

# South Suburban **Connection**



2013-2014 Fall/Winter  
**Activities Guide**

**Inside:**  
**Holiday Events**  
**Fitness Classes &**  
**Personal Training**  
**Sports Leagues & Clinics**  
**Family Programs**



**South Suburban**  
PARKS AND RECREATION

# Hey KIDS!

## CELEBRATE

# 2014

## NEW YEAR'S EVE

# Extravaganza

### TUESDAY, DEC 31, 8-11 PM

Celebrate the start of 2014 by enjoying

- laser tag • eXerGame Zone • inflatables • bumper cars • ice skating
- toasting sparkling cider while watching the ball drop at midnight in New York's Time Square at 10 pm MST. Light snacks will be provided.

Ages 9-14    Class #4890012    \$15 online (must be purchased by Dec 24) \$20 after 12/24/13

**REGISTER EARLY ONLINE AT [WWW.SSPR.ORG](http://WWW.SSPR.ORG)**

For more information contact  
Michelle Collette (303) 754-0552  
or [michellec@sspr.org](mailto:michellec@sspr.org)



**Family Sports  
Center**



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### Scholarship Program

#### Reduced Rate/Scholarship Program

District residents who want to request financial assistance to participate in recreational activities should contact the Registration Office, 303-347-5999 or email [Stews@sspr.org](mailto:Stews@sspr.org) for a Scholarship Request Form. A valid South Suburban Resident In-District ID card is required to apply for the program. Requests are confidentially reviewed.



This activity guide was printed on recycled paper.

**Gift Cards  
Available!**

**Cover:** Tumble Tykes, Gymnastics class at Goodson Recreation Center, practices on the balance beam.

# Recreation Centers



## Douglas H. Buck Community Recreation Center

2004 W. Powers Ave.  
Littleton, CO 80120  
303-797-8787

### Amenities:

- Gymnasium • Fitness Studio
- 16-laps-per-mile Running Track
- Babysitting Service
- Rentable Classrooms
- Performing Arts Stage/  
Wet Crafts Room
- Commercial Kitchen Suitable for  
Catered Events
- Lounge with Billiards, Paperback  
Library & Craft Sales
- Thursday Senior Lunches
- Senior Information and Referral
- Numerous classes and activities

### Aquatics Area:

- 25-yard, 3-lane Swimming Pool
- Leisure Pool with Lazy River
- Spa on Outside Deck
- Zero-depth entry with play  
features
- Therapy Pool, Steamrooms
- Family Changing Rooms

### Weight Room and Cardiovascular Center:

- Free Weights
- Circuit Equipment
- Cardiovascular Equipment
- Stair Steppers
- Upright Cycles
- Recumbent Bikes
- Treadmills • Rowing Machines
- Cross Trainers
- Total Body Elliptical Machines

Visit online at [www.sspr.org](http://www.sspr.org) for  
Hours of Operation.

## Admission Fees & Passes for Buck, Goodson, Lone Tree

Friendly professional staff, access to all amenities including weight room, highly popular strength equipment from Cybex & Life Fitness, state-of-the-art cardiovascular area, leisure pool and large variety of drop-in fitness classes are included. Mind/body, martial arts or weight training classes are available for an extra fee.

	Youth 2-17 yrs Fee/Resident	Buddy Pass Fee/Res	Adult Fee/Resident	Buddy Pass Fee/Res	Senior 65+ Fee/Resident	Buddy Pass Fee/Res	Household Fee/Resident	Addl Child Fee/Res
Daily	\$5.25/\$4		\$7.25/\$5.25		\$5.50/\$4.25		\$19/\$14	\$4/\$3
Monthly	\$51/\$38	\$36/\$27	\$69/\$52	\$48/\$36	\$52/\$39	\$36/\$27	\$132/\$99	\$20/\$10
Annual*	\$399/\$300	\$279/\$210	\$605/\$455	\$424/\$319	\$410/\$310	\$287/\$217	\$1139/\$855	\$75/\$60
30-punch	\$110/\$74		\$150/\$114		\$114/\$89			
15-punch	\$63/\$40		\$85/\$59		\$67/\$48			

South Suburban offers an automatic monthly billing service for annual passes.

**Recreation Center passes include use of outdoor pools.**



## Goodson Recreation Center

6315 S. University Blvd.  
Centennial, CO 80121  
303-798-2476

### Amenities:

- Gymnasium
- Dance & Fitness Studios
- 10-laps-per-mile Running Track
- Babysitting Service
- Rentable Classrooms
- Wet Crafts Room
- Pottery Kilns
- Racquetball Courts
- Numerous classes and activities

### Aquatics Area:

- 25-meter, 6-lanes Swimming  
Pool
- Spa • Steam Rooms/Whirlpool
- Play Features in the Wading Area
- Locker Rooms
- Family Changing Room

### Weight Room and Cardiovascular Center:

- Free Weights
- Circuit Equipment
- Cardiovascular Equipment
- Stair Steppers
- Upright Cycles
- Recumbent Bikes
- Treadmills
- Rowing Machines
- Cross Trainers
- Total Body Elliptical Machines



## Lone Tree Recreation Center

10249 Ridgeway Circle  
Lone Tree, CO 80124  
303-708-3500

### Amenities:

- Gymnasium • Fitness Studio
- 12-laps-per-mile Running Track
- Babysitting Service
- Rentable Community Rooms
- Performing Arts Stage/  
Wet Crafts Room
- Electric Kiln
- Racquetball Courts
- Numerous classes and activities
- **NEW!** 2 Pickleball Courts

See pg. 37 for more info.

### Aquatics Area:

- 25-yard 3-lane Lap Pool
- Leisure Pool with Lazy River
- Hot Tub
- Zero-depth entry with play  
features
- 54 ft. Slide
- Family Changing Rooms

### Weight Room and Cardiovascular Center:

- Free Weights
- Circuit Equipment
- Cardiovascular Equipment
- Stair Steppers
- Upright Cycles
- Recumbent Bikes
- Treadmills • Rowing Machines
- Cross Trainers
- Total Body Elliptical Machines



## Sheridan Recreation Center

3325 S. Oxford Ave.  
Sheridan, CO 80236  
303-761-2241

### Amenities:

- Gymnasium • Fitness Studio
- Racquetball Courts
- Rentable classrooms
- Lounge with Billiards and  
Other Table Games
- Locker Room • WiFi
- 2 Pickleball Courts

### Creativity Lab

See pg. 21 for more details.

### Pickleball

A fun racquet sport for all ages.  
Mon and Wed 10 am-12 pm,  
see pg. 37 for more info.

### Weight Room and Cardiovascular Center:

- Free Weights
- Circuit Equipment
- Cardiovascular Equipment
- Stair Steppers
- Upright Cycles
- Recumbent Bikes
- Treadmills • Rowing Machines
- Total Body Elliptical Machines

## Sheridan Recreation Center Fees & Passes

Includes racquetball courts, weight rooms, gym, sauna, cardiovascular area, air hockey, foosball, billiard tables, the Creativity Lab and Pickleball!

	Youth 2-17 yrs Fee/Resident	Adult Fee/Resident
Daily	\$3/\$2.25	\$4.25/\$3.25
Monthly		\$16.50/\$13
3-Month	\$9/\$7	\$45/\$34
Annual	\$32/\$25	\$161/\$132
30-punch		\$50/\$39
15-punch		\$26/\$21
	Senior 65+ Fee/Resident	Household Fee/Resident
Daily	\$4.25/\$2	\$7.50/\$5.75
Monthly	\$13/\$8	
3-Month	\$36/\$22.25	
Annual	\$129/\$79	
30-punch	\$40/\$25	
15-punch	\$21/\$14	



### Family Sports Center Golf Course

6901 S. Peoria St.  
Centennial, CO 80112  
303-649-1115  
Pro Shop Open 7 am-9 pm (Sep-Mar)

- 9-Hole Executive Golf Course-par 31
- Driving range renovated in 2009 and is open year round, 2-tiered, 30 covered, lighted, heated along with 25 grass tees and vivid target area.
- Extensive group/private instructional programs for juniors and adults
- Large practice area and putting green
- Family Sports Golf Academy 303-649-1115
- 18-Hole Miniature Golf

#### Golf Rates

##### Weekdays (M-Th)

	Fee	Resident
Adult M-Th	\$17	\$16
Seniors (65+) 7 days	\$13	\$12
Juniors (11-17)	\$12	\$10
Youth (10 & under)	\$9	\$7
Golf Cart Rental	\$9/rider	
Pull Cart Rental	\$5	

Pay for 9 holes, play another round for 1/2 price on the same day.

#### Weekend (F/Sa/Su)

Adult F, Sa, Su	\$19	\$18
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#### Range Balls

	Fee	Resident
Small Bucket (42 balls)	\$5	\$5
Medium bucket (84 balls)	\$8	\$8
Large bucket (168 balls)	\$13	\$13

Range Card Program pg.61



### Littleton Golf and Tennis Club

5800 S. Federal Blvd.  
Littleton, CO 80123  
Golf: 303-794-5838  
Tennis: 303-794-6933

Play golf in the heart of Littleton. This is a superbly maintained, executive 18-hole course featuring:

- Par 63
- Locker rooms with showers
- Indoor and outdoor lounge areas
- Six indoor tennis courts
- Practice greens & driving range

#### Golf Rates

##### Weekdays (M-Th)

	Fee	Resident	Guest
9 Holes	\$18	\$16	\$17
18 Holes	\$30	\$25	\$28
Srs 9 Holes (age 65+)	\$17	\$14	N/A
Sr. 18 holes (M-F only)	\$26	\$21	N/A

Jr. Fee (M-Th)	9 hole	18 holes
after 12 pm	\$9	\$18

##### Weekends (F/Sa/Su)

	Fee	Resident	Guest
9 Holes	\$21	\$19	\$20
18 Holes	\$34	\$29	\$32
Golf Cart 9 holes	\$9/rider		
Golf Cart 18-holes	\$15/rider		

**10, 20 & 30 Play Punch Cards** and resident Season Passes available for all 3 golf courses including South Suburban and Lone Tree.



### South Suburban Golf Course

7900 S. Colorado Blvd.  
Centennial, CO 80122-3544  
Starter: 303-770-5500  
Pro Shop: 303-770-5508

Great for families! One of the finest public golf courses in the area offering:

- 18-hole, par 72 regulation course with rolling fairways and large undulating greens which challenge players of all abilities
- 9-hole, par 3 course for beginners or players wishing to sharpen their short game skills
- Large driving range & putting area

#### Golf Rates

##### Weekdays (M-Th)

	Fee	Resident	Guest
9 Holes	\$23	\$19	\$21
18 Holes	\$43	\$32	\$38
Srs 9 (age 65+)	\$17	\$14	N/A
Srs 18 (M-F only)	\$27	\$22	N/A
Par 3	\$13	\$10	\$12
Sr. Par 3	\$11	\$9	N/A

Jr. Fee (M-Th)	9 holes	18 holes	Par 3
after 12 pm	\$10	\$18	\$5

Anytime

##### Weekends (F/Sa/Su)

	Fee	Resident	Guest
9 Holes	\$25	\$22	\$23
18 Holes	\$45	\$36	\$40
Par 3	\$15	\$12	\$14
Golf carts 9 holes	\$9/Rider		
18 holes	\$15/Rider		



### Lone Tree Golf Club & Hotel

9808 Sunningdale Blvd.  
Lone Tree, CO 80124  
Clubhouse: 303-790-0202  
Pro Shop: 303-799-9940

**Public Golf in a Country Club Setting**  
[www.golflonetree.com](http://www.golflonetree.com)

- 18-hole, Arnold Palmer designed, par 72 championship course
- 4 sets of tees challenge players of all abilities
- Well-bunkered layout, manicured, undulating greens and a spectacular view of Denver and the Front Range
- Chipping green and practice bunkers
- 15 Hotel Rooms
- Meeting/Banquet Facilities
- Tennis courts/ Picnic Pavilion

#### Golf Rates

##### Weekdays (M-Th)

	Fee	Resident	Guest
9 Holes	\$31	\$24	\$27
18 Holes	\$60	\$46	\$53
Srs 9 Holes (65+ M-F only)	\$25	\$20	N/A
Sr.18 Holes	\$40	\$32	N/A
Jr. Fee (M-Th) 9 holes		\$15	\$25
after 12 pm		\$15	\$25
Twilight (includes cart)	\$59	\$41	N/A

##### Weekends (F/Sa/Su)

	Fee	Resident	Guest
9 Holes	\$34	\$27	\$30
18 Holes	\$65	\$49	\$55
Srs 9 Holes (65+)	N/A	N/A	N/A
Srs 18 Holes	N/A	N/A	N/A
Golf Carts 9 holes	\$9		
18 holes	\$15		
Twilight (includes cart)	\$64	\$46	N/A

## Golf-General

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

Each course is managed and staffed by PGA and LPGA trained professionals with a pro shop stocked with quality merchandise and knowledgeable, courteous staff ready to assist. Rental carts, pull carts, clubs, practice driving ranges and putting greens are available at each course.

All courses are open year-round, weather permitting (except Christmas Day) and enforce a mandatory spikeless shoe policy. Lone Tree Golf Club enforces a dress code. After play, enjoy food and beverages in the clubhouse restaurants at all 4 courses. Lone Tree Golf Club & Hotel has meeting/banquet facilities and 15 hotel rooms to accommodate your events.

### Reservations

Residents with a current South Suburban photo ID card may reserve a tee time online at [www.sspr.org](http://www.sspr.org) or call seven days in advance beginning at 7 pm for reservations. (Note: during Mountain Standard Time, the beginning call-in time for residents changes to 4 pm) All courses closed Monday until 8 am for maintenance.

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

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

For reservations at Family Sports Center, please call 7 days in advance at 303-649-1115 or online at [www.sspr.org](http://www.sspr.org).

**Check online at [www.sspr.org](http://www.sspr.org) for golf coupons.**

### Golf Leagues

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

### Private Golf Lessons

Private golf lessons may be scheduled directly through our professional staff. Lessons are available for beginners to the most experienced player on all phases of the game, at a variety of times to fit your schedule. Please contact the pro shop at the respective courses for rates, to schedule a lesson or for more information.

### Tournaments

Call the course at which you would like to play for fees and information.

**Public Lessons on pgs. 25, 51**



## Facilities



### Family Sports Center & Ice Arena

6901 S. Peoria Street  
303-708-9500

#### Fun for the whole Family!

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

### Family Sports is Where Groups Gather

Make special events SPECIAL whether you're holding corporate meetings, team builders, company picnics, after prom, sports team banquets or annual events.

Call 303-754-0555 to schedule your next gathering.

### Fun Pass

Unlimited Bumper Cars, Inflatables & Attractions **\$13.95**

### Public Skating Schedule Available online at [www.sspr.org](http://www.sspr.org)

#### Public Skating fees:

\$6.75 /\$4.75 R Weekdays  
\$7.75 /\$5.75 R Fri Evenings, Sa, Su

**Skate Rental:** \$3.50/\$2.50 R

**Helmet Rental** \$1/\$0.75 R  
Skate sharpening available.

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

Public Skating admissions; skate rental not included.

### Rock 'N Skate

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

Music, skating, bumper cars  
& Inflatables

\$10 /\$8 R (includes skate rental)  
All ages welcome.



### Family Sports Center Birthday Parties

Experience an adventurous party.  
Choose from a variety of packages,  
call 303-754-0557

Check [www.sspr.org/NewsPromtions](http://www.sspr.org/NewsPromtions)  
for party packages.

### eXerGame Zone

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

**Daily: \$7/\$5 R**

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

**Zone 2-hour Rental: \$300**

The eXerGame Zone is also available for birthday parties.



"Like Us" for special discounts  
and program info!

### Family SportsCenter

### Avalanche Grill

- Great new menu
- Amazing patio views
- Table views of Avalanche Hockey Team practices.

Happy Hour 4-7 pm M-F

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

### Family Sports Dome



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

### Field Rentals

Rent our 86 x 44 yd FIFA approved synthetic turf field.  
Call for availability. Full payment required for all rentals at time of booking.

**Full field** \$195/hour/\$175 R

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

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



### South Suburban Ice Arena

6580 S. Vine St.  
Centennial, CO 80121

303-798-7881

Information Hotline:

303-794-6522

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

### Private Rentals & Parties

Rent this cool locale by the hour for birthday parties, social gatherings or get-togethers with religious organizations or clubs.

Available for skating, hockey or broomball.  
Call 303-798-7881.

**Hourly:** \$250/\$240 R

### Public Skating Sessions

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

### Public Skating Session Fees:

\$6.75 /\$4.75 R Mon-Thu

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

**Skate Rental:** \$3.50 /\$2.50 R

Skate Sharpening available

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

30 Public Skating Admissions:

Skate Rental not included

### Family Sk8 Nights

**Fridays 7:30-9:30  
pm**

**All Ages**

**Public skating fees  
apply.**



### November is Skate Month Specials on Learn to Skate & Play Hockey Lessons

### Fall/Winter Events Skate with Santa & Holiday Ice Shows

See Family Events pg. 65  
See Family Events inside front cover.



## Hudson Gardens

6115 S. Santa Fe Drive, Littleton  
Open daily from 9 am to 5 pm;  
**FREE!**  
Admission to  
Hudson Gardens is FREE

### The Gardens offer:

- Thirty acres reflecting Colorado trees, plants & flowers
- Ponds, wildlife, sculpture, a garden railroad & adventure hideaways
- 1¼ -mile walking path
- Summer-long concert series
- Tours • Gift shop
- Variety of family community events

The Inn at Hudson Gardens, Garden Canopy and the Welcome Garden offer magnificent settings for weddings, birthday parties, anniversaries and other special events.

The Hudson Gardens & Event Center is a private non-profit 501(C)(3) organization. Your membership makes a difference! For membership information call 303-797-8565 or visit [www.hudsongardens.org](http://www.hudsongardens.org).



## Miniature Golf Colorado Journey

5150 S. Windermere St.  
Located on the SE corner of  
Bellevue & Windermere  
303-734-1083

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

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

### Open Weather permitting Aug 1-Aug 19

M-Sun 10 am-10 pm

### Aug 19 - Oct 31

M- Th 3-9 pm

F-Su 10 am-9 pm

### Nov 1-Mar 8

Sa-Su 12-5 pm

18 Holes	Fee	Resident*
Youth	\$5.75	\$4.50
Adult	\$6.50	\$5.25
Seniors	\$5.75	\$4.50
36 -Holes	Fee	Resident*
Youth	\$9.75	\$7.50
Adult	\$11.00	\$8.75
Seniors	\$9.75	\$7.50

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

\*\*Per one paying adult

## Miniature Golf Family Sports Center

6901 S. Peoria St. 303-649-1115  
Located near Centennial Airport,  
south of Arapahoe Rd.

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

Featuring a waterfall and stream with 18 challenging holes. Open year round, 7 days a week late at night.

	Fee	Resident
All ages	\$5	\$4.50

(4 and under free with a paying adult)



## South Platte Park

3000 W. Carson Dr.  
North of Mineral, West of Santa Fe  
303-730-1022

### A Natural Area

Open daily from sunrise to sunset.

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

### Carson Nature Center

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

- Interactive nature exhibits
- Year-round activities
- Volunteer program and training

### Guided Programs

Request programs for schools, scouts and other organizations



[www.facebook.com/southplattepark](https://www.facebook.com/southplattepark)

See pg 30-32 & 53 for classes & programs.



Programs supported in part by the Arapahoe County Cultural Council of the Scientific and Cultural Facilities District.



## Cornerstone Skate Park

**FREE!**

Located on the SE corner  
of Bellevue and Windermere.  
Open dawn to dusk

## Sheridan Skate Park

**FREE!**

Located north of Sheridan  
Recreation Center's parking lot,  
3325 W Oxford Ave, on the east side.  
Open dawn to dusk

## Cornerstone Batting Cages

5098 S. Windermere St.  
Warm-up for your next game  
at Cornerstone Batting Cages.  
Check out nine pitching  
machines with various speeds for  
baseball and softball.  
Located on the NE  
corner of Bellevue and  
Windermere  
Call 303-797-3796.

### OPERATING HOURS

Weather permitting

### Aug 1-Aug 18

M-F 1-9 pm

Sa & Su 10 am-9 pm

### Aug 19-Oct 31

M-F 4-8 pm

Sa & Su 12-8 pm

### 1 Token-16 Pitches

SSPRD/Englewood  
Rec Card Holders \$1.50  
Non-Rec Card Holders \$1.75  
Discount cards and team rates  
available



## Swim Lesson Descriptions

### Aquatics-Youth

All swim lessons follow our Learn-To-Swim program. Participants are motivated with fun, engaging and challenging activities that teach swimming skills. All levels introduce new swimming and water safety skills that build upon previously acquired skills.

#### Parent-Tot (6 months-3 yrs)

Fun activities and positive experiences teach you and your child how to be safe in and around the water. Tots work on entering and exiting the water, going under water, floating and gliding on their backs and blowing bubbles. Each child must be accompanied by a parent or guardian. Swim diapers are required under bathing suits.

### Pre-School Levels

**1:4 student/teacher ratio**

#### Pre-School Level 1 3-5 yrs

Independent swimmers build confidence and become self-assured about going underwater, blowing bubbles, front and back glides for 2 body lengths and recovering to a vertical position. Learn appropriate arm actions and kicking for both the front and back crawl. All skills are demonstrated with support in this level.

#### Pre-School Level 2 3-5 yrs

Swimmers who are comfortable in the water on both their front and back, find going under water fun, and are ready for more. Improve front and back combined arm and leg actions for 3 body lengths, float unassisted for 5 seconds and start to become comfortable in deeper water.

### Pre-School Level 3 3-5 yrs

Continue improvement on front and back glide for 5 body lengths, coordination of arms and legs on both the front and back for 5 body lengths and float unassisted for 15 seconds. Swimmers will also start to learn the elementary backstroke.

### School-Age Levels

*All classes are held in deeper water.*

**1:6 student/teacher ratio**

#### Level 1 6 yrs & up

First timer and timid swimmers build confidence and become independent going underwater, blowing bubbles, gliding on their front and back for 2 body lengths and recovering to a vertical position. Learn appropriate arm actions and kicking for both the front and back crawl for 2 body lengths.

#### Level 2

Continue improvements on front and back glides for 5 body lengths, float unassisted for 15 seconds, coordinate arms and legs on both the front and back for 5 body lengths. Swimmers will also start to learn the elementary backstroke and scissors kick.

#### Level 3

We are really swimming now! Swimmers front glide for 3-5 body lengths, swim front crawl with rotary breathing and elementary backstroke for 15 yards. Swimmers will also start work on the dolphin and scissors kicks going 10 yards with each in addition to diving at the outdoor facilities.

#### Level 4

Refine skills and increase endurance by swimming familiar strokes (front crawl, elementary backstroke) for 25 yards while swimming the back crawl, breaststroke, butterfly and sidestroke for 15 yards. The basics of turning at a wall are introduced in this level.

#### Level 5

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

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

## Special Interest Classes

### Pre-Competitive 6 yrs & up

Build endurance and learn more about competitive swimming. Swimmers must be able to demonstrate skills taught in Level 4 and be able to swim entire pool length, 25 meters, in proper front and back crawl.

### Competitive 8 yrs & up

Fine tune strokes and maintain off-season endurance in all four competitive strokes: freestyle, backstroke, breaststroke and butterfly as well as flip turns. **Pre-requisite:** Must be able to demonstrate all required skills of Pre-Competitive class or have completed Pre-Competitive class.

### Private Swimming Lessons

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

Private: \$32 /\$26 R

Semi-Private: (2-3 students): \$43 /\$36 R

4-pack private lessons: \$116 /\$96 R

Semi-Private, 4-pack lessons: \$142 /\$124 R

### Registration Policies

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

### Party at the Pool

**Private rentals and organized birthday parties available.**

**Visit [www.sspr.org](http://www.sspr.org) for parties/outings or call**

Buck – 303-730-5219

Lone Tree– 303-708-3527

### Babysitter Training 11-15 yrs

Learn what every parent wants in a safe and responsible babysitter with the American Red Cross Babysitter's Training course. Develop skills in leadership and professionalism; basic care; safety and safe play and first aid. **THIS BASIC BABYSITTER'S TRAINING DOES NOT INCLUDE A CPR CERTIFICATION, check out CPR for Babysitters to add it.**

**2195710** Oct 17-18 Th-F 9 am-1 pm

**2195111** Nov 23 F 9 am-5 pm

**219582** Feb 14 F 9 am-5 pm

Buck Ctr

\$80 /\$70 R includes book for the Babysitter Training

### CPR for Babysitters

Add this class to basic babysitter training to include CPR certification. CPR for Babysitters training is also available to those who have taken the basic Babysitter's Training course and whose CPR certification has expired. For more information call 303-730-5219.

**2194010** CPR Add-on Oct 19, 9am-2 pm

**219422** CPR Add-on Feb 15, 9am-2 pm

Buck Ctr

\$60/\$50 R for CPR Add-On for Babysitters

Add-on Course, includes CPR certification



**Ratios are higher for school-age children.**

**Sa AM** 4 wks, 120-min instructor time

Session 9: Sep 14-Oct 5

Session 10: Oct 12-Nov 2

Session 11: Nov 9 -Dec 7 \*No Classes Nov 30

\$3

\$29/ \$21 R School Ages

1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 26

**Lone Tree Center Pool**  
10249 Ridgeway Circle  
(West of Sky Ridge Medical Center)  
303-708-3500

- 5:15-6:15 pm **24927** M/W

# Indoor Pool Winter 2013 Swimming Lessons

Not sure where your child should be placed? Please call any pool and ask that your child receive a free "swim test" for proper placement.

**M/W AM & PM** 4 wks, 240-min instructor time

Session 1: Jan 6- 29

Session 2: Feb 3- Feb 26

Session 3: Mar 3- Mar 26

\$60 /\$44 R Parent Tot & Pre-School

\$58 /\$42 R School Ages

**Tu/Th AM & PM** 4 wks, 240-min instructor time

Session 1: Jan 7- Jan 30

Session 2: Feb 4- Feb 27

Session 3: Mar 4- Mar 27

\$60 /\$44 R Parent Tot & Pre-School

\$58 /\$42 R School Ages

**Sa AM** 4 wks, 120-min instructor time

Session 1: Jan 4- 25

Session 2: Feb 1- 22

Session 3: Mar 1- 22

\$30 /\$22 R Parent Tot & Pre-School

\$29/ \$21 R School Ages

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

Ratios are higher for school-age children.

Register online at  
[www.sspr.org](http://www.sspr.org)

For an updated open swim  
schedule please visit  
[www.sspr.org](http://www.sspr.org)

**Buck Center Pool**  
2004 W. Powers Ave.  
(1 block north of Littleton Blvd.)  
303-797-8787

**Goodson Center Pool**  
6315 S. University Blvd.  
303-798-2476

**Lone Tree Center Pool**  
10249 Ridgeway Circle  
(West of Sky Ridge Medical Center)  
303-708-3500

	TIME	CLASS#	DAY	TIME	CLASS#	DAY	TIME	CLASS#	DAY
<b>Parent-Tot</b> 1:12 ratio	5:10-5:40 pm	20031	M/W	10:40-11:10 am	22082	Sa	5:25-5:55 pm	24049	Tu/Th
	9-9:30 am	20035	Tu/Th				9:35-10:05 am	24090	Sa
	9:35-10:05 am	20021	Sa						
	10:45-11:15 am	20025	Sa						
<b>1:4 Student/Teacher Ratio</b>	4-4:30 pm	20145	M/W	10:05-10:35 am	22120	M/W	4:15-4:45 pm	24142	Tu/Th
<b>Pre-School Level 1</b>	4:35-5:05 pm	20146	M/W	4-4:30 pm	22124	M/W	4:50-5:20 pm	24145	Tu/Th
	9:35-10:05 am	20135	Tu/Th	4:35-5:05 pm	22125	M/W	5:25-5:55 pm	24150	Tu/Th
	9-9:30 am	20117	Sa	5:45-6:15 pm	22126	M/W	6-6:30 pm	24152	Tu/Th
	9:35-10:05 am	20121	Sa	9:30-10 am	22180	Sa	9-9:30 am	24180	Sa
	10:10-10:40 am	20122	Sa	10:40-11:10 am	22184	Sa	9:35-10:05 am	24183	Sa
	10:45-11:15 am	20123	Sa	11:15-11:45 am	22186	Sa	10:10-10:40 am	24187	Sa
							10:45-11:15 am	24192	Sa
<b>Pre-School Level 2</b>	4-4:30 pm	20231	M/W	10:40-11:10 am	22220	M/W	4:15-4:45 pm	24238	Tu/Th
	4:35-5:05 pm	20232	M/W	4-4:30 pm	22224	M/W	4:50-5:20 pm	24246	Tu/Th
	5:10-5:40 pm	20235	M/W	4:35-5:05 pm	22226	M/W	6-6:30 pm	24250	Tu/Th
	10:10-10:40 am	20260	Tu/Th	5:10-5:40 pm	22228	M/W	9-9:30 am	24280	Sa
	9-9:30 am	20217	Sa	10:05-10:35 am	22282	Sa	10:10-10:40 am	24285	Sa
	9:35-10:05 am	20221	Sa	10:40-11:10 am	22284	Sa	10:45-11:15 am	24290	Sa
	10:10-10:40 am	20220	Sa						
	11:20-11:50 am	20224	Sa						
<b>Pre-School Level 3</b>	4-4:30 pm	20331	M/W	9:30-10 am	22323	M/W	4:50-5:20 pm	24338	Tu/Th
	4:35-5:05 pm	20332	M/W	4:35-5:05 pm	22320	M/W	6-6:30 pm	24352	Tu/Th
	10:45-11:15 am	20345	Tu/Th	5:10-5:40 pm	22321	M/W	9-9:30 am	24380	Sa
	9-9:30 am	20318	Sa	10:05-10:35 am	22380	Sa	9:35-10:05 am	24381	Sa
	10:10-10:40 am	20321	Sa	11:15-11:45 am	22384	Sa	10:45-11:15 am	24388	Sa
	10:45-11:15 am	20322	Sa						
	11:20-11:50 am	20325	Sa						
<b>School-Age</b> 1:6 Student/Teacher Ratio <b>Level 1</b>	4-4:30 pm	20550	M/W	4-4:30 pm	22520	M/W	4:50-5:20 pm	24550	Tu/Th
	5:10-5:40 pm	20551	M/W	5:45-6:15 pm	22526	M/W	6-6:30 pm	24552	Tu/Th
	9-9:30 am	20519	Sa	10:05-10:35 am	22581	Sa	9:35-10:05 am	24581	Sa
	9:35-10:05 am	20520	Sa	11:15-11:45 am	22582	Sa	10:10-10:40 am	24585	Sa
	10:45-11:15 am	20521	Sa						
<b>Level 2</b>	4-4:30 pm	20649	M/W	4-4:30 pm	22620	M/W	4:15-4:45 pm	24637	Tu/Th
	4:35-5:05 pm	20650	M/W	5:10-5:40 pm	22624	M/W	5:25-5:55 pm	24643	Tu/Th
	9-9:30 am	20623	Sa	9:30-10 am	22682	Sa	9-9:30 am	24680	Sa
	9:35-10:05 am	20624	Sa	11:15-11:45 am	22688	Sa	10:10-10:40 am	24681	Sa
	10:10-10:40 am	20620	Sa						
<b>Level 3</b>	4:35-5:05 pm	20750	M/W	4:35-5:05 pm	22722	M/W	4:15-4:45 pm	24740	Tu/Th
	10:10-10:40 am	20720	Sa	5:45-6:15 pm	22727	M/W	5:25-5:55 pm	24744	Tu/Th
	10:45-11:15 am	20721	Sa	9:30-10:00 am	22782	Sa	9:35-10:05 am	24779	Sa
	11:20-11:50 am	20722	Sa	10:05-10:35 am	22784	Sa	10:45-11:15 am	24787	Sa
<b>Level 4</b>	5:10-5:40 pm	20850	M/W	5:10-5:40 pm	22824	M/W	5:25-5:55 pm	24820	Tu/Th
	11:20-11:50 am	20821	Sa	10:40-11:10 am	22832	Sa	10:10-10:40 am	24835	Sa
<b>Level 5</b>	5:10-5:40 pm	20911	M/W	5:45-6:15 pm	22856	M/W	6-6:30 pm	24870	Tu/Th
	11:20-11:50 am	20920	Sa	9:30-10 am	22866	Sa	9-9:30 am	24890	Sa
<b>Pre-Competitive</b>	12-1 pm	21010	Sa	5:30-6:30 pm*	22869	M/W	4:15-5:15 pm	24914	M/W
				*Session 1 & 3 ONLY					
<b>Competitive</b>	1-2 pm	21020	Sa				5:15-6:15 pm	24927	M/W



## Athletics

6631 S. University Blvd. • 303-798-7515  
Mon-Fri, 8 am-5 pm

### Basketball

## Basketball Leagues

**REGISTRATION DEADLINE:**

**FRI, OCT 25 or until teams are full.**

### Winter Youth Basketball

Register online at [www.sspr.org](http://www.sspr.org)

or at the Athletics Office,

6631 S. University Blvd.

Mon-Fri, 8 am-5 pm

Registration begins Tue, Sept 3

Registration Deadline: Fri, Oct 25

### Youth Basketball Coaches Meeting

Mandatory for all Coaches

Thur, Nov 7, at 7 pm

Buck Rec Center, 2004 W Powers Ave,

Littleton 80120

### Boys & Girls Grades K-8

### Winter Recreational

Score high with separate divisions for boys and girls grades K-8. Practices held throughout the week at elementary and middle schools beginning week of Nov 18. Teams are guaranteed a minimum of eight season practices and are allowed 1 practice per week. Season includes 8 games. Re-use last year's jersey (gray/green) or order a new jersey online during registration for \$12.

\$110 /\$85 R

### Boys 5th Grade

### Winter Competitive

### Basketball

8 league games plus playoffs. Practice once per week. Team registration only; for teams that have been playing together at least 2 years. Awards for 1st place teams.

\$117 /\$94 R

### Denver Nuggets

### Skills Challenge 7-14 yrs

**FREE!**

Boys and girls test dribbling, passing and shooting skills. Top boy and girl in each age group may have the opportunity to attend a statewide event. Pre-registration is not required; please bring a copy of your birth certificate to register at the event.

Buck Ctr Gym Sat Dec 7

**Ages 7-10** Registration 9-9:30 am

Event begins at 9:30 am

**Ages 11-14** Registration 10:30-11 am

Event begins at 11 am

**FREE**

### Youth Swisher

### Basketball Clinics 6-12 yrs

Emphasis on ball handling, dribbling, passing, shooting and rebounding, as well as basic offense and defense strategies. Come prepared to practice; players are encouraged to bring their own basketball and must wear tennis shoes.

\$44 /\$36 R

**Goodson** Sa Sep 7-28

**301009** 9:15-10:15 am 6-8 yrs

**301029** 10:15-11:15 am 9-12 yrs

**Buck Ctr** Sa Oct 5-26

**3010810** 9:15-10:15 am 6-8 yrs

**3011010** 10:15-11:15 am 9-12 yrs

**Lone Tree Ctr** Sa Nov 2 – Nov 23

**3012411** 9:15-10:15 am 6-8 yrs

**3012611** 10:15-11:15 am 9-12 yrs



### Basketball Schedule

League	Location	Dates	Game Times
Grades K-6	Games rotate between Goodson, Buck, Sheridan and Lone Tree recreation centers.	Sa, Jan 4-Feb 22	Between 8 am & 7 pm
Boys Grades 7-8	Buck Ctr	Tu, Jan 7	Any time after 5:30 pm
Boys Competitive Grade 5	Games rotate between Goodson, Buck, Sheridan and Lone Tree recreation centers.	Sa, Jan 4-Feb 22 Playoffs Mar 1 & 8 (as needed)	Between 8 am-7 pm
Boys Rec Grade 6	Lone Tree Ctr	W, Jan 8	Any time after 5:30 pm

## Baseball

### Fall Baseball

### League

### Grades K-5

Designed for the recreational player who wants to keep working on their skills in preparation for next year and for children not ready to quit playing baseball for the season. Meet on Sundays for a combination of practice and drill and scrimmage game play. Practices and games on fields with skinned (dirt) infields. Teams or Individuals accepted. Led by paid instructors. Cornerstone Park, 5150 S. Windermere St., Englewood, 80120- Ball fields  
Sept 8-Oct 13

K-1st Grade (5-6 yrs) 9-10 am

2nd & 3rd Grade (7-8 yrs) 10-11 am

4th & 5th Grade (9-10 yrs) 11am-12pm

Players must have own glove, any other required equipment will be provided.

