



# 60th Annual ★ Memorial Day Parade ★

Join us at Colorado's largest parade to honor those who have made the ultimate sacrifice in the Armed Services.

★ MONDAY, MAY 25 ★

[c3gov.com/Parade](http://c3gov.com/Parade)



## SAVE THE DATE



Saturday, July 4 | 5-9 p.m.  
Dick's Sporting Goods Park



For more information,  
visit [c3gov.com/4thFest](http://c3gov.com/4thFest)

This event is  
**OPEN TO ALL**



Commerce City  
Recreation

**SATURDAY, MAY 16**

## KIDS TO PARKS DAY AT MONACO PARK

Join us for a family fun day filled with fun, activities, and more! Bring your friends and family to create unforgettable memories together!

### FREE KIDS TO PARKS DAY EVENT 10 A.M. - 1 P.M.

Bring your kids to learn more about the local park and take part in fun activities such as:

- Crafts
- Face Painting
- Inflatables
- Scavenger Hunt



### BUBBLE FUN RUN - 7004.201 8:30 - 10 A.M. | AGES 6 AND UP

Also, wear your running shoes and join our fun 1 mile run! Whether you're an experienced runner or want to walk, everyone is welcome.

**\$20/\$25 PER PERSON**

**Monaco Park  
5790 Monaco St.**



FOR MORE INFORMATION:  
[c3gov.com/Recreation](http://c3gov.com/Recreation)



RESOURCE  
central  
CONSERVATION MADE EASY



## LOW-WATER GARDENING MADE EASY

with Garden In A Box



GET UP TO

# \$25

OFF YOUR KIT!

Save water  
easily

Low-water perennial kits  
save thousands of  
gallons over turf grass.

Attract the  
"locals"

Colorful blooms attract  
pollinators & bring your  
garden to life.

No green thumb  
needed

Plant-by-number maps  
make planning &  
planting easy.

**START PLANNING  
YOUR GARDEN  
NOW!**



Preorder at [ResourceCentral.org/gardens](http://ResourceCentral.org/gardens)

[GardenInfo@ResourceCentral.org](mailto:GardenInfo@ResourceCentral.org)  
303-999-3820 x 222



7753.101

## MOMMY AND ME TEA *Kentucky Derby*



**AGES 4 AND UP**

**EXPERIENCE THE CHARM OF THE KENTUCKY DERBY!**

Join us for an enjoyable afternoon filled with Southern charm! Inspired by the Kentucky Derby, you and your little one can enjoy in sweet treats, refreshing tea, and fun activities.

**SATURDAY, MAY 2  
11 A.M - 1 P.M.**

Bison Ridge Recreation Center  
13905 E. 112th Ave.

**\$15/\$20 PER PERSON**

FOR MORE INFORMATION:  
[c3gov.com/Recreation](http://c3gov.com/Recreation)





**BISON RIDGE RECREATION CENTER**

13905 E. 112th Ave.  
 Commerce City, CO 80022  
 Phone: 303-286-6800  
 Registration: 303-286-6801

**EAGLE POINTE RECREATION CENTER**

6060 Parkway Dr.  
 Commerce City, CO 80022  
 Phone: 303-289-3760  
 Fax: 303-289-3783  
 Registration: 303-289-3789

**BISON RIDGE AND EAGLE POINTE HOURS**

Monday – Friday: 5 a.m.–9:30 p.m.  
 Saturday: 7 a.m.–7 p.m.  
 Sunday: 8 a.m.–6 p.m.

**ACTIVE ADULT CENTER AT EAGLE POINTE**

Monday – Friday: 8 a.m.–4 p.m.  
 Adult information: 303-289-3720

**ACTIVE ADULT CENTER AT BISON RIDGE**

Monday – Friday: 8 a.m.–4 p.m.  
 Adult Information: 303-289-3764

**FACILITY CLOSURE DATES**

- April 5:** Both facilities closed  
Easter
- April 26:** Both facilities closed  
Staff Training
- May 25:** Both facilities closed  
Memorial Day
- July 4:** Both facilities closed  
Independence Day
- Aug 24–Sept 4:** Bison Ridge closed  
Annual Facility Maintenance
- September 7:** Both facilities close at 1 p.m.  
Labor Day
- Sept 8–Sept 18:** Eagle Pointe closed  
Annual Facility Maintenance

**IMPORTANT NUMBERS**

- Athletic Weather Hotline**  
303-289-3757
- Buffalo Run Golf Course**  
303-289-1500

