to see the **Bighorn Sheep of Waterton Canyon** on a guided hike.

Nature Program Scholarships Available

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

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!



START A NEW TRADITION THIS YEAR!

CELEBRATE THE HOLIDAYS WITH FRIENDS AND FAMILY AT SOUTH PLATTE PARK.

Join a guided nature walk on Thanksgiving or New Year's Day. Bring the fun inside at the new Santa's Workshop events to make a nature-themed craft, play games, and enjoy warm refreshments. Visit Carson Nature Center, free and open daily, to learn about local critters and enjoy a book in the Reading Lodge, chewed by real beavers!



South Suburban Parks and Recreation Winter 2024/25



SPORTS

BASKETBALL

BASKETBALL CLINICS & CAMPS

Players can learn from experienced coaches and compete in a fun environment at **Nothing But Net** camps.

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.

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 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, Tumble Tykes** and **Kindernastics**.

New gymnastics sessions begin Jan. 6.

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

ADULT AND YOUTH LEAGUES

South Suburban offers adult and youth leagues for all ages and abilities.

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

For youth hockey league information visit ayhl.com.

BLACK ACES

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



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.

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

CAMPS

Learn a variety of sports in a fun and instructional setting at **FUNDamental Youth Sports** camps.

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 & CLASSES

Improve your skills at a one-day **Pickleball Clinic** or **Boot Camp** series, available for beginner or intermediate level players. Challenge yourself in private lessons, leagues and various tournaments throughout the year.

DROP-IN

Meet new friends and challenge your game at **Drop-In Pickleball** at various indoor and outdoor locations across the District! 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

Bring the entire family to run or walk before the big game. Runners and walkers of all ages and abilities are invited to join this event along the Mary Carter Greenway on Sunday, Feb. 9 at 10 am. Show your team spirit and wear your favorite team jersey!



SOCCER

PROGRAMS

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



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



TENNIS

Looking for More Tennis Info?

Visit ssprd.org/tennis for information on all South Suburban tennis facilities, programs, classes and more.

ADULT TENNIS

Drills and offerings for designed NTRP levels, cardio, socials, as well as those new to the sport.

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

Volleyball Instruction for Youth includes fun drills and training techniques to build foundational skills.

EXTRA! EXTRA!

Be The First To Know

- New Classes & Leagues!
- Exciting Events!
- Closures & Construction!

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ENHANCE YOUR BUSINESS WITH SPONSORSHIPS!



Looking to get your business in front of an audience that spans across six communities and three counties in the South Denver Metro area? Our new sponsorship packages can help you reach your goals!

Align your brand with positive values such as health, well-being, community engagement, and environmental awareness, while reaching a broad and engaged audience of families, individuals, and community leaders.

Learn how to become a sponsor at ssprd.org/sponsorships

JOIN AN INDOOR LEAGUE AT THE SPORTS DOME



Soccer and Lacrosse
Youth and Adult Leagues
southsuburbansports.com

Flexible hours, sweet perks and
some money in your pocket.

It doesn't get better than that.

Learn more and apply at
careers.ssprd.org



WE ARE HIRING



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



2024/25 ADULT SPORTS LEAGUES						
Sport		Season	Registration Range	League Starts	Fees (R/NR)	Types of Leagues
Basketball		Winter	Oct. 21-Jan. 1	Jan. 6	\$600/team	8Men's Rec, Men's Comp & Men's Open
Flag Football		Winter	Nov. 15-Dec. 21	Jan. 5	\$750/team	8Men's
Lacrosse	Indoor Field	Winter	Sept. 30-Nov. 24	Dec. 4	\$1250/team	9Men's Open 18+
	Box	Winter	Nov. 4-Dec. 29	Jan. 5	\$1250/team	6Men's Open 18+
Pickleball		Winter	Sept. 1-Oct. 16	Nov. 4	\$154/team	14Mixed, Men's & Women's Doubles Intermediate 3.0-3.5,
Racquetball		Winter	Nov. 1-Jan. 3	Jan. 7	\$49/\$59	9Intermediate & Advanced
Soccer	Arena	Winter	Nov. 15-Dec. 28	Jan. 7	\$650/team	7Men's 30+, Coed Comp
	Indoor	Winter	Nov. 1-Dec. 6	Dec. 16	\$925/team	8Coed Open, Men's A/B
Volleyball		Winter	Nov. 4-Jan. 29	Feb. 7	\$225/team	14Coed 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