\$54 /\$48 R



## C.A.R.A. Cross Country

Increase endurance while having fun and prepare to compete with other youth runners, ages 9-14. Practice twice per week, with weekend meets. Once meet schedule is finalized, it will be posted online at [www.caratrack.com](http://www.caratrack.com).

deKoevend Park

Aug 19-Oct 16

**309888** M/W 6-7 pm

\$83/\$69 R





## Football

### NFL Punt, Pass & Kick Competition 6-15 yrs

Winners have the opportunity to advance to regional and national competition. Boys and girls, ages 6-15 (age as of Dec 31, 2013), come to David A. Lorenz Regional Park on Sat, Sep 21. Register day of the event beginning at 9 am. Competition will be ongoing between 9:30 and 11 am; final results will be posted online by 5 pm the following Monday. Each child must complete a registration form with parent or guardian signature and provide copy of their birth certificate. CLEATS AND SPIKES ARE NOT ALLOWED.

**FREE**

### Flag Football Leagues Grades K-8

Don't pass up this non-contact flag football league open to boys and girls. Fee includes a reversible football jersey and flag. Participants are required to wear a mouth guard. Co-Rec Grade Divisions: Kind, 1, 2, 3, 4, 5, 6, 7&8  
\$85 /\$70 R

### Fall 2013 Season

Registration begins: Mon, July 1  
Registration deadline: Fri, Aug 16  
Practices begin: Week of Aug 26  
Practices are one hour per week; location & day determined by coach.  
Games: Sat, Sep 7-Oct 19  
Game location:  
David A. Lorenz Regional Park

**Volunteer coaches are needed!**  
**Fall Coaches' Meeting will be held on**  
**Weds, Aug 21, 7 pm at Goodson Recreation Center.**

### Spring 2014 Season

Registration begins: Mon, Jan 6  
Registration deadline: Fri, Mar 7  
\*Practices : Saturdays, Mar 22 & 29  
Beginning April 5, practices are on Saturdays for 1-hour prior to games. Some coaches may hold optional practices during the week.  
Games: Saturdays, Apr 5-May 17  
David A. Lorenz Regional Park, Altair Park  
Coaches Meeting: Wed, Mar 19  
7 pm at Goodson Recreation Center  
6315 S University Blvd

**Volunteer coaches needed for Youth Flag Football Leagues! Please contact the Athletics Office at 303-798-7515.**

### Rising Rushers Flag Football Clinic 4 & 5 yrs

A skills development clinic for Pre-K participants. Call for permission if your child is already enrolled in Kindergarten. Skills will include hiking, passing, flag-pulling, catching, and throwing. A scrimmage will be included during the final week. Parents are encouraged to stay and help out. Fee includes flag belt and instructors. Participants should dress for the weather and bring a water bottle each week.

**301719** Th Sep 5-26 5:30-6:15 pm  
Prairie Sky Park  
\$40/\$32 R

### 7<sup>th</sup> Annual Pigskins & Pumpkin Pie Youth Flag Football Tourney K-8 Grade

**Benefits Inter-Faith Community Services**  
Join us for an exciting two day flag football tournament after Thanksgiving! Games are half field, 5 vs 5 with 3-game guarantee. Teams are required to have matching jerseys/shirts and flag belts. Divisions by grade: Boys & Girls Co-Rec K-8th grade. Call 303-754-0541 for more information and to register. Registration begins: Mon, Oct 14  
F, Sa Nov 29-30  
Family Sports Center Dome  
\$200/Team

### My Passion is Football (MPIF) Winter Football Showcase 7-12 Grade

Campers are tested in NFL Combine style measures and position-specific football drills as well. Evaluations made by a former college or NFL standout. Results and evaluations are compiled and sent to all 849 college football programs in the U.S. End of Camp Q&A for parents. Wear shorts and cleats. Camp is open to boys and girls. Each camper will receive a college football recruiting process packet.

Su Dec 15 Family Sports Dome  
\$99/\$95 R

## Indoor Soccer

### Instructional Class 4-10 yrs

Boys and girls, beginner and intermediate levels, develop listening skills, balance and coordination while building readiness for basic games of soccer. Play games that allow kids to run, kick and play as a group. Shin guards are recommended, no other equipment required. Each participant receives a t-shirt.

**Fall** Su Sep 8-Oct 13

#### Lone Tree Ctr:

<b>305329</b>	4-5 yrs	12-1 pm
<b>305339</b>	6-8 yrs	1-2 pm
<b>305349</b>	9-10 yrs	2-3 pm

#### Buck Ctr

<b>305359</b>	4-5 yrs	12-1 pm
<b>305369</b>	6-8 yrs	1-2 pm
<b>305379</b>	9-10 yrs	2-3 pm

**Winter:** Su Feb 2-Mar 9

#### Lone Tree Ctr

<b>307252</b>	4-5 yrs	12-1 pm
<b>307262</b>	6-8 yrs	1-2 pm
<b>307272</b>	9-10 yrs	2-3 pm

#### Buck Ctr

<b>307282</b>	4-5 yrs	12-1 pm
<b>307292</b>	6-8 yrs	1-2 pm
<b>307302</b>	9-10 yrs	2-3 pm

\$70 /\$55 R

### Sports Dome Indoor Soccer Leagues U11-U18

League includes a 5-game or 7-game season for boys and girls U11-U18 teams. Adult (18+) coach must be present at all games and matching uniforms with numbers required. U11-U14 games played on half field, U15-U18 games played on full field. Register by team only. Individual players looking for a team can call **303-754-0541** to be placed on our Free Agent list.

Fall: Nov-Dec

Winter: Jan-Mar

Family Sports Center Dome

U16/U18/High School 7 game Team Fee:  
\$890 (NO PLAYER FEES)

U11-U14 7 game Team Fee:  
\$790 (NO PLAYER FEES)

U11-U14 5 game Team Fee:  
\$590 (NO PLAYER FEES)



## Indoor Multi-Sports

### Sports Dome Mighty Mites

#### Instructional Classes 3-5 yrs

Interact with other youth in a safe, fun environment in four-week classes that teach fundamental skills. Classes take place on designated days only. Recommended equipment: shin guards for soccer and baseball gloves for wiffleball. Multi-Sports will be our great new class addition to Mighty Mites! Multi-sports will offer a new activity for each week! Activities may vary from soccer, football, wiffleball, mini golf, or numerous tag games!

Boys and girls ages 3-5.

Family Sports Center Dome-303-754-0541

\$52 /\$40 R

**Aug 13-Sep 5**

#### Soccer

515408	Tu	9-9:50 am
515428	W	5:30-6:20 pm
515438	Th	10-10:50 am

#### Wiffleball

515508	Tu	10-10:50 am
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#### NEW!! Multi-Sports

515158	W	6:30-7:20 pm
515168	Th	9-9:50 am

**Sep 17-Oct 10**

#### Soccer

515429	W	5:30-6:20 pm
515409	Tu	9-9:50 am
515439	Th	10-10:50 am

#### NEW!! Multi-Sports

515149	Tu	10-10:50 am
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#### Wiffleball

515539	Th	9-9:50 am
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#### NEW!! Soccer 5-6 yrs

515449	W	6:30-7:20 pm
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**Oct 22-Nov 14**

#### Soccer

5154010	Tu	9-9:50 am
5154310	Th	10-10:50 am

#### NEW!! Multi-Sports

5151610	Th	9-9:50 am
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#### Wiffleball

5155010	Tu	10-10:50 am
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**Nov 26-Dec 19**

#### Soccer

5153911	W	10-10:50 am
5154011	Tu	9-9:50 am

#### NEW!! Multi-Sports

5151411	Tu	10-10:50 am
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#### Wiffleball

5155471	W	9-9:50 am
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**Jan 7-30**

#### Soccer

515401	Tu	9-9:50 am
515431	Th	10-10:50 am

#### Wiffleball

515501	Tu	10-10:50 am
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#### New!! Multi-Sports

515161	Th	9-9:50 am
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**Feb 11-Mar 6**

#### Soccer

515402	Tu	9-9:50 am
515432	Th	10-10:50 am

#### Golf

515302	Tu	10-10:50 am
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#### Wiffleball

515532	Th	9-9:50 am
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## After School Sports

Grades K-6 play sports and fun games with friends immediately after school. Instructors supervise activities emphasizing skills and participation. Equipment is provided.

Sep 9 -Oct 10

\$54 /\$48 R

### Eagle Ridge Elem.

3:30-5 pm

#### Flag Football-Monday

K-2	307009
3-4	307019

#### Intramural Sports-Tuesday

K-2	307099
3-4	307109

#### Flag Rugby-Wednesday

K-2	307139
3-4	307149

#### Soccer-Thursday

K-2	307039
3-4	307049

### Acres Green Elem.

3:30-5 pm

#### Flag Football-Monday

K-2	307209
3-4	307219

#### Soccer-Thursday

K-2	307269
3-4	307279

### Lone Tree Elem.

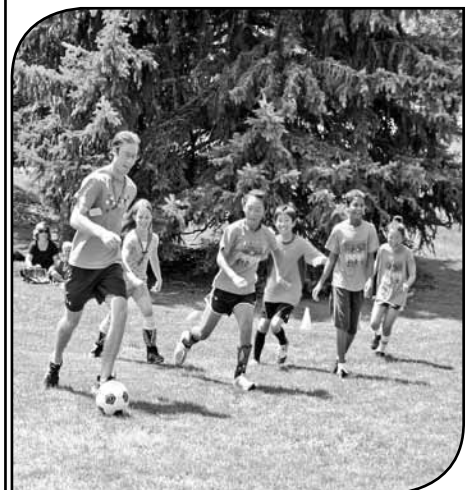
3:30-5 pm

#### Soccer-Tuesday

K-2	307759
3-4	307769

#### Flag Football-Wednesday

K-2	307909
3-4	307919





## Lacrosse

### Fall Lacrosse Clinics

#### 6-14 yrs

Fall clinics are for beginner to intermediate players who want to get ready for the fall season or just keep a stick in their hand! Players must have FULL equipment in order to participate; see equipment requirements. Choose either a Mon/Wed/Mon or Tue/Thu/Tue session. Clinic meets 3 times at Medema Park from **5:30- 7pm**. No age exceptions; no High School players. \$49 /\$35 R

<b>304608</b>	Boys	6-9 yrs	Aug 5,7,12
<b>304618</b>	Boys	10-14 yrs	Aug 5,7,12
<b>304638</b>	Boys	6-9 yrs	Aug 6, 8, 13
<b>304648</b>	Boys	10-14 yrs	Aug 6, 8, 13
<b>304628</b>	Girls	6-14 yrs	Aug 5,7,12
<b>304658</b>	Girls	6-14 yrs	Aug 6, 8, 13

### Fall Lacrosse Leagues-

#### Youth

#### 6-14yrs

Season includes 6 games, reversible jersey and officials. **NEW this year**, divisions by age! Players of all playing ability welcome and must have own equipment; see equipment requirements.

Boys Divisions: U8, U9, U10, U11, U12, U13, U14/U15

Girls Divisions: U8, U9/U10, U11/U12, U13-U15

Registration begins: M, Jul 1

Registration deadline: F, Aug 16

Practices begin week of Aug 26 and are optional for youth teams.

Optional practices selected by volunteer coach at coaches meeting on W, Aug 21. Sat Games, Sep 7-Oct 12; anytime 8am-5pm.

Game locations include, but not limited to; David A Lorenz Regional Park, Cornerstone Park, Bowles Grove Park.

\$89 /\$70 R

### Fall Lacrosse Leagues-High School

Season includes 6 games, reversible jersey, officials and playoffs for all teams.

Players should have previous playing experience. Players unaffiliated with a team must contact lacrosse coordinator!

Boys Divisions: Junior Varsity, Varsity

Girls Divisions: Open Division

Registration begins: M, Jul 1

Registration deadline: F, Aug 16

Practices begin week of Aug 26 and are optional for youth teams.

Optional practices selected by volunteer coach at coaches meeting on W, Aug 21.

Sat Games, Sep 7-Oct 12; anytime 8am-5pm.

Playoffs will be held the Saturday following the culmination of league play.

Game locations include, but not limited to; David A Lorenz Regional Park, Cornerstone Park, Bowles Grove Park.

\$89 /\$70 R

**Volunteer coaches are needed!**

**Fall Coaches' Meeting will be held**

**at Buck Recreation Center in the Pacific Room, Th, Aug 22 at 7 pm.**

### Lacrosse League

#### Registration Procedures

Register online at [www.sspr.org](http://www.sspr.org).

### Lacrosse Equipment Requirements

Boys need lacrosse stick, shoulder pads, arm pads, mouth piece, helmets, 4 pt. chinstraps, safety stickers and gloves required. Highly recommend: athletic protective cup. Girls need lacrosse stick, mouth piece and goggles.

### Spring Lacrosse Leagues-

#### Youth

#### 6-14 yrs

Boys play in the Colorado Youth Lacrosse Association (CYLA) and girls play in the Colorado Girls Lacrosse Association (CGLA). The spring season is considered the "competitive" season for lacrosse. Players may be asked to provide a Government ID (Birth Certificate, Passport, etc.) for Date of Birth. Play Downs must go through CYLA or CGLA for approval. Shorts and jersey included with league fee. Registration begins Nov. 11; deadline Feb 15. Practices begin March 3, 2014. Practices determined by volunteer coach; practices and home games held at David A. Lorenz Regional Park. 2 practices and 1 game per week (games are on Saturdays and possibly Sundays). Teams will play 6 games plus have an end of the season tournament held at Dick's Sporting Good Park. Teams travel for AWAY games. Fee: TBD



### Sports Dome Indoor Lacrosse Leagues

#### Grades 5-12

League includes a 7-game season for boys and girls High School, and boys grades 5-8. Adult (18+) coach must be present at all games and matching uniforms with numbers required. High school and boys 7/8 grade teams play full-field, boys 5/6 grade teams play half-field. Registration by team only. Individual players looking for a team call **303-754-0541** to be placed on our Free Agent list.

Fall: Nov-Dec

Winter: Jan-Mar

Youth Team Fee: \$850 (NO PLAYER FEES)

High School and Boys 7/8 Grade Team Fee: \$1,050 (NO PLAYER FEES)

Family Sports Center Dome

## Volleyball

### C.A.R.A Youth Volleyball

#### Leagues-Fall

#### Grades 3-8

A program supported by the Colorado Association of Recreational Athletics (CARA). For beginner and intermediate levels, boys and girls grades 3-8. Learn volleyball basics and practice fundamentals through this team oriented league where equal play is emphasized. Teams practice weekdays and participate in 3 weekend tournaments (which includes a State Tournament) against other metro area recreation agency teams. Practices are 1 hour per week for elementary and 2 hours per week for middle school teams; location and day(s) determined by coach. Team shirt included. **Volunteer coaches needed.** Registration deadline is 5 pm

Fri, Aug 23. Team information will be emailed to registered participants by Aug 30. Season runs Sep 3-Nov 2  
Elem: \$72/\$60 R, MS: \$87/\$75 R



## Volleyball Champs

### Camps 7-15 yrs

Camps concentrate on fun drills and training to build skills in passing, setting, serving and hitting. Work on one skill per session utilizing fun games. Balance between competition and sportsmanship is emphasized.

Sun Jan 5-26

**305211** Ages 7-10 11-12:30 pm

**305231** Ages 11-15 11-12:30 pm

Buck Ctr

\$63 /\$55 R

## Club Volleyball

### Team 13-18 yrs

For the experienced player who intends to play high school and college volleyball. Must try out for position on teams; girls ages 13-18 are eligible to tryout. Up to 3 competitive teams will be formed, age divisions to be determined at tryouts. South Suburban Club Volleyball teams compete in the Rocky Mountain Region. Visit [www.sspr.org](http://www.sspr.org) for parent information meeting, open gyms, tryout dates and pricing. \$300 deposit.



## X-Sports

### County Line BMX Track

#### All Ages

Check us out on Facebook!

[www.facebook.com/CountyLineBMX](http://www.facebook.com/CountyLineBMX)

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

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

Full face helmet, long sleeves and pants required for racing. Memberships can be purchased at the track for Sunday races. All ages and ability levels welcome!

For info concerning race cancellation due to weather call the

**weather hotline: 303-794-3338.**

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

Race fees are \$10.

## County Line BMX Track

### 2013 Race Information

Sunday Races Aug 4-Nov 24\*

Register at 10 am, Race at 11 am

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



**Bob Warnicke Scholarship** Aug 17

Registration 9-10am

**Earned Double** Aug 18

Registration 10-11am

**Passionately Pink** Oct 6

Registration 10-11am

### eXerGame Zone - All Ages

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

Daily: \$7/\$5 R

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

Zone 2-hour Rental: \$300

Family Sports Center

The eXerGame Zone is also available for birthday parties.



"Like" us on Facebook for new program info! [www.facebook.com/FamilySportsCenter](http://www.facebook.com/FamilySportsCenter)

## Child Discovery Time Pre-School



### Goodson Recreation Center

6315 S. University Blvd.,  
Centennial, CO 80121



### Lone Tree Recreation Center

10249 Ridgeway, Cir, Lone Tree.

Director: Cindy Stogsdill

**303-483-7075**

- State licensed
- Curriculum specialized for each age group
- Discovery Learning Center (music, art and drama)
- Build self-esteem, socialization, physical development, verbal and listening skills, math and reading readiness
- Utilize Goodson and Lone Tree pool and recreation centers, parks and playground
- Daily snack (*If your child has a food allergy please provide his/her own snack daily*)
- 10% off ADDITIONAL child



## 2013-2014 School Year

### Goodson Fees:

Session 8: Aug 19-Sep 13 4 wks  
M/W/F - \$160/\$140 R T/Th - \$122/\$105R  
Session 9: Sep 16-Oct 11 4 wks  
M/W/F - \$160/\$140 R T/Th - \$122/\$105R  
Session 10: Oct 14-Nov 8 4 wks  
M/W/F - \$160/\$140R T/Th \$122/\$105R  
Session 11: Nov11-Dec 6 4 wks  
M/W/F - \$160/\$140R T/Th - \$122/\$105R  
Session 12: Dec 9-Jan 17 4 wks  
M/W/F - \$160/\$140R T/Th - \$122/\$105R  
Session 1: Jan 20-Feb 14 4 wks  
M/W/F - \$160/\$140R T/Th - \$122/\$105R  
Session 2: Feb 17-Mar 14 4wks  
M/W/F - \$160/\$140R T/Th - \$122/\$105R  
Session 3: Mar 17-Apr 25 5 wks  
M/W/F - \$200/\$175 R T/Th - \$152/\$131R  
Session 4: Apr 28 -May 23 4 wks  
M/W/F - \$160/\$140R T/Th - \$122/\$105R

### Lone Tree Fees:

Session 9: Sep 3-Sep 27 4wks  
M/W/F - \$160/\$140R T/Th - \$108/\$92R  
Session 10: Sep 30-Oct 31 4wks  
M/W/F - \$134/\$114R T/Th - \$122/\$105R  
Session 11: Nov 4-29 3wks  
M/W/F - \$120/\$105R T/Th - \$92/\$79R  
Session 12: Dec 2-19 3 wks  
M/W/F - \$107/\$92R T/Th - \$92/\$79R  
Session 1: Jan 7-31 4 wks  
M/W/F - \$147/\$128R T/Th - \$122/\$105R  
Session 2: Feb 03-28 4wks  
M/W/F - \$147/\$128R T/Th - \$122/\$105R  
Session 3 Mar 3-Apr 4 4 wks  
M/W/F - \$147/\$128R T/Th- \$122/\$105R  
Session 4: Apr 7-May 2 4 wks  
M/W/F - \$147/\$128R T/Th - \$122/\$105R  
Session 5: May 5-30 4 wks  
M/W/F - \$160/\$140R T/Th - \$108/\$92R



## Steps To Register

Children thrive with a consistent pre-school experience; therefore, families with children already enrolled in this popular program are given priority for upcoming Child Discovery classes.

STEP 1. Please call Cindy Stogsdill, Child Discovery Director, 303-483-7075. Cindy can provide a list of fall class openings. She can register your child directly or place him/her on a waitlist.

STEP 2. A \$40 non-refundable deposit is due at time of registration.

STEP 3. Tuition is due by June 1, and given the program's popularity, the first fall session is **non-refundable**.

**Note:** Failure to pay tuition by the deadline may result in forfeiture of your child's class space.

## On Your Mark 2-3 yrs

Gentle, caring teachers ease your child into a school-like atmosphere to experience movement, stories, songs, crafts and new friendships with other two-year-olds.

M/W/F 9-11:30 am Goodson

## Marvelous 2½ & 3 yrs

Personal growth encouraged through fine and gross motor skill activities, group play, art and music. Children are working on potty training.

M/W/F 9-11:30 am Goodson

T/Th 9-11:30 am Goodson/ Lone Tree

## Fabulous 3 & 4 yrs

Focus is on large and small motor skills, introduction to letters, numbers, art, music, science, socialization, verbal and listening skills.

M/W/F 9-11:30 am Goodson

Tu/Th 9-11:30 am Goodson

## Ready, Set, Go! 4-5 yrs

Prepare your child to enter kindergarten in August 2014. Individual attention given to fine and gross motor skills, reading and math readiness, art, music, science, socialization, verbal and listening skills.

M/W/F 9-11:30 am Goodson/ Lone Tree

M/W/F 12:30-3 pm Goodson

Tu/Th 9-11:30 am Goodson

## Ready, Set, Go! - Graduation

May 16, 2014 Goodson/Lone Tree

Held at Goodson Recreation Center



## Awesome, Goopy & Fun! 2½-5 yrs

An afternoon of activities that show science is more than just facts. Bring a sack lunch. Must be potty trained.

M/W/F 11:30 am-2 pm \$140/\$120 R

M/W 11:30 am-2 pm \$108/\$87 R

Tu/Th 11:30 am-2 pm \$108/\$87 R

F 11:30 am-2 pm \$73/\$52 R

Goodson

## Movie Nights 3-12 yrs

Children (potty trained) are invited to have pizza dinner, popcorn, animal crackers and juice while watching movies. Bring a pillow or blanket. Supervised by a trained child care staff member.

34502 F 5-8 pm

Session 9: Sep 6

Session 10: Oct 4

Session 11: Nov 1

Session 12: Dec 6

\$20 /\$15 R Goodson

Session 1: Jan 31

Session 2: Feb 21

Session 3: Mar 14

Session 4: Apr 25

## Father/Daughter-

## Sweetheart Dance All ages

Dads bring your daughters for an evening of dancing with refreshments, music and prizes.

345032 Feb 7 F 6:30-8:30 pm

\$30/\$25 R Goodson

\$10 addl. Daughter

## Mother/Son/Daughter-Pirates Quest All ages

Moms bring your sons/daughters for an evening of adventure. Follow a treasure map through Goodson and play games until you discover the treasure chest. Prizes and pizza dinner included.

345043 Mar 7 F 5:30-7 pm

\$35/\$30 R \$10 addl. Child Goodson

## Lunchersize 2½-5 yrs

While you enjoy free time exercising or running errands, your child plays and eats their own sack lunch in our supervised program.

M-F 11:30-2 pm

**Must register 2 hours before each class starts**

Call to register, 303-347-5999

Daily: \$11.00 /\$9 R Goodson

## MORE LuncherSize

Need more time to enjoy running those errands? Add two more hours to your fun.

M-F 2-4 pm

Daily Fee: \$9/\$7.50 Resident Goodson

## Bingo Night:

**Bring your family to Child Discovery Time's Bingo Games.**

\$1 donation per Bingo Card

Purchase drinks, popcorn, cookies and other goodies.

Sep 13 and Apr 18 Goodson

## Goodson Holiday Break Programs

## Thanksgiving Break Camp Goodson Recreation Center K-10 yrs

Day Camp fun is offered for non-school days, **Fall Breaks**. Swimming, group activities, crafts, Field Trips and more are part of the fun your child will experience.

Offered November 25-27. **For more**

**information call 303-708-3518.**

315211 Nov 25

315221 Nov 26

3152311 Nov 27

\$47/\$36 R per day

## Goodson Holiday Break Programs

### Winter Break Camp K-10 yrs Goodson Recreation Center

Socialize with peers as they participate in daily field trips. Children should arrive by 9 am and can be picked up after 4:30 pm. Field trips may be subject to change. Parents must provide lunch **except for Chuck E Cheese and Casa Bonita dates.** Pre-registration is a MUST.

Full-day supervision 7 am-6 pm

<b>3150012</b>	M	Dec 23	Swimming at LT Center
<b>3150212</b>	Tu	Dec 24	Wildlife Experience
<b>3150812</b>	Th	Dec 26	Nickel-A-Play
<b>3150412</b>	F	Dec 27	Casa Bonita
<b>3150512</b>	M	Dec 30	Swimming at LT Center
<b>3150612</b>	Tu	Dec 31	Bowling
<b>315081</b>	Th	Jan 2	Jungle Quest
<b>315091</b>	F	Jan 3	Chuck E. Cheese
<b>315101</b>	M	Jan 6	Movie Theater

\$47/\$36 R per day

## Club Lone Tree

### Lone Tree Recreation Center Grades K-6

Day Camp fun is offered for non-school days, **Fall and Winter Breaks.** Swimming, group activities, crafts, Field Trips and more are part of the fun your child will experience.

**Call 303-708-3518 for more information.**

Registration Fees \$55 for 1 child,  
\$95 for family

Daily Fees	Fee	Resident (R)
Field Trip Days	\$47	\$36
Non Field Trip Days	\$30	\$23

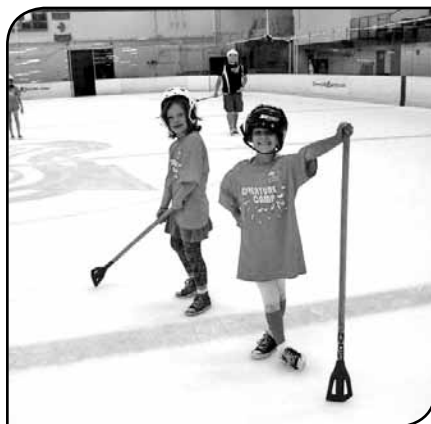
Lone Tree Ctr

### Movie Nights 3-12 yrs

Potty-trained children are invited to have a pizza dinner, popcorn, animal crackers and juice while watching movies. Bring a pillow or blanket. Supervised by trained child care staff. The third Saturday of the month.

<b>318009</b>	Sep 21
<b>3180010</b>	Oct 19
<b>3180011</b>	Nov 16
<b>3180012</b>	Dec 21
<b>318001</b>	Jan 18
<b>318002</b>	Feb 15

Lone Tree Ctr Sa 5-9 pm  
\$20/\$15 R



## Adventure Camp

### Family Sports Center Fall & Winter Break Adventure Camp 6-13 yrs

Holidays (Martin Luther King Day & President's Day)

Fall- Oct 14-18, Oct 28-Nov 1

Winter - Dec 23-27, Dec 30-Jan 2  
(No camp Dec. 25 & Jan 1)

Black Friday- Nov 29

Holidays- Jan 20 & Feb 17 7am-6 pm

Enroll by the day in our state-licensed program that keeps kids busy with activities such as laser tag, ice skating, sports and activities in the Sports Dome, the eXer-Game Zone, bumper cars, inflatables and more. Morning/afternoon snacks and lunch included in fee.

#### Fall Break Camp

<b>4801110</b>	M	Oct 14
<b>4801210</b>	Tu	Oct 15
<b>4801310</b>	W	Oct 16
<b>4801410</b>	Th	Oct 17
<b>4801510</b>	F	Oct 18
<b>4801610</b>	M	Oct 28
<b>4801710</b>	Tu	Oct 29
<b>4801810</b>	W	Oct 30
<b>4801910</b>	Th	Oct 31
<b>4802011</b>	F	Nov 1

#### Black Friday

<b>4805511</b>	F	Nov 29
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#### Winter Break Camp

<b>4802112</b>	M	Dec 23
<b>4802212</b>	Tu	Dec 24
<b>4802412</b>	Th	Dec 26
<b>4802512</b>	F	Dec 27
<b>4802612</b>	M	Dec 30
<b>4802712</b>	Tu	Dec 31
<b>480221</b>	Th	Jan 2
<b>480231</b>	F	Jan 3

#### Martin Luther King Day & Presidents' Day

<b>480601</b>	M	Jan 20
<b>480602</b>	M	Feb 17

Daily Fee: \$51/\$46 R

Additional Child: \$46/\$41 R

**For more information please call  
Michelle Collette at 303-754-0552 or  
email michellec@sspr.org.**

## Teen Nights

### Xtreme Teens 9-14 yrs

1<sup>st</sup> Friday of every month, 7-10 pm

Bring your friends to Family Sports Center for a night of Xtreme fun!

Includes all activities (Laser Tag, Ice Skating, eXerGame Zone, Bumper Cars, Inflatables and Climbing Wall).

This is a supervised program. Parents or adult chaperones must sign their children in and out of the program. Concessions and arcade games extra.

<b>481009</b>	F	Sep 6
<b>4810010</b>	F	Oct 4
<b>4810011</b>	F	Nov 1
<b>4810012</b>	F	Dec 6
<b>481001</b>	F	Jan 3
<b>481002</b>	F	Feb 7
<b>481003</b>	F	Mar 7

\$12/10 R District ID required to receive Resident Rate.

**Check out Kids Nights on pg. 64**

### Kids Adventure Night 6-9 yrs 4th Friday of every month, 6-9 pm

Treat your son or daughter to an action packed evening at the Family Sports Center while you treat your spouse to a night out on the town. Youth, ages 6-9, play laser tag, ride the bumper cars, enjoy the inflatables and climbing wall and visit the eXerGame Zone for a truly interactive experience. This is a supervised program. Parents or adult chaperones must sign their children in and out of the program. All activities and pizza or hot dog and chips and a drink are included. Arcade games extra.

#### No Kids Adventure Night in the month of September

<b>4851210</b>	F	Oct 25
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#### No Kids Adventure Night in the month of November

<b>4851212</b>	F	Dec 27
<b>485121</b>	F	Jan 24
<b>485122</b>	F	Feb 28
<b>485123</b>	F	Mar 28

\$16/\$14 R District ID required to receive Resident Rate.

### Rec & Rock 9-14 yrs

**1st Saturday-** Goodson Recreation Center, 303-483-7036, 6315 S. University Blvd., Centennial

**2nd Saturday-** Family Sports Center, 303-754-0552, 6901 S. Peoria St., Centennial, CO 80112

**4th Saturday -** Lone Tree Recreation Center, 303-483-7036, 10249 Ridgeway Cir., Lone Tree  
7-10 pm \$10 (See page 64)

### Buck Blitz 9-14 yrs

#### 2nd Friday of each month

Monthly special events.

Buck Recreation Center, 303-483-7036  
2004 W. Powers Ave., 1 block north of Littleton Blvd. (Use east building entrance.)  
7-10 pm \$10



## Pre-School Art & Enrichment

Learn fundamental art concepts by creating fun and unique works of art. Work with various art materials to develop creativity and important school readiness skills such as fine motor skills, listening, following directions, staying on task, patience and sharing.

**NEW!**

### Art Time Traveler 3-6 yrs

Travel through time and around the world to find great artists, and make original art based on their styles and techniques. Children will experiment with a wide variety of materials while being inspired by master artists such as Pablo Picasso, M. C. Escher, Georgia O'Keefe, Andy Warhol and more.

**420049** Sep 7-28  
**4200410** Oct 5-26  
**4200411** Nov 2-23  
**420041** Jan 4-25  
**420042** Feb 1-22  
**420043** Mar 1-22  
 Goodson Sa 9:15-10 am  
 \$29/\$27 R 4 wks

**440559** Sep 9-30  
**4405510** Oct 7-28  
**4405511** Nov 4-25  
**440551** Jan 6-27  
**440552** Feb 3-24  
 Lone Tree Ctr M 3:30-4:15 pm  
 \$29/\$27 R 4 wks

### Art Explorers 3-4 yrs

Art becomes an exciting adventure with new art mediums and themes. Exploring creativity while cultivating confidence and manners.

**440519** Sep 4-25  
**4405110** Oct 2-30  
 (No class Oct 16)  
**4405111** Nov 6-20 \*3 wks  
**4405112** Dec 4-18 \*3 wks  
**440511** Jan 8-29  
**440512** Feb 5-26

Lone Tree Ctr W 11:15-12 pm  
 \$29/\$27 R 4 wks  
 \$23/\$21 R 3 wks

### Mini Da Vinci 3-5 yrs

Encourage your young innovator's natural love of art and science in this mixing, messing and let's investigate the possibilities class. Have your child become an innovator for the future by learning from a master innovator of the past.

**440609** Sep 7-28  
**4406010** Oct 5-26  
**4406011** Nov 2-16 \*3 wks  
**440601** Jan 4-25  
**440602** Feb 1-22  
 Lone Tree Ctr Sa 11:15am-12pm  
 \$29/\$27 R 4 wks  
 \$23/\$21 R 3 wks

### Kids Clay Fun 3-6 yrs

Using clay, develop large and small motor skills and have fun with new textures in a creative and educational way.

**450219** Sep 3-24  
**4502110** Oct 1-22  
**4502111** Nov 5-26  
**450211** Jan 7-28  
**450212** Feb 4-25  
 Lone Tree Ctr Tu 10:30am-12 pm  
 \$48/\$41 R 4 wks  
**421449** Sep 5-26  
**4214410** Oct 3-24  
**4214411** Oct 31-Nov 21  
**4214412** Dec 5-19\*  
**421441** Jan 9-30  
**421442** Feb 6-27  
**421443** Mar 6-20\*  
 Goodson 4 wks Th 9:30-11 am  
 \$48/\$41 R 4 wks  
 \$36/\$31 R 3 wks\*

### Learning Through

#### Art Series 4-6 yrs

Through rich and stimulating art materials youngsters are introduced to art fundamentals. Each class includes creative problem solving, physical activity, social skills and selected age-appropriate content.

**Fables and Tall Tales-** Make an art project and have an adventure each week based on a favorite children's story!

**425318** Aug 30-Sep 20

**Little Explorers-** Students will learn about exploring their world, go on a scavenger hunt and make projects based on the adventures of famous explorers.

**425329** Sep 27-Oct 18

**Trip to the Museum-** Each week we'll look at a famous artist and make an art piece based on them. We'll also talk about museums, manners and displaying art.

**425332** Feb 7-28  
 Lone Tree Ctr F 11 am-12 pm 4 wks  
 \$36 /\$32 R

### Artful Seasons 3-6 yrs

Creative projects inspired by the excitement of the changing seasons. All supplies included.

**420059** Sep 6-27  
**4200510** Oct 4-25  
**4200511** Nov 1-22  
**420051** Jan 10-31  
**420052** Feb 7-28  
**420053** Mar 7-21\* 3 wks  
 Goodson F 9-10 am  
 \$27/\$24 R 3 wks\*  
 \$36/\$32 R 4wks

### Holiday Art for An Hour

**3-5 yrs**

Create art and exercise personal expression in one hour. Learn beginning art elements and skills while using different media each class.

**467989** Sep 4  
**4679810** Oct 9  
**4679812** Dec 4  
**467982** Feb 5  
 Lone Tree Ctr W 9:30-10:30 am  
 \$12 /\$9 R 1 day

### Love to Learn Hour at Lone Tree

**3-4 yrs**

Great opportunity for young children to sample a brief, playful learning environment without mom.

**442018** Aug 29  
 Make a pirate project and have an adventure "on the high seas."

**442029** Sep 19  
 What can you use to make art? We'll use fun, creative tools like toy cars and marbles.

**4420310** Oct 31  
 Make a mask just in time for Halloween. And wear your costume!

**4400811** Nov 14  
 Share laughs and go on a "forest" adventure. Bring your teddy bear along for the fun.

**4400712** Dec 5  
 Take a trip to space without leaving the Lone Tree Center. Explore the planets and create your very own map of the stars.