**DEPARTMENT STAFF**

- Chad Redin**  
Parks, Recreation, and Golf Director
- Kathy LeVeque**  
Parks, Recreation, and Golf Deputy Director
- Tim Duda**  
Recreation Manager
- Paul Hebinck**  
PGA, Golf Manager

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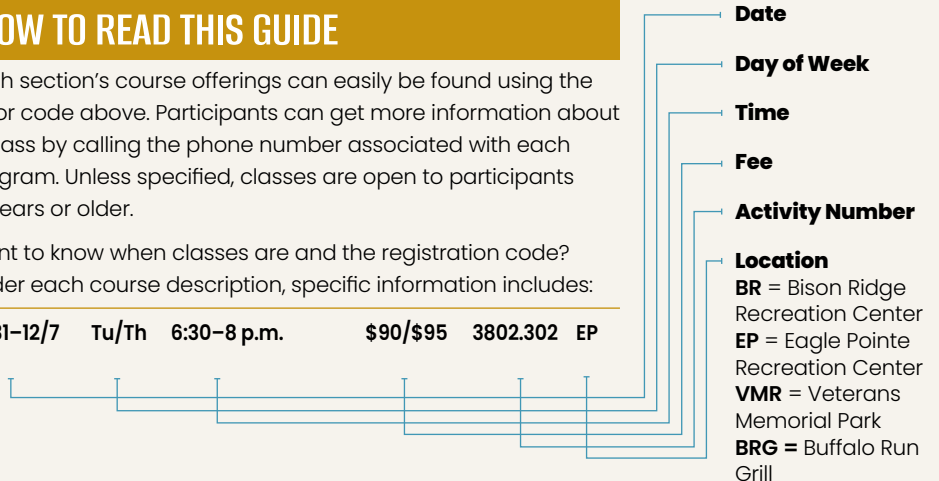
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## HOW TO READ THIS GUIDE

Each section’s course offerings can easily be found using the color code above. Participants can get more information about a class by calling the phone number associated with each program. Unless specified, classes are open to participants 16 years or older.

Want to know when classes are and the registration code? Under each course description, specific information includes:

10/31–12/7 Tu/Th 6:30–8 p.m. \$90/\$95 3802.302 EP



- Date**
- Day of Week**
- Time**
- Fee**
- Activity Number**
- Location**  
**BR** = Bison Ridge Recreation Center  
**EP** = Eagle Pointe Recreation Center  
**VMR** = Veterans Memorial Park  
**BRG** = Buffalo Run Grill



# Park After Dark



## FREE OUTDOOR MOVIE NIGHTS

Free Admission • No Registration Required

**FRIDAY, MAY 29**



TBD



Veterans Memorial Park  
6015 Forest Dr.

**FRIDAY, JUNE 26**



Wall-e (G)



Belle Creek Town Square Park  
10693 Belle Creek Blvd.

## NEW! PARK AFTER DARK AT PARADICE

**FRIDAY, JULY 31**



Surf's Up (PG)



Paradise Island Pool  
5951 Monaco St.

REGISTRATION  
REQUIRED TO ATTEND

**\$6/\$8**

VISIT [C3GOV.COM/REGISTER](http://C3GOV.COM/REGISTER)



2026 SUMMER CONCERT SERIES

# MUSIC IN THE PARK

6:30 - 8:30 P.M.

**Free!**

Enjoy this family-friendly event featuring local bands, bites to eat from a variety of food trucks, and take home a swag bag filled with information from the city, local nonprofit organizations, and service providers.

Questions? Email:  
[Msummer@c3gov.com](mailto:Msummer@c3gov.com)

Learn more:  
[c3gov.com/Recreation](http://c3gov.com/Recreation)

**June 11**

Featuring Chicano Heat  
Veterans Memorial Park  
6015 Forest Dr.

**June 25**

Featuring Latin Sol  
Fronterra Park  
10020 Joplin St.

**July 9**

Featuring Hot Lunch  
River Run Park  
11515 S. Oswego St.

**July 23**

Featuring Remezcla  
Pioneer Park  
5950 Holly St.



# FISHING FRENZY DERBY

**Saturday, Sept. 12 | 8 - 11 a.m.**  
Lake Mary at Rocky Mountain Arsenal National Wildlife Refuge  
6550 Gateway Rd.

Join us for a reel good time at the Fishing Frenzy Derby! Don't miss your chance to experience the thrill of the catch and connect with fellow fishing enthusiasts!

This exciting day offers a range of activities that will have you hooked.