2024/25 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	PreK	Summer	Jan. 1-May 4	N/A	June 2	\$49/\$59
	T-ball	K - 1	Summer	Jan. 1-May 4	May 26	June 2	\$99-134
	Baseball / Softball	2nd - 8th	Summer	Jan. 1-May 4	May 26	June 2	\$99-134
Basketball	Little Hoopers (Jan./Feb. Session)	Ages 3-5	Winter	Aug. 12-Dec. 13/Jan. 17	N/A	Jan. 11/Feb. 8	\$45/\$55
	Youth Recreational League	K - 8th	Winter	Aug. 12-Oct. 18	Nov. 11	Jan. 7	\$95-\$100/ \$120-\$125
	Youth Development League	PreK - 3rd	Winter	Aug. 12-Nov. 1	N/A	Nov. 16	\$150
	High Line Competitive	5th - 6th	Winter	Aug. 12-Nov. 15	N/A	Dec. 5	\$1000/team
Flag Football		K - 8th	Spring	Dec. 1-March 4	March 17	March 22	\$75-\$85/ \$90-\$100
Lacrosse	Box	5th - HS	Winter	Oct. 14-Dec. 20	N/A	Jan. 4	\$105/\$125
	Indoor Field	7th - HS	Winter	Oct. 14-Dec. 20	N/A	Jan. 4	\$1375/team
Soccer - Indoor	Boys/Girls - Sports Complex	U11/U12/ U13/U14	Winter	Nov. 4-Dec. 21	N/A	Jan. 5	\$850/team
	Boys/Girls - Sports Dome	U11/U12/ U13/U14	Winter	Nov. 4-Dec. 21	N/A	Jan. 5	\$725/team
		HS	Winter	Nov. 4-Dec. 21	N/A	Jan. 5	\$925/team
Volleyball		2nd - 12th	Spring	Dec. 30-Feb. 28	March 24	April 12	\$75/\$85

2024/25 TOURNAMENT SCHEDULE				
Sport	Title	Divisions	Fee	Date
Youth Soccer	3v3 Tournament	Boys & Girls U7-U14	\$120/team	Oct. 26
Youth Lacrosse	3v3 Winter Tournament	Boys & Girls 3rd Grade-HS	\$150/team	Dec. 27
Adult Tennis	Valentine's Classic	Men's, Women's & Mixed	\$74/team	Feb. 1-7



STAR

South Suburban Therapeutic Adaptive Recreation

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.



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 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.

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**. Have fun and make memories at community events on **Douglas County Friday Fun** outings (Douglas County residents only).



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**.

LET'S CELEBRATE YOU!

Choose from 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 South Suburban's Esports Lounges! 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 bumper cars 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