**442041** Jan 30  
 Become a paleontologist for the day and make a fun dinosaur project.  
 Lone Tree Ctr Th 9-10 am  
 \$12/\$9 R

### Preschool Holiday Cooking Series 3½-6 yrs

**Halloween Creations**  
 Create Halloween snacks that are creepy, crawly and edible.

**4679910** Oct 29

#### Thanksgiving Treats

Bake Thanksgiving treats to eat and share.  
**4680011** Nov 5

#### Holiday Cookies

Spread a little holiday cheer with freshly baked cookies for you to eat or share.  
**4680112** Dec 10

#### Valentine Cookies

Make, bake and decorate Valentine cookies.  
**467112** Feb 11  
 Lone Tree Ctr Tu 1-2:30 pm  
 \$15/\$13 R 1 day

## Build It with LEGO®

### Duplo 3-5 yrs

Come design and explore with Play-Well Duplo style. Learn basics of engineering through numbers, colors, shapes, and sizes to achieve your goals

**4550610** Oct 5-26

Lone Tree Ctr Sa 10-11 am

\$100/\$94 R 4 wks

## Lift-Off! with LEGO®

### at Buck 5-6 yrs

Do you wish you could fly? Do you dream of breaking the sound barrier, or landing on Mars? Build LEGO models of every kind of flying machine, from wings that flap like a bird's, to P-51 Mustangs, Stealth Bombers, and NASA rockets. Then discover how real-world aircraft and spacecraft actually fly!

**3904410** Oct 5 - Nov 9

Buck Ctr Sa 10-11:30am

\$180/\$160 R 6wks

## Parent-Tot Art Classes

### Mud Puppies Clay

#### Parent-Tot 2½-5 yrs

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

**394509** Sep 28-Oct 12

**3945011** Nov 9-Nov 23

**394501** Jan 11-Jan 25

Buck Ctr Sa 1-2 pm

\$28/\$25 R 3 wks

**437459** Sep 5-26 4 wks

**4374510** Oct 3-24 4 wks

**4374511** Oct 31-Nov 21 4 wks

**4374512** Dec 5-19 3 wks\*

**437431** Jan 9-30 4 wks

**437432** Feb 6-27 4 wks

**437433** Mar 6-20 3 wks\*

Goodson Th 11:15 am-12:15 pm

\$37/\$33 R 4 wks

\$28/\$25 R 3 wks\*

**467979** Sep 3-24

**4679711** Nov 5-26

**467972** Feb 4-25

Lone Tree Ctr Tu 4:30-5:30 pm

\$37/\$33 R 4 wks

### Parent Tot Clay

#### Ornaments 2 ½-5 yrs

Make fun, festive clay ornaments and decorate after firing for long lasting holiday treasures.

**4212012** Dec 6 & 13

Goodson F 9-10 am

\$19/\$17 R 2 wks

## Parent Tot Handprint

### Workshop Infant-3 yrs

Design one-of-a-kind clay pieces with your baby or toddler. All pieces will be fired and glazed. Take home a keepsake clay plaque of your child's hand or foot.

**4682012** Dec 3

**468202** Feb 4

Lone Tree Ctr Tu 12:30-2 pm

\$20 /\$16 R 1 day

## NEW! Curious About Art

### Parent-Tot 1½-3 yrs

Little hands will love this class. Help your child discover the exciting world of color, shape, and texture. Emphasis on sensory exploration and fine motor skills development. Stomp, scribble, splash, and leave us with the mess!

**410209** Sep 7-28

**4102010** Oct 5-26

**4102011** Nov 2-23

**410201** Jan 4-25

**410202** Feb 1-22

**410203** Mar 1-22

Goodson Sa 10:15-11 am

\$29/\$27 R 4 wks

**440539** Sep 9-30

**4405310** Oct 7-28

**4405311** Nov 4-25

**440531** Jan 6-27

**440532** Feb 3-24

Lone Tree Ctr M 4:30-5:15 pm

\$29 /\$27 R 4 wks

## Family Creativity Night

### All Ages

Come create art with your whole family during this Friday night art lab. Create different art projects each month using a variety of materials. All materials provided. One project per family.

**460779** Sep 6 **Matisse Style Cut-out**

**Collage**

**4607710** Oct 4 **Monet Inspired Tissue**

**Paper Landscapes**

**4607711** Nov 1 **Origami: The Art of**

**Paper Folding**

**4607712** Dec 6 **Geometric String Art**

**460771** Jan 10 **Master Artist Mash-up**

**Van Gogh & Kandinsky**

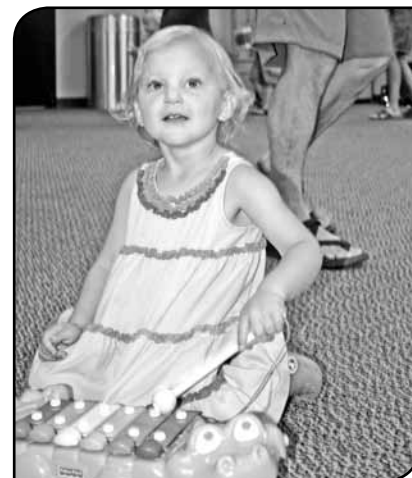
**460772** Feb 7 **Work with clay**

Lone Tree Ctr F 6-8 pm

\$17/\$15 R For up to 4 people in one family.

\$5/\$4 R each additional household

member



## Crocodile Rock

### Parent-Tot 1½-5 yrs

Develop an appreciation for music through singing, dancing and playing instruments. Parent involvement is key to the success of the class. 1st 4 wks of month unless otherwise noted.

Session 9: Sep 4 wks

Session 10: Oct 4 wks

Session 11: Nov 4 wks

(No class Nov 22)

Session 12: Dec 3 wks\*

Session 1: Jan 4 wks

Session 2: Feb 4 wks

Session 3: Mar 4 wks

**42501** Tu 10:15-11 am

**42502** F 9:15-10 am

Goodson

\$36/\$32 R 4 wks \*\$27/\$24 R 3 wks

## Mommy & Me Ballet 1½-3 yrs

Session 9: Sep 7-30

Session 10: Oct 5-28

Session 11: Nov 2-18\* 3 wks

Session 1: Jan 4-27

Session 2: Feb 1-24

**45227** M 10:30-11 am

**45258** Sa 10:30-11 am

Lone Tree Ctr 4 wks

\$21 /\$17 R 4 wks

\$16 /\$13 R 3 wks\*

Session 9: Sep 6-27

Session 10: Oct 4-25

Session 11: Nov 1-22

Session 1: Jan 3-24

Session 2: Jan 31-Feb 21

**42256** F 9:30-10 am

Goodson

\$21/ \$17 R 4 wks

Includes parent and one child.

Second child pays full fee. 4 wks



### Mommy & Me Hip Hop at Lone Tree 1½-3 yrs

**452549** Sep 4-25  
**4525410** Oct 2-23  
**4525411** Nov 6-20 3 wks\*  
**452541** Jan 8-29  
**452542** Feb 5-26

Lone Tree Ctr 4 wks W 4-4:30 pm  
 \$16/\$13 R 3 wks  
 \$21/\$17 R 4 wks  
 Includes parent and one child. 2nd child pays full fee.

### Youth Arts & Enrichment Camps

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

**See pg. 2 for Code of Conduct and Americans with Disabilities Act Qualified individuals with disabilities will be provided with reasonable accommodations. If you require assistance, please call 303-730-4608.**

### NEW! 4-Day Art & Architecture Camp at LT 6-12 yrs

Explore the art of cities! Make your own maps, houses and kid-sized forts. Learn a little about perspective drawing and try your hand at some splatter painted urban art.

**4550810** Oct 15-18 Tu-F 1-3 pm  
 Lone Tree Ctr  
 \$52/\$50 R 4 days

### NEW! Color Guard Camp 12-18 yrs

New to Color Guard or a member of your high school unit? This camp is a great opportunity to learn or brush up on movement and flag training. **Supply list online.**  
**424308** August 24-25  
**4243012** Dec 28-29  
 Goodson Sa/Su 2:30-5:30  
 \$39/\$36 R 2 days

### 2-Day Winter Art Camp at Goodson 7-12 yrs

Bring your imagination and have fun creating multimedia art projects! One day use chalk & paint and the second day create colorful 3 dimensional sculptures using foamcore and markers.  
**420851** Th-F Jan 2-3 12:30-3:30 pm  
 Goodson  
 \$39/\$37 R

### 2-Day Winter Art Camp at Buck 7-12 yrs

Explore the arts! Transform a single line of poetry or a favorite quote into a 3-dimensional work of art with Accordion Poetry. Create Wax Resist paintings. Bits of paper, fiber, seeds and beads become beautiful mosaic works of art. All supplies included.  
**390651** Th-F Jan 2-3 12:30-3:30 pm  
 Buck Ctr  
 \$39/\$37 R

### 2-Day Ice Breaker Art Camp at LT 9-12 yrs New!

Inspired by winter's colors and animals, we will create paintings using oil pastel crayons and watercolors, make animal masks, and build sculptures with natural and found objects. Dress for a mess and bring a sack lunch.  
**4550312** M-Tu Dec 30-31 9 am-3 pm  
 Lone Tree Ctr  
 \$77/\$73 R

### NEW! 2-Day New Year's Art Camp at LT 9-12 yrs

Ring in the new year and learn how and when places around the world celebrate! Many art projects and regions to explore. Bring your sack lunch because this is going to be an adventure.  
**455041** Th-F Jan 2-3 9 am-3 pm  
 Lone Tree Ctr  
 \$77/\$73 R

### NEW! Play Day=Clay Day Art Camp at LT 9-12 yrs

Let's take this day off of school and make it one to remember. Building creatures out of clay while learning how to make a whistle. Projects will be glazed and fired.  
**451301** F Jan 17 1-3 pm  
 Lone Tree Ctr  
 \$16/\$14 R

### Chess Full-Day Workshop 6-14 yrs

Beginners and intermediates have fun with rules and strategy. Please bring a sack lunch and water. Taught by National Chess Master, Todd Bardwick.  
**4111112** Dec 30  
 Goodson M 9 am-3:30pm  
 \$68/\$62 R 1 day



### Youth Arts & Enrichment Camps

### Pre Engineering LEGO® Camp 5-6 yrs

Have your child become a Play-Well Engineer! Build cities, bridges, motorized cars, and planes. With access to over 100,000 pieces of LEGO, students build whatever they can imagine with the support of an experienced Play-Well instructor.  
**4551410** Oct 15-17  
 Lone Tree Ctr Tu-Th 9 am-12 pm  
 \$130/\$125 R 3 days





## Youth Arts & Enrichment Camps

### Engineering LEGO® Challenge Camp 7-12 yrs

Explore concepts in physics, architecture, mechanical and structural engineering from Gear Cars to Battletanks. The engineer designed curriculum challenges students while having fun.

**4551510** Oct 15-17  
Lone Tree Ctr Tu-Th 1-4 pm  
\$130/\$125 R 3 days

✓Check out pg. 21 SSPR's Sheridan Creativity Lab online for more activities when schools are on break.

### Superhero Engineering 1 Day Workshop 5-12 yrs

Get ready to save the world with LEGOs! Design, build and save a city. Designed for the day off school.

**4551911** Nov 1 9 am-12 pm  
Lone Tree Ctr F  
\$44/\$42 R 1 day

### Superhero Engineering 2 Day Camp 5-6 yrs

Save the world with LEGO® Superheroes! Build the hideouts and vehicles of your favorite caped crusaders and learn what makes them not only Superheroes, but Superhero Engineers. An experienced Play-Well instructor guides young heroes as they design, build, and save a city where ingenuity and imagination can solve any conflict.

**4552112** Dec 30-31 9 am-12 pm  
Lone Tree Ctr M-Tu  
\$88/\$84 R 2 days

### Winter Break Jedi Master Engineering Camp with LEGO® at Buck 7-12 yrs

The Force is strong in this class. Build complex machines and structures based on the best designs from a galaxy far, far away. Projects include X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, settlements, and fortresses. Play-Well's Jedi instructors reinforce key engineering concepts.

**390521** Jan 2-3  
Buck Ctr Th-F 9 am-12 pm  
\$88 /\$84 R 2 days

### NEW! Lovin' LEGO at LT

**1 Day Camp 5-12 yrs**  
Do you love LEGOs? We do. That is why we are having this special Valentine's themed LEGO camp on your day off of school. Could it get any better?

**455222** Feb 14 F 9am-12 pm  
Lone Tree Ctr 1 day  
\$44/\$42 R

### Amusement Park Spring Camp with LEGO® Bricks 5-10 yrs

Get your ticket to ride at Bricks 4 Kidz' very own LEGO® Amusement Park! Each camp day includes carnival-themed games, group challenges, and model-building using gears, motors, axles, and creativity.

**424193** Mar 27-28 Th-F 9 am-12 pm  
Goodson  
\$145/\$135 R

### Space Adventures Winter Camp with LEGO® Bricks 5-10 yrs

Inspired by NASA, the Bricks 4 Kidz Space Adventures Camp is packed full of models and games that will make your imagination blast off! Each day campers will build different motorized space models before creating their own unique space station.

**4242412** Dec 29-30 M-Tu 9 am-12 pm  
Goodson  
\$145/\$135 R

### Jedi Engineering 3 Day Camp 5-12 yrs

Build X-Wings, droids and palaces inspired by designs made a long time ago in a galaxy far, far away. Create motorized sand crawlers, drone assembly lines, and battle cruisers with imaginative and original themed projects.

**4551611** Nov 25-27 9 am-12 pm 5-6 yrs  
**4551711** Nov 25-27 1-4 pm 7-12 yrs  
Lone Tree Ctr M-W  
\$130/\$125 R 3 days

### NEW! Green Engineering 2 Day Camp 7-12 yrs

Design and build machines powered by alternative energy sources. Race solar cars, build a wind-powered turbine, enter the human-powered vehicle competition, and invent a machine powered by stored elastic strain energy.

**4550912** Dec 30-31 M-Tu 1-4 pm  
Lone Tree Ctr 2 days  
\$88/\$84 R

## School Break Workshops

### School Days Off! Let's Imagine and Create Art@ Buck

All supplies included for all School Days Off classes **TAG!** -Graffiti is street art consisting of letters and images that are sprayed onto a surface. In this class you will learn "street" style and create your own design using paint on paper.

**3811510** Th Oct 17 1-4 pm 7-12 yrs

### 3-D POP-UP PICTURES & BOOKS -

Turn stories, book reports, greeting cards and even math problems into pop-ups. Make learning creative and exciting!

**3811210** F Oct 18 1-4 pm 7-12 yrs

**POP ART PAINTING** - Please bring a picture of your favorite cartoon and/or comic book character. We will create a painting of it in the style of Roy Lichtenstein. (Snoopy, Batman etc.)

**3810711** M Nov 25 9am-12pm 7-12 yrs

**ACCORDION TALES** - Create a 3-dimensional work of art which tells a wonderful children's story one page at a time.

**381051** M Jan 6 10am-12pm 5-7 yrs

**SCENERY** - Select a story, an act from a play, a song or a poem, and then create a 3-dimensional stand up backdrop for it. Set the mood through color, design and "props" that best tell the story. Paper, watercolor, markers and colored pencils are used.

**381351** M Jan 6 1-4pm 7-12 yrs

**381372** M Feb 17 10am-12pm 5-7 yrs

**FINDING NEMO** - Create a colorful underwater landscape using a variety of materials based on your favorite characters from Finding Nemo.

**381331** M Jan 20 9am-12pm 5-7 yrs

**PAPER MOSAICS** - Bits of paper, fiber, seeds, beads and other trimmings become beautiful works of art worthy of framing!

**381172** F Feb 14 12:30-2:30pm 5-7 yrs

Buck Ctr  
\$26 /\$23 R 3 Hour Class  
\$17 /\$15 R 2 Hour Class

## School Break Workshops

✓Check Out pg. 21 SSPR's Sheridan Creativity Lab online for more activities when schools are on break.

### Celebrate Winter Art Workshop 6-12 yrs

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

**421121** Jan 20  
Goodson M 9 am-12 pm  
\$23 /\$20 R

### Celebrate Spring Art Workshop 6-12 yrs

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

**421122** Feb 17  
Goodson M 9 am-12 pm  
\$23 /\$20 R

## Youth Arts & Enrichment Classes

### Fencing 8-14 yrs

Integrate mind and body, gain balance, better reflexes, confidence and self-esteem. All fencing equipment provided. \$15 equipment use fee paid to instructor first day of each session. Participants must wear long pants and sneakers.

**4112010** Oct 1-Nov 5  
**4112011** Nov 12-Dec 17  
**411201** Jan 7 -Feb 11  
**411202** Feb 18-Mar 25  
Goodson Tu 4:15-5:45 pm  
\$82/\$72 R 6 wks

### Kitchen Kids 5-8 yrs

Come hungry and make fun, kid friendly recipes while practicing kitchen safety and cooking fundamentals.

**467819** Sep 14-21  
**467811** Jan 18-25  
Lone Tree Ctr Sa 1-3 pm  
\$27 /\$25 R 2 wks  
**4100710** Oct 12-19  
**410072** Feb 8-15  
Goodson Sa 1-3 pm  
\$27/\$25 R 2 wks

### Little Mixers 3½-6 yrs

Learn basic cooking skills through different themes and a related craft or activity.

**4676610** Oct 2-23  
**467661** Jan 8-29  
**467662** Feb 5-26  
Lone Tree Ctr W 1-2:30pm 4wks  
\$53/\$43 R

### Holiday Sweet and Healthy Treats Workshop 7-12 yrs

Make healthy, sweet and gluten-free goodies to eat or give away as gifts.

**4540012** Dec 7  
Lone Tree Ctr Sa 1-3:30 pm  
\$17 /\$16 R 1 day

### Nature & Wildlife Photography Workshop 8-14 yrs

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

**454709** Sep 20 F 12-2 pm  
Meet at Sweetwater Park Playground  
\$17/\$15 R 1 day

### Photography Club at Buck 9-14 yrs

Make friends and take your photography to a new level under the direction of a professional. Bring a familiar digital camera with large memory card, charged and extra batteries. 1 day class

**390179** Poses and Portraits  
Sa Sep 21 1-3 pm  
**3901910** Intro to Special Effects  
Sa Oct 19 9:30-11:30 am  
Buck Ctr  
\$12/\$11 R Price per class.

### Creative Photography Workshop 14-17 yrs

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

**455769** Sep 14-28  
Lone Tree Ctr Sa 9-11 am  
\$45/\$40 R 3 wks

### Valentine Photo Gift at Buck 8-14 yrs

Have your portrait taken by a professional photographer and use the image to create a beautiful keepsake box as a gift or for yourself. 1 day class.

**390212** Sa Feb 8 9:30-11:30  
Buck Ctr  
\$14/\$13 R

### Cartooning Illustration 8-15 yrs

Design your very own character as you discover how to convey shape and color, action and style. Supplies needed at first class, list available online.

**420629** Sep 12-Oct 24  
**420621** Jan 9-Feb 20  
**420623** Mar 6-Apr 17  
Goodson Th 5-6 pm  
\$50 /\$43 R 7 wks

### NEW! Intro to Drawing 8-15 yrs

Develop skills in observational drawing, shading, composition and form. No experience necessary. Supplies needed at first class, list available online.

**420739** Sep 12-Oct 24  
**420731** Jan 9-Feb 20  
**420733** Mar 6-Apr 17  
Goodson Th 6:15-7:15 pm  
\$50/\$43 R 7 wks

### Paint, Clay and Play 7-12 yrs

Learn about and create Martians, mammals and maps near and far through a variety of materials and techniques. New projects created each week.

**467969** Sep 21-Oct 26  
**467961** Jan 11-Feb 8  
Lone Tree Ctr Sa 12:30-2 pm  
\$70/\$65 R 6 wks

### Draw & Paint 7-12 yrs

Gain knowledge of the basics of perspective, textures and proportion using different media including graphite, colored pencils, watercolor and temperas. New projects created each session. Purchase supplies from list online.

**455369** Sep 4-Oct 9  
**4553611** Nov 6-Dec 18  
(No class Nov 27)  
**455361** Jan 8-Feb 12  
Lone Tree Ctr W 4:45-5:45 pm  
\$44 /\$38 R 6 wks

### Be a Radio Controlled Helicopter Pilot! 10 yrs-Adult

Don't be intimidated! This class will teach you how to fly entry level helicopters and what to look for if you buy one yourself. Class will feature a flight demonstration of beginner to advanced helicopters, and how to practice flying on a computer simulator as well. We provide the helicopters for you to fly!

**4244811** Nov 17-24  
**424482** Feb 23-Mar 2  
Goodson Su 2:30-4 pm  
\$35/\$30 R 2 wks

## First Friday Free Arts **FREE!** at Buck 8-14 yrs

Work with a Heritage Fine Arts Guild member learning new art techniques each session. Although this is a free class with all materials included, registration is required. Registration for each class opens 2 weeks before the class date.

- 390019** Sep 6 Pen and Ink (tonal and textural effects with pen and ink)  
**3900110** Oct 4 Watercolor Paint (wet on wet technique)  
**3900111** Nov 1 Tempura Paint (crayon-resist)  
**3900112** Dec 6 Elements of Landscape (trees)  
**390011** Jan 3 Learning to See (drawing a portrait)  
**390012** Feb 7 Contour Drawing (still life with fruit)  
 Buck Ctr F 4-5:30 pm  
**FREE!**

## Meet the Art Masters

**6-10 yrs**

Learn about artists through experience and discussion. Blend 2 artists' styles together to create your own masterpiece. Variety of media will be used. Attend one or all of these classes during the break from school and learn about different artists each time.

- 455419** Sep 27 F 1-4 pm  
**4455111** Nov 1 F 1-4 pm  
**455441** Jan 17 F 9 am-12 pm  
 Lone Tree Ctr  
 \$27/\$25 R 1 day

## Sheridan Creativity Lab

Explore your creative side through a variety of art, craft, and building materials!

Call 303-761-2241 or visit

[www.sspr.org](http://www.sspr.org) for information about Creativity Lab hours and special

art activities each month. Do your kids need some help with those take home school projects like posters and dioramas? Send them to the Lab to work with the Creativity Mentor.

**FREE** with admission to the recreation center. All ages welcome.



## Youth Pottery

### Clay Projects 5-11 yrs

Pinch, coil, slab techniques covered, including firing and glazing. All materials included.

- 421189** Sep 9-Nov 4 (no class Sep 23)  
**421181** Jan 6-Feb 24  
**421183** Mar 3-Apr 21  
 Goodson M 8 wks 4:15-5:30 pm  
 \$80/\$72 R  
**4501610** Oct 8-29  
**450161** Jan 7-28  
 Lone Tree Ctr Tu 4-5:15 pm  
 \$42/\$38 R 4 wks

### Holiday Clay Projects 5-12 yrs

Use fun clay sculpting techniques to build festive holiday projects. All materials included.

- 4211911** Nov 18-Dec 9 4 wks  
 Goodson M 4:15-5:30 pm  
 \$41/\$37 R

Check out Handbuilding & Sculpture class ages 12- yrs Adult on pg. 40.

### **NEW!** Clay Cookie Jar 7-14 yrs

Each student will have finished, fired, and glazed a cookie jar. Perfect for the holidays. All supplies included.

- 4514510** Oct 3-24  
 Lone Tree Th 4 wks 3:30-5 pm  
 \$41/\$37 R

## Youth Music

### Guitar

Learn to play guitar in a small group setting. Bring your guitar.

\$59/\$51 R 6 wks

### Acoustic Guitar 8-15 yrs

Session 9: Sep 10-Oct 17

Session 10: Oct 29-Dec 12

(No class Nov 26, 28)

Session 1: Jan 7-Feb 13

**42320** Goodson Tu 5:30-6:30 pm

**45340** Lone Tree Ctr Th 5:30-6:30 pm

### Acoustic Guitar 16 yrs-Adult

Session 9: Sep 10-Oct 17

Session 10: Oct 29-Dec 12

(No class Nov 26, 28)

Session 1: Jan 7-Feb 13

**42314** Goodson Tu 6:30-7:30 pm

**46370** Lone Tree Ctr Th 6:30-7:30 pm

### **NEW!** Continuing Acoustic Guitar 14 yrs-Adult

Session 9: Sep 10-Oct 17

Session 10: Oct 29-Dec 12

(No class Nov 26, 28)

Session 1: Jan 7-Feb 13

**42331** Goodson Tu 7:30-8:30 pm

**45348** Lone Tree Ctr Th 7:30-8:30 pm

✓Check out Croc Rock on pg.17.

## Preschool & Youth Studio Dance

✓Check out Color Guard Camp on pg. 18

### Youth Hip Hop at Buck 7-12 yrs

Learn "music video" style choreography and hip hop technique that is age-appropriate, high energy and FUN. No recital.

**392619** Sep 12 - Oct 17 6 wks

**3926111** Nov 7 - Dec 19 6 wks

(No Class Nov 28)

**392611** Jan 9 - Feb 27 8 wks

Buck Ctr Th 5:30-6:30 pm

\$45/\$39 R 6 wks

\$59/\$51 R 8 wks





## Preschool & Youth Studio Dance

### Intro to Hip Hop at

#### Lone Tree 6-10 yrs

Learn the fundamentals of hip-hop including popping, locking, basics of break dancing and R&B fluid movement. No recital.

**452859** Sep 9- Oct 14

**4528511** Nov 4- Dec 9

**452851** Jan 6-Feb 10

**452852** Feb 24-April 7

(No class Mar 24)

Lone Tree Ctr M 5:30-6:30 pm

\$45 /\$39 R 6 wks

### Hip Hop Continuing

#### at Lone Tree 7-12 yrs

Expand on what you know of hip-hop including popping, locking, basics of break dancing and R&B fluid movement. Spring recital.

**452909** Sep 9- Dec 16

**452901** Jan 6-Apr 14

(No class Mar 24)

Lone Tree Ctr M 6:30-7:30 pm

\$130/\$116 R 15 wks

\$139/\$123 R 16 wks

### Tap, Jazz, Creative, Lyrical, Pre Ballerina and Combo Dance at Goodson

In a relaxed atmosphere, learn fundamentals of dance. Comfortable clothing or leotard and tights should be worn for all classes. Appropriate tap, ballet or jazz shoes required. No recitals.

\$52/\$45 R 7 wks \*

\$59 /\$51 R 8 wks

### Creative Dancers

**Tu 12-12:45 pm 3-5 yrs**

**422239** Sep 3-Oct 15\*

**4222310** Oct 22-Dec 17  
(No class Nov 26)

**422231** Jan 7-Feb 25

**422233** Mar 4-Apr 29  
(No class Mar 25)

**Sa 10:15-11 am**

**422609** Sep 7-Oct 26

**4226010** Nov 2-Dec 21

**422601** Jan 4-Feb 22

**422603** Mar 1-Apr 26  
(No class Mar 29)

### Jazz/Hip Hop

**Tu 5-6 pm 7-11 yrs**

**422439** Sep 3-Oct 15\*

**4224310** Oct 22-Dec 17  
(No class Nov 26)

**422431** Jan 7-Feb 25

**422433** Mar 4-Apr 29  
(No class Mar 25)

**Sa 9-10 am 11-15 yrs**

**422409** Sep 7-Oct 26

**4224011** Nov 2-Dec 21

**422401** Jan 4-Feb 22

**422403** Mar 1-Apr 26  
(No class Mar 29)

### Ballet/Tap Combo

**Sa 12-1 pm 5-7 yrs**

**422119** Sep 7-Oct 26

**4221111** Nov 2-Dec 21

**422111** Jan 4-Feb 22

**422113** Mar 1-Apr 26  
(No class Mar 29)

### Lyrical Dance

Learn ballet and jazz mixed together. Expressive and energetic dance.

**Sa 1-2 pm 7-14 yrs**

**422009** Sep 7-Oct 26

**4220011** Nov 2-Dec 21

**422001** Jan 4-Feb 22

**422003** Mar 1-Apr 26  
(No class Mar 29)

### Pre-Ballerina

**Tu 11:15 am-12 pm 4-5 yrs**

**422219** Sep 3-Oct 15\*

**4222110** Oct 22-Dec 17  
(No class Nov 26)

**422211** Jan 7-Feb 25

**422213** Mar 4-Apr 29  
(No class Mar 25)

**Sa 11:15-12 pm 4-5 yrs**

**422639** Sep 7-Oct 26

**4226311** Nov 2-Dec 21

**422631** Jan 4-Feb 22

**422633** Mar 1-Apr 26  
(No class Mar 29)

## South Suburban Academy of Dance & Ballet

Instill grace, balance, precision, discipline and self-confidence through ballet. Girls need to wear a ballet leotard, tights and ballet slippers (preferably pink). Boys need to wear black pants or shorts, a T-shirt and black ballet slippers. 2nd child 10% discount available for semester ballet/dance classes.

### Recital for Jan-May session only.

No discount on recital fee which includes the costume and rehearsal.

### Recital fee:

Intro-Continuing I classes \$55 /\$50 R. Continuing II & III, \$60/ \$55 R **Must be paid between Jan 1-24, 2014.** Spring recital May 3. Recital is for 16 wk classes only.

### Ballet at Goodson 5-12 yrs

Session 9: Aug 29-Dec 13 15 wks

(No class Nov 28 & 29)

Session 1: Jan 9-May 2 16 wks

(No class Mar 27 & 28)

**42276** Th 4:30-5:15 pm 5-7 yrs

**42277** Th 5:15-6:15 pm 7-10 yrs

**43224** Th 6:15-7:15 pm 6-10 yrs cont. I

**42251** Th 7:15-8:15 pm 9-14 yrs cont. II

**42253** F 1-1:45 pm 3 yrs

**42255** F 2-2:45 pm 4-5 yrs

**42257** F 2:45-3:30 pm 3 yrs

\$130/\$116 R 15 wks

\$139 /\$123 R 16 wks

**Instructor approval required for continuing classes.**

### Ballet at Lone Tree 3-14 yrs

Session 9: Sep 9-Dec 16 15 wks

(No class Nov 25)

Session 1: Jan 6-Apr 28 (No class Mar 24) 16 wks

**45213** M 11-11:45 am 3 yrs

**45204** M 11:45 am-12:30 pm 4-5 yrs

**45211** M 12:30-1:15 pm 4-5 yrs

Session 9: Sep 10-Dec 17 15 wks

Session 1: Jan 7-Apr 29 (No class Mar 25) 16 wks

**45276** Tu 4:15-5 pm 4-5 yrs

**45274** Tu 5-6 pm Cont. I 5-9 yrs

**45266** Tu 6-7 pm Cont. II 8-11 yrs

**45269** Tu 7-8 pm Cont. III 9-14 yrs

Session 9: Sep 4-Dec 18 15 wks

(No class Nov 27)

Session 1: Jan 8-Apr 30 (No class Mar 26) 16 wks

**45277** W 4:30-5:15 pm 3-4 yrs

**45273** W 5:15-6:10 pm 5-7 yrs

**Instructor approval required for continuing classes.**

\$130/\$116 R 15 wks

\$139 /\$123 R 16 wks

✓**Check Out Mommy and Me Dance**

**Classes on pg. 17-18.**

## Youth Ballet Combinations 10-14 yrs

Advanced combinations of ballet steps for coordination, strengthening, and developing dance skills. Must have instructor approval.

Session 9: Sep 10-Dec 17

Session 1: Jan 7-Apr 29 (No class 3/25)

**45275** Tu 8-8:30 pm

Lone Tree Ctr

\$65/\$58 R 15 wks

\$73/\$62 R 16 wks

## Ballet at Buck 3-10 yrs

Session 9: Sep 3-Dec 17 15 wks

(No class Nov 26)

Session 1: Jan 7-Apr 29 16 wks

(No class Mar 25)

**39245** Tu 4:15-5:15 5-7 yrs **NEW!**

Session 9: Sep 4 - Dec 18 15 wks

(No class Nov 27)

Session 1: Jan 8-Apr 30 16 wks

(No class Mar 26)

**39254** W 5-5:45 pm 4-5 yrs

**39250** W 5:45-6:45 Continuing I 6-10 yrs

**39270** W 6:45-7:45 Continuing II 6-10 yrs

Session 9: Sep 6-Dec 20 15 wks

(No class Nov 29)

Session 1: Jan 10-May 2 16 wks

(No class Mar 28)

**39255** F 10:30-11:15 am 3-4 yrs

**39260** F 11:15 am-12 pm 4-5 yrs

Buck Ctr

\$130 /\$116 R 15 wks

\$139 /\$123 R 16 wks

✓**Check out Swing, Ballroom and Salsa Classes. Ages 12-16 accompanied by an adult on pg. 42**

## Theater & Acting

### Imagineers' Studio 4-7 yrs

Using creative play, simple puppet making, and playing with costumes, children will re-imagine a fairy tale with new problems each week, creating fabulous characters and unexpected plots. All fun no pressure.

**3940011** Nov 4 - Dec 16

(No class Nov 25)

**394001** Jan 6 - Feb 10

Buck Ctr M 5:15-5:45 pm

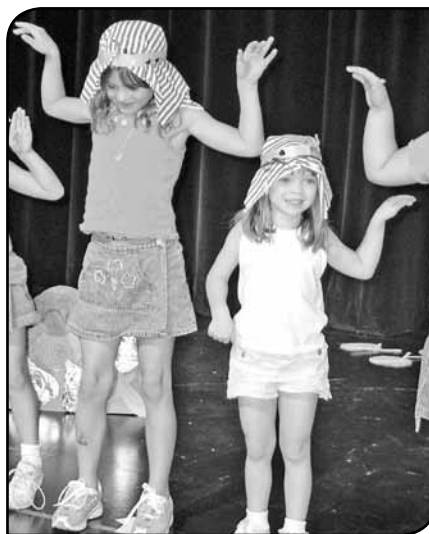
**4531411** Nov 6-Dec 18

(No class Nov 27)

**453141** Jan 29-Mar 5 4-7 yrs

Lone Tree Ctr W 5-5:30 pm

\$28 /\$25 R 6 wks



### Young Actors' Studio 7-9 yrs

Use props, costume pieces, theater games and the introductory drama elements of voice and movement to improvise a simple story into an informal performance full of larger than life characters with dramatic and comedic problems to solve. Family performance at the end of the session.

**3951111** Nov 4 - Dec 16 7-9 yrs

(No class Nov 25)

**395111** Jan 6 - Feb 10 7-9 yrs

Buck Ctr M 5:45-6:45 pm

\$40/\$39 R 6 wks

**4531511** Nov 6-Dec 18 8-12 yrs

(No class Nov 27)

**453151** Jan 29-Mar 5 8-12 yrs

Lone Tree Ctr W 5:30-6:30 pm

\$40/\$39 R 6 wks

### Youth Acting 9-12 yrs

Youth actors will build self-confidence and have a blast as they practice acting basics in short skits, use improvisation to build comedy into scenes, and practice how to audition and what to expect when they get a part in a school or community play.

**3952911** Nov 5 - Dec 17

(No class Nov 26)

**395291** Jan 7 - Feb 11

Buck Ctr Tu 6:15-7:15 pm

\$40 /\$39 R 6 wks



### Frankenstein Slept Here: Audition And Theater Production 10-18 yrs

Audition for this youth full-theater Halloween production

**Aug 6 from 4:30-6 pm**

**at the Buck Rec Ctr Theater.**

**You must make an audition**

**appointment by calling**

**303-730-4612.**

Have a 60-sec monologue memorized.

Successful audition participants then register for the class. Each cast member will have relatively equal stage time playing one or several parts. This production, complete with set and costumes, will be presented to a ticketed public.

**Rehearsals:**

M, W, Sep 16- Oct 16, 6-8 pm

Sa, Sep 21- Oct 19, 9-11 am

M- F, Oct 21-25, 6-8 pm

Sa-Su, Oct 26-27, 9 am-as needed

**Performances:** Sa, Oct 26 at 7 pm &

Su, Oct 27 at 3 pm

**395969** Buck Ctr

\$87 /\$77



## Birthday Parties & Group Events!

**Let us make your Birthday Party or Group Event a creative experience!**

**1-Hour Parties for kids & adults**

**include:**

- **Dance Parties:** Choose from hip-hop, ballet, jazz, or Broadway Style. Time for free dance after learning some moves!