- Youth Fishing Derby (\$5R/\$7NR) Ages 5-16
- Toddler Pool Fishing (Free)
- Family Fishing (Free)
- Family Friendly Animal Encounters
- And More!

For more information, visit [c3gov.com/Recreation](http://c3gov.com/Recreation) 7711.301

SAVE THE DATES

# JUNETEENTH RECOGNITION

Monday, June 15

**RAISING OF THE FLAG CEREMONY**

4:30 p.m.  
Civic Center  
7887 E. 60th Ave.

Friday, June 19

**CELEBRATION EVENT**

4:30 - 7:30 p.m.  
Pioneer Park  
5950 Holly St.

[c3gov.com/Juneteenth](http://c3gov.com/Juneteenth)



# REGISTRATION

## POLICIES

### Code of Conduct

Visitors must display appropriate social behavior during all programs and use of recreation facilities. Individuals should refrain from hurting another person physically, mentally, or emotionally. Staff have the right to deny participation of any individual who staff determine to be a safety risk or may inhibit the experience of others participating in a program, event, or field trip. Failure to follow this code could result in removal from class, program, and/or facility.

### Non-Discrimination Policy

Commerce City does not discriminate on the basis of age, sex, religion, ethnicity, sexual orientation, or ability in its hiring, access to, or operation of its facilities, programs, and services.

### Personal Training Policy

Personal training in exchange for money or services is not permitted in the recreation center or on city-owned facilities by anyone other than authorized Commerce City staff. City staff reserves the right to monitor workouts that appear to be commercial personal training sessions.

### People with Disabilities

Commerce City Parks, Recreation, and Golf is committed to providing recreation programs and opportunities to all residents of our community, including residents with special needs. If you or a family member has a disability or special need and are interested in participating in or attending Commerce City Parks, Recreation, and Golf services, programs, or activities, the city will make reasonable accommodations such as changing rules, policies, and practices; removing barriers to participation or providing auxiliary aides or services in order to assure you are allowed to participate. To assist Commerce City Parks, Recreation and Golf in making these accommodations, we urge a timely call prior to your involvement to discuss the necessary accommodation with our staff. Kindly understand that depending on the accommodation requested, significant advance notice may be required. Failure to provide timely notice of accommodation may result in a temporary delay in participation and/or registration in our programs or activities.

### Personal Release Statement

Users understand that participation in recreational activities and services may have an element of hazard or inherent danger, and users are fully responsible for their actions and physical condition. Users agree to indemnify and hold harmless the City of Commerce City, its employees and agents for any liability, loss, cost or expense (including attorney's fees, medical and ambulance costs) incurred while participating in park and recreation activities.

### Donations

The Commerce City Parks, Recreation and Golf Department welcomes and appreciates donations from the community; however, the city reserves the right to refuse a donation. Donations are solicited and/or accepted with the understanding that the city has complete control over all funds, items and services received. Your contribution, if donated for a specific program or project, will be applied to those programs or projects. Unsolicited donations will be used where the city deems appropriate.

**Commerce City Recreation**

## Parks, Recreation, and Golf Scholarship Program

The PRG Scholarship Program provides Commerce City families the opportunity to participate in engaging, quality programs that they may not be able to afford without assistance.

<b>21</b>	<b>50</b>	<b>100</b>
Available for most programs \$21 and up	Up to 50% discount on programs	Available to 100% of our residents

**For more information please visit [c3gov.com/prg-scholarships](http://c3gov.com/prg-scholarships)**



## RECREATION CENTER FEES

Daily Rates	Child 3-7	Youth 8-17	Adult 18-61	Senior 62+
Daily	\$4	\$5	\$6.25	\$5
Resident w/Play Pass	\$1	\$2	\$4	\$2
Corporate w/Play Pass			\$5	

Resident Rates	20-Visit	Monthly	Annual
Individual Adult, 18-61 yrs	\$64	\$32	\$200
Individual Child, 3-7 yrs	\$16	\$8	\$62.50
Individual Youth, 8-17 yrs	\$32	\$16	\$125
Individual Senior, 62+ yrs			\$12
Household of Two			\$300
Household of Four*			\$450

Corporate Rates	20-Visit	Monthly	Annual
Corporate	\$80	\$40	\$312.50

\*Household of Four - \$30 fee to add additional qualifying person - refer to household description below

• Military Discount (Active and Disabled Veteran) Free.  
See page 6.