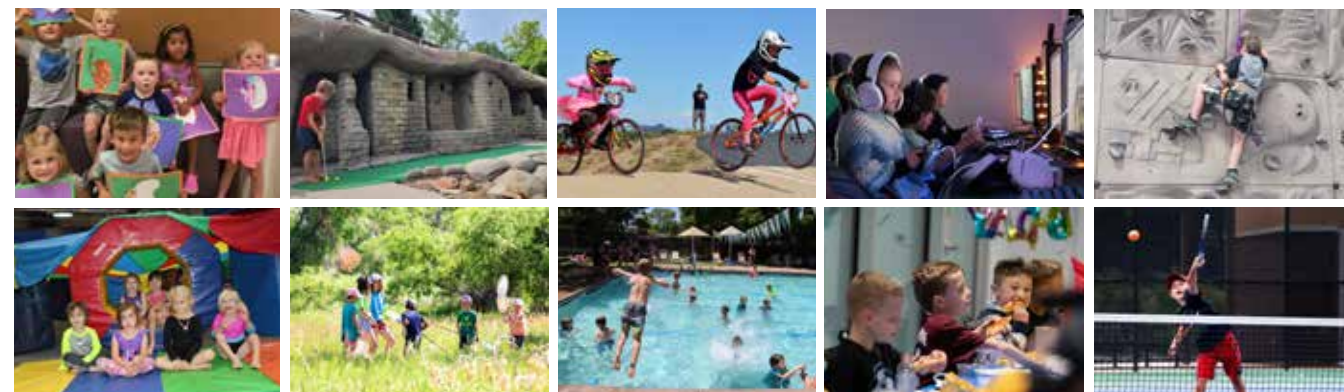
Lace up your skates or cleats and get ready to have some fun! Choose from ice, turf field or basketball court party packages, including party room space.

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





All Cheer, No Mess or Stress

Celebrate the Holidays at South Suburban!

To learn more or book, visit ssprd.org.



Leave the planning and clean up to us this holiday season. South Suburban has the perfect space for your holiday celebration! Six venues, spanning from Littleton to Lone Tree, cater to the most intimate gathering or larger lively groups. Our experienced staff will help make the process as seamless as possible and ensure you and your guests enjoy every moment.

Choose from a variety of venues:

- Family Sports Center
- Littleton Golf and Tennis
- Lone Tree Golf Club & Hotel
- South Suburban Golf Course
- South Suburban Sports Complex
- The Hudson Gardens & Event Center



South Suburban Social Snapshot

Follow our social media channels to stay in the know. You'll see updates like these, in real time!

Littleton Golf and Tennis Nationally Recognized



Exciting news! Littleton Golf and Tennis is one of 41 tennis facilities from across the country honored with a 2024 Outstanding Facility Award from the United States Tennis Association! 🏆 We're thrilled about the recognition our new 54,000 square foot facility is receiving and the role it's already playing in growing the game here in South Metro Denver! 🎾

Learn more about Littleton Golf and Tennis and see what other facilities were honored by USTA at bit.ly/4cPx71Q.

Harlow Park Renovations Completed in July



The new playground at Harlow Park is much improved after it got an overhaul this year! 🌟🥰

The new nature-themed playground reopened in early June and features two play structures for younger and older kids, benches around the playground, as well as rubberized safety surfacing that increases accessibility to the play equipment. 🌳🐾 Some other awesome features include musical instruments, wildlife facts and scavenger hunts, a tandem swing, and various spinners!

Family Sports Center Looking Fresh



Family Sports Center is in the midst of a makeover! 🛠️ So far, the exterior stucco has been repaired and repainted, and it's looking great. The next step will be new signage to align with South Suburban's brand identity, like the neighboring Sports Dome, as soon as permits are all approved.

Featured Profile: @HudsonGardens 2024 Water Lily Weigh Off



See how our lilies show up to the #waterlilyweighoff24? They only hold 18.5 pounds. Very cutesy, very mindful, very demure 😊

ICYMI - we were challenged by our neighbors up at the Denver Botanic Gardens (@denverbotanic) to participate in the 2024 Waterlily Weigh Off! Gardens and zoos from all over the world are participating.

Watch the full reel on Instagram at:



Follow us on social media to keep up with these topics and more!





4810 East County Line Road
Littleton, CO 80126

ECRWSS
POSTAL CUSTOMER

WINTER SALE

Dec. 2-Jan. 3

Save BIG on Annual Passes, Punch Cards,
Personal Training and Private Reformer Sessions!



ssprd.org/passes