- **Clay Parties:** Include a finished project: animals or pots. All clay projects are fired. \$15 optional shiny glaze for entire party's projects.

- **Painting Party-** Explore different painting styles and paints. Finished artwork suitable for framing.

- **Plan event for Scout merit badge:**

Choose from a number of programs in which scouts may earn a badge. Programs include:

Clay, Dance, Fine Arts, and Theater

Ages 5-6 For up to 8 participants

Ages 7+ For up to 10 participants

\$135 /\$125 R \$5 each additional person, 15 max

**Call 303-708-3513**



## Fitness

### Youth Fitness Classes

#### Exercise Guidelines

In addition to these youth-only classes, many of our adult drop-in fitness classes allow children 12 yrs. & up. Ages 10-11 are welcome with an adult. See pgs. 42-44 for more drop-in fitness options.

FOR FEES, SEE PG. 2.

### Youth Specialty Fitness Classes

#### Jump-n-Rope 7-16 yrs

Gets your kid's heart pumping in this fun class, taught by world renowned, certified jump rope instructors. Focus on fundamentals of single rope skills, double Dutch and Chinese wheel. Free jump rope with registration. Tennis shoes and comfortable clothing recommended.

Session 9: Sep Session 1: Jan  
Session 10: Oct Session 2: Feb  
Session 11: Nov\* Session 3: March  
Session 12: Dec  
**54295** Th 4-5 pm Goodson  
Monthly \$45 /\$40 R  
\*3 wks \$34/\$30 R

#### Jump Rope Mini Camps 7 yrs-Adult

Come jump rope for 3-hours with National and World Champion rope skippers! Workshop covers basics of the jump rope sport; single rope skills, Chinese wheel, double Dutch freestyles, traveler and long rope. Be prepared to learn new tricks and participate in contests. Athletic shoes, small snack and water required! Free jump rope with registration. For more info, please visit [www.jumpNrope.com](http://www.jumpNrope.com)

Goodson  
**5428710** Sa Oct 5 1-4pm  
**542873** Sa Mar 15 1-4pm  
\$30/\$25 R

#### Parent Tot Yoga 3-5 yrs

This play-based class will focus on learning yoga poses through music, movement and games. Parents and kids together will develop strength and learn patience while journeying from a child's natural high-energy mode to a calmer, peaceful place.

**54145** W 11:30am-12:15pm Goodson  
**56395** Tu 11-11:45 am Lone Tree  
Monthly fee: \$30/\$28 R

#### Youth Personal Training 12-17 yrs

A personal trainer can help your child increase activity levels, learn proper weight lifting techniques, train for a specific sport, and learn excellent health habits.

1 session: \$46 /\$36 R  
3 sessions: \$132 /\$102 R  
5 sessions: \$215 /\$165 R  
10 sessions: \$420 /\$320 R

#### Fitness VAN RENTAL

*Great for Birthdays, Events and Park Fun!*  
**Activities included: Wii sports games, hula hoops, jump ropes, Frisbees and balance equipment etc. Call 303-483-7082 to rent the van or for general inquiries.**  
**Hourly Rental Rate \$55/\$50 hr Resident**

#### NEW! Sports Dome Speed and Agility Camps

Athletes improve speed, agility and explosiveness through elite-level, science-based training methods including use of special equipment. Sport-specific drills, variations, and progressions are used depending on abilities for baseball, softball, soccer, football, lacrosse, volleyball, basketball, field hockey, dry land training for hockey and swimming. **Visit [www.sspr.org](http://www.sspr.org) for an updated schedule.**

### Martial Arts

#### Session Dates

Session 9: Sep Session 1: Jan  
Session 10: Oct Session 2: Feb  
Session 11: Nov Session 3: March  
Session 12: Dec  
Required clothing and equipment discussed at first class.

#### Kendo 10 yrs & up

Promotes hand-eye coordination and physical endurance. Kendo is known to promote a vigorous spirit, courtesy, sincerity, honor, patience and manners through the use of the Katana (sword).

**54140** Su 8-10 am  
Goodson  
Monthly \$35 /\$30 R

#### Jujitsu 13 yrs & up

A modern form of self-defense that combines other martial arts techniques and teaches basic defense against weapons. Learn rolls & falls, throwing & grappling, and joint locks.

Tu, Th 6:45-8:45 pm  
**52044** Buck Ctr  
Monthly \$65/\$55 R

#### Karate-Do 5-13 yrs (Shotokan Japanese)

Learn self-defense techniques. Karate-Do promotes endurance, flexibility, strength, agility, coordination, stress reduction, spiritual harmony, balance and manners.

**54130** Tu, Th 6:30-7:30 pm  
Goodson  
Monthly \$57 /\$50 R

#### Tae Kwon Do (Korean Karate) 8 yrs-Adult

Build confidence, relieve stress and enhance overall physical fitness while learning self-defense techniques of kicking, punching and blocking. (No class Dec 24)

**54150** M, W 4:30-5:30 pm 8-Adult  
Goodson  
Monthly \$57/\$50 R

#### Tae Kwon Do 4-12 yrs

**54185** M, Th 6-6:45 pm Sheridan  
Monthly \$22 /\$20 R

#### Traditional Shotokan



#### 7-12 yrs

Learn self-defense through traditional karate techniques and ideals. Shotokan promotes self-control and confidence through core values such as respect for others, hard work and discipline. Instructor Gary Swain is a 7th degree Black Belt with ISKF and one of the 13 technical committee members for

64 countries in the ISKF organization. Karate uniforms & patches are available for purchase at the Lone Tree Ctr Pro Shop.  
Youth Uniform \$25  
Adult Uniform \$30  
ISKF of Colorado patch \$8  
Lone Tree Ctr DOJO patch \$6

#### Youth Karate 7-9 yrs

**56184** M, W 4:30-5:20 pm  
**56190** Tu, Th 4:45-5:35 pm  
Lone Tree Ctr  
Monthly \$66 /\$60 R

#### Youth Karate 10-12 yrs

**56187** M, W 5:30-6:30 pm  
**56194** Tu, Th 5:45-6:45 pm  
Lone Tree Ctr  
Monthly \$66 /\$60 R

#### Karate Drop-In (Green Belt and Above)

Sa 9-10 am  
\*Included in monthly registration fee

✓Check out Adult Karate pg. 50.



# Golf

## Golf Lessons

### Family Sports Junior Golf Playing League 8-15 yrs

Choose a 4, 5, 6, or 7-wk series of tournaments for juniors. **Open to the first 100 Junior Golfers**, weekly play Sun afternoons Sep 8-Oct 20 with tee times starting at 11 am. Fee includes greens fees, small bucket of range balls, lunch and tournament prizes. On-course supervision provided. Each additional week after the minimum of 4 weeks is pro-rated weekly. Pro-rated fee \$22 /\$18 Resident.

	Fee	Resident
4 wks	\$90	\$75
5 wks	\$110	\$90
6 wks	\$132	\$108
7 wks	\$150	\$125

### Family Sports Golf

To register for leagues call 303-649-1115 or stop by the Pro Shop for more information.

### Family Sports Golf Academy Private

#### Instruction 17 & Under

Individual instruction provided for your specific talents and interests in all areas of the game. Video instruction is available in all 1-hour lessons.

Juniors (ages 17 & under)

One Hour-\$70

One-Half Hour-\$35

Four-Half Hour Series-\$120

### Family Sports Junior Golf Schools 7-17 yrs

Four, 1-hour sessions cover the full swing, putting, chipping, pitching, rules, etiquette and safety in Mulligan (beginner). Review the basics, bunker play and more rules of the game in Q-School (intermediate). Free clubs available for lessons. Check out our full line of junior clubs and accessories in the Pro Shop. Lessons are 8-to-1 student to teacher ratio for Mulligan level, and 6-to-1 for Q-School level.

- Min 5 students/max 40 students- Mulligan
- Min 5 students/max 36 students- Q-school

✓Check out Adult Golf. pg. 51.

## Fall Schedule

Mulligan (Beginner) & Q-School (Intermediate)

<b>600099</b>	Su Sep 8-29	12-1 pm	Beg
<b>600139</b>	Su Sep 8-29	1:30-2:30 pm	Int

Family Sports Golf

\$75 /\$70 R Mulligan Level

\$85 /\$80 R Q-School Level

### Start Smart Golf Instruction 4-7 yrs

Before your child steps out on the green, sign up for this learn to play program. Fun activities will be played with specialized learning equipment while teaching participants the motor skills necessary to play golf. The parent-child will move through four-stations: putting, chipping, pitching and full shot. Class meets in the gymnasium of the Recreation Centers. \$60 /\$50 R

#### Lone Tree Ctr

<b>3003110</b>	M Oct 7-28	4:30-5:15 pm
<b>3006110</b>	Sa Oct 5-26	10-10:45 am
<b>300601</b>	Su Jan 12-Feb 2	10:45-11:30 am
<b>300602</b>	Su Feb 9- Mar 2	10:45-11:30 am
<b>300613</b>	Sa Mar 8-29	10-10:45 am

#### Goodson

<b>3003510</b>	W Oct 2-23	4-4:45 pm
<b>3006210</b>	Sa Oct 5-26	12-12:45 pm
<b>300631</b>	Su Jan 12-Feb 2	9-9:45 am
<b>300632</b>	Su Feb 9-Mar 2	9-9:45 am

\$60 /\$50 R

## Golf Lessons

### 3-5 Students 7-16 yrs

Learn the basics or improve your game.

Free clubs available for lessons and practice.

Sep 4-28 4 wks

#### Littleton Golf and Tennis Club

<b>596069</b>	Sa 11-11:30 am	Beg Youth 10-16 yrs
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#### Lone Tree Golf Club

<b>583249</b>	W 5-5:30 pm	Beg Youth 10-16 yrs
<b>584249</b>	Th 5-5:30 pm	Int Youth 10-16 yrs

<b>585249</b>	F 5-5:30 pm	Beg Youth 7-9 yrs
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<b>586279</b>	Sa 9-9:30 pm	Beg Youth 7-9 yrs
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#### South Suburban Golf Course

<b>616209</b>	Sa 9-9:30 am	Beg Youth 7-9 yrs
<b>616069</b>	Sa 11-11:30 am	Beg Youth 10-16 yrs

\$87/\$63 R

Fee includes range balls.



# Gymnastics

## Drop-in Gymnastics

### Gymnastics Programs

Activities are held at Goodson

Recreation Center, 6315 S. University

Blvd. • 303-483-7085

### Drop-In Gymnastics

Gain extra practice time when qualified staff members supervise without instruction. Reserve your spot in advance at 303-798-2476. Your reserved spot will be given to a waiting patron if you're not in attendance by 10 minutes after Drop-In begins. Your South Suburban ID **MUST** be presented in order to purchase a gymnastics drop-in ticket. Ticket must be given to drop-in supervisor at the Gymnastics area door for entry. Parents, please pick up children no later than 15 minutes after Drop-In ends. Ongoing program, ages 6 and up.

W & Th 8-9 pm

Sa 12-1 pm

Goodson Gymnastics Rm

Under 18: Youth \$7/ 5.50 R

18 and over: Adult \$7.50/ 6.50 R

### Purchase a Drop-In Punch Card and Save 20%!

Parent-Tot: \$52/ 40 R 10 Punches

Youth: \$56/ 44 R

Adult: \$58/ 52 R

### Make-Up Policy

If you miss a class, no refunds will be issued. Call Ashleigh at 303-483-7085 to see if there is another class to attend to make-up your missed classes.



### Parent/Child Drop-In

Use our equipment independently in an unstructured environment. A gym supervisor is present, but will not lead organized activities. To make a reservation, call 303-798-2476. Your reserved spot will be given to a waiting patron if you're not in attendance by 10 minutes after Drop-In begins. Pay at front desk and present ticket to supervisor at entrance. Please give Free Drop-In Coupons to the front desk staff. Limited to 30 children ages 6 months to 5 years. For the safety of young children, no one over 5 years is allowed.

M-F 12:30-1:30 pm  
W 8-9 am

\$6.50/ \$5 R

### Private and Semi-Private Lessons

Is your child having difficulty mastering one or more gymnastics skills? Would she/he like to improve cheerleading skills? Private, semi-private, and small group 30-min and 1-hour lessons are available. Call 303-483-7085 for scheduling and lesson information. All ages welcome.

#### Coach Rates: for 30 min

Private Lesson Fee: \$15.50/\$13 R

Semi-Private Fee: \$8.50 /\$7.50 R per person

#### Senior Coach Rates:

Private Fee: \$23/\$18R

Semi-Private Fee: \$13 /\$10.50 R per person

#### Group Rates : (6 or more people)

\$8 /\$6.50 R per person

### Parent-Tot Classes

We encourage 1 parent per child, but not required. Please make other child care arrangements for siblings/friends who do not meet the age recommendation of the class. If other arrangements cannot be made, the child may sit on the sidelines and observe.

### Session Dates & Fees

Session 9: Sep 16-Oct 26 6 wks  
(No 4 pm or 5 pm classes Oct 25 for Spooktacular; make up Nov 1)  
Session 11: Nov 4-Dec 21 6 wks  
(No classes Nov 25-30; Thanksgiving Break; Extra Drop-ins that week)  
Session 1: Jan 6-Feb 15 6 wks  
(No class Jan 20; all Monday classes 5 weeks. Fixed rates online)  
Session 2: Feb 24-Apr 12 6 wks  
(No classes Mar 24-29 for Spring Break)  
6 wk fee: \$51/\$41 R  
Class Sampler Fee: \$9.50/\$7.50 R

Unsure if gymnastics is for your child?  
Come for a free trial! Contact Ashleigh at 303-483-7085 to schedule your free trial.

### Mommy/Daddy & Me 6-18 mo

Acquire educational information on infant motor development, interactive play and group activities whether you are a new or veteran parent. Staff provides instruction while promoting a supportive network.

62500 Th 9:30-10:15 am

### Mighty

#### Munchkins

6 mo-5 yrs

Parents and toddlers engage in circle time, parachute games, socialization and basic gymnastics skills. **Designed for parents with multiple children; parents bringing one child are welcome too.**

62503 M 11:30 am-12:15 pm

62599 Sa 8-8:45 am

### Tiny Tots

18 mo-3 yrs

Parents play and interact with tots encouraging motor and social skill development in a safe environment.

62507 M 10:30-11:15 am

62511 Tu 10:30-11:15 am

62516 W 9:30-10:15 am

62522 Th 10:30-11:15 am

62524 F 9:30-10:15 am

### Tumble Bugs

2½-4 yrs

Perfect for active toddlers and building a base for gymnastics and socialization. Features 15-minute intervals of basic gymnastic instruction with parents assisting toddlers during skill introduction.

62533 M 9:30-10:15 am

62542 Tu 9:30-10:15 am

62544 W 10:30-11:15 am

62558 F 10:30-11:15 am

### Parent's Night Out 5-12 yrs

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

**Please feed your children before arriving at the gymnastics facility or send a snack.** No food or beverages supplied.

62000 Every 3rd F 6-9 pm

Advanced registration fee:

\$20 /\$15 R per child

Day of event fee:

\$23 /\$18 R per child

### Class Drop-In (Sampler)

If you would like to try a class before enrolling, contact Ashleigh at 303-483-7085 to find an available class and time.

Parent-Tot Fee: \$9.50/\$7.50 R

All Other Class Fee: \$10/\$8 R



### You'll Flip Over This Birthday Party!

**Saturday & Sunday Parties include:**

**2 staff to organize kids' activities, pit with rope, obstacle course, flying belt, parachute games and more!**

**Saturday times:**

1:15, 2:30, 3:45 and 4:55 pm

**Sunday times:**

11am, 12:15, 1:30, 2:45 and 4pm

\$160 /\$130 R for up to 20 participants; \$5 for each additional child.

A 1-hour party room rental is available for an additional \$45 /\$31 Resident.

**You provide your own food and paper products.**

**The entire fee is due at time of booking.**

**To book a party, call 303-483-7085**



## Gymnastics Classes

Session 9: Sep 16-Oct 26 6 wks  
(No 4 pm or 5 pm classes Oct 25 for Spooktacular; make up Nov 1)  
Session 11: Nov 4-Dec 21 6 wks  
(No classes Nov 25-30; Thanksgiving Break; Extra Drop-ins that week)  
Session 1: Jan 6-Feb 15 6 wks  
(No class Jan 20; all Monday classes 5 weeks. Fixed rates online)  
Session 2: Feb 24-Apr 12 6 wks  
(No classes Mar 24-29 for Spring Break)

6 wk fee for Tumble Tykes and Kindernastics: \$51/\$41 R  
6 wk fee for all other gymnastics classes: \$55/\$45 R

## Tumble Tykes 4-5 yrs

Learn gymnastics skills with fun, creative techniques while discovering body awareness through jumping, balancing and coordination drills. Parents are not allowed in gym during class, but must stay in the facility.

### Goodson

62568	M	3-3:45pm
62563	M	4-4:45 pm
62564	Tu	11:30-12:15 pm
62567	Tu	3-3:45 pm
62570	W	11:30-12:15 pm
62572	W	3-3:45 pm
62571	Th	11:30 am-12:15 pm
62582	Th	1:45-2:30pm
62576	F	11:30 am-12:15 pm
62575	F	1:45-2:30 pm
62580	Sa	9-9:45 am

## Kinder-nastics 5-6 yrs

Kindergarten-age kids explore the world of gymnastics and basic movement with continued interactive training and body awareness. Specific skills will be taught on floor, bars, beam and vault.

62600	M	1:45-2:30pm
62685	M	5:30-6:15pm
62620	Tu	5:15-6 pm
62612	W	1:45-2:30 pm
62650	W	5:15-6 pm
62680	W	6:15-7pm
62618	Th	3:15-4pm
62645	Th	4-4:45 pm
62631	F	3:15-4pm
62665	F	4-4:45 pm

(No 4 pm class F, Oct 25, make up Nov 1)

62626	Sa	10-10:45 am
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## Teen Girls Beginner 12-16 yrs

Teens achieve basic fundamentals on bars, beam, vault and floor. **Girls only.**

62711	M	6:45-7:45pm
62725	Tu	7-8 pm

## Teen Girls Intermediate 12-16 yrs

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

62825	W	6:45-7:45 pm
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## Teen Girls Advanced 12-16 yrs

Must have passed Teen Intermediate by instructor. **Girls only.**

62930	W	5:45-6:45 pm
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## Cheerleading Basics 10-18 yrs

Trying out for high school cheerleader? Expand basic gymnastics skills and obtain simple cheers based upon experience and age of participants. **Girls only.**

62055	M	5:45-6:45 pm
62058	Th	7-8pm

## Beginner Gymnastics 6-11 yrs

Boys and girls will be separated to learn specific skills including those on floor, bars/beam and vault/horse in this introductory program. Level may require repeat sessions to accomplish development for next level.

### GIRLS:

63000	M	4-5 pm
63035	M	6:30-7:30 pm
63005	Tu	4-5pm
63110	Tu	5:15-6:15 pm
63016	W	4-5 pm
63020	W	5:15-6:15 pm
63120	Th	4-5 pm
63025	Th	5:15-6:15pm
63135	F	5-6 pm

## Beginner Gymnastics 6-11 yrs

63033	Sa	9-10 am
63130	Sa	11 am-12 pm
<b>BOYS:</b>		
64004	M	6:30-7:30 pm
64035	Tu	6:45-7:45pm
64005	W	4-5 pm
64105	Th	6:30-7:30 pm
64030	Sa	9:30-10:30 am

## Intermediate Gymnastics 6-11 yrs

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

### GIRLS:

63200	M	5:15-6:15 pm
63205	Tu	4-5 pm
63210	W	6:30-7:30 pm
63235	Th	5:15-6:15 pm
63220	Th	6:30-7:30pm
63245	F	4-5pm
63225	Sa	10-11 am

### BOYS:

64065	M	4-5 pm
64070	Sa	10:30-11:30 am

## Advanced Gymnastics Girls 6-11 yrs

Emphasis will be on training, perfection, connecting skills and advanced tricks required for competitive gymnastics program entry. Gymnasts must be able to perform basic competitive skills to the highest degree. **Girls only.**

63350	Tu	4-5 pm
63370	Tu	5:45-6:45 pm
63335	Tu	6:30-7:30 pm
63355	W	4-5 pm
63345	Th	4-5 pm
63380	Th	5:45-6:45 pm
63325	F	5-6 pm
63320	Sa	11-12 pm

## Tumble Rama Ages 8+

A beginner class specifically geared toward tumbling skills, from round-offs to back-tucks.

62075	Th	4-5 pm
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## Xtreme 6-12 yrs

Learn and improve skills used in snowboarding, skateboarding and other extreme sports. Learn how to twist, flip and land safely, in our gymnastics facility.

### Girls and Boys.

64325	M	5:45-6:45pm
64330	W	5:45-6:45pm
64305	Sa	11am-12pm





## Gymnastics Specialty Classes

### CARA Competitive 7-17 yrs Gymnastics Program

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

#### Attention Team Parents:

**CARA League fees are due April 1. A \$10 late fee will be added April 2.**

**The annual Team Parent Meeting will be held Tu, Feb 25, 5:45-8 pm.**

**All monthly fees are due each month by the second practice. A \$10 late fee will be added to the tuition after the 2nd practice. NO EXCEPTIONS!**

### Dress Code for Gymnastics Classes

All female gymnasts are required to wear a leotard with their hair pulled back in a ponytail. The Goodson Gymnastics Facility provides several leotards and shorts for purchase from toddler to adult sizes. Jeans are not allowed as they restrict leg movements required to perform several skills. Please do not wear socks, tights or leggings to class.

## Family Sports Center Ice Arena

6901 S. Peoria St.  
(off Arapahoe Rd. on Peoria St.)  
303-708-9500

### Public Skating Schedule

For the most current public skating visit  
[www.sspr.org](http://www.sspr.org).

### Hockey Take-a-Shot

Skate your own drills using your own puck and full equipment.

M-Th 3-3:50 pm

\$6.50 /\$5 R

Please call for additional times.

### Hockey Leagues

Arapahoe Youth Hockey League (AYHL) offers recreational and competitive youth hockey programs at Family Sports Center. For more information call 303-708-9500 x30561 or visit [www.ayhl.com](http://www.ayhl.com).

### Learn to Skate & Play

#### Hockey Classes 3 yrs & up

The US Figure Skating Association and the Ice Skating Institute guide our class formats. Also available are Off-track and Special Group classes. For information regarding these special classes please call 303-708-9500, x 30561. Classes meet once a week for one half hour of instruction. Participants may attend a public session FREE the day of each lesson. **Skate rental is not included in the class fee.** Our classes are divided into the following categories:

- **Parent-Tot**, parent & child skate together, ages 3-4
- **Pre 1-4**, Beginning skaters ages 4-6
- **Levels 1-6 & Freestyle 1-4, Advanced FS & Dance**, ages 7-17
- **Mighty Mites Hockey**, ages 4-6
- **Hockey Pre 1** - beginning level, ages 4-6
- **Hockey 1** - beginning level, ages 7-17

Session 9: Sep 3-Oct 30

(No class Sep 2 or Oct 31)

\$87/\$80 R M, Th, Sa 8 wks

\$97/\$90 R Tu, W 9 wks

Session 11: Nov 2-Dec 21

(No classes Nov 25-30 or Dec 7)

\$65/\$60 R M, Tu, W, Th, Sa 6 wks

Session 1: Jan 6-Feb 27 M, Tu, W, Th 8 wks

\$77/\$70 R Sa 7wks

Session 3: Mar 1-Apr 30

M, T, W, Sa 9 wks Th 8 wks



### Learn to Skate Fees 8 wks

	Fee	Resident
Youth and Adult classes	\$87	\$80
Parent-Tot Classes:	\$87	\$80
Learn to Play Hockey 4-6	\$107	\$100
Mighty Mites Hockey:	\$107	\$100

### Learn to Skate Fees 9 wks

	Fee	Resident
Youth and Adult classes	\$97	\$90
Parent-Tot Classes:	\$97	\$90
Learn to Play Hockey 4-6	\$121	\$112
Mighty Mites Hockey:	\$121	\$112

### Learn to Play Hockey 4-6

#### 7-17 yrs

Hockey 4 teaches advanced hockey skating techniques. Hockey 5 & 6 teaches fundamental hockey skills such as stick handling, passing and shooting while continuing hockey skating development. Skaters must have passed South Suburban's Hockey Pre 3 (ages 4-6) or Hockey Level 3 (ages 7-17) prior to entering Hockey 4-6. This is a 50

min. class. **Full hockey gear required.**

Family Sports Center Ice

M 6:30 pm

**50020** Hockey 4

**50030** Hockey 5

**50040** Hockey 6

Session 9: Sep 9-Oct 28 (No class Sep 2)

\$107/\$100 R 8 wks

Session 11: Nov 4-Dec 16 6 wks

(No classes Nov 25-30)

\$80/\$75 R 6 wks

Session 1: Jan 6-Feb 24 8 wks

\$107/\$100 R

Session 3: Mar 3-Apr 28 9 wks

\$121/\$112 R

Family Sports Ice Arena

## Youth - Ice Skating



### Mighty Mites Hockey 4-6 yrs

Invigorating class teaches basic hockey skills and skating with a stick and puck. Full hockey gear required.

**50002** W 1:30-2:30 pm\*

**50006** Th 1:30-2:30 pm\*

Session 9: Sep 3-Oct 31 9 wks W, Th

Session 11: Nov 5-Dec 19 6 wks W, Th  
(No classes Nov 19-21)

\$121/112 R 9 wks

\$94/\$87 7 wks

\$81/\$75 R 6 wks

Session 1: Jan 7-Feb 27 8 wks W, Th

Session 3: Mar 4-Apr 30

8 wks Th & 9 wks W

\$107/\$100 R 8 wks

\$121/\$112 R 9 wks

\*Class times subject to change during the Colorado Avalanche Season.

Prerequisite: Pre 2

Family Sports Ice Arena

### Family Sports Center Ice Arena

#### Learn to Skate & Learn to Play Hockey Sessions

Session 9: Sep 3-Oct 31

Session 11: Nov 2-Dec 21

(No classes Nov 25-30, Dec 7)

Session 1: Jan 6-Feb 27

Session 3: Mar 1-Apr 30

Family Sports Center Ice

**Classes meet once a week**

#### Mondays

**5:30 PM**

Pre 1 **49012**

Hockey Pre 1 **50019**

Pre 2 **49059**

Hockey Pre 2 **50029**

Pre 3 **49113**

Hockey Pre 3 **50039**

Pre 4 **49157**

Level 1 **49214**

Level 2 **49314**

**6 PM**

Pre 1 **49014**

Level 1 **49215**

Hockey 1 **50021**

Level 2 **49315**

Hockey 2 **50031**

Level 3 **49415**

Hockey 3 **50041**

Level 4 **49515**

Level 5/6 **49659**

FS 1-4 **49863**

**6:30 PM**

Hockey 4 **50020**

Hockey 5 **50030**

Hockey 6 **50040**

#### Tuesdays

**1 PM**

Pre 1 **49022**

Pre 2 **49064**

**1:30 PM**

Pre 3 **49120**

Pre 4 **49162**

#### Thursdays

**10 AM**

Pre 1 **49032**

Pre 2 **49072**

**10:30 AM**

Pre 3 **49132**

Pre 4 **49173**

**6 PM**

Pre 1 **49037**

Pre 2 **49076**

Pre 3 **49136**

Pre 4 **49175**

**6:30 PM**

Level 1 **49239**

Level 2 **49339**

Level 3 **49439**

Level 4 **49539**

**7 PM**

Level 5 **49639**

Level 6 **49739**

FS 1-4 **49882**

#### Saturdays

**10 AM**

Par/Tot **49090**

Pre 1 **49046**

Level 1 **49249**

Level 5 **49650**

Level 6 **49750**

FS 1-4 **49884**

Hockey 1 **50024**

Hockey 2 **50032**

Hockey 3 **50042**

#### Saturdays

**10:30 AM**

Pre 1 **49047**

Pre 2 **49080**

Pre 3 **49145**

Pre 4 **49179**

Level 1 **49250**

Level 2 **49350**

Level 3 **49450**

Level 4 **49550**

Hockey Pre 1 **50018**

Hockey Pre 2 **50028**

Hockey Pre 3 **50038**



### Touch-A-Truck FREE!

**Saturday, Sept 21, 10 am-1 pm**

Bring your family to South Suburban Ice Arena's parking lot to see Touch a Truck. Get an up close and personal experience with a variety of trucks, tractors and more! The highlight of the event will be playing in the "snow" courtesy of our very own Zambonis! It's sure to be a fun and unique experience for all ages.

**South Suburban Ice Arena**

### South Suburban Ice Arena

6580 S. Vine St.

Centennial, CO 80121

Information Hotline: 303-794-6522

#### Public Skating Schedule

For the most current schedule, visit [www.sspr.org](http://www.sspr.org) or call 303-798-7881

#### Learn to Skate & Play Hockey Classes 3 yrs & up

The US Figure Skating Association and the Ice Skating Institute guide our class formats. Also available are Off-track and Special Group classes. For information regarding these special classes please call 303-798-7881, x 33304 or 303-708-9500, x 218.

Meet once a week for one half hour of instruction. Participants may attend a public session for FREE the day of each lesson.

**Skate rental is not included in the class fee.** Our classes are divided into the following categories:

- **Parent-Tot**, parent & child skate together, ages 3-4
- **Pre 1-4**, Beginning skaters ages 4-6
- **Levels 1-6 & Freestyle 1-4, Advanced FS & Dance**, ages 7-17
- **Mighty Mites Hockey**, ages 4-6
- **Hockey Pre 1** - beginning level, ages 4-6
- **Hockey 1** - beginning level, ages 7-17

#### Private Skating Lessons

Improve skating skills and gain grace on the ice with private lessons. Choose from a wide variety of times and days in the areas of freestyle, field moves, dance, power skating and hockey. For details, please contact Gerry Lane 303-798-7881 x33304 or [Gerryl@sspr.org](mailto:Gerryl@sspr.org).



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



## South Suburban Ice Arena

### Specialty Classes and Requirements

Parents and children skate together in unique **Parent-Tot Class** for ages 3-4. **Learn to Play Hockey Program** requires that skaters have taken and passed Pre 4 or Level 3 before registering for Hockey 1. To try out for any **South Suburban Synchronized Skating Teams**, skaters must have passed the ISI Gamma test (Level 4) by September 10, 2013. For the **Learn to Synchronized Skate** class, skaters must have passed either Pre 4 or Level 3 to register. For more information call 303-798-7881 x33378.

### Learn to Skate Fees 8 wks

	Fee	Resident
Youth and Adult classes	\$87	\$80
Parent-Tot Classes	\$87	\$80
Learn to Play Hockey 4-6	\$107	\$100
Mighty Mites Hockey	\$107	\$100

### Learn to Skate Fees 9 wks

	Fee	Resident
Youth and Adult classes	\$97	\$90
Parent-Tot Classes	\$97	\$90
Learn to Play Hockey 4-6	\$121	\$112
Mighty Mites Hockey	\$121	\$112

### Learn to Skate Sessions

Session 9: Sep 3-Oct 31	
8 wks Sa	\$87/\$80 R
9 wks Tu, W, Th	\$97/\$90 R
Session 11: Nov 2-Dec 21	
6 wks Tu, W, Th	\$65/\$60 R
(No classes Nov 25-30)	
7 wks Sa	\$77/\$70 R
Session 1: Jan 7-Feb 27	8 wks Tu, W, Th
	7 wks Sa
Session 3: Mar 1-Apr 30	9 wks Tu, W, Sa
	8 wks Th

### Tuesdays

10 AM	
Pre 1	65016
Pre 2	65057

### 10:30 AM

Pre 3	65117
Pre 4	65157
Par/Tot	65089

### Wednesdays

6 PM	
Pre 1	65028
Pre 2	65070
Pre 3	65128
Pre 4	65170
Level 1	65236

### 6:30 PM

Level 2	65330
Level 3	65430
Level 4	65530
Level 5	65616
Level 6	65716

### Thursdays

1 PM	
Pre 1	65035
Pre 2	65074

### 1:30 PM

Pre 3	65136
Pre 4	65174
Par/Tot	65088

### Saturdays

8 AM	
Hockey 4-6	65904

### 9 AM

Mighty Mites	65914
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### 10:15 AM

Dance	65991
Freestyle 1-4	65929
Adv Freestyle	65941
Intro to Synchro	65840

### 10:45 AM

Level 5	65651
Level 6	65740
Pre 1	65050
Hockey Pre 1	65916
Pre 2	65082
Hockey Pre 2	65917
Pre 3	65149
Hockey Pre 3	65918
Pre 4	65163
Par/Tot	65091

### 11:15 AM

Level 1	65232
Hockey 1	65909
Level 2	65331
Hockey 2	65919
Level 3	65423
Hockey 3	65933
Level 4	65549

✓Check out Adult Skating on pg. 52.

### Hockey 4-6 7-17 yrs

Hockey 4 teaches advanced hockey skating techniques. Hockey 5 & 6 teaches fundamental hockey skills such as stick handling, passing and shooting while continuing hockey skating development. Skaters must have passed South Suburban's Hockey Pre 3 (ages 4-6) or Hockey Level 3 (ages 7-17) prior to entering Hockey 4-6. This is a 60 min. class. **Full hockey gear required.**

**659049** Sep 7-Oct 26 8 wks  
8 wks \$107/\$100 R

**6590411** Nov 2-Dec 21 7 wks  
(No class Nov 30)

7 wks: \$93/\$87 R

**659041** Jan 11-Feb 22

7 wks: \$93/\$87 R

**659043** Mar 1-Apr 26

9 wks: \$121/\$112 R

Sa 8-9 am

South Suburban Ice Arena

### Mighty Mites Hockey 4-6 yrs

Invigorating class teaches basic hockey skills and skating with a stick and puck. Skaters must have passed South Suburban's Learn to Skate Pre 2 class. **Full hockey gear required.**

**659149** Sep 7-Oct 26

Sa 9-10 am 8 wks

\$107/\$100 R

**6591411** Nov 2-Dec 21 Sa 9-10 am 7 wks  
(No class Nov 30)

\$93/\$87 R

**659141** Jan 4-Feb 22 Sa 9-10 am 8 wks  
7 wks \$93/\$87 R

**659143** Mar 1-Apr 26 Sa 9-10 am 9 wks  
\$121/\$112 R

South Suburban Ice Arena

### South Suburban Hockey

#### Take-A-Shot

Practice your skating or shooting skills, or take a lesson. Bring your own puck and full hockey equipment.

Sep 5, 2013 - May 22, 2014

Th 11:30 am-12:45 pm

South Suburban Ice Arena

\$6.50 /\$5 R



## South Platte Park

3000 W. Carson Dr.

North of Mineral, west of Santa Fe

303-730-1022

## Family Nature Programs

### Friday Night

#### Moonlights

#### All Ages

Enjoy classic fireside fun and thematic snacks. Prepare for lawn seating and a campfire, or indoor fireplace if inclement weather. Includes entertainment with an optional hike.

\$9 adults, \$7 youth\* /\$6 adults, \$5 youth\* R

Household rate: \$24 /\$17 R for 2 adults,

3 youth with same last name or address.

**Storytelling 101:** Start your own family folklore. Learn some tricks of the trade as we share our favorite old tales, and practice a few new ones as well.

**672509** Sep 20 F 6-7:30 pm



**Calling All Musicians:** Bring your own "Name that Tune" entry or join in ours for a hands-on evening of musical merriment. Bring or create a musical instrument. All ability levels welcome! Musical theme is Halloween.

**6725010** Oct 18 F 6-7:30 pm

**Wild Wings:** Assorted live raptors take flight in the classroom. Always a favorite! Phone the Carson Nature Center in Dec to see if the new raven, or barn owl will make an appearance.

**672501** Jan 17 F 6-7:30 pm

**Calling All Musicians:** Bring your own "Name that Tune" entry or join in ours for a hands-on evening of musical merriment. Bring or create a musical instrument. All ability levels welcome! Bring your sweet-heart for love songs serenades.

**672502** Feb 14 F 6-7:30 pm

**Forensic Botany:** Solve a "whodunit" based on native plant clues. Use your botanical mastery and wildlife knowledge to explain who, when and where.