Nonresident Rates	20-Visit	Monthly	Annual
Individual Adult, 18-61 yrs	\$100	\$50	\$390
Individual Child, 3-7 yrs	\$64	\$32	\$250
Individual Youth, 8-17 yrs	\$80	\$40	\$312.50
Individual Senior, 62+ yrs	\$80	\$40	\$312.50
Household of Two			\$640
Household of Four*			\$952.50

\* Household of Four Additional - \$30 fee to add additional qualifying person - refer to household description below

• Household consists of at least one parent or legal guardian and dependent family members 23 years and younger all living in the same home. Adult siblings, grandparents, grandchildren, aunts/uncles and **do not** fall under the classification of a household.

**PUNCH PASSES** for Admission and Child Watch expire one year from the date of purchase. Refunds/Extensions will not be provided for unused punches.

## CHILD WATCH

Please contact each center for hours of operation.

### Resident Rates

- \$5 for 90 minutes per child
- Five (5)-90 min pass card for \$25
- Ten (10)-90 min pass card for \$50
- Fifteen (15)-90 min pass card for \$75

### Nonresident Rates

- \$6 for 90 minutes per child
- Five (5)-90 min pass card for \$30
- Ten (10)-90 min pass card for \$60
- Fifteen (15)-90 min pass card for \$90

### Child Watch Guidelines

- Parents or guardians must remain in the facility while utilizing Child Watch services.
- Sick children will not be permitted.
- Child Watch is for aged 6 months to 11 years old.
- Space is limited and not guaranteed.
- An additional hourly fee will be charged if child is picked up 10 minutes or more after the designated end time.
- Childcare reservations cannot be made in advance.

## RECREATION PLAY PASS CARD

- One card, MEGA options: Use one card for your punches, passes, or memberships at BOTH recreation centers - Eagle Pointe and Bison Ridge, and resident rates or season passes at Paradise Island.

### How to Purchase Play Pass

- Passes are currently sold at both recreation centers.
- Play Pass required at check-in for discounted rate at all eligible Facilities.
- Recreation Play Passes are \$5 for residents and \$6 for corporate members.
- Proof of residency is required for resident Play Pass.
- Proof of employment in Commerce City is required for corporate rates.
- Proof of age is needed to purchase or renew a card.
- Youth ages 3-15 must have a parent or guardian complete their registration.
- Cards are valid for two years; no refunds.
- Lost cards can be reprinted for \$5 per card.



# REGISTRATION

## Residency Qualifications

Any person permanently living within Commerce City is considered a resident. To receive resident rates, applicants must provide:

- Valid photo ID (driver's license or state ID card) showing city residency. If ID does NOT show a Commerce City address, you will need one of the following:
  - Utility bill (gas/electric, telephone or water) with city address

**OR**

- Voter registration with city address **OR**
- Car registration or insurance with city address

P.O. Box numbers are not acceptable proof of residency

## Active Military Membership Benefits

Commerce City residents who are active members of the U.S. Armed Forces, Merchant Marines, Reserve or National Guard members on active orders, and their immediate family (spouse and minor children or legal wards) may obtain a free annual membership to the Bison Ridge and Eagle Pointe Recreation Centers, and Paradise Island Pool. To obtain or renew a free annual membership, please provide:

- Proof of active military service (government-issued active military badge) or active orders (for National Guard/Reserves)
- Proof of residency in Commerce City: (see requirements above)

## Disabled Veteran Membership Benefits

Commerce City residents who were honorably discharged from U.S. Armed Forces and have a 50% or greater service-connected disability rating may obtain a free annual membership (individual only) to the Bison Ridge and Eagle Pointe recreation centers and Paradise Island Pool. To obtain a free annual membership, the veteran must provide at time of membership:

- A letter from Veteran Affairs, dated no more than 60 days prior to application or renewal, indicating that the individual's combined service-related disability rating is at least 50%
- Proof of residency in Commerce City (see requirements above)

## Corporate Memberships

Adults working in Commerce City are eligible for discounted membership and admission rates. To qualify, adults must provide a valid photo ID and a current paycheck stub from a business in Commerce City.

## THREE EASY WAYS TO REGISTER!



### PHONE

Bison Ridge: 303-286-6801

Eagle Pointe: 303-289-3789



### ONLINE REGISTRATION WITH ACTIVENET

ActiveNet allows you to search, register, and pay for programs and leagues on any computer, tablet, or smartphone.

1. Visit [c3gov.com/Register](https://c3gov.com/Register).



2. Request an account online or sign in using existing account information with log-in link in the upper right-hand corner.

Please note account approvals can take up to 24 hours to process, excluding holidays and weekends. To add additional family members to your online account, please call or visit one of the recreation centers.

3. Once logged in, click the "Activities