**672503** Mar 14 F 6-7:30 pm

### Cooley Lake Nature Walks All Ages\*

**FREE!**

Access South Platte Park's wildlife refuge area guided by a naturalist. This area has limited public access to protect wildlife. Please register by calling 303-730-1022, or sign up at Carson Nature Center. 2nd Sat each month 9:30-11 am Also Sundays, Oct 6 and Mar 16 FREE!

### Beaver Safari Ride All ages\*

Enjoy a fall evening on an open trailer hay-ride seeking beavers at sunset. Enjoy stories and activities as you watch for them near their lodges. 6 pm-7:30 pm

**6750210** Oct 10 Th

**6750310** Oct 11 F

\$9 adults, \$7 youth\* \$6 adults, \$5 youth\* R

Household Rates: \$24 /\$17 R for 2 adults, 3 youth at the same address

### Bald Eagles 6\*-Adult

Catch a glimpse of our national symbol right in town as you hike with a naturalist to find eagles perched over the lakes or river in search of prey.

**675291** Jan 25 Sa 8:30-10:30 am

\$9 adult, \$7 youth\*

\$6 adults, \$5 youth\* R

Household Rates: \$24 /\$17 R for 2 adults, 3 youth at the same address



### Tree Climbing! 7\*-Adult

Enjoy the thrill of heights and a new view-point on nature. A certified instructor provides the equipment you need to safely reach the treetop.

**673409** Sep 15

**6734010** Oct 20

**6734011** Nov 17

Su 12-2:30 pm

\$33/\$30 R

*\*Youth are ages 16 & under and must be accompanied by an adult.*

## Nature Camps

### Winter Day Camps 6-10 yrs

Delight in a full day adventure packed with nature encounters. Different activities each day include nature play, finding wildlife, hiking, with warm-up indoors with games and crafts. Dates and times below.

8:30 am-4:30 pm

\$32 /\$26 R

### In-Service Days

**6720810** Oct 17 Th Migration Madness

**6720910** Oct 18 F Nature Super Heroes

**672083** Mar 6 Th Eco Kids Camp

**672093** Mar 7 F Spring Sensations

### Martin Luther King Day Camp

**672031** Jan 20 M

### President's Day Camp

**672032** Feb 17 M

## Spring Break Week

### Nature Camp

Children learn what the flora and fauna are up to. They'll build observation and tracking skills, and learn about the local birds and insects.

**672073** M-Th Mar 24-27

8:30 am - 4:30 pm

\$129 /\$119 R

### Nature Club 8-12 yrs

Nature-lovers gather after school to venture out in the park for exploration and games. Discover unknown places in the park. End the school day with outdoor fun! Carpool drivers are welcome to hike the park, too!

**671909** Sep 3, 17

**6719010** Oct 1, 15

**6719110** Oct 29, Nov 12

Tu 4-5 pm

\$12 /\$8 R



## Birthday Parties at the Nature Center

**303-730-1022**

**Includes:**

- 1.5 hour naturalist-guided program
- Additional 30-minutes in the party room
- Up to 12 participants (additional fees for larger groups)
- Invitations and small party favor

**Themes include:**

- The River (includes time at the river table)
  - Wildlife Detectives
  - Princess Adventures
  - Fort or Fairyhouse
  - Crazy 'bout Crawdads (seasonal)
  - Bug Bonanza (seasonal)
- Ask us about additional adventures.

\$129 /\$119 R

**✓Check out more Family Nature Programs on pg. 53 in the Adult Section.**



## Nature Programs

### Homeschool Science Days

Home school Parents! Take advantage of time scheduled just for your children to experience naturalist-guided programs that usually require larger classroom numbers. Call 303-730-1022 for more info about curriculum and logistics. Additional afternoon sessions will be added when waitlists develop.  
\$9/\$7 R

### K-5<sup>th</sup> grade equivalent recommended

**Gold Panning:** You'll find as much gold today as the first miners did in 1859! Travel back in time through Colorado history and learn how to pan for gold.  
672259 Sep 19 Th 10 am-12 pm

**Tree Science:** Discover what scientists learn by hugging a tree. Experience the importance of trees amidst the fall foliage.  
6722510 Oct 17 Th 10 am-12 pm

**Inventions Inspired by Nature:** From pigeons to planes, and burrs to Velcro; Nature is the world's foremost designer. Discover how products we use today came from things found in Nature.  
6722511 Nov 21 Th 10 am-12 pm

**Animal Detectives:** Which animals live in the park, and what clues do they leave so we can find them?  
6722512 Dec 19 Th 10 am-12 pm

**Migration:** You gain some, you lose some. Find creatures here for the winter, and learn who has spent their winter in a warmer spot.  
672251 Jan 16 Th 10 am-12 pm

### Homeschool Science Days K-5<sup>th</sup> grade equivalent recommended

**The Incomparable Math/Science Duo:** Combine two fields to build a skill of super-hero powers. A licensed math teacher/naturalist shows how to measure the immeasurable.  
672252 Feb 20 Th 10 am-12 pm

**Ecosystem Adventure:** Experience a real river ecosystem! Search for clues of a food web, and watch natural processes change the environment.  
672253 Mar 20 Th 10 am-12 pm

### 6<sup>th</sup> grade and up equivalent recommended

**Proportions and Populations:** Students use ratios and extrapolation to predict animal populations. A licensed math teacher/naturalist guides students in real world situations.  
672279 Sep 19 Th 10 am-12 pm

**Blob Science:** Polymers are so common, you could say they grow on trees, and you'd be right! But that's not the only place in nature we find them.  
672271 Jan 16 Th 10 am-12 pm

### Tales on the Trails 3-5 yrs

Children look for story components in the real world, sequence them, and tell the story with appropriate actions. When weather is reasonably good, we'll be out in the park, when weather is inclement, we'll be in the classroom or the Carson Nature Center. A simultaneous hike for caregivers allows for some precious, active down-time while children experience nature and learn.  
Mon 10 am-11:00 am  
670119 Sep 9  
6701110 Oct 14  
6701111 Nov 11  
6701112 Dec 9  
670111 Jan 13  
670112 Feb 10  
670113 Mar 10  
\$6/\$4 R

✓Check out more Nature Programs on pg. 53 in the Adult Section.



## Outdoor Recreation

### Horseback Riding

Western Horsemanship lessons held at Stockton's Plum Creek Stables, 7479 W. Titan Rd. Riders required to wear provided ASTM approved helmets, long pants and sturdy footwear. A liability release needs to be signed for each rider at first class. **Note:** First class is MANDATORY for all riding classes.

✓Check out Trail and Haunted Hay Rides on pg. 54.

### Kiddie Corral 5-7 yrs

Focus on safety while enjoying riding, building confidence and learning about horse behavior, grooming and feeding.  
685028 Aug 19-22 M-Th 4:30-5:30 pm  
685019 Sep 3-6 Tu-F 4:30-5:30 pm  
685039 Sep 23-26 M-Th 4:30-5:30 pm  
685013 Mar 3-6 M-Th 4:30-5:30 pm  
685083 Mar 24-27 M-Th 1-2 pm  
\$94 /\$84 R

### Kiddie Corral 2 5-7 yrs

Only for Kiddie Corral Graduates, youth riders will build on skills learned in Kiddie Corral and with a partner, groom, saddle, bridle and learn to use reins. A fun "obstacle race course" provided at the end of class.  
685503 Mar 24-27 M-Th 2:30-3:30 pm  
\$94 /\$84 R

### Saturday Intro Riding Lessons 10 yrs-Adult

Improve on horsemanship skills from grooming to canter using our indoor heated arena during cold weather. Group Beginning class for first timers through intermediate riders.  
Sa 10-11 am  
6866011 Nov 2, 9, 16  
686602 Mar 1, 8, 15  
\$109/ \$99 R

## Beginning Youth

### Horsemanship 8-14 yrs

With an emphasis on communication, grooming, handling skills with daily demonstrations and hands-on practice, beginners OR first time Stockton's students enjoy Western horsemanship introduction, bareback riding, saddling, bridling and the introduction of rein use.

**686063** Mar 24-28 M-F 9-11 am

\$189 /\$179 R

✓Check out *Haunted Hay Rides* pg. 54.

## Archery

### Beginning Archery at

#### Goodson 9 yrs-Adult

A knowledgeable instructor teaches shooting skills, safety, scoring and an understanding of equipment and terminology. Weather makeup will be the 4th weekday of the class month.

**683279** Sep 3, 10, 17 Tu 4-5 pm

**683049** Sep 3, 10, 17 Tu 5:30-6:30 pm

Behind the Goodson Ctr

\$45/\$39 R

### Beginning Archery-Indoors

#### 8 yrs-Adult

##### New Indoor Fall classes!

Learn safety, basic techniques and develop shooting skills in a wonderful new indoor range. All classes are taught by certified archery instructors. Parents are encouraged to register and participate with their child. 4 sessions per class!

**6836310** Oct 2-23 W 5-6 pm

**6836311** Oct 30- Nov 20 W 5-6 pm

Quick Draw Archery in Highlands Ranch

\$76/\$72 R

✓Check our website later this fall for **INDOOR** winter classes!



## Tennis

### Youth Tennis Programs

#### Tiny Tennis

#### 4-8 yrs

Learn great eye-hand coordination and tennis fundamentals through a variety of fun games, drills and agility skills. Programs taught by USPTA Developmental Coaches.

Sep 9-28

3 wks

**801619** Tu 11 am-12 pm 4 yrs

**801629** Tu 12:30-1:30 pm 5-8 yrs

**801639** Tu 4-5 pm 4 yrs

**801649** Tu 5-6 pm 5-8 yrs

**801709** Th 4-5 pm 4 yrs

**801719** Th 5-6 pm 5-8 yrs

Holly Tennis Ctr

**805259** M 4-5 pm 4 yrs

**805269** M 5-6 pm 5-8 yrs

**805279** Tu 11 am-12 pm 4 yrs

**805289** Tu 12:30-1:30 pm 5-8 yrs

**805239** Sa 9-10 am 4 yrs

**805249** Sa 10-11 am 5-8 yrs

Lone Tree Tennis Ctr

\$51 /\$45 R

#### Youth Lessons

#### 7-16 yrs

Social interaction encouraged in a safe environment while building self-esteem and developing tennis skills.

Sep 9-26

3 wks

**800649** Tu/Th 4-5 pm 7-12 yrs

**800669** Tu/Th 5-6 pm 13-16 yrs

Holly Tennis Ctr

**800609** M/W 4-5 pm 7-12 yrs

**800629** M/W 5-6 pm 13-16 yrs

Lone Tree Tennis Ctr

\$62 /\$51 R

## Lone Tree Advanced

### Tennis Camp 7-16 yrs

Grab your friends and get ready for a fun-filled tennis camp for advanced strokes, rules and strategies.

Sep 10-26 3 wks

**805159** Tu/Th 4-5 pm 7-12 yrs

**805169** Tu/Th 5-6 pm 13-16 yrs

Lone Tree Tennis Ctr

\$62 /\$51 R

### Fall & Winter Session Dates

Session 10: Sep 30 – Nov 15 6 wks

(No class Oct 11-17)

Session 11: Nov 18-Jan 17 6 wks

(No class 11/25-30, Dec. 23 -Jan 4)

Session 1: Jan 20-Mar 7 6 wks

(No class Feb 7-13)

Session 3: Mar 10-Apr 18 6 wks

**Note:** There is no wait list for any Fall/Winter classes except at Littleton Tennis Club. Call Vicki at 303-794-6933 if you cannot register for class.

### Tiny Tennis with

#### Quick Start Format 4-8 yrs

**80364** Tu 4-5 pm 4-5 yrs

**80365** Tu 5-6 pm 6-8 yrs

Littleton Tennis Club

\$90 /\$80 R

### Littleton Tennis Academy/

#### Junior Development

#### Academy 7-16 yrs

Focus on stroke production, basic skills and development of game strategies.

**80390** M/F 4-5:30 pm 7-10 yrs Beg

**80391** M/F 4-5:30 pm 11-13 yrs Beg

**80392** M/F 4-5:30 pm 14-16 yrs Beg

Littleton Tennis Club

\$165 /\$150 R

### Junior Excellence

#### Academy 8-16 yrs

Match simulation drills for tournament level junior players in this "excellence" program that is by invitation only. Juniors who wish to be considered should email their playing record to Mike Hall at [mikeh@sspr.org](mailto:mikeh@sspr.org).

**80380** M/F 4-5:30 pm 8-12 yrs

**80381** M/F 4-5:30 pm 13-16 yrs

Littleton Tennis Club

\$165 /\$150 R



## Adult - Aquatics/ Athletics



### Fall/Winter Swim Lessons

For an updated open swim schedule please visit [www.sspr.org](http://www.sspr.org)

#### Adult Conditioning 16-Adult

Adults work on stroke and training techniques; improve strength, ability and endurance in the water; geared to the individual's goals. Some prior swimming knowledge is required.

**249389** Sep 16-Oct 9  
**2493910** Oct 14-Nov 6  
**249381** Jan 6-29  
**249383** Mar 3-26  
 Lone Tree Ctr Pool  
 M/W 6:15-7:15 pm  
 \$96 /\$72 R

#### Adult Swim Lessons

Don't be left on the deck, it's never too late to learn to swim and enjoy the water. Adults of varied swimming abilities will gain the confidence needed to feel comfortable in the water. Learn the skills and techniques needed to swim for fitness or recreation. One-on-one instruction is also available through the private swim lesson program.

Session 10: Oct 14-Nov 7  
**22930** Goodson Pool  
 M/W 7:30-8:15 pm  
**22932** Goodson Pool  
 Tu/Th 11-11:45 am  
 \$58.50 /\$38 R

#### Lifeguarding 15-Adult

The American Red Cross (ARC) Lifeguard Training course teaches candidates the skills and knowledge needed to prevent and respond to aquatic emergencies quickly and efficiently. Upon successful completion candidate will receive certification in ARC Lifeguard Training, First Aid, and CPR/AED for the Professional Rescuer. Learn injury prevention, facility safety, patron surveillance, emergency preparation, equipment-based rescues and spinal injury management. **Students must attend all of every session. No refunds or make ups due to illness or injury.**

For more information on lifeguarding call Goodson Recreation Center Pool at 303-483-7078, Lone Tree Recreation Center Pool at 303-708-3512 or the Buck Aquatic Center at 303-730-5219.

**Prerequisite:** Must be able to swim 300 yards continuously using freestyle and breast-stroke as well as swim 20 yards and retrieve a brick from a 10 foot depth and swim it back under one minute and forty seconds and tread water with hands above the surface for 2 minutes.

<b>2095511</b>	<b>Buck Ctr **</b>	Nov 6-16
W/Th/F	5-8 pm	Sa 12-5:30 pm
<b>249502</b>	<b>Lone Tree Ctr**</b>	Feb 16-Mar 9
Su	10 am-5 pm	
<b>229482</b>	<b>Goodson**</b>	Feb 2-23
Su	9 am-4 pm	
<b>209553</b>	<b>Buck Ctr **</b>	Mar 25- 28
Tu-Fri	9 am-5 pm	

\$260 /\$175 R (includes Red Cross fees)

\*\*First class will be at designated recreation center, following classes may be held at a different location.

#### Community First Aid, CPR and AED Training

Do you have the skills to save a life? Learn the techniques used with adults, infants and children and how to respond to injuries and sudden illnesses in a systematic manner, preparing you to help in an emergency situation. Upon completion, receive certification in ARC First Aid and CPR/AED for adults, children and infants. Fee includes book and certification. For more information call 303-483-7078.

Sa	8 am-4 pm	
<b>2296011</b>	Goodson	Nov 16
<b>219601</b>	Buck Ctr	Jan 18
<b>249702</b>	Lone Tree Ctr	Feb 22

\$80 /\$70 R includes book and certification

#### South Suburban Masters The "Finnadicts"

Plunge into our Masters program. Maybe you were a swim team competitor during your younger years and want to get back into it, or maybe you're looking to improve your swim time and technique for a triathlon. Adults 19 and older participate in quality swim workouts with the possibility of competing in swim meets with people of similar ages. COMSA coach Melanie Dullea is at all practices to help with stroke development and technique and overall endurance.

M/W 12-1 pm  
 Tu/Th 5:15-6:45 am  
 Tu/Th 7-8:30 pm  
 Sa 7:45-9:15 am  
 Goodson Pool  
 Drop-in class; open to ages 19 & up.  
**For fees, see pg. 2.**



#### Adult Basketball 3 vs 3 Tournaments

New for 2013 adult basketball season. South Suburban is offering four 3 X 3 adult basketball tournaments in two divisions: Women's Open Division and a Men's Open Division.

Team fee is \$85 per tournament for a six game guarantee. Registration available on-line at [www.sspr.org](http://www.sspr.org), or call 303-798-7515.

Deadline to register for the tournaments is the Thursday prior to the tournament.  
 Midnight Madness Sat, Oct 12  
 Start Time: Midnight  
 NBA Jam Sat, Nov 2  
 Start Time: 9am  
 Silent the Hunger Sat, Dec 14  
 Start Time: 9am

**For all leagues  
Register online at  
[www.sspr.org](http://www.sspr.org)**

Athletics Office: Hours: Mon-Fri, 8 am-5 pm

**Weather Hotline: 303-794-3338**



Sport	Season	Registration Date	League Starts	Fees	Types of Leagues Offered
<b>Basketball</b>	Spring Summer Fall Winter	Jan 14 Apr 8 Jul 22 Sep 23	Mar 18 Jun 3 Sep 9 Dec 9	\$539 Team Fee 8 games plus single elimination playoff  <b>Check out tournaments on pg 34.</b>	Men's, Women's Competitive & Recreational
<b>Flag Football 8x8, 4x4</b>	Spring Summer Fall	Jan 14 April 15 Jul 22	Mar 11 Jun 10 Sept 9	8x8 \$600 Team Fee 4x4 \$339 Team Fee 7 games plus single elimination playoff	Men's
<b>Lacrosse</b>	Summer  Fall	Apr 15  Jul 22	Jun 5  Sep 15	\$750 (Summer) Team Fee 5 games plus single elimination playoff \$725 (Fall) Team Fee 6 games	Men's Rec, Open & Competitive <b>NEW!</b> Women's Rec
<b>Softball</b>	Spring Summer Fall	Jan 14 Mar 25 Jun 24	Mar 25 Jun 3 Sep 2	\$495 (Spring) Team Fee \$645 (Summer) Team Fee \$545 (Fall) Team Fee Spring Softball 6 games + Playoffs Summer Softball 9 games + Playoffs Fall Softball 7 games + Playoffs	Men's, Women's, Co-Rec, Over 45, Recreational & Competitive
<b>Volleyball</b>	Fall Winter Spring	Jul 1 Oct 1 Jan 1	Sep 6 Jan 10 Apr 4	\$190 /\$170 R: 4 Person Team	Co-Rec
<b>Soccer</b>	Summer Fall	Apr 21 Jul 9	Jun 2 Aug 18	\$475 per team or \$52 for non-district free agent and \$40 for district free agent fee.	Men's, Women's Co-Rec, Recreational

### Indoor Leagues at the Sports Dome

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

<b>Indoor Flag Football 8x8 Sports Dome</b>	Fall '13 Winter '13-14 Spring '14	Aug 19 Oct 7 Jan 27	Sep 15 Nov 3 Feb 16	\$465 (6 games) \$775 (10 games) \$775 (10 games)	Su Men's
<b>Indoor Soccer 9x9 Sports Dome</b>	Fall '13 Winter '13 Spring '14 Summer '14	Aug 26 Nov 28 Mar 17 May 28	Sep 24 Jan 3 Apr 1 Jun 25	\$1050 (10 games) 2013 \$1050 (10 games) 2013 \$1050 (10 games) 2013 \$1050 (10 games) 2013	Tu Men's Comp Th Men's Rec F Co-Rec

## Holiday Flag Football Sweetness Bowl To benefit Inter-Faith Community Services

Sweeten the holidays for the underprivileged with participation in the 14th Annual 8-v-8 Flag Football Holiday Sweetness Bowl Tournament \$325 per team  
4-v-4 \$225 per team  
Sat, Dec 7 and Sun, Dec 8  
David A. Lorenz Regional Park  
A portion of the fee will be donated to Inter-Faith Community Services.

## Volleyball Adult Volleyball Class for Beginners

Instruction will teach rules and fundamentals to build skills in: serving, passing, setting and hitting. Focus will be on good, clean technique along with teamwork and sportsmanship. Warm up, stretching and cool down included. Participants will receive a ball.

**309301** Su Jan 5-26  
Buck Ctr 9:30-11am  
\$63 /\$55 R

## Co-Rec Volleyball Leagues Ages 50 & Over

Teams, T-shirts and all equipment provided, B, C and D levels available. Practices held Mon and Fri with games on Wed against other area senior programs. Play 8 to 10 matches and a tournament. Deadline to register Aug 9.  
**309108** Aug 12-Dec 13  
**3091012** Dec 23-Mar 14  
Goodson M/W/F 1:30-3 pm  
\$48 /\$40 R

## Races

### FORE! Miler

4.4 miles through the beautiful, scenic Lone Tree Golf Course. Sun, Sep 29 7 am  
Register online: [www.RunningGuru.com/Event/FOREMiler](http://www.RunningGuru.com/Event/FOREMiler)

### Hoofin' it Through the Hollows Fall 5K

Take a spooky sprint at dusk. Enjoy music, goodies and prizes for best costume! All ages and abilities welcome.  
deKoevend Park, 6301 S. University Blvd.  
Costume contest and kid's fun run before the race at 5:45 pm.  
Sat Oct 26 5:30 pm  
\$25 Pre-race and \$30 race day  
Register online: [www.RunningGuru.com/Event/HoofinIt](http://www.RunningGuru.com/Event/HoofinIt)

### Super Sunday Fun Run 5K

Are you ready for some...running?! Gear up for the big game with a little exercise. Wear your favorite team jersey for prizes. Food specials at the Platte River Grill after the race. All ages and abilities are welcome.  
Platte River Bar & Grill  
Sun Feb 2 10 am  
\$25 Pre-race and \$30 race day  
Register online: [www.RunningGuru.com/Event/SuperSunday](http://www.RunningGuru.com/Event/SuperSunday)

## Cornerstone Batting Cages

5098 S. Windermere St.  
Located on the NE corner of Bellevue and Windermere  
Call 303-797-3796.

Warm up for your next game at Cornerstone Batting Cages. Check out nine machines with various speeds for baseball and softball.  
**Open** Weather permitting

**Aug 15-Oct 30**  
M-F 4-8 pm  
Sa-Su 12-8 pm

### 1 TOKEN-16 PITCHES

SSPRD/Englewood  
Rec Card Holders  
\$1.50  
Non-Rec Card Holders  
\$1.75

**Discount cards and team rates available.**



## Court Sports

### Racquetball

#### Racquetball/Handball/Wallyball Court Rental

Reservations can be made 5 days in advance for District residents and 4 days in advance for Non-District residents.

**Goodson Center (8 courts)** 303-798-2476  
**Lone Tree Center (2 courts)** 303-708-3500  
Includes 1 court hour, unlimited use of pool during open swim hours, weight rooms, track, hot tub, steam room and drop-in fitness classes.

	Fee	Resident
Youth (2-17)	\$5.25	\$4
Adult (18-64)	\$7.25	\$5.25
Family	\$19	\$14
Senior (65+)	\$5.50	\$4.25

	Fee	Resident
Youth	\$3	\$2.25
Adult	\$4.25	\$3.25
Family	\$7.50	\$5.75

### Racquetball Clinics

Learn the basics including rules, safety and how to have fun!

#### At Goodson Ctr

Oct 19 Sa 12-1 pm  
Jan 18 Sa 12-1 pm

#### At Lone Tree Ctr

Oct 26 Sa 1-2 pm  
Jan 25 Sa 1-2 pm

Fee: Facility admission

### Racquetball Lessons

**Private/Semi-Private Lessons**  
Our racquetball pro can schedule lessons to suit your needs. Videotaping available.

	Fee	Resident
Adult 45 min/private	\$30	\$25
1 hr/semi-private	\$40	\$35
Jrs* 45 min/private	\$25	\$20
1 hr/semi-private	\$30	\$25

\*16 and under

### Drop-In Racquetball Shuttles

Fast-paced, co-rec program for all abilities. Time limit on each game played. Players rotate to a new court after each game.  
Call 303-798-2476 on the day of shuttle to reserve a spot. When you enter the Center, remember to sign in at the front desk.

**Lunch Break** Sep 3-Mar 27  
Tu/Th 11:45 am-12:45 pm

**Monday Evening** Sep 9-Mar 31  
M 5:45-7 pm

**Thursday Evening** Sep 5-Mar 27  
Th 6:15-7:30 pm

**Weekend Warriors** Sep 7-Mar 29  
Sa 9-10:15 am and 10:15-11:30 am  
Goodson  
Fee: Facility admission

### Handball Shuttle

All skill levels welcome. Just show up and be ready to play singles, cutthroat or doubles.  
Call 303-483-7070 for info.  
Friday Evenings: Sep 6-Mar 28  
6:15-8:15 pm  
Goodson  
Fee: Facility admission

### Racquetball Leagues

Awards given to top players at end of each session. Play several opponents each week. Court time included. Players provide equipment.

### Advanced Beginner/Low Intermediate

#### (Co-Rec) 13-Adult

**6903010** Oct 20-Dec 15  
Su 4:15-5:30 pm 8 wks  
(No class Dec 1)

**690301** Jan 19-Mar 16  
(No class Feb 16)  
Su 4:15-5:30 pm 8 wks

Goodson  
\$59 /\$49 R

### Intermediate League

#### (Co-Rec) 14-Adult

**6904110** Oct 17-Dec 19  
(No class Oct 31, Nov 28)  
Th 7:30-8:45 pm 8 wks

**690411** Jan 16-Mar 6  
Th 7:30-8:45 pm 8 wks

Goodson  
\$59 /\$49 R



## High Intermediate League (Co-Rec)

**6904010** Oct 21-Dec 9  
M 7-8:15 pm 8 wks  
**690401** Jan 20-Mar 17  
(No class Feb 17)  
M 7-8:15 pm 8 wks  
Goodson Ages 18-adult  
\$59/\$49 R

## Elite High Intermediate League

**6906010** Oct 23 -Dec 18  
(No class Nov 27)  
W 6:15-7:30 pm 8 wks  
**690601** Jan 22-Mar 12  
W 6:15-7:30 pm 8 wks  
Goodson Ages 18-adult  
\$59/\$49 R



## Advanced League (Co-Rec)

Skill level must be strong. B or above. See Pro for ranking.

**690709** Oct 16-Dec 11  
(No class Nov 27)  
W 7:30-8:45 pm 8 wks  
**690701** Jan 15-Mar 5  
W 7:30-8:45 pm 8 wks  
Goodson Ages 18-adult  
\$59 /\$49 R

## Open/A League (Co-Rec)

Open level players welcomed, AA and A players may have to try-out. See Pro for details.

**6906810** Oct 22-Dec 10  
Tu 7:15-8:45 pm 8 wks  
**690681** Jan 21-Mar 11  
Tu 7:15-8:45 pm 8 wks  
Goodson Ages 18-adult  
\$59 /\$49 R

## Racquetball Tournaments

### Killer Open

Oct 10-13  
Entry Deadline: Oct 5

### Blizzard Bash

Jan 9-12  
Entry Deadline: Jan 4  
Goodson Recreation Center  
Call 303-483-7070

## Racquetball Flex Leagues - at Lone Tree Center

You will be scheduled an opponent each week. The two of you decide when to play, make your court reservation and post scores on master score sheet. Levels include: Advanced, High Intermediate, Low Intermediate/Beginner. League runs for 8 weeks. Players provide equipment; protective eyewear is mandatory. Sign up on bulletin board near courts. Call 303-708-3500 for details.

<b>Flex League dates:</b>	<b>Sign-up Deadline:</b>
Sep 2-Nov 10	Aug 19
Nov 18-Jan 26	Nov 4
Feb 3-Mar 30	Jan 20
Lone Tree Ctr	
Fee: Facility admission	



## Wallyball

### Wallyball Is Really Fun!

The general concepts of wallyball are very similar to indoor volleyball. Featured in a racquetball court, Wallyball provides the element of surprise as an ordinary volley can go a whole new direction with spiking the ball off the walls in many directions. Skilled Wallyball players use this as a key strategy to confuse and distract opponents. Goodson features 4 wallyball courts, Lone Tree Ctr 2 courts, and Sheridan Ctr

2 courts. Reservations can be made 5 days in advance for District residents, 3 days for non-district. Equipment provided.

## Drop-In Wallyball Program

Co-rec for intermediate to advanced skill levels.

Tu Sep 3-Mar 25 5:30-7:30 pm  
Lone Tree Ctr  
Fee: Facility admission

## Pickleball



## NEW! Pickleball at Sheridan Recreation Center

Pickleball is like tennis, but played with a wooden paddle. It is also like badminton but played with a wiffleball. It is similar to ping pong but bigger. Equipment is available. M/ W 10 am-12 pm

Fees: Adult \$4.25/\$3.25R  
Senior \$4.25/\$2 R  
Youth \$3/\$2.25R

Sheridan Recreation Ctr (2 courts)  
For more information call 303-761-2241.

## NEW! Pickleball at Lone Tree Recreation Center

Tuesdays /Thursdays /Fridays  
1-3 pm North Gym  
1-4 pm South Gym  
Sunday 3-6 pm

## NEW! Pickleball at Goodson Recreation Center

Check the gym schedule online at [www.sspr.org](http://www.sspr.org).



## Adult Art & Enrichment

### Mosaic Art 14 yrs-Adult

Using a variety of materials: ceramic tile, stained glass, found objects, shells and beads, turn the old into a unique keepsake. No experience necessary. \$18 materials fee paid to instructor at first class.

**4606210** Oct 1-29  
Lone Tree Ctr Tu 6:30-8:30 pm  
**430199** Sep 18-Oct 16  
**430191** Jan 29- Feb 26  
Goodson W 6:30-8:30 pm  
\$63 /\$58 R 5 wks

### NEW! Intro to Printmaking 14 yrs-Adult

Design and create your own silk screen and incised foam print blocks then experiment printing on different materials including cloth and paper to create unique items. Your creations make great gifts! All supplies included.

**4606111** Nov 2-23 Sa 12:30-2 pm  
Lone Tree Ctr  
\$45/\$40 R 4 wks

### Adult Painting Studio 16 yrs-Adult

Dedicate time to paint! Bring your supplies and work in a relaxing environment charged with creativity. Instructor will provide individual guidance and weekly demonstrations on various techniques. Monthly focus\* optional.

**439109** Sep 4-25 4 wks \*Landscapes  
**4391010** Oct 2-23 4 wks \*Fall Flora  
**4391011** Nov 6-27 4 wks \*Portraits  
**4391012** Dec 4-18 3 wks \*Snow  
**439101** Jan 8-29 4 wks \*Cityscapes  
**439102** Feb 5-26 4 wks \*Abstraction  
Sheridan W 7-9 pm  
\$56/\$50 R 4 wks  
\$42/\$38 R 3 wks (Dec only)

### Discovering Oil Painting 16 yrs-Adult

Experience oil painting for the first time or refresh your skills in this fun, introductory class. Underpainting, layering, glazing, oil mediums, and color mixing will be explored. Supply list online.

**439209** Sep 17-Oct 1  
Sheridan Tu 7-9pm 3 wks  
\$42/\$38 R

### NEW! Pastel Drawing 16 yrs-Adult

Create beautiful works of art using chalk and oil pastels, and learn a new, colorful technique combining pastels and watercolors! All skill levels welcome. All supplies included.

**4391510** Oct 8-22  
Sheridan Tu 7-9 pm  
**439172** Feb 6-20  
Sheridan Th 9-11 am  
\$45/\$41 R 3 wks

### NEW! Illustrating Picture Books 16 yrs-Adult

Have a great idea for a children's book? Design characters, create a story board, and draw or paint beautiful scenes in this enjoyable class. No drawing experience necessary. All supplies included.

**439251** Jan 14-28  
Sheridan Tu 7-9 pm 3 wks  
\$52/\$48 R

### NEW! The Basics of Drawing

Learn how to draw by learning how to see! Learn the basics of line, texture, shading and perspective. Use a variety of mediums including graphite, charcoal, pastels and ink. All levels of experience welcome.

**All materials provided.**  
**430009** Sep 6-20 F 7-9 pm  
Goodson 3 weeks  
\$52/\$48 R

### NEW! Painting with Watercolors

Have fun learning the basics of working with watercolors. Learn brush stroke techniques and experiment with combining watercolors and other materials such as Sharpie and ink. All levels of experience welcome. **All materials provided.**

**4300011** Nov 1-15 F 7-9 pm  
Goodson 3 weeks  
\$52/\$48 R

### NEW! Painting with Acrylics

Work with acrylic paint and canvas learning different brushstroke techniques and color theory. Work with brushes and palette knives. All levels of experience welcome.

**All materials provided.**

**430001** Jan 3-17 F 7-9 pm  
Goodson 3 weeks  
\$52/\$48 R

### Evening Watercolors 16 yrs-Adult

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

**4607511** Nov 6-Dec 18 (No class Nov 27)  
Lone Tree Ctr W 6-8 pm  
\$84 /\$75 R 6 wks

### Friday Night Date Night Art Series

Spend Friday evenings enjoying a taste of the arts! Meet new people or bring the special someone in your life to this unique, artistic learning experience. Enjoy one workshop or make all three a date night must do! All materials included.

**460809** Sep 27 **Abstracting the Figure Painting**  
**4608011** Nov 29 **Work with clay**  
**460801** Jan 31 **Latin Style Dance Sampler**  
Lone Tree Ctr F 7-9 pm 1 day  
\$20/\$18 R per person

### NEW! Yes, You Can Learn to Draw! 15 yrs-Adult

Drawing is all about learning how to see. It's not a talent that you must be born with. Learn the basics of perspective, textures, shading and proportion using different mediums including charcoal, colored pencils and sharpies. **Purchase supplies from list online for first class.**

**400181** Jan 27-Feb 17  
Buck Ctr M 7-9 pm  
\$54/\$50 R 4 wks

### Art Experience 16-Adult

Work with a professional artist and sample working with 2-D media. Learn new skills or refresh old ones. **All materials provided.**

**460719** Sep 4-Oct 9  
**460711** Jan 8-Feb 12  
Lone Tree Ctr W 6-8 pm  
\$92/ \$82 R 6 wks  
**4304010** Oct 7-Nov 18 (no class Nov 11)  
**430402** Feb 10-Mar 17  
Goodson M 6 wks 7-9 pm  
\$92 /\$82 R

## Linked Jewelry 16 yrs-Adult

Finished jewelry using wire wrap techniques. No previous experience is necessary. Tool list on line. Materials fee: \$10 paid at first class. Taught by acclaimed jeweler Christine Grininger. **Supply list online.**

**460859** Sep 18-Oct 9

**460852** Feb 5-26

Goodson W 6:30-8:30 4 wks

\$52/\$48R

## **NEW!** Macro Photography 14 yrs-Adult

Capture the vivid colors and details of flowers, insects and objects in the macro world. Create images in a larger scale for the average eye to explore. Bring any camera you are comfortable using, even a camera phone!

**4309011** Nov 2-23

**430901** Jan 4-25

**430902** Feb 1-22

Goodson Sa 1-3 pm

\$54/\$50 R 4 wks

## Photography Workshop I at Buck 16 yrs-Adult

Explore the technical and aesthetic aspects of photography in a workshop setting. Learn to use camera controls along with lighting and composition to create photos that go far beyond casual snapshots. Bring a digital camera owners manual, charged batteries and a large memory card.

**4002310** Oct 14-Nov 4

Buck Ctr M 7-9 pm

Teacher: Kathy Wucherpfenning

**400251** Jan 8-Jan 29

Buck Ctr W 7-9 pm

Teacher: Michael Gamer

\$52/\$48 R 4 wks

## Photography Workshop II at Buck 16 yrs-Adult

Using the skills from Photo I, or your own experience, learn the principles of art to produce a portfolio of work with personal meaning. Topics include still life, action, landscape, portrait and architecture. Bring a digital camera owners manual, charged batteries and a large memory card.

**4004510** Oct 9-Oct 30

Buck Ctr W 7-9 pm

\$52/\$48 R 4 wks



## Intermediate Cake Decorating

**at Buck 12 yrs-Adult**

Learn how to make a variety of flowers from buttercream, including the rose! Then arrange your flowers to create a beautiful flower basket on a cake decorated with basket weave technique. Icing bags and gel colors included.

**Supplies to purchase listed online.**

**4008411** Nov 2 & 9 2 wks

Buck Ctr Sa 10 am -12 pm

\$38/\$36 R

## Advanced Cake Decorating with Fondant

**at Buck 12 yrs-Adult**

Learn the basics of fondant and some of the most current cake decorating techniques. Cover a cake with fondant, make and assemble a 3-D bow, and create colorful fondant ribbon roses and leaves. Learn to accent your cake with the popular fondant quilting technique.

**Supplies to purchase listed online.**

**400871** Jan 18 and 25 2 wks

Buck Ctr Sa 10 am -12 pm

\$38/\$36 R

## Beginning Crochet Class 16 yrs-Adult

Learn the basics for crocheting including how to hold the yarn and four basic stitches for making baby blankets and scarves. Supply list available online.

**460379** Sep 7 9-11 am

**4603711** Nov 9 9-11 am

**460072** Feb 15 1-3 pm

Lone Tree Ctr Sa

\$13/\$11 R 1 day

## Saturday Floral Workshops 15 yrs-Adult

Learn how to make beautiful arrangements from a professional florist. Bring your own floral knife and pruners. \$18 floral fee paid to instructor on first day. All supplies furnished except vase on Feb 8

**4302810 Pumpkin Centerpiece**

Oct 5 Sa 10 am-11:30 am

**4302811 Thanksgiving Centerpiece**

Nov 23 Sa 10 am-11:30 am

**4302812 Garlands and Swags**

Dec 7 Sa 10 am-11:30 am

**430281 Living Terrariums**

Jan 4 Sa 10 am-11:30 am

**430282 Valentine arrangement**

Bring an 8" tall vase with a 3" mouth.

Feb 8 Sa 10 am-11:30 am

Goodson

\$17/\$15 R 1 day

## Knitting 101 14 yrs-Adult

Learn the basics of knitting. Bring knitting worsted yarn and knitting needles. Beginning projects to choose from include scarf, hot pads, and slippers. Other items need to be approved by instructor. Students will have one project started by end of session to take home to finish. Supply list available online.

**460971** Jan 23-Feb 6

Lone Tree Ctr Th 1-3 pm

\$39/\$33 R 3 wks

## Knitting for Cold Weather 16 yrs-Adult

Prepare for winter by learning basic knitting stitches and how to work in the round. Create a scarf and matching hand warmers or hat using your choice of yarn. Supply list online.

**4395011** Nov 5-19

Sheridan Tu 7-9 pm

**4395212** Dec 5-19

Sheridan Th 9-11 am

\$42/\$38 R 3 wks

## **NEW!** Advanced Crochet and Knitting 16 yrs-Adult

For individuals who are seasoned in their knitting and crocheting skills, this class is designed to help individuals advance and get answers to their practice. Must have prior knowledge of the craft.

**4609810** Oct 10

**460981** Jan 16

Lone Tree Ctr Th 1-3 pm

\$13/\$11 R 1 day



**Crocheting for Cold Weather 16 yrs-Adult**

Crochet a hat and afghan in time for the holidays! Basic crocheting stitches are made easy in this class for crafters of all skill levels. Supply list online.

**4395711** Nov 7-21  
Sheridan Th 9-11am

**4395512** Dec 3-17  
Sheridan Tu 7-9pm  
\$42/\$38 R 3 wks

**Bringing Back Macramé 16 yrs-Adult**

Popular in the '70s, the craft of knotting is making a comeback in the 21st century! Explore basic knots, macramé jewelry and wall hangings. All supplies included.

**439352** Feb 11-25  
Sheridan Tu 7-9pm 3 wks  
\$52

**Adult Art & Enrichment****Guitar**

Learn to play guitar in a small group setting. Bring your guitar. 6 wks

**Acoustic Guitar 16 yrs-Adult**

Session 9: Sep 10-Oct 17  
Session 10: Oct 29-Dec 12  
(No class Nov 26, 28)

Session 1: Jan 7-Feb 13  
**42314** Goodson Tu 6:30-7:30 pm  
**46370** Lone Tree Ctr Th 6:30-7:30 pm  
\$59/\$51 R

**NEW! Continuing Acoustic Guitar 14 yrs-Adult**

Session 9: Sep 10-Oct 17  
Session 10: Oct 29-Dec 12  
(No class Nov 26, 28)

Session 1: Jan 7-Feb 13 6 wks  
**42331** Goodson Tu 7:30-8:30 pm  
**45348** Lone Tree Ctr Th 7:30-8:30 pm  
\$59/\$51 R

**Adult Clay Arts****Classes Buck, Lone Tree and Goodson****NEW! Clay Handbuilding & Sculpture**

Learn to use handbuilding techniques to make projects of your own choosing such as functional or abstract vessels and sculptures. Some projects may take more than one session to complete. Purchase clay and tools in class.

**Evening Buck 16 yrs- Adult**

**401559** Sep 12-Oct 3  
**4015511** Nov 7-21 3 wks\*  
**401551** Jan 9-30  
Buck Ctr Th 6:30-9 pm  
\$57/\$52 R 4 wks  
\$43/ \$39 R 3 wks

**Afternoon Lone Tree 12 yrs-Adult**

**460909** Sep 5-26  
**4609011** Nov 7-21 3 wks\*  
Lone Tree Ctr Th 3:30-5 pm  
\$35/\$32 R 4 wks  
\$26/\$24 R 3 wks\*

**Goodson Classes**

meet the first four weeks of the month unless otherwise noted.

Session 9: Sep Session 1: Jan\*\*  
Session 10: Oct \*\*Starts Jan 8-29  
Session 11: Nov\* Session 2: Feb  
Session 12: Dec\* Session 3: Mar\*  
\*3 wks

**Evening Goodson 16 yrs-Adult**

**43136** Tu 6:30-9:30 pm

**Morning Goodson 16 yrs-Adult**

**43133** Tu 9:30 am-12:30 pm  
\$50/\$44 R 3 wks  
\$66/\$59 R 4 wks

**Clay at Goodson 16 yrs-Adult**

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

**Intro to Pottery**

Learn the basics of pottery wheel throwing and glazing with individual attention given to students. Tools and clay are purchased during the first class. Registered students are encouraged to use the studio during open lab hours.

**Daytime**

**4311610** Oct 2-Nov 6  
**431161** Jan 8-Feb 12  
Goodson W 3-6 pm 6 wks  
\$105 /\$92 R

**Evening**

**431179** Sep 9-Oct 14  
**4311710** Oct 21-Nov 23  
**431171** Jan 6-Feb 10  
**431172** Feb 17-Mar 31  
(No class Mar 24)  
Goodson M 6:30-9:30 pm 6 wks  
\$105 /\$92 R

**Monthly Classes**

Classes meet the first four weeks of the month unless otherwise noted.

Session 9: Sep  
Session 10: Oct  
Session 11: Nov\* 3 wks  
Session 12: Dec\* 3 wks  
Session 1: Jan (short 2nd wk)  
Session 2: Feb  
Session 3: Mar\* 3 wks

**Continuing Wheel Pottery**

Whether you have had one class or been throwing for years, practice your throwing skills with individual guidance for your level. Clay is purchased during class. Students who have completed Intro to Pottery or have equivalent experience are welcome.

**Daytime**

**43113** M 11:30 am-2:30 pm  
**43153** F 10:30 am-1:30 pm

**Evening**

**43127** Tu 6:30-9:30 pm  
(Session 10: Oct 8-29 No class Nov or Dec)  
**43138** W 6:30-9:30 pm  
**43148** Th 6:30-9:30 pm

Goodson  
\$67 /\$60 R 4 wks  
\$51 /\$45 R 3 wks\*

## Adult Clay Arts

### Raku Saturday 16-Adult

Bring bisque-ware for firing in the RAKU kiln. Instructor provides assistance with glazing and firing. All glazes included.

**431609** Sep 28

**431602** Feb 22

Sa 9 am-3 pm Goodson 1 day

\$49 /\$46 R

### Pottery Lab Time

**16 yrs-Adult**

Use the studio and become a member of the Pottery Guild. Must have recently taken a SSPR pottery class to be eligible. Work all month during center hours, except during wheel classes, and up to ½-hour before Center closes.

**43190** Goodson

Monthly \$58 /\$47 R

### Seeking Artists!

Local artists seeking to display and sell artwork in South Suburban facilities in 2013. Exhibitions change monthly. Guidelines and applications can be found at [www.sspr.org/About Us/Committees & Councils/Temporary Exhibit Guidelines](http://www.sspr.org/About Us/Committees & Councils/Temporary Exhibit Guidelines). Call 303-483-7072 for available locations and dates for this very popular program. South Suburban's Public Art Committee oversees these temporary art exhibitions as well as permanent placements of art in South Suburban facilities, parks and trails. You can find an online map showing locations of outdoor art at [www.sspr.org](http://www.sspr.org).

## SOUTH SUBURBAN

### POTTERY GUILD SALE

Goodson  
Recreation Center



M-Tu, Sep 16, 17  
M-W Nov 18, 19, 20  
8 am-8 pm

**Art for Sale  
by SSPR Instructors  
Dec 10-11, 8 am-8 pm**

## Adult Dance

### **NEW!** World Dance Jam 15 yrs-Adult

Learn to dance to world fusion/beats! Move your body to Polynesian, Bollywood, African, Persian music and more. Fitness attire, barefoot or sneakers, hip scarf optional.

**4325010** Oct 30-Dec 4

**432501** Jan 15-Feb 19

Goodson W 8-9 pm

\$44 /\$38 R 6 wks

### Belly Dance 15 yrs-Adult

Tone your torso and move your hips while learning this ancient dance form. Fitness or dancewear suggested.

Session 9: Sep 16-Oct 21 6 wks

Session 10: Oct 28-Dec 9 7 wks

Session 1: Jan 6-Feb 10 6 wks

Session 2: Feb 17-Mar 24 6 wks

**43217** M 7:15-8:15 pm

Goodson

\$44/\$38 R 6 wks

\$52/\$45 R 7 wks

*Check out Latin Style Dance on pg. 42*

## South Suburban

### Adult Studio Dance

**15 yrs-Adult**

Goodson

\$52/\$45 R 7 wks\*

\$59/\$51 R 8 wks

**Tap-Beginning Tu 7-8 pm**

**432279** Aug 27-Oct 15 8 wks

**4322710** Oct 22-Dec 10 8 wks

**432271** Jan 7-Feb 25 8 wks

**432273** Mar 4-Apr 22 8 wks

**Tap-Beginning/Continuing M 6-7 pm**

**432149** Sep 9-Oct 28 8 wks

**4321411** Nov 4-Dec 16 7 wks\*

**432141** Jan 6-Feb 24 8 wks

**432143** Mar 3-Apr 21 8 wks

**Tap-Intermediate Tu 6-7 pm**

**432269** Aug 27-Oct 15 8 wks

**4322610** Oct 22-Dec 10 8 wks

**432261** Jan 7-Feb 25 8 wks

**432263** Mar 4-Apr 22 8 wks



### **NEW!** Beginning Adult Ballet 15 yrs-Adult

Learn grace, tone and elongate your muscles, all while learning basic ballet moves.

Tu 10-11 am

**432209** Sep 3-Oct 15\*

**4322010** Oct 22-Dec 17  
(No class Nov 26)

**432201** Jan 7-Feb 25

**432203** Mar 4-Apr 29  
(No class Mar 25)

Goodson

\$52/\$45 R 7 wks\*

\$59/\$51 R 8 wks

## Adult Ballet Barre

**13 yrs-Adult**

Did you dance when you were young? Or perhaps you never had the opportunity to enjoy a ballet class. It's not too late! Low impact, graceful movement at the barre helps to tone and elongate your muscles.

**F 1-2 pm New! at Buck Ctr**

**402009** Sep 13 - Oct 18 6 wks

**4020011** Nov 8 - Dec 20 6 wks  
(No Class Nov 29)

**402001** Jan 10 - Feb 14 6 wks

**402002** Feb 21 - Mar 21 5 wks

\$38/\$32 R 5wks

\$44/\$38 R 6wks

**M 1:30-2:30 pm Lone Tree Ctr**

**463449** Sep 9-Oct 14 6 wks

**4634410** Oct 21-Nov 25 6 wks

**463441** Jan 6-Feb 10 6 wks

**463442** Feb 17-Mar 17 5 wks

**W 1:30-2:30 pm Lone Tree Ctr**

**463459** Sep 11-Oct 16 6 wks

**4634510** Oct 23-Dec 4 6 wks

(No class Nov 27)

**463451** Jan 8-Feb 12 6 wks

**463452** Feb 19-Mar 19 5 wks

\$38/\$32 R 5wks

\$44/\$38 R 6wks



### Adult Hip Hop 13 yrs-Adult

No experience necessary. Have a fun time dancing, get your heart rate up and learn some new hip moves.

**462409** Sep 9- Oct 14  
**4624011** Nov 4- Dec 9  
**462401** Jan 6-Feb 10  
**462402** Feb 24-March 31  
 M 7:30-8:30 pm  
 Lone Tree Ctr  
 \$45 /\$39 R 6 wks

### **NEW!** Singles Salsa Dance at Buck 13 yrs-Adult

No partner needed for this class! Get a great dance workout to the rhythmic sounds of Cuban Salsa. Learn the basic steps of Latin Dancing and take it to the dance floor!

**409329** Sep 12-Oct 17 6 wks  
**4093211** Nov 7-Dec 19 6 wks  
 (No class Nov 28)  
**409321** Jan 9-Feb 13 6 wks  
**409322** Feb 20-Mar 20 5 wks  
 Buck Ctr Th 7-8 pm  
 \$38 /\$33 R 5 wks  
 \$45 /\$39 R 6wks

## Couples Dancing

### Ballroom at Buck 12 yrs-Adult

Dance together for any celebration or event with a different dance style learned each session. Learn Waltz, Foxtrot, Tango and/or Viennese Waltz. Session is geared to participants.

Ages 12-14 may participate with a registered adult. Singles welcome.

#### Beginning

**402349** Sep 11- Oct 16 6 wks  
**4023410** Oct 30 - Dec 11 6 wks  
 (No class Nov 27)  
**402341** Jan 8 - Feb 12 6 wks  
**402342** Feb 19 - Mar 19 5 wks  
 W 7-8:30 pm

#### Continuing

**402419** Sep 9- Oct 14 6 wks  
**4024110** Oct 28 - Dec 9 6 wks  
 (No class Nov 25)  
**402411** Jan 6 - Feb 10 6 wks  
 M 7-8:30 pm  
 Buck Ctr  
 \$77/\$72 R per person 6 wks  
 \$65/\$60 R per person 5 wks

### Wedding Dance Workshop 12 yrs-Adult

Learn to dance so you can take the dance floor with confidence. Don't just stand in the middle of the floor and sway. May bring your own music. Ages 12-14 may register with paying adult. Singles welcome.

**4023810** W, Th Oct 23, 24 2 day  
**4024212** M, W Dec 16, 18 2 day  
**402392** M Feb 17- Feb 24 2 wks  
 Buck Ctr 7-9 pm  
 \$30 /\$27 R per person  
**463252** F Feb 21-28 2 wks  
 Lone Tree Ctr 7-9 pm  
 \$30 /\$27 R per person

### Latin Style Dance at Lone Tree 12 yrs-Adult

Beginners quickly become proficient and find the fun Latin dance rhythm. Ages 12-14 may register with paying adult. Singles welcome. Learn Rhumba, Salsa, and Cha-Cha. Hour and a half lesson with a 30 minute free dance to follow each week.

**463209** Sep 6-27  
**4632010** Oct 4-25  
**4632011** Nov 1-22 \*3 wks  
**463201** Jan 3-24  
 Lone Tree Ctr F 7-9 pm  
 \$74/\$62 R 4 wks  
 \$56/\$47 R 3 wks\*

## Valentine's Latin Dance Workshop

Valentine's day special dance event. Bring your sweetheart and spice things up with some new Latin Dance moves. A rose for every couple.

**463202** Feb 14  
 Lone Tree Ctr F 7:30-9:30 pm  
 \$19/\$16 R 1 day



## Fitness

### Adult Fitness

It is strongly recommended that you consult your physician before beginning any exercise program or if you exhibit any coronary risk factors:

- History of high blood pressure
- Family history of heart disease prior to age 50
- Elevated cholesterol
- Cigarette smoking
- Abnormal resting ECG
- Diabetes
- Sedentary lifestyle
- Obesity
- Frequently suffer chest pains
- Osteoporosis
- Complications of pregnancy

### Safety Tips

- **KNOW YOUR LIMITS!** Classes have been carefully structured. Go at *your own pace* and keep personal safety in mind.
- Please check with your physician first.
- Arrive on time and stay the entire time to obtain full benefits of the workout.
- Check your heart rate and monitor performance with rate of perceived exertion (RPE). Call 303-483-7082 for more info.





## Drop-In Fitness Classes

Drop-in Fitness classes are open to ages 12 & up. Ages 10-11 are welcome to participate when accompanied by an adult.

**For fees, see pg. 2.**

### Location Key:

**B**=Buck Ctr      **G**=Goodson Ctr  
**LT**=Lone Tree Ctr    **S**=Sheridan  
**D**= Dome

All drop-in fitness classes available to SilverSneakers® participants.

**50/50** **B**  
Emphasis on upper body strength and balance. 30 minutes of cardio followed by 20 minutes of strength.

**Accelerate** **LT**  
Fun, high-energy 30- minute class. Experience powerful interval training that involves high-impact cardiovascular training with energy sprints. Each interval taught at different levels to accommodate beginners and athletes.

**Aerobics** **G**  
Incorporates 25-30 minutes of low impact cardiovascular with varying intensity movements followed by body toning and stretching.

**Aqua Fitness** **B, G, LT**  
Performed in chest-deep water, aqua exercise effectively improves cardiovascular system while toning muscles without over-stressing joints.

**Aqua Lite/Water Walking** **B, LT**  
Walking and toning exercises performed in current pool for added resistance without stressing joints.

**Aqua Zumba** **B, G, LT**  
This "pool party" gives new meaning to the idea of an invigorating workout with splashing, stretching, twisting, laughing, hooting and hollering. It blends Zumba with aqua fitness principals for safe, challenging, water-based cardio-conditioning and body-toning.

**Arthritis Foundation Aquatic Program** **B, G**  
(Low to moderate intensity)  
Increase range of motion and improve muscle tone and strength. Open to people with arthritis, hip replacements or other musculoskeletal problems.

**Arthritis Foundation Aquatic Program Plus** **B**  
(Moderate intensity)  
Requires functional shoulder and elbow motion, tolerance of 5 min activity in water or 15 min on land without excessive pain and/or shortness of breath and only minimal help to enter and exit pool.

**Arthritis Foundation Exercise Program** **B**  
Increase joint flexibility, muscular strength, endurance and coordination using light weights. Exercises performed in the comfort of a chair.



**Barre Sculpt** **G, LT**  
An intense total body workout focused on developing long, lean muscles. It incorporates standing exercises at the ballet barre, weights and mat work.

**Butts-N-Gutts** **B**  
30-minute class focuses on core muscles. Enhance back strength while tightening and toning abdominals and glutes.

**Beginning Cycle** **B**  
45-minute class created for the novice cyclist. Learn to set up bike and cycle terminology, Class includes warm up and cool down. Self-paced workout appropriate for beginner fitness level. Non-impact cardiovascular fitness.

**Boot Camp** **G, LT**  
Effective, non-stop, fun-filled, action packed class that works your entire body. Take your body to the limit! All levels welcome.

**Cardio Body Bar** **G**  
Full body conditioning emphasizes dynamic strength, cardio endurance, core conditioning and balance through use of weighted bars. Improve overall strength, endurance and power.

**Cardio Core Strength** **B**  
Get your cardio, core work and strength training all in one class. All levels welcome. 75 minute class.

**Cardio Cycle** **B**  
Fast-paced, action packed class guaranteed to take you to a new fitness level. Choose the intensity level for your cardio ride. All levels welcome. Cool tunes and hot bikes!

**Cardio Funk Fusion** **G, LT**  
So much fun you will almost forget that you are exercising! A creative and fun new mix of dance/kickboxing and training for the core.

**Cardio Muscle** **G, LT**  
Alternate intervals of intermediate cardio drills with strength training exercises for a full-body workout that will keep you coming back for more!

**Chaos Fitness Bootcamps** **D**  
Numerous styles of training challenging you both physically and mentally. Chaos prepares you for continues success in a fitness lifestyle, instead of a fitness fad. All ability levels welcome.

**Cycle Plus/Core** **B, G**  
Combine cardio and core work in a 45-minute cardio bike workout followed by 20 minutes of core work on mat.

**Gentle Restorative Yoga** **LT**  
Gentle yoga with stretching, healing techniques and restorative postures that soothe the body and helps relieve aches & pains, release stress and move toxins out of tissues.



## Drop-In Group Fitness Classes Continued

### Location Key:

B=Buck Ctr G=Goodson Ctr  
LT=Lone Tree Ctr S=Sheridan Ctr  
All drop-in fitness classes available to SilverSneakers® participants.

### Get-In-N-Go

LT

30-45-minute full body workout using integrated strength exercises.

### Hatha Yoga

G, LT, S

Increase flexibility and strength. Hatha Yoga can help with stress management. Incorporate forward, backward, lateral bends and twists, balance poses and guided relaxation.

During the month of

## September

Purchase a 30 punch card  
and receive  
**5 FREE!**

Purchase a 15 punch card  
and receive  
**2 FREE!**

Valid at Goodson, Buck and Lone Tree recreation centers.

### Healthy Back

B, G, LT

This class improves core strengthening for back and abdominals with gentle standing and floor exercises. Helps improve balance, flexibility and posture.

### Healing Pilates

G

Taught at a much slower pace and designed specifically for those who have recently completed physical therapy or have neck, back, knee and or ankle issues.

### Indoor Cycling

B, G, LT

An exhilarating workout on a stationary bike that benefits all abilities. Beginners, please arrive 10 minutes early to allow adequate time for individual bike set up. Cycling participants must check in at front desk. Reservations are available one day in advance.

### Intense Cardio Interval

LT

Utilizes challenging segments of cardiovascular work, muscle conditioning and other athletic drills to ensure a complete and total body workout.

### Long Ride

G, LT, B

75 to 90-minute class challenges the experienced cyclist. Instructors take you through varied terrain in a stimulating session. We recommend attending at least 8 consecutive cycling classes before attending this class.

### Muscle Conditioning

LT

Use various types of equipment for training the total body. By integrating exercises for the upper and lower body, "pack in" a workout that truly maximizes time efficiency.

### NIA

B

Experience the dance delight, workout gratification and meditation serenity. Low-impact, barefooted technique blends dance, martial arts and body integration.

### Not Just Step

LT

A combination of cardio and step interval workout.

### Noon Yoga OM

G

Take a break from Monday madness. Noon Yoga OM is a gentler vinyasa flow yoga focusing on aligning mind and body. Utilizing breath, you will condition muscles and increase flexibility while recharging your body's own "battery". Only offered on Monday.

✓ Check out the Drop-In Fitness Schedule online at  
[www.ssp.org](http://www.ssp.org)

### Pilates Mat

B, G, LT

Increase core strength, expand flexibility, improve posture and decrease back discomfort.

### Pilates Sculpt

G

Combines traditional Pilates exercises with muscle sculpting. Concentrate on core, posture and stability. Athletic shoes required.

### Power Hour/Pump

G, LT

A variety of equipment is incorporated to provide a well-balanced class to improve muscle tone, strength and endurance.



### Power Yoga

B, G

Increase energy, improve flexibility and expand your overall physical wellness.

### Restorative Flow Yoga

B

A continuous flow of poses that awaken strength and flexibility in your body.

### Spectrum Yoga

LT

Enjoy yoga while learning a greater spectrum of techniques and philosophies. Learn what yoga really is while still emphasizing alignment, breathing and postures.

### Step/Core Combo

B, G, LT

Keeps your body moving! Challenge yourself with a variety of equipment—steps, weights, etc. Improve overall fitness and core muscle strength.

### Step Plus

G

Class offers high intensity with challenging choreography. New routines introduced each month.

### Strong Body

G

Try plyometric exercises to improve cardio, muscular strength. Fitness tools include BOSU, weights, bands and fit balls. Proper technique and form taught. All ages and fitness levels welcome.



[www.facebook.com/SSPRFitness](http://www.facebook.com/SSPRFitness)

## Drop-In Group Fitness Classes Continued

### Location Key:

**B**=Buck Ctr      **G**=Goodson Ctr  
**LT**=Lone Tree Ctr      **S**=Sheridan Ctr  
 All drop-in fitness classes available to SilverSneakers® participants.

### Sunrise Core-N-Stretch **G**

Combination of sculpting techniques and stretching for overall fitness.

### Sunrise Yoga **B, G**

Get fit before work. Increase energy level, improve overall physical shape and focus on stress management. All levels welcome.

### Total Body Fitness **B**

Low impact exercise improves cardio, muscular strength and endurance. Various fitness tools are utilized including weights, bands and fit balls. Instruction of proper technique and form is included. All ages and levels welcome. fitness tools are utilized including weights, bands and fit balls. Instruction of proper technique and form is included. All ages and levels welcome.

### Walk-N-Tone **G, LT**

Walking class for all ages and fitness levels combines a variety of steps to upbeat music and a toning segment for muscular strength and endurance.

### Water Walking **B**

Walking and toning exercises performed in current pool for added resistance without stressing joints.

### Weekend Warrior Yoga **G**

An exhilarating addition to your workout, "Weekend Warrior Yoga" develops flexibility, strength and stamina through mind/body connection while providing healing benefits of yoga.

### Yoga Flow **B, LT**

Dynamic, vigorous and flowing blend of poses benefits strength, detoxification, mental and physical balance, flexibility and stamina. Ultimately, yoga practice creates feelings of peace and harmony. Every class will be a different sequencing of asanas. The sweat-inducing, challenging class also offers a little bit of laughter.

### Yoga-Lates **B**

Basic stretching and strengthening exercises of yoga combined with Pilates mat exercises.

### Zumba **B, G, LT**

Featuring Latin and International music, aerobic/fitness and interval training, fast and slow rhythms tone and sculpt the body.

### Zumba Gold **B, G, LT**

Exciting Latin and International dance rhythms from the original Zumba program are modified for the active older adult, a beginning Zumba participant and/or a de-conditioned participant.



### Zumba Gold Basic **G**

Class uses all the moves in Zumba Gold with more repetitions for easier learning.

### Zumba Gold Toning **G**

Blend body sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class. Build strength using weighted maraca-like Zumba toning sticks to enhance rhythm.

### Zumba PowerZone **B**

These high-energy classes will be a 30-minute Zumba class followed by a 25-minute PowerZone class. PowerZone is an asymmetrical weight training class, using light dumbbells, body bars and medicine balls.

## Mind Body

### Session Dates

Session 9: Sep	Session 1: Jan
Session 10: Oct	Session 2: Feb
Session 11: Nov	Session 3: Mar
Session 12: Dec	

### Yoga

Increase energy, gain flexibility, improve overall physical shape and focus on good health and stress management. All levels welcome. Ages 10-adult.

Buck Ctr

**52140** Tu 6:30-8 pm

Goodson

**54056** M 9-10:25 am

**54065** W 9-10:25 am

**54070** W 6-7:30 pm

**54080** Sa 8:30-10 am

Monthly \$45 /\$37 R

### Water Yoga

Performed in therapy pool, suitable for adults who have always wanted to try yoga but have difficulty holding traditional poses. Water yoga aids in circulation, rehabilitation and reduction of stress.

**52138** Tu 4-5 pm

Buck Ctr

Monthly \$45 /\$37 R

### Yoga for Older Adults-Stretch, Strengthen & Align!

Improve health, flexibility, stamina and increase range of motion for daily living activities.

**54068** M 10:35-11:45 am

**54069** W 10:35-11:45am

Goodson

Monthly \$45 /\$37 R 65+: \$35 /\$30 R

### Tai Chi: Moving for Better Balance

Balance is key to living a confident, active and independent life. *Tai Chi: Moving for Better Balance* is a perfect program for anyone age 60 and older. You will learn balance skills through flowing easy-to learn Tai Chi movements. You will feel stronger; have better balance and greater flexibility. The 12 week progressive class helps you build your confidence and reduces your risk of falling.

**5208610** Sep 24-Dec 19 Tu/Th 2-3 pm  
 (No class 11/26 and 11/28)

Buck Ctr

\$79/\$69 R

✓Check out the Drop-In Fitness Schedule  
 online at [www.sspr.org](http://www.sspr.org)





## Mind Body

### Tai Chi - Level 1

Balance the body's energy flow promoting general health, spiritual harmony, relaxation and stress reduction.

**52120** W 10-11 am Buck Ctr  
Monthly: \$30 /\$25 R

### Tai Chi - Level 2

Take Tai Chi to the next level. Expand your learning of the Yang Style 24 Tai Chi form.

**521808** Aug 28-Nov 13  
**521811** Nov 20-Feb 19  
(No class 12/25 or 1/1)  
**521802** Feb 26-May 14  
Buck Ctr W 8:45-10 am  
Monthly: \$80 /\$75 R

### Tai Chi 8, 16, 24 Forms (Yang Style) 15 yrs-Adult

Relieve stress and tension, increase inner energy and tranquility, improve balance and flexibility, and promote physical and mental well being.

**541161** Jan 23-Mar 20 10 wks  
Goodson Th 6:30-8 pm  
\$195 /\$190 R  
\$25 material fee due to instructor at first class for videotape and course manual.

### Therapeutic Tai Chi

Gentle movement that improves overall health and well being. Designed specifically for those with chronic illness or stress.

**540899** Sep 12-Oct 17  
**5408911** Nov 7-Dec 19 (No class 11/28)  
Goodson Th 2-3 pm  
\$45/\$38 R 6 wks

## Pilates 101

Suitable for ALL levels. Joseph Pilates said, "The Mat is the Method." His unique system of stretching and strengthening exercises target the core. Simple yet challenging exercises can be adapted to each individual, regardless of experience.

Buck Ctr

**52145** Tu 5:15-6:15 pm

Goodson

**54006** M 9:35-10:30 am

**54004** M 5:15-6:15 pm

**54003** Th 5:15-6:15 pm

Monthly \$45 /\$37 R

Each additional class per month pay: \$20

## Pilates Private

### Reformer/Mat Sessions

Work one-on-one with a certified Pilates practitioner and improve posture, body alignment, core stability, strength and flexibility. Equipment includes: reformer, fit balls, stability discs, foam rollers, jump board and flex rings.

Call 303-483-7089 x1 for appointment.

Reformer offered at Goodson only.

24-hr cancellation policy applies.

1 Session: \$55/hr /\$45/hr R

3 Sessions: \$162 /\$132 R

5 Sessions: \$260 /\$210 R

10 Sessions: \$500/\$400 R

## Personal Training

### 10% off all Personal Training Packages Nov 29-Dec 31!

### Adult Personal Training

Certified and experienced trainers teach beginning or advanced techniques to ensure success in exercise programs and improve your current fitness level. Inquire about blood pressure, circumference and/or body fat measurements during your first appointment. Personal water exercise programs also available.

1 session: \$50 /\$40 R

3 sessions: \$144 /\$114 R

5 sessions: \$235 /\$185 R

10 sessions: \$460 /\$360 R

### Group Training

Form your group of 2-4 people and meet with a certified personal trainer and work together toward individual and combined group goals. Ages 12-adult.

1 session: \$65/group /\$55/group R

3 sessions: \$189/\$159 R

5 sessions: \$310/\$260 R

10 sessions: \$610/\$510 R



## Personal Training with Cancer Exercise Specialist

Work one on one with an exercise physiologist trained specifically to work with cancer survivors. Your personalized plan will take into account any surgeries, radiation or chemotherapy you have undergone, side effects you may still be experiencing and any other health concerns you may have. Call 303-483-7089 to schedule appt.

One session: \$50/\$40 R

**Package #1:** \$130/\$125-1 pre assessment + 2 PT sessions.

**Package #2:** \$90/\$85-1 pre assessment + 1 PT session

## Nutrition Consultation

Receive professional guidance with meal planning, shopping, food, diary and other nutrition concerns. Mary Schreiner, M.P.H. is available for a one-hour appt. by calling 303-794-7955.

Goodson

\$50 /\$40 R

## NEW! TRX® Suspension Training

The TRX is more than just the most versatile piece of exercise equipment available; it is a complete training system. Perform hundreds of functional exercises. Perfect for all fitness levels, it builds strength, flexibility, core stability and metabolic conditioning.

### Session Dates

Session 9: Sep	Session 1: Jan
Session 10: Oct	Session 2: Feb
Session 11: Nov	Session 3: Mar
Session 12: Dec	

✓Check out the Drop-In Fitness Schedule online at [www.sspr.org](http://www.sspr.org) or stop by the center for a monthly Fitness Guide.



**NEW! TRX® Suspension**

**Training**

**Interval**

**54395** Tu 9:15-10:15 am

**54396** W 6:30-7:30 pm

**Strength**

**54397** Th 9:15-10:15 am

Goodson

Monthly fee: \$46/\$44 R

Class times don't work for you? Individual and semi-private training sessions are available at Goodson and Buck (\$50/\$40 R). Call 303-483-7089 to schedule an appointment today!



**Triathlon Training**

Are you a triathlete who needs some motivation in the "off" season? Or are you considering a triathlon in 2014? Whatever your goals, now is the time to begin working on your swim, bike and run! All classes/trainings taught by certified USAT coaches.

**Swim Biomechanics**

One hour overview of your swimming which includes an on-deck video analysis of your stroke biomechanics. Specific drills geared to your current level will help correct problems or fine tune your stroke and workouts. Whether your goal is a triathlon or incorporating swimming into your fitness routine, we'll jump start your success! Call 303-483-7089 to schedule. Available at Goodson or Buck. Small group training 2-4 persons available.

\$50/\$40 R per individual

\$65/\$55 R group

**Indoor Triathlon**

Make 2013 the year YOU do a triathlon! This sprint distance triathlon includes: 250 yd swim sprint, 20 minutes of indoor cycling, and 15 laps around running track.

**5496510** Su Oct 6

Goodson 8:30-10:30 am

\$30/\$25 R

✓ **Check out South Suburban's 5K Races**  
on pgs. 36 or 65.



**Power Cycling**

A special class for cycling enthusiasts and/or competitive athletes. Program will focus on stamina, power and performance enhancement. Rides will include endurance, intervals, pedal stroke focus and leg strength. Cadence drills and power output will be implemented. This class is taught by a Certified USA Cycling Coach.

**5497510** Oct 22-Nov 26 (6 wks)

Goodson Tu 5:30-6:30 pm

\$55/\$50

**Train For & Walk/Run A 5K or 10K**

Designed for beginning walkers or runners who have never done a 5K/10K race, and more experienced walk/runners who want to complete a faster 5K/10K. Beginners start out walking or running a short distance, and increase to complete a 5K/10K by October. More experienced walkers/runners start at a longer distance. Homework = walks or runs 2 additional days per week.

**541959** Sep 14-Oct 19

Goodson Sa 9-10:15 am

\$40/\$36 R (6 wks)

**NEW! HIIT (High Intensity Interval Training) Treadmill and Strength Workout**

This class is designed for intermediate/advanced joggers and runners who want to start or continue an interval workout when it's too dark or cold outside! The hour-long class will be split into two parts; with a treadmill interval portion in which you will alternate between easy and harder jog/run pace, and a strength component designed to further target your muscles for running. Please come to class with your iPod or mp3 player if you like to run with music!

Goodson W 8-9 pm

**5432010** Oct 9-30

**5432011** Nov 6-27

**5432012** Dec 4-18\*

**543201** Jan 8-29

**543202** Feb 5-26

\$45/\$37 \$34/\$28 \*3 wks

**Cancer Fit**



**Cancer survivors - call today to join an exercise program designed just for you!**

**Scholarships are available.**

**Call 303-231-0943**

**www.cpra-web.org**

## Adult - Fitness



### Cancer Fit

An exercise physiologist trained specifically to work with adult cancer survivors provides personalized fitness assessments to determine a safe, appropriate exercise plan that allows for surgeries, radiation or chemotherapy you have undergone, side effects you may still be experiencing and any other health concerns you may have. Program includes a bi-weekly group exercise class for flexibility, balance, strength training, and cardiovascular work, which aids in recovery and general fitness during and after treatment. A 6-month pass to the recreation center is included. For more info please call 303-483-7089 x2.

**54093** Tu/Th 1:15-2:30 pm  
Goodson  
\$360/ 6 months

### Physical Therapy

Physical Therapist, Doug Geistert, MPT, is a graduate of Western Michigan University and University of Iowa Physical Therapy Program. He has 25 years experience, and managed at an outpatient orthopedic clinic and at a local hospital. Call 303-483-7089 for more info.

1 session: \$75 /\$65 R  
3 sessions: \$205 /\$180 R



### Transitional Therapy

- For people who have had knee/hip/shoulder surgeries
- For those who have back "issues" and other chronic conditions, such as: MS, Parkinson's, Osteoporosis, Rheumatoid Arthritis and Osteoarthritis.
- Receive one-on-one attention and guidance from personal trainers with specialized training/education and experience. Don't wait to get started, call 303-483-7089.

### Therapeutic Massage

**One of the best values for massage in the south metro area.** Call for an appointment with one of our certified massage therapists at Goodson 303-483-7080; or at Buck 303-730-5224.

- Swedish
  - Sports
  - Neuromuscular
  - Cranial/Sacral
  - Reflexology
  - Prenatal
  - Deep Tissue
  - Hot Stone\*
- \$65 1 hr /\$55 R \$43 ½-hour /\$35  
Hot Stone:\$75/\$65 R\*

## Wellness

### Facials

Licensed Esthetician with expertise in natural skin care products and aromatherapy.

**Basic Facial:** cleansing, pore refining masque, skin evaluation, exfoliation, extractions, therapeutic massage and final masque. \$60/\$55 Resident (1 hr) or \$35/\$30 Resident (½ hr)

**Other Treatments: High Frequency Light Treatment, Negative Ion System, Peel/Manual Microderm abrasion, Salt Glow, Salt Glow with Facial, Sugar and Spice Glow.** Prices range from \$10-\$95 and can be found online at [www.sspr.org](http://www.sspr.org). Call 303-730-5224 for an appointment.  
Buck Ctr



### Weigh and Win!

A free community program that pays you to achieve and maintain a healthy weight! Get daily personalized coaching and cash for your success. Enroll at the kiosk location at Goodson, Buck or Lone Tree Recreation Center. Visit [WeighandWin.com](http://WeighandWin.com) for more details.

### Blood Screening

University Hospital professional staff screens cholesterol and over thirty other blood components. Appointments on a drop-in basis. 12-hour fast required. Call 303-730-4610.

Lone Tree Ctr	Oct 15, Jan 14	7-9:30 am
Goodson	Oct 16, Jan 15	7-9:30 am
Buck Ctr	Oct 17, Jan 16	7-9:30 am
Family Sports	Oct 18, Jan 17	7-9:30 am

\$40 and up



### StrongWomen Program

Evidence-based, strength-training serves all women. Reduce risk of osteoporosis and improve bone health at any age. Class limited to 19 participants.

**520208** Aug 29-Oct 22  
**5202010** Oct 22-Dec 17 (No class Nov 28)  
**5202012** Dec 17-Feb 6  
**520202** Feb 6-Apr 1  
Buck Ctr Tu, Th 1-2 pm  
Monthly \$54 /\$49 R

### Holistic Health Coach

Jon Boshart is a health coach trained at the Institute for Integrative Nutrition. He has extensive knowledge in holistic nutrition, health coaching, and preventive health. Drawing on these skills and knowledge he works with clients to help them make lifestyle changes that produce real and lasting results. Available at all 4 recreation centers. Call 303-730-4607 for an appointment or more info.  
\$50/\$40 R – 1 hour sessions





## SilverSneakers®

Designed for Medicare participants with select health insurance plans. Check eligibility at the Registration Office at Goodson or front desk at Sheridan and Lone Tree Recreation Centers. Program includes facility amenities and drop-in group fitness classes and unlimited access with daily admission to the recreation centers. Participate in specialized SilverSneakers® classes to improve strength, flexibility, balance and coordination.

## SilverSneakers® Orientations

General overview of the SilverSneakers® program and facility tour will be held at various locations every month. All SilverSneakers® members welcome. No registration required.

**Buck** – 9 am 1st Wed of mo.

**Goodson** – 10:30 am 1st Th of mo.

**Lone Tree** – 9:15 am 1st Mon of mo.

Program offered at four recreation centers. For more information call 303-730-4610 for Buck, 303-483-7081 for Goodson, 303-708-3517 for Lone Tree and 303-761-2241 for Sheridan. Register for Buck classes at Goodson Recreation Center.

**Note:** Classes are also available to non-SilverSneakers® members with purchase of daily facility admission.

## SilverSneakers® Classic

Improve strength, balance, coordination, posture and flexibility. Handheld weights, elastic bands and balls used with a chair for sitting or standing support.

Day	Time	Facility
M/W/F	10-10:55 am	Buck
Tu/Th	10:05-11 am	LTRC
Tu/Th	10:30-11:25 am	Goodson
Tu/Th	11-11:55 am	Buck
M/W/F	11:30-12:25 pm	Goodson
Tu/Th	11:30-12:25 pm	Sheridan

# The SilverSneakers® Fitness Program



## SilverSneakers® Circuit

Would you like more cardiovascular conditioning and to be more agile, balanced and coordinated? Participants must be able to stand for a minimum of 30 minutes. Handheld weights, elastic bands and small balls are used with a chair.

Day	Time	Facility
Th	9:30-10:20 am	Goodson
Tu/Th	10-10:55 am	Buck
M/W	10:30-11:25 am	LTRC

## SilverSneakers® Yoga

A variety of safe and effective options to increase flexibility and balance and improve each individual's sense of well being. Taught from seated and standing positions, enhancing the flow and energy created in combination with restorative breathing exercises. Chairs are used for the entire class.

Day	Time	Facility
M/W/F	11:05-11:55 am	Buck
Th	11:10-11:50 am	LTRC
M/W/F	12:30-1:15 pm	Goodson

## SilverSneakers® Cardio

Safe, heart-healthy and easy on the joints. Workout includes easy-to-follow low impact movement, upper body and core strengthening, stretching and relaxation. Exercise designed to energize your active lifestyle. Chairs are used at end of class.

Day	Time	Facility
Tu	9:30-10:25 am	Goodson
F	10:30-11:25 am	LTRC

## Coffee & Chats

Join us monthly to hear various speakers/presentations while enjoying light refreshments. FREE to everyone!

Goodson	2nd Tu of month	11:30 am
Lone Tree Ctr	Last Tu of month	11:15 am
Sheridan	3rd Tu of month	11:30 am

## SilverSneakers® Schedule

9:30-10:20 am	Th	Circuit	Goodson
9:30-10:25 am	Tu	Cardio	Goodson
10-10:55 am	Tu, Th	Circuit	Buck Ctr
10-10:55 am	M, W, F	Classic	Buck Ctr
10:05-11 am	Tu, Th	Classic	Lone Tree Ctr
10:30-11:25 am	M, W	Circuit	Lone Tree Ctr
10:30-11:25 am	F	Cardio	Lone Tree Ctr
10:30-11:25 am	Tu, Th	Classic	Goodson
11-11:55 am	Tu, Th	Classic	Buck Ctr
11:05-11:55 am	M, W, F	Yoga	Buck Ctr
11:10-11:50 am	Th	Yoga	Lone Tree Ctr
11:30 am-12:25 pm	M, W, F	Classic	Goodson
11:30 am-12:25 pm	Tu, Th	Classic	Sheridan
12:30-1:15 pm	M, W, F	Yoga	Goodson

## Weight Training

### Session Dates

Session 9: Sep      Session 1: Jan  
Session 10: Oct      Session 2: Feb  
Session 11: Nov      Session 3: Mar  
Session 12: Dec

### Senior Weight Training

#### (ALL LEVELS)

Incorporate machine weights, free weights, stretching/flexibility, balance and core training.

Buck Ctr

**52017** M, W 10:15-11:30 am

Goodson

**54220** Tu, Th 8:45-10 am

**54221** Tu, Th 9:30-10:45 am

Monthly \$51/\$40 R 65+: \$43/\$30 R

### Adult Weight Training\*

Lone Tree Ctr

**56225** M, W 10-11:15 am

Monthly \$51 /\$40 R

65+: \$43 /\$30 R

\*Drop-in classes available after you have participated in one session

\$9/\$7 R Adult 65+: \$8/\$6 R

### Strength Training 101

**FREE!**

Receive a general overview of fitness components with a brief orientation of weight training and cardiovascular machines. Class limited to 8.

Buck Ctr

**52025** 2nd Tu of mo. 9-10:15 am

**52030** 3rd Th of mo. 6:30-7:45 pm

Goodson

**54230** 2nd F of mo. 9-10:15 am

Lone Tree Ctr

**56230** 1st W of mo. 11:30-12:45 pm

**56233** 2nd Sa of mo. 9-10:15 am

FREE

### Ultimate Fitness

Combine cardiovascular, circuit, free weight training, core strengthening and flexibility. Health and nutrition principles included.

**56210** Tu, Th 6:30-7:45 pm

Lone Tree Ctr

\$51/\$40 R

## Strength Training

### 1-on-1

### 12 yrs-Adult

1-hour personalized session includes overview of fitness components and brief orientation on proper use of cardiovascular and weight training equipment. Call 303-483-7089 for appointment at Buck, Goodson or Sheridan and 303-708-3514 for Lone Tree. Purchase one, 1-on-1 session one a time. Must purchase Personal Training sessions for additional sessions at regular price.

## Martial Arts

### Aikido

### 14 yrs-Adult

Aikido, which broadly translated means the way of harmony or coordination with the forces of nature. Aikido emphasizes the ongoing refinement of a student's character in developing honesty, integrity and consideration of others. Class focuses on open hand and weapon techniques.

**54110** Tu, Th 7-8:30 pm Goodson

Monthly \$52 /\$45 R

**56056** W 8:30-9:30 pm, F 6:30-8:30 pm and Sa 11:15-1:15 pm

Lone Tree Ctr

(Fee includes all class days and times per month)

Monthly \$75/\$70 R

Add'l family member \$55/\$50 R

Drop-in fee: \$10/\$8 per class

### Kendo

### 10 yrs-Adult

Promotes hand-eye coordination, physical endurance, a vigorous spirit, courtesy, sincerity, honor, patience and manners through the use of the Katana (sword).

**54140** Su 8-10 am Goodson

Monthly \$35 /\$30 R

### Karate-Do

### 14 yrs-Adult

#### (Shotokan Japanese)

Karate Do promotes endurance, flexibility, strength, agility, coordination, stress reduction, spiritual harmony, balance, manners and teaches self-defense techniques. Adult

**54135** Tu, Th 7:30-8:30 pm Goodson

Monthly \$57 /\$50 R

### Jujitsu

### 13 yrs-Adult

A modern form of self-defense that combines other martial arts techniques and teaches basic defense against weapons. Learn rolls & falls, throwing & grappling, and joint locks.

**52044** Tu, Th 6-7 pm

Sheridan NEW!

Monthly \$75 /\$65 R



## Tae Kwon Do

### (Korean Karate) 8 yrs-Adult

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

Goodson

**54150** M, W 4:30-5:30 pm 8-Adult

\$57 /\$50 R

Sheridan

**54186** M, Th 6:45-7:45 pm 13-Adult

**54188** M, Th 7:45-8:45 pm 14-Adult Adv\*

\*Starts in Oct

Monthly \$35 /\$30 R

## Traditional Shotokan

### Karate

### 13 yrs-Adult

Learn self-defense through traditional karate techniques and ideals. Promotes self-control and confidence through core values such as respect for others, hard work and discipline. Instructor Gary Swain is a 7th degree Black Belt with ISKF and one of the 13 technical committee members for 64 countries in the ISKF organization. Karate uniforms & patches are available at the Lone Tree Ctr Pro Shop.

Adult Uniform \$30

ISKF of Colorado patch \$8

Lone Tree Ctr DOJO patch \$6

#### Adult Karate

**56145** M, W 7:15-8:15 pm

**56175** Tu, Th 7-8 pm

Lone Tree Ctr

Monthly \$66 /\$60 R

✓Check out Youth Martial Arts on pg. 24



## Golf

### Golf Lessons

#### Lessons 3-5 Students

Learn the basics or improve your game. **Free clubs available for lessons and practice.** Adult classes, age 17 and over. **Sep 3-28** 4 wks

##### Littleton Golf and Tennis Club

**594509** Sa 9-9:45 am Beg Adult  
**594539** Sa 10-10:45 am Int Adult

##### Lone Tree Golf Course

**582109** Tu 5:45-6:30 pm Beg Adult  
**583769** W 5:45-6:30 pm Int Adult  
**584729** Th 5:45-6:30 pm Beg Adult  
**585769** F 5:45-6:30 pm Int Adult  
**586539** Sa 10-10:45 am Beg Adult  
**586569** Sa 11-11:45 am Int Adult

##### South Suburban Golf Course

**614519** Th 3:45-4:30 pm Int Adult  
**614409** Th 4:45-5:30 pm Beg Adult  
**614509** Th 5:45-6:30 pm Int Adult  
**616539** Sa 10-10:45 am Beg Adult  
**616659** Sa 2-2:45 pm Int Adult  
\$96 /\$70 R

Fee includes range balls.

**Reserve  
Your Tee Time!**

**Online at  
[www.sspr.org](http://www.sspr.org)**



### Family Sports Center Golf

6901 S. Peoria  
Centennial, CO 80112-4127  
303-649-1115

#### Family Sports Golf Academy at Family Sports Center

##### Private Instruction

Individual instruction specific to your talents and interests in all areas of the game. Video instruction is available in all 1-hour lessons.

Adults

One Hour-\$90

One-Half Hour-\$45

Four-Half Hour Series-\$160

Six-Half Hour Series-\$240

##### Semi-Private Lessons

(2-3 students)

Learn with friends with personal instruction sessions provided for your unique group.

Adults one-hour \$45 per person

Juniors one-hour \$35 per person



#### Adult PGA Get Golf Ready 5-Week Class

A unique lesson series for adults developed by the PGA through Play Golf America. Beginner Get Golf Ready 101 offers basic instruction preparing the golfer to play the game. Intermediate Get Golf Ready 201 is designed to reach the next level of your golf game, including strategy, club and course management. Students are offered a Club Purchasing Program that includes a starter set of 3 woods, 8 irons, a putter and bag. Ages 18 and older.

**Additional days and times can be scheduled that are convenient for your own group.**

##### Beginner Golf 101

**606549** Sa Sep 7-Oct 5  
10-11 am

**601749** Tu Sep 17-Oct 15  
5:30-6:30 pm

#### Intermediate Golf 201

**603749** Sa Sep 17- Oct 15  
12-1 pm

• 6-to-1 student to teacher ratio  
• Min 4 students/max 18 students  
\$99 /\$89 R

**Please Note:** You can schedule your own 101 or 201 personalized class with 4-6 students at a time convenient for your group.

#### Heated Driving Range

Colorado's only 30-station, two-tiered, covered, heated and lighted facility. Renovated in 2009 with overhead radiant heaters providing the opportunity to practice in a warm environment year-round. Open daily, regardless of weather, until 9 pm this fall and winter. Grass practice areas closed on Mondays until 9 am for maintenance.

#### Range Card Program

Purchase our popular \$100 Range Card and receive an additional \$45 worth of balls **FREE!**

\$100 /\$90 R

Purchase our Ultimate Range Card and receive an additional \$200 worth of balls **FREE!**

\$300 /\$270 R

#### Golf & Hockey Pro Shop

Special orders can be made for any product. We'll match any price in town on golf clubs. FSC enjoys a low sales tax rate. Our certified professional staff will guide you through your purchase so you have the proper equipment for your game. We will also assist you in any warranty-related issues.

#### Tee Time Reservations

7 days in advance

303-649-1115

Golf course closed on Mondays until 8 am for course maintenance.

#### Couples 9-Hole Escape & Play

Calling all twosomes! Enjoy 9 holes of discounted golf Saturday afternoons for six consecutive weeks starting September 7<sup>th</sup> through October 12<sup>th</sup>. All ages and abilities welcome. Tee times start at 3 p.m. Weekly tournaments also offered with a \$5 entry fee per twosome.

Green Fee per couple\*:

Family Sports: \$25

\*Includes discounted green fee, two drink tickets and half priced appetizers.



## Family Sports Center Ice Arena

6901 S. Peoria St.  
(Off Arapahoe Rd. on Peoria St.)  
303-708-9500

### Public Skating Schedule

For the most current Public Skate schedule see pg. 5 or visit [www.sspr.org](http://www.sspr.org).

### Hockey Take-a-Shot

Skate your own drills using your own puck and full equipment.

M-Th 3-3:50 pm

\$6.50 / \$5 R Please call for additional times.

### Adult Drop-in Hockey

To allow for maximum ice time, number of adult skaters, 18 years or older with full equipment is restricted. All levels welcome. Register on-line daily after 6 am at [www.sspr.org](http://www.sspr.org), or call 303-708-9500 daily after 8:30 am to sign up just for the 11:40 am-12:45 pm time.

M-F 11:40 am-12:45 pm

F 6:15-7:45 am

F 6:45-8:15 am (begin 10/1)

\$8.50 / \$7.50 R

### Adult Hockey Leagues

South Suburban Adult Hockey League (SSAHL) offers adult recreational hockey leagues for Advanced, Intermediate and Beginner levels. If you have questions or need registration information for adult hockey, please call 303-708-9500 x30563 for more information. Games played at Family Sports and South Suburban Ice Arenas.

### Adult Learn to Skate Classes

The US Figure Skating Association and the Ice Skating Institute guide our class formats. Also available are Off-track and Special Group classes. For information regarding these special classes please call 303-798-7881, x 33304 303-708-9500, x 218.

Meet once a week for one half hour of instruction. Participants may attend public session FREE the day of each lesson. **Skate rental is not included in the class fee.** Our classes are divided into the following categories:

- Adult Beginner
- Adult Intermediate
- Adult Advanced

Family Sports Ice Arena  
\$87/\$80 R 8 wks  
\$97/\$90 R 9 wks

### Learn to Skate Sessions:

Session 9: Sep 7-Oct 26  
Session 11: Nov 2-Dec 21  
(No class Nov 30)  
Session 1: Jan 11-Feb 22  
Session 3: Mar 1-Apr 26  
Family Sports Center Ice  
Classes meet once a week

<b>Saturday</b>	<b>10 am</b>
Adult Beg	<b>49905</b>
Adult Int	<b>49911</b>
Adult Adv	<b>49917</b>

## South Suburban Ice Arena

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

Information Hotline: 303-794-6522

### Public Skating Schedule

Visit [www.sspr.org](http://www.sspr.org) for the most current public skating schedule or see pg. 5.

### Silver Skates Skating Sessions

This exclusive session for adults 40 years and older brings together like aged-adults to stretch those skating muscles at a session with no youngsters. Enjoy special rates, free coffee, hot chocolate, cookies and good music.

Sep 17, 2012-May 20, 2013

M 11:45 am-12:45 pm

\$5.25 / \$3.50 R

### South Suburban Hockey Take-A-Shot

Practice your skating or shooting skills or take a lesson. Bring your own puck and full hockey equipment.

Sep 20, 2012-May 23, 2013

Th 11:30 am-12:45 pm

\$6.50 / \$5 R

### Private Skating Lessons

Improve skating skills and gain grace on the ice with private lessons. Choose from wide variety of times and days in the areas of freestyle, field moves, dance, power skating and hockey. A booklet is available at the Ice Arena listing staff members' qualifications and lesson rates. For details, please contact Gerry Lane 303-798-7881 x 33304 or [Gerryl@sspr.org](mailto:Gerryl@sspr.org).

✓Check out pgs. 28-30 for  
Youth Ice Skating.



### Adult Learn to Skate

The US Figure Skating Association and the Ice Skating Institute guide our class formats. Also available are Off-track and Special Group classes. For information regarding these special classes please call 303-798-7881, 303-708-9500 X 30561

Meet once a week for one half hour of instruction. Participants may attend public session FREE the day of each lesson. **Skate rental is not included in the class fee.** Our classes are divided into the following categories:

- Adult Beginner • Adult Intermediate
- Adult Advanced

\$87/\$80 R 8 wks \$97/\$90 9 wks

### Learn to Skate Sessions

Session 9: Sep 3-Oct 30 9 wks Tu, W

Session 11: Nov 5-Dec 18 Tu, W 6 wks

(No classes Nov 26-27)

Session 1: Jan 7-Feb 26 T, W 8 wks

Session 3: Mar 4-Apr 30 Tu, W 9 wks

#### Tuesdays 10 AM

Adult Beg **65952**

#### Tuesdays 10:30 AM

Adult Int **65972**

#### Wednesdays 7 PM

Adult Beg **65960**

Adult Int **65980**

Adult Adv **65992**



## South Platte Park

3000 W. Carson Dr.

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

All programs meet at S Platte Park,  
unless noted otherwise.

These programs may also  
be appropriate for respon-  
sible youths, aged 14-18 with  
an appreciation for nature.

## Nature Skills

### Guide Certification Course

Earn the nationally-recognized title of Certified Interpretive Guide to lead tours at parks, nature centers or historic sites. Get a leg up on the job competition or jump start an encore career. Practice communication skills and develop creative programs with one-on-one coaching. Fee includes materials, membership, certification, and instruction. \*Multiple pricing options available. Call 303-730-1022 x11 for more information.

**6745311** Tu-F Nov 5-8 8:30 am-5 pm

**674533** Tu-F Mar 4-7 8:30 am-5 pm

\$360 /\$340 R\*



Check out our page on  
Facebook for updates at South  
Platte Park.

### Birding by Ear II

Do you know the difference between a call and a song? Learn about bird communication and how to identify some of our common birds by sound. Two evenings with a snack included. First week includes indoor class time and practice. Second week starts indoors, then moves outside for real world practice.

**675243** Mar 12 and Mar 19 W 6-8 pm  
\$18/\$12 R

## Wildlife Watching

### Sunset Canoeing

Explore Cooley Lake's shoreline, moving silently past herons, ducks and beaver as the sun slips behind the mountains. Space limited; register now! Each Canoe must have at least one experienced paddler.

**673509** Sep 20 F 5-7:30 pm

**6735010** Oct 4 F 5-7:30 pm

\$17 /\$13 R



*\*Youth are ages 16 & under and must be accompanied by an adult.*

✓ Check out Family Nature Programs on  
pgs. 31 & 32 in the Youth Section

## Nature Trips & Tours

### Bosque Del Apache National Wildlife Refuge

Experience the thunder of 20,000 snow geese lifting off at once, photograph dancing sandhill cranes, and enjoy hiking bird-filled wetland oasis in the New Mexico desert. Cost includes transportation, lodging, entry fees, guiding, and some meals.

Pre-Trip meeting: Th, Dec 5, 8 pm

Depart F Jan 17, 8 am

Return M Jan 20, 6 pm

**675771** S Platte Pk

\$449/\$429 R

Depart from the Carson Nature Center at South Platte Park.

Adults, children 12 and older (12-17 must be with a paying adult)

## COMING SOON!

### Dinosaur National Monument Rock Art, Remarkable Rocks, and Rafting! 18 yrs-Adult

Marvel at 7000 year-old Native American rock art, 150 million-year-old dinosaur bones, and sandstone canyons a thousand feet tall in Dinosaur National Monument. Raft the Green River, search for pictographs and petroglyphs, birds, and spring flowers. Fee includes transportation, naturalist leadership, lodging, park fees, rafting, and some meals. Pretrip mtng will be Wed, Apr 23, 2014, 6-7 pm.

Depart 9 am F, May 16

Return 6 pm M, May 19

**675825** Meet at Carson Nature Center  
\$595/\$575 R

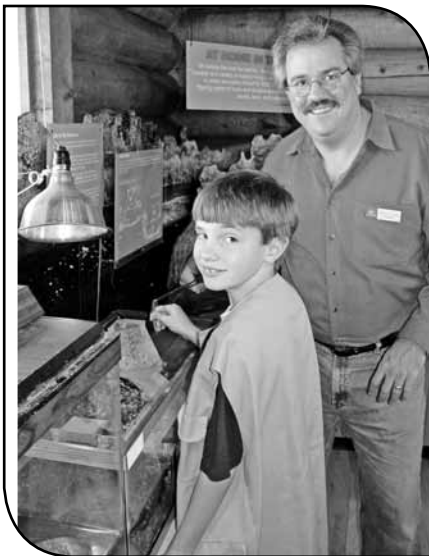
### South Platte Park's next International EcoTravel Adventure looks to be Peru!

We'll definitely explore Machu Pichu and sites in the nearby Sacred Valley and Cusco. Likely also some incredible jungle time and lodges in the Amazon basin, including wonderful birding and wildlife viewing, and more! We plan for the trip to go live for registrations in very early 2014.

Join our South Platte Park Trips email list to stay current with trip announcements, check our web site for that newsletter sign up link!

### Custom Trips and Tours

South Platte Park staff lead a nice variety of primarily nature focused tours across the extend Rocky Mountain region, from Carlsbad Caverns to Yellowstone and lots of places in between. Some trips focus on the general ecology & culture of an area (like around Tucson). Other trips hone in more on things like wildlife, birds, archaeology, and even artists like Georgia O'Keeffe. We have a great track record with these trips and would love to talk with you about where your group might want to go and what you'd like to do on a customized tour. Maybe some place we've been before or maybe it's someplace you want to go. We can look at options for groups of 6 up to say about 20 folks depending on where and when you want to go. Contact Phil Waltz at the Nature Center PhilipW@sspr.org or 303-730-1022 x10 to see where we might go together!



## Nature Volunteers

**Nature Center Host:** Adults serve as Nature Center hosts, greeting guests, caring for exhibits and leading demonstrations. Weekday or weekend shifts.

**Parent/Child Host Team:** Children 10 and older work with parents on weekends or afternoons as Nature Center Naturalist hosts.

**Land Stewardship Team:** Adults and teens work with resource professionals to restore and manage park habitats, planting native plants, weed removal, trail work, wetland management and more. Weekday or weekend events.

**Program Assistant:** Adults lead small groups on hikes for weekday school field trips, and assist professional interpretive naturalists with presentations. Training provided.

**VolunTeens:** Responsible youth ages 12-15 with an appreciation for nature help with summer camps and kids' programs. Visit [www.sspr.org](http://www.sspr.org), call 303-483-7016 for more information.

For all positions, call 303-730-1022 for information, a schedule of volunteer events and an application. Training is provided where needed and benefits include some FREE or discounted nature classes.

## Outdoor Recreation

### Horseback Riding

#### Family Trail Rides 8 yrs-Adult

Adult and family guided western trail ride is 1 hour long and goes from Stockton's Plum Creek Stables (Titan Pkwy off Santa Fe) through woods and an exclusive section of Chatfield State Park. Beautiful ride with chance to see deer, elk, red tail hawk, and more. \$10 per rider discount for families with student in a South Suburban Stockton's lesson within previous 6 months. Wear loose long pants and heeled, closed toe footwear; helmet provided. **Call Phil at 303-370-1022 x10 to arrange custom group outings including scouts!**  
**687949** Sep 7 Sa 10:30am  
**687959** Sep 21 Sa 1pm  
**6879510** Oct 5 Sa 1pm  
 Stockton's Plum Creek Stables  
 \$39 /\$35 R

✓ **Check out Saturday Intro Riding Lessons on pg. 32**

#### Haunted Hay Rides-All Ages\*

Storytellers narrate an amusing tale while you rumble down a trail inhabited by ancient Indians and Cowboys for 30 minutes of family Halloween fun. Enjoy food concessions and a petting zoo inside the barn before or after your ride. Must check-in 30 minutes prior to your ride time.

#### F Oct 25

**6878010** 6-6:30 pm  
**6878110** 6:30-7 pm  
**6878210** 7-7:30 pm  
**6878310** 7:30-8 pm  
**6878410** 8-8:30 pm  
**6878510** 8:30-9 pm  
**6878610** 9-9:30 pm

#### Sa Oct 26

**6878710** 6-6:30 pm  
**6878810** 6:30-7 pm  
**6878910** 7-7:30 pm  
**6879010** 7:30-8 pm  
**6879110** 8-8:30 pm  
**6879210** 8:30-9 pm  
**6879310** 9-9:30 pm

Stockton's Plum Creek Stables  
 \$12 adult/\$8 ages 2-12/ Under age 2 FREE

**\*Youth are ages 16 & under and must be accompanied by an adult.**

## Biking

### Do-It-Yourself Bike Repair

Bring your bike for hands-on learning of how to repair flats, adjust brakes and gears, lube your bike plus riding safety and etiquette. Weekend classes for adults and families, youth registration welcome with a parent. Ages 10 & up.

**681038** Aug 25 Sun 1:30-3:30 pm -

**681039** Sept 21 Sa 1:30-3:30 pm

**6810311** Nov 2 Sa 1:30-3:30 pm

Maint. Shop at the Carson Nature Ctr  
 \$24 /\$19 R

Family rate: 1 adult + 1 child + 1 bike:  
 \$39/\$29 R



## Fly Fishing

### Fly-fishing 101

This hands-on course introductory course covers the essential elements of angling on our local Colorado water, including full range of skills and insights from equipment, rigging and knots, to approaching a fishery, assessing water conditions, simply entomology and fly selection, casting and fly presentation, as well as fishing etiquette. Ages 12-15 must register with an adult.

**684009** Sep 21 Sa 9 am-3:30 pm  
 Anglers All - Littleton  
 \$109/\$99 R

### Fly Tying for Beginners

#### 12 yrs-Adult

This great beginner class will teach you all the basics including tying knots, proper hook & pattern choice, and much more. Tie your first amazing flies. Supplies provided, bring your own tools and vise.

Each class meets for 3 Sundays, 2-5 pm.

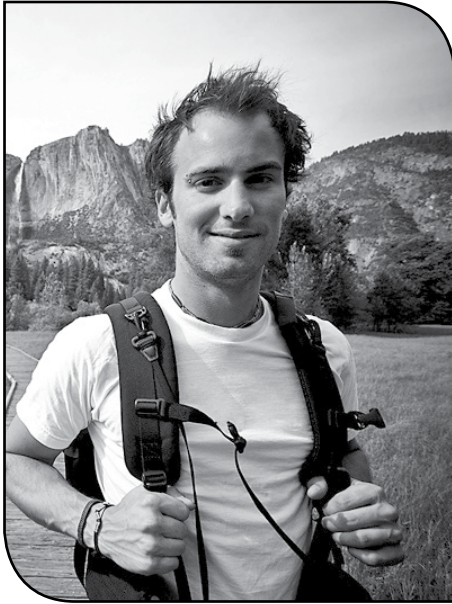
**6841510** Oct 20, 27, Nov 3

**6841511** Nov 17, 24, Dec 1

**684151** Jan 12, 19, 26

Anglers All - Littleton  
 \$129/\$125 R





## Hikes

### Adult Nature Hikes

Hiking is the focus but we do stop to look at flowers, wildlife and more. Hikes, generally an active 4-5 miles, occur rain or shine and include transportation. 8 am-4 pm

**680129** Sep 12 Th Aldefer 3 Sisters

**680149** Sep 25 W Kenosha Pass for fall colors!

\$25 /\$21 R



All of our outings follow and teach minimum impact skills and ethics (Leave No Trace) and all trips on US Forest Service lands are appropriately permitted.

## Sailing

### Adult Beginning Sailing

Designed for those who have never sailed or a refresher for someone who wants to get back on the water. Covers all the fundamentals of sailing including basic boat handling, rigging, sailing terminology and sail theory. Must be able to swim 25 yards and float 5 minutes in sailing clothes (sneakers, swimsuit, T-shirt).

**682759** Sep 3-24 Tu 5-8 pm

Location: Marina on the north side of Cherry Creek Reservoir.

\$245 /\$235 R

## Cross-Country Ski and Snowshoe

### Cross-Country Ski and Snowshoe Outings and Lessons

Try a lesson, rental and trail pass packages at some great Nordic centers, all include transportation. Opt for an intro lesson on any trip or ski/shoe with others in the group. Choose skis or snowshoes or switch mid-day for one rental fee. Children ages 12-17 accompanied by a registered adult.

#### Leave the driving to us!

**680501** Jan 11 Sa Frisco

**680511** Jan 15 W Snow Mtn

**680521** Jan 25 Sa Breckenridge  
(2/3 day ski/shoe then see Ice Sculptures!)

**680522** Feb 1 Sa Frisco

**680542** Feb 13 Th Snow Mtn

Pre Valentine's Day outing!

**680502** Feb 22 Sa Breckenridge

**680503** Mar 1 Sa Frisco

**680513** Mar 12 W Snow Mtn

**680523** Mar 29 Sa Breckenridge

Meet at Carson Nature Center, 8 am-5 pm

Fees: transportation & trail pass only:

\$29 /\$27 R

Trail pass & rentals: \$42 /\$39 R

Trail pass & lesson: \$38 /\$35 R

Full package: \$53 /\$49 R



### Back-Country Snowshoe Outings

Snowshoe 3-4 miles in the inspiring peace and Colorado mountain beauty. Transportation and leadership provided. Bring your own snowshoes (we can help with rental information), hearty snack lunch and appetite for winter fun. Trips for adults and children 14 and up (Ages 14-17 must be with a paying adult).

**680612** Feb 5 W Summit County  
Mine Tour

**680583** Mar 20 Th Bonfils Trail  
Moose Search!

Meet at Carson Nature Center 8 am-5 pm  
\$25 /\$21 R

**Give the Gift that's a doggone treat!**



Gift cards available in any amount. Purchase at any South Suburban facility or [www.sspr.org](http://www.sspr.org).

Call 303-347-5999 for more information.

## Adult - Tennis



### Littleton Golf & Tennis Club

5800 S. Federal Blvd.  
Littleton, CO 80123

**Reservations: 303-794-5838**

6 Indoor courts  
Air conditioning  
Blocktime available  
Restaurant/Lounge  
Leagues/Lessons  
Sanctioned tournaments

#### Court Hours:

7 am-11 pm  
Year Round



### Holly Tennis Center

#### Pro Shop

6651 S. Krameria Way  
Centennial, CO 80111-4319

**Reservations: 303-771-3654**

May 1-Sep 30, M-F  
10 am-5 pm  
6 Lighted Outdoor Courts  
Leagues/Lessons  
Sanctioned tournaments  
Ball Machine



### Lone Tree Tennis Center

9810 Sunningdale Blvd.  
Lone Tree, CO 80124

**Reservations: 303-768-8109**

#### Pro Shop Hours:

May 1-Sep 30, M-F, 10 am-5 pm  
6 Outdoor Courts, 2 Lighted Courts  
Lessons/Leagues  
Ball Machine • Backboards

#### Court Hours:

Dawn-Dusk, Weather permitting  
Lights available until 9 pm

### Block Time

Apply for 15 weeks of pre-paid court reservation time on a space-available basis.

Session 1 Fall block time: Sep 2 – Dec 22  
(No block time Oct 11-17)

Session 2 Winter block time: Dec 30-Apr 20  
(No blocktime Feb 7-13)

### Pro Shops

We feature a variety of tennis products and specialize in racquet re-stringing and re-gripping. 25 Year Member of United Racquet Stringers Association

### Tennis Directory

Players interested in getting tennis tips, tournament updates and partners via email can be included in the South Suburban Tennis Directory. Register at the Littleton Golf & Tennis Club or e-mail Mike Hall at mikeh@sspr.org.

### Private Lessons

Receive exclusive attention and develop your specific skills in private or semi-private lessons. Please contact Vicki or Mike at 303-771-3654 (May-Sep) or 303-794-6933 (Oct-Apr).

### Blocktime Drills

Looking to spice up your blocktime tennis? Contact Mike to schedule either a half-hour warm-up or a drill class once a month on your court.

### Adult Group Lessons

Increase ball concentration, techniques, strategy and challenges in a group setting.

Sep 9-28 3 wks

**800309** Tu/Th 10-11 am 2.5

**800329** Tu/Th 11 am-12 pm 3.0

Holly Tennis Ctr

**805469** M/W 10-11 am 2.5

**805479** M/W 11 am-12 pm 3.0

**805309** M/W 6-7 pm 3.0

Lone Tree Tennis Ctr

\$74 /\$62 R

### Adult Once-A-Week

Sep 9-28 3 wks

**801439** M 6-7 pm Beg/Int

**805409** Tu 6-7 pm Int

**801419** Sa 9:30-10:30 am Beg/Int

**801429** Sa 11 am-12 pm Adv

Holly Tennis Ctr

**805379** Sa 9-10 am Beg

**805389** Sa 10-11 am Beg/Int

**805399** Sa 11 am-12 pm Adv

Lone Tree Tennis Ctr

\$54 /\$42 R

### Adult Drill Sessions

Drill on specific tennis game areas including all strokes, singles and doubles strategy.

Sep 9-28 3 wks

**800349** W/F 9:30-10:30 am Int/Adv

**800359** W/F 10:30-11:30 am Adv

Holly Tennis Center

**805889** M/W 10-11 am Beg

**805899** M/W 11 am-12 pm Int

Lone Tree Tennis Ctr

\$74 /\$62 R

### Fall & Winter Sessions

Session 10: Sep 30 – Nov 15 6 wks  
(No class Oct 11-17)

Session 11: Nov 18-Jan 18 6 wks  
(No class 11/25-30, Dec. 23-Jan 4)

Session 1: Jan 20-Mar 8 6 wks  
(No class Feb 7-13)

Session 3: Mar 10-Apr 19 6 wks

**Note:** There is no wait list for any Fall/Winter classes except at Littleton Tennis Club. Call Vicki at 303-794-6933 if you cannot register for class.

### Adult Doubles

#### Strategy Classes

A focus on proper technique, strategies and doubles positioning rounds out this class.

**80280** M 9:30-11am 3.0-3.5

**80282** W 11:30 am-12:30 pm 3.0

**80286** Th 10-11 am 3.0-3.5

**80827** Th 1-2 pm 3.5

Littleton Tennis Club

\$74 /\$62 R 1 hr class

\$110 /\$92 R 1½ hr class

### Adult Beg/Int Lessons

Get ahead by learning basic game fundamentals and increasing overall playing ability. Scoring, strategies and game play included.

**80340** Sa 9-10 am 2.0

**80341** Sa 10-11 am 2.5

**80342** Sa 11 am-12 pm 3.0-3.5

Littleton Tennis Club

\$74 /\$62 R





## Adult Drills

Learn drills to assist your understanding of singles and doubles strategy.

**80236** Tu 9-10 am

**80234** Tu 1-2 pm

**80237** Tu 2-3 pm

**80238** F 1:30-2:30 pm

Littleton Tennis Club

\$74 /\$62 R

## Stroke Of The Week

### Clinics- Fall

Sharpen your skills with specific instruction and practice prescriptions.

10-11 am

<b>8031010</b>	W	Oct 2	Serve & Overhead
<b>8031210</b>	W	Oct 9	Forehand
<b>8031310</b>	W	Oct 23	Volleys
<b>8031011</b>	W	Nov 6	Backhand
<b>8031111</b>	W	Nov 13	Lobs & Touch Shots

Littleton Tennis Club

\$26 /\$22 R

## Stroke Of The Week

### Clinics-Winter

10-11 am

<b>803101</b>	W	Jan 8	Serve & Overhead
<b>803111</b>	W	Jan 15	Forehand
<b>803121</b>	W	Jan 22	Volleys
<b>803131</b>	W	Jan 29	Backhand
<b>803102</b>	W	Feb 5	Lobs & Touch Shots

Shots

Littleton Tennis Club

\$26 /\$22 R



## Tennis Tournaments

Adult Singles/Doubles & Mixed Doubles  
USTA Sanctioned Tournaments at  
Littleton Tennis Club.

Register at [www.usta.com](http://www.usta.com)

## South Suburban

### Fall Classic

#257222713

(Designated 3.5)

Oct 11-17

Deadline: Oct 6

Levels 5.0 4.5 4.0 3.5

\$29 Singles/\$36 Doubles

## South Suburban

### Valentine's Day Classic

#257230214

(Designated 3.0) Feb 7-13

Deadline: Feb. 1, 2014

Levels 3.0, 4.0, 5.0

\$29 Singles/\$36 Doubles

## South Suburban Spring Fling

#257211214

(Designated 4.0)

Apr 25-May 1

Deadline: Apr 19, 2014

Levels 2.5, 3.0, 3.5, 4.0, 4.5

\$29 Singles/\$36 Doubles



## S.T.A.R . South Suburban Therapeutic Adaptive Recreation

Pick up a copy of  
**STAR Connection** for all  
programs:

- Aquatics
- Fitness
- Cultural Arts
- Trips & Tours
- Sports
- Leisure
- Outdoor Recreation
- Overnight Excursions

For information about programs at Buck  
or Lone Tree recreation centers, please  
call the STAR Office at  
**303-730-4608** or visit [www.sspr.org](http://www.sspr.org).

## Benefits

Share an environment where individuals  
with disabilities come together with their  
peers and participate in a recreation class  
or activity. Gain new friendships, new re-  
creation skills and a better understanding of  
one another.

## Registration Information

### Don't miss out!

Registration for programs in *STAR  
Connection* is due two weeks before class  
begins. Visit [www.sspr.org](http://www.sspr.org) or call 303-347-  
5999. Classes have limited enrollment and  
are filled on a first-come, first-served basis.

## Adult Dances

Ages 18 and up

F 6:30-9 pm

Sep 20 Silly Shoes

Oct 18 Monster Mash

Nov 15 R&B/Hip Hop

Dec 20 Holiday Dinner Dance

Jan 17 Super Bowl

Feb 21 Cupid Shuffle

Mar 21 St. Patty's Party

Buck Ctr

Drop-In Fee: \$6 for dances

\*\$15 for dinner dance if you register for  
dinner.



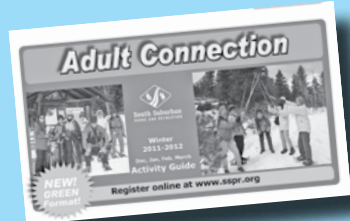
Pick up your  
copy at any South  
Suburban facility or  
view class listings  
online.



## Senior Programs



**Pick up your FREE copy of Adult Connection for a complete listing of all programs, events and day trips/tours.**



## Senior Programs

## Social Time

## Coffee &amp; Chat

Join us monthly to hear various speakers/presentations, enjoy light refreshments and social time. Call 303-730-4609 for scheduled speakers.

Goodson 2nd Tu of month 11:30 am  
Lone Tree Last Tu of month 11:15 am  
**FREE**

## Lunch Is Served

Enjoy a fabulous home-cooked meal at noon on Thursdays. Doors open at 11:30 am. Call 303-730-4605 by 1 pm on Wed for reservations. Menus available online at [www.sspr.org](http://www.sspr.org)

Th 12-1 pm Buck Ctr

## Special Lunches

Octoberfest  
Halloween  
Thanksgiving Lunch  
Holiday Lunch  
New Year's Brunch  
Valentine's Delight  
St. Patrick's Day

Call 303 730-4605 for dates, menus and more!

\$6.75 /\$5.75 R

## Grandparents Day Fair

Join us to honor your special grandparents and enjoy a variety of fun activities for the whole family. There will be game booths, a bouncing castle, food and drinks, and prizes. Family admission is \$1, and you receive five free tickets if you come with your grandchildren. Tickets for the activities are \$1/4 tickts or \$5/25 tickets. For more information, call 303-708-3516.

Su Sep 8 12-4 pm Lone Tree  
\$1/Family

## Individuals Who Influence-Speaker Series

The speakers have unique stories, knowledge and perspectives to share. Lunch provided by Duffeyroll Cafe. Call 303-708-3516 for information.

Th 12-1:30 pm Lone Tree  
\$20/\$15 R 65+: \$15/\$12 R



## Health Tips for International Travel and Your Health,

presented by Kaiser Permanente  
**722009** Sep 12

**Laughaceuticals,**  
presented by Kaiser Permanente  
**7220010** Oct 17

## The Wounded Warrior Project; A Salute to Veterans

Toby Martinez, Army veteran, served in Iraq and Afghanistan  
**7220011** Nov 7

**Health Benefits of Chocolate**  
**7220012** Dec 12

## Arts &amp; Dance

## Watercolors

## Beginning/Intermediate

Pat Rich teaches the major watercolor techniques of washes, wet-on-wet and dry-brush. Hone your own special style in continuing classes. Instructor will call prior to first class.

**70602** M 12:30 pm-2 pm

**70601** Tu 12:30 pm - 2 pm

Buck Ctr

Monthly: \$32/\$26 R **65+:** \$26/ \$20 R

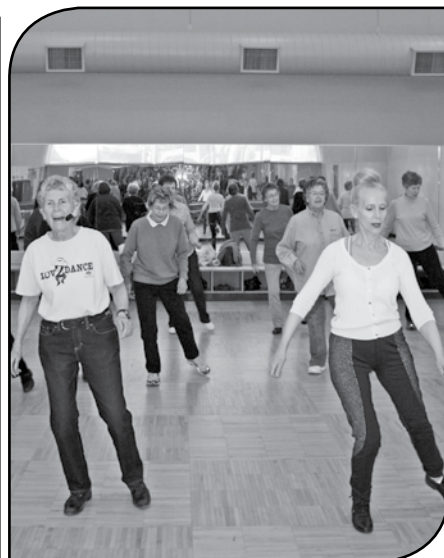
## Decorative Ceramics

Learn brush strokes, glazing, color pairing and perspective on useful items. Sue Gauden presents new techniques to explore your creativity.

**70607** Tu 9:30 am-12 pm Buck Ctr

Monthly \$27/\$25 R **65+:** \$25 /\$19.50 R

Drop in fee: \$6.50/ \$5 R



## Line Dance with Maggie

Love to dance but don't have a partner? Kick up your heels to a variety of music for exercise and friendship.

Buck Ctr

W 1-2 pm Beg  
2-3 pm Int/Adv

Lone Tree Ctr

Tu 2-3 pm Beg  
3-4 Int

\$6.50/ \$5.50 R **65+:** \$5.50/\$4.50 R

Punch card available for discounted pricing.

## Senior Tap Dance at Buck

Learn flaps, shuffles and the shuffle-ball change, combining them into simple routines.

**70367** M 9-10 am Beginner

**70365** M 10-11 am Intern

\$26 /\$22 R monthly **65+:** \$22 /\$18 R

**70360** F 10:30 am-12 pm Adv

\$35 /\$31 R monthly **65+:** \$31 /\$27 R

## Computer Discovery

Join fellow computer users for an informational session on a variety of topics. Bring your laptop for Q & A time after the session. Register by calling 303 730-4605. Call for upcoming schedule and topics.

2nd & 4th Fri of month, 1-3 pm Buck  
\$6/\$5 per class

Digital Camera

Skype

Tablets vs. Readers

Windows 8

Facebook

## Navigating your Smart Phon

**7201010** W Oct 16 10-11:15 am

Goodson

**7201510** W Oct 23 10-11:15 am

Lone Tree

## Education

### Bridge; Play of Hand; Diamond Series

Learn to count winners, losers, what are quick and slow losers, eliminating and trump control. Includes guidelines for defense, a review of Stayman & Jacoby transfer.

Instructor: Wilt Cooper, ACBL certified  
**M** 9:30-11:30 am Buck  
**704579** Sep 9-30  
**7045710** Oct 7-28  
 \$50/\$42 R

### Bridge Defense; Heart Series

Learn the best strategies for leads, card play in each seat, defensive signaling, establishing an approach with partner and how to interfere with declarer's plans.

Instructor: Wilt Cooper, ACBL certified  
 Th 1-3 pm Goodson  
**704439** Sep 5-26  
**7044310** Oct 3-24  
 \$50/\$42 R

### Standard Bidding Techniques

Class designed for beginners to find the Golden Fit, get to the best contract and learn current refinement. Covers: card play, hand evaluation, Golden rules, scoring, bidding, opening bids and responses.

**M** 12:30-2:30 pm Buck  
**704429** Sep 9-30  
**7044210** Oct 7-28  
 \$40/\$35 R

### New Fall Fashions for 55+

Learn the 5 key items you can add to your wardrobe to keep it up to date. An overview of new ways to wear clothing that you already have in your closet. A preview to Workshop on Tu, Oct 1.

**706609** Tu Sep 24 10-11:30 am  
 Buck  
 \$6/\$5 R

### Fall Fashion Workshop for 55+

See new fall fashions, and learn to incorporate them into your current wardrobe. Learn the secrets of dressing for your body type, explore new looks, look at fashion head to toe and go away with developing a great Fall look. Bring 3 outfits from your closet to experiment with. Presented by Adrienne Hynes, Fashion Coach for Women 55+. Bring a sack lunch or order a sandwich.

**7066010** Tu Oct 1 10 am-4 pm  
 Buck  
 \$30/\$25 R

### Fundamentals of Football – For Females

Join us and learn what 1st down means and why the referee is penalizing the defense. We'll talk about the fundamentals of football and the strategy of the game in a relaxed atmosphere, with questions welcome. Come talk sports with the gals. Refreshments served.

**704069** Tu Sep 17 1-3 pm  
 Goodson  
**704089** W Sep 18 1-3 pm  
 Lone Tree  
 \$6/\$5 R **65+:** \$5/\$4 R



### Workshop for Women

Become your own handywoman. Save money and time. Learn how to do the easy stuff yourself. Visit [www.workshopforwomen.com](http://www.workshopforwomen.com) for more information and class descriptions. Material fee required for some classes at first class. Held at Buck Center.

#### Electric Basics

**708599** Tu Sep 10 & 17 6-9 pm  
 \$169/\$159 R

#### Plumbing 101

**7085710** Tu Oct 1 6-9 pm  
 \$79/\$69 R

#### Basic Home Maintenance

**7085110** Tu Oct 15 6-8:30 pm  
 \$79/\$69 R

#### Weatherizing Your Home

**7086511** Tu Nov 12 6-8:30 pm  
 \$69/\$59 R

#### Hangings on walls & ceilings

**7085511** Tu Nov 19 6-8 pm  
 \$69/\$59 R

### Edwin A. Bigby Memorial Fund

The Edwin A Bigby Memorial Fund was established to help seniors enjoy the lunch and day trips programs. Anyone can nominate a senior. Please call 303-730-4609 for an application. South Suburban also has a general scholarship program. Call 303-347-5999 for an application.



## Health

### Heel Your Feet

Try "holistic foot care for the body, mind and sole." Receive specialized foot care or reflexology. For appt, call 303-730-4605. Available at Buck, Goodson, Lone Tree \$28/\$25 R

### Low Vision Support Group

Sponsored by American Council of the Blind 303 -831-0117.  
 2<sup>nd</sup> Th of month. 10 am Buck Ctr

### Medical Loan Closet

Medical equipment such as walkers, canes and crutches can be borrowed on a temporary basis for those in need. Call 303-730-4609 for availability.

## Drop-in Activities

### At Buck Recreation Center

Drop-in \$1.25 /\$1. R

- Pinochle M 12:30 pm
- Poker F 12:30 pm
- Bridge Tu & Th 12:30 pm
- Duplicate Bridge W 12:15 pm
- Mah Jongg W 1 pm
- Wii F 10 am

### At Goodson Recreation Center

- Coffee & Chats 2nd Tu of mo 11:30 am
- Health Education classes

### At Lone Tree Recreation Center

- Duplicate Bridge F 12:30 pm
- Coffee & Chats Last Tu of mo 11:30 am
- Line Dance Tu 2 & 3 pm

## Senior Programs

**Senior Tax Rebate**

District homeowners who are 65+ yrs. have an opportunity to furnish volunteer assistance in lieu of paying property taxes for South Suburban Parks & Recreation. Call 303-730-4609 for more information.

**Day Trips****Transportation and Escort included in fees for all trips.**

See a complete listing of trips and dates in the Adult Connection available at all South Suburban Recreation Centers and [www.sspr.org](http://www.sspr.org) or call 303-730-4606 or 303-797-8787.

**Five pick up locations available. see location key on pg. 61.**

**Other Trips Available:**

- Denver History Guided Bus Tour
- Candlelight Dinner Theatre
- Boulder Dinner Theatre
- Arvada Center
- Festivals & Events
- Museums

**Casino Trips from Buck****Bull Durham**

**713618** Tu Aug 6 9 am-3 pm  
(Register or Cancel by July 22)

**7136110** Tu Oct 22 9 am-3 pm  
(Register/Cancel by Oct 7)

**Bull Durham (Location subject to change.)**

**710229** Tu Sep 3 9 am-3 pm  
(Register or Cancel by Aug 19)

**7102211** Tu Nov 12 9 am-3 pm  
(Register/Cancel by Oct 28)

**New Year's at NOON!!!**

**7136112** Tu Dec 31 9 am-3 pm  
(Register or cancel by Dec 23)  
\$14/\$12 R **65+:** \$12/\$10 R

Additional dates available  
online at [www.sspr.org](http://www.sspr.org)

**Casino Trips from Lone Tree****Bull Durham**

**718178** W Aug 21 9 am-3 pm  
(Register/Cancel by Aug 6)

**7181711** W Nov 20 9 am-3 pm  
(Register/Cancel by Nov 5)

\$14/\$12 R

65+: \$12/\$10 R

**Wildwood Casino****Cripple Creek**

Marvel at the beautiful fall colors. Trip includes gambling, refreshment stop, coupons and an additional stop at the Garden of the Gods trading post on the way home.

**7129010** W Oct 2 8 am-6 pm  
(Register or cancel by Sep 9)

\$42 /\$40 R **65+:** \$40/\$38 R

**Elk Bugling****Estes Park**

Hear the unique call of the bull elk. Bring binoculars, warm clothing, and your Golden Age Pass or \$10 entrance fee for Rocky Mountain National Park. Enjoy early dinner at the Other Side Restaurant at own expense. (\$7-\$12).

**7129110** Th Oct 3 2:15-9 pm  
\$24 /\$20 R **65+:** \$20 /\$17 R

**Stanley Hotel Ghost Tour****Estes Park**

Take a spooky sojourn through time with a guided tour featuring hotel history, Stephen King's "Shining" connection, ghost stories and sightings, the most haunted rooms and places in the Stanley, and the underground tunnel. Lunch included at Big Horn Restaurant.

**7127010** Th Oct 24 10:30 am-4:30 pm  
\$76 /\$63 R **65+:** \$63 /\$53 R

**Veterans Salute****Wings Over the Rockies, Denver**

Pay special tribute to local veterans with a patriotic luncheon celebrating their contributions and a special recognition honoring the fallen. Tour the museum and enjoy an included lunch from Carrabba's, Italian Grill. Space is limited.

**7114011** W Nov 6 10 am -2:45 pm  
\$39 /\$33 R **65+:** \$33 /\$28 R

**White Fence Farm & Holiday Lights****Lakewood**

Enjoy family-style fried chicken dinner complete with homemade sides and dessert. After dinner, sit back and relax as you tour the holiday lights in the south suburbs.

**7106912** W Dec 11 4-7 pm  
\$37 /\$31 R **65+:** \$31 /\$26 R

**Breckenridge Snow Sculptures**

Enjoy a ride to the mountainous winter wonderland and see the incredible ice displays fashioned by competitors from around the world. Walking on uneven surfaces and snow packed.

**711721** Tu Jan 28 9 am-5 pm  
\$25 /\$21 R **65+:** \$21 /\$18 R

**Snowcat Tour****Winter Park**

Enjoy a high-altitude sightseeing tour of Winter Park Mountain in a heated, private, 12-passenger Snowcat. Enjoy lunch at your own expense in Winter Park. Space is limited.

**710172** Th Feb 13 8 am-3 pm  
\$85/\$75 R **65+:** \$75/\$65 R

Exertion level: 5

Register/Cancel by: Jan 14

**Just Lunch Bunch**

Meet to experience area restaurants, both new and well established. Come with friends or make new ones. Visit [www.sspr.org](http://www.sspr.org) for dates and locations. Lunch is at your own expense.

\$10/\$9 R **65+:** \$9/\$8 R

**Million Dollar Quartet****Buell Theater**

The electrifying true story of the one and only recording session between Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins. Brought together by Sam Phillips, the "Father of Rock 'n' Roll," that legendary night comes to life with an irresistible tale of broken promises, secrets, betrayal and celebrations featuring timeless hits including "Blue Suede Shoes," "That's All Right," "Sixteen Tons," "I Walk the Line," and more.

**718903** Su Mar 9 1-5:30 pm  
\$80/\$67 R **65+:** \$67/\$56 R



## Longs Peak Scottish Irish Highland Festival

Estes Park

Enjoy bands from Scotland, Ireland, Bermuda, Canada, Australia and New Zealand, as well as top Scottish & Irish entertainers, Highland and Irish dancers, Champion Scottish Athletes, jousts, and clans and dogs of the British Isles will compete and perform throughout the day. In addition, there will be Scottish and Irish importers and crafters, Exhibitions, food and beverage tents and much more to see and do. Fee includes entrance to the festivities only. Feel free to bring a sack lunch  
**718869** M Sep 2 10 am-7 pm  
 \$62/\$52 R **65+:** \$52/\$43 R

## Garden of the Gods

Colorado Springs

Spend the day surrounded by natural beauty as we travel to this Registered National Natural Landmark for a short educational film and a guided bus tour. Bring a sack lunch to enjoy in the park after the tour.

**712949** Th Sep 26  
 TBD (reverse pick-up)  
 \$41/\$34 R **65+:** \$34/\$28 R

## Sports Authority Stadium at Mile High Tour

Denver

Ever wonder what the inside of the Broncos' playing home looks like? Take a tour through the Sports Authority Field at Mile High! Enjoy seeing the Colorado Sports Hall of Fame Museum, party suites, united club level, the visiting team locker room, press center and much more. Lunch is on your own at the Rock Bottom Brewery after the tour.

**7169310** Th Oct 17  
 9:45 am-2:15 pm  
 \$37/\$31 R **65+:** \$31/\$26 R

## The Boulder Dushanbe Teahouse

Boulder

Enjoy one of the nation's most extensive collections of western art. More than 200 paintings and over 80 bronze sculptures are on display. After a visit to the museum, enjoy a luxurious teatime in Boulder's most exotic atmosphere. An elegant afternoon tea is served on white linen with an assortment of pastries and sweets, scones with cream and lemon curd, tea sandwiches, and your choice of three traditional blended teas.

**7105611** Th Nov 14  
 2-6 pm  
 \$55/\$46 R **65+:** \$46/\$39 R

## Assignments Restaurant-International Culinary School

Denver

A unique educational and dining establishment designed to create an open environment run entirely by students. Enjoy a four course meal and a short tour of the kitchen.

**7148211** W Nov 20  
 5:30-8:30 pm  
 \$51/\$43 R **65+:** \$43/\$36 R

## Outdoor Recreation



Good physical condition and the ability to walk with moderate to strenuous elevation gain is required. Transportation provided. Visit [www.sspr.org](http://www.sspr.org) for dates and locations.

## Friday Morning Walk About

Explore a variety of Denver area's hidden foot paths. Walk about 2 hours each week, approximately 3-4 miles. Transportation provided. Visit [www.sspr.org](http://www.sspr.org) or call 303-730-4606 for schedule. (Sep-Jun)  
 \$10/\$9 R **65+:** \$9/\$7 R

## Hiking & Snowshoe Trips

Enjoy the Colorado outdoors as we explore many hiking and snowshoe trails along the Front Range with moderate to strenuous elevation gain. Hikes range from 5-7 miles. Bring sunscreen, sack lunch and water. Snowshoe trips require snowshoes. For schedule visit [www.sspr.org](http://www.sspr.org) or call 303-730-4606.

## High Line Canal Challenge

Walk the High Line Canal from its beginning in Waterton Canyon to its culmination in Aurora. Trek the trail in 5-6 mile increments until you've completed the 71-mile challenge. Space is limited so register early and be notified of the orientation meeting.  
**703109** W Sep 4-Dec 11, 8 am-12 pm  
 \$35 Registration fee /\$30 R, \$6 weekly transportation fee

## Cherry Creek Challenge

Walk the length of the Cherry Creek Trail in 5-6 mile increments from Franktown, near Castlewood Canyon State Park, to Confluence Park in Denver. **MUST be able to walk a 20-minute mile.** 8 wks  
**703114** W Apr 2-May 21  
 8 am-12 pm  
 Registration Fee : \$20/\$16 R  
 \$6 weekly transportation fee

Senior Programs Trips and Tours has a new monthly newsletter. If you would like to be on the email listing please contact Lisa at 303-730-4606 or [lisar@sspr.org](mailto:lisar@sspr.org).

## 5 Trip/Tour Pick-Up

### Location Key

When registering for any of the Trips and Tours, make certain to select a pick up location from the key below.

A= Amity Plaza, 200 W. Sterne Pkwy.  
 BRC= Buck Recreation Center\*  
 2004 W. Powers Ave.

IA= South Suburban Ice Arena,  
 6580 S. Vine St. (North end)

SVW= Southview, (Windermere Side)  
 5820 S. Windermere St.

LT= Lone Tree Recreation Ctr.  
 10249 Ridgeway Circle

As requested/needed:

LB= Libby Bortz (JLB only)

BH = Bradley House

SVD= Southview (Datura side)

Call Lisa 303-730-4606 for pick up times.

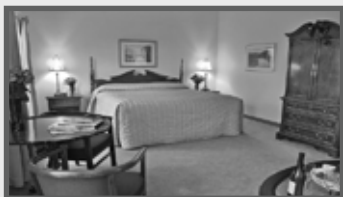
Independent participation is required for trips and tours. If you feel you may require special assistance for any of the trips and/or tours, please call the Trips & Tours Coordinator at 303-730-4606.

\*Trip start time is the pick-up time at the Buck Ctr. One hour may be added to accommodate pick-up/drop-off at various locations.

**Reverse pick-up:** Starts at Buck Ctr. and ends at Lone Tree.



## *The Right Place for You!*



Lone Tree Golf Club & Hotel is the public course for championship golf in South Metro Denver. Our iconic clubhouse features banquet and meeting sites, the Out of Bounds Bar & Grill, overnight hotel accommodations, and a tennis pavilion. Lone Tree Golf Club & Hotel is the right place for weddings, social gatherings, business meetings, and golf tournaments. Whether you are here to play, eat, or celebrate, Lone Tree Golf Club & Hotel offers an experience for everyone.

**303-790-0202**

9808 Sunningdale Blvd. Lone Tree, CO 80124  
[www.golflonetree.com](http://www.golflonetree.com)

**Owned & operated by South Suburban Parks & Recreation**

## South Suburban Board Members



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

### Board Meetings

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



**SOUTH SUBURBAN  
Park Foundation**

## **South Metro Trails Map available now!**

**Please visit [www.sspf.org](http://www.sspf.org) to order  
your complimentary copy.**

Suburban Park Foundation working collaboratively with community partners, has led the way to completing major trail and greenway projects including the Mary Carter Greenway/South Platte River Trail; the Discovery Pavilion at Chatfield; the 200-foot pedestrian Platte River Bridge providing the vital link to the Big Dry Creek; and, most recently, the Centennial Link Trail.

Our most recent projects include completing the final phases of the Centennial Link Trail and the Littleton Community Trail. Please visit our new website at [www.sspf.org](http://www.sspf.org) for project updates and to join our mailing list. And, please "like us" on Facebook!

We are committed to leaving a legacy of greenways, trails and open space through partnerships with community members, government agencies, corporations and philanthropic institutions.

**We Build Trails!**

# 3 Easy Ways To Register



## Online **www.sspr.org**

District residents' registrations are processed on a first-come, first-served basis. Non-District residents may pre-register with registrations processed on a **space available basis** beginning Monday, August 12.

**Athletic League Forms**  
available at **www.sspr.org**.



## Phone In **303-347-5999**

Please have selections and credit card information available.

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



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

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

**Athletics League  
Registration is in the  
Administration Building**  
6631 S University Blvd  
Centennial, CO 80121

M-F 8 am-5 pm

**Questions? 303-798-7515**

## How Do I Get a District Photo ID?

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

## Refunds/Cancellations

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

## Code of Conduct

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

## Nondiscrimination Policy

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

## Americans with Disabilities Act

If you require special assistance, please call 303-730-4608.

## Indemnification and Waiver of Liability

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

## Photos and Email Addresses

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

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

**For the most current activities and information,  
visit [www.sspr.org](http://www.sspr.org). Fees and dates subject to change.**

R=Resident fee

## Family Passes

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



# KIDS Nights



**Hey Parents!**  
**South Suburban Parks and  
 Recreation now offers  
 a fun event for kids  
 EVERY Friday and  
 Saturday Night!**

**Scan the QR code  
 to register or visit  
[www.sspr.org](http://www.sspr.org).**



Call 303-483-7036 for more  
 information for  
 Rec & Rock/Buck Blitz or  
 303-754-0552 for offerings at  
 Family Sports.  
 Visit [www.sspr.org](http://www.sspr.org)  
 for more information.



Week	Friday	Saturday
<b>1</b>	Xtreme Teens at Family Sports 7-10 pm 9-14 yrs	Rec & Rock at Goodson Ctr. 7-10 pm 9-14 yrs
<b>2</b>	Buck Blitz at Buck Ctr. 7-10 pm 9-14 yrs	Rec & Rock on the Go At Family Sports 7-10 pm 9-14 yrs
<b>3</b>	Parents Night Out Gymnastics at Goodson 6-9 pm 5-12 yrs	Movie Night at Lone Tree Rec Ctr. 5-9 pm 3-12 yrs
<b>4</b>	Kids Adventure Night at Family Sports 6-9 pm 6-9 yrs	Rec & Rock at Lone Tree Rec Ctr. 7-10 pm 9-14 yrs <small>This program will not be held 5/25</small>



**Stretch**  
**Your Recreation Dollars**

**Like saving money?**

**Want to have more fun?**

Visit [www.sspr.org](http://www.sspr.org) for special coupons.

**Offers change monthly, so visit often!**



# South Suburban Fall/Winter Events

## Ballroom Dance Nights

Lone Tree Ctr Sat, 6:30-9:30 pm

461989 Sep 7

4619811 Nov 2

461981 Jan 4

461983 Mar 1

Buck Ctr Sat, 6:30-9:30 pm

3963410 Oct 5

3963412 Dec 7

396342 Feb 1

\$10 per person /\$8 R



## August

### FREE! RidgeGate WalkConcert

Wed, Aug 7, 11:30 am-1 pm

### The Martini Shot

Prairie Sky Park, next to Lone Tree Ctr.

### FREE! 24th Family Night - Concert & Fireworks

Fri, August 9, 6-10 pm

Sterne Park, 5800 S. Spotswood Ave., Littleton

### Family Arts at

### A Taste of Lone Tree

Sa Aug 10 11 am-6 pm

Su Aug 11 11 am-6 pm

Lincoln Commons at Ridgeway Cir.

(near Target)

FREE!

### Pancake Stampede! 5K

Sun, Aug 11, 8 am, Hudson Gardens

[www.RunningGuru.com/Event/Pancake](http://www.RunningGuru.com/Event/Pancake)

## September

### Puppy Paddle

Sat, Sept 7, Holly Pool,

303-483-7062

101009 10-2 pm

\$7 pre-pay by 7 pm, W, Sept 5

\$8 at the door



### FREE! Touch-A-Truck

Sat, Sept 21, 10 am-1 pm

South Suburban Ice Arena

6580 S. Vine St., Centennial

FREE!



### FORE! Miler

Sun, Sep 29, 7 am, Lone Tree Golf Course

Register online: [www.RunningGuru.com/Event/FOREMiler](http://www.RunningGuru.com/Event/FOREMiler)

FOREMiler

## October

### Frankenstein Slept Here A Youth Theater Production

3960010 Sa Oct 26 7 pm

3960110 Su Oct 27 3 pm

The Theater at Buck Rec Ctr

\$7 Adult/ \$4 Youth



### Family Sports Center 2nd Annual Monster Mash, Halloween Bash

Sat, Oct 19, 6-9 pm

#4812011 \$10/\$8R

Family Sports Center

303-708-9500

Register online at [www.sspr.org](http://www.sspr.org).

### Spooktacular

1060010 Fri, Oct 18, 5:30-8 pm

303-483-7062

\$4 pre-pay by 7 pm, Wed, Oct 16

\$6 starting Oct 17

Goodson Recreation Center

Sponsored by City of Centennial



### Hoofin' It Through the Hollows Fall 5K

Sat, Oct 26, 5:30 pm

deKoevend Park, 6301 S. University Blvd.

[www.RunningGuru.com/Event/HoofinIt](http://www.RunningGuru.com/Event/HoofinIt)

## November

### Day of the Dead Party Día De Los Muertos

Fri, Nov 1 6-8 pm

Sheridan Recreation Ctr

\$1 at the door



## December

### Breakfast with Santa

Sat, Dec 7

7052012 (8:30 am seating)

7052112 (9:30 am seating)

Douglas H. Buck Community

Recreation Center,

303-797-8787

\$5 /\$4 R

Children under 10: \$2 each

Presented by Littleton Rotary



### FREE! 27th Annual Holiday Arts & Crafts Fair

Sat, Dec 7, 9:30 am-4 pm

Goodson Recreation Center

## FREE! Holiday Ice Shows

South Suburban Ice Arena

Fri, Dec 20, 6 pm & Sat, Dec 21, 3:15 pm

Family Sports Center

Sun, Dec 22, 4:30 pm

Bring canned or package food for our annual food drive benefitting Inter-Faith Community Services

### Skate with Santa

South Suburban Ice Arena

Fri, Dec 20 7-7:45 pm

Sat, Dec 21 2:15-3 pm

Family Sports Center •

303-708-9500

Sat, Dec 21 1-1:45 pm,

Sun, Dec 22, 3:15-4 pm

Public Skating fees apply.



### FREE! Snowman Building Event

Sat, Dec 21, 2-4pm

Family Sports Center

Call 303-754-0552 for more info

FREE

### New Year's Eve Extravaganza

9-14 yrs

Tue, Dec. 31, 8-11 pm

Family Sports Center

See inside front cover.



## January

### Mass Hipsteria Horn Concert

12-Adult

409521 Sat, Jan 4, 7 pm

The Theater at Buck Rec Ctr

\$10 /\$8 R

## February

### Super Sunday Fun Run 5K

Sun, Feb 2, 10 am Platte River Bar & Grill

\$25 Pre-race and \$30 race day

Register online: [www.RunningGuru.com/Event/SuperSunday](http://www.RunningGuru.com/Event/SuperSunday)

SuperSunday

### Jeff Scroggins and Colorado Bluegrass Concert

12-Adult

409622 Sat, Feb 22 7 pm

The Theater at Buck Rec Ctr

\$10 /\$8 R

Volunteer and sponsorship opportunities available, please contact 303-483-7013 or [teresac@sspr.org](mailto:teresac@sspr.org).



For more special events visit  
[www.sspr.org](http://www.sspr.org).



South Suburban  
PARKS AND RECREATION



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Centennial, CO 80121-2913

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# September Packs a Punch Special!

**Purchase 30-Punches  
and get 5 FREE!  
SAVE \$26!!**

As Low as \$3.26 per visit!

**Purchase 15-Punches  
and get 2 FREE!**

- Punch cards never expire.
- Daily Admission to 3 Recreation Centers
- Pay as you go
- Bring guests or family and use your punches!

Valid at Goodson, Buck and Lone Tree recreation centers.  
Certain restrictions apply.

**Visit [www.sspr.org](http://www.sspr.org) for hours and fitness class schedules.**



# Holiday Admission Special

## 10% Off

Nov 21-Dec 31 ❄️

**Passes, Punches\* and  
Personal Training**

available at three recreation centers.

\*Does not include gymnastics punch cards.

Includes drop-in fitness classes, weight room, state-of-the-art cardiovascular equipment, running track, indoor cycling, leisure pool and gym.

For more information see page 2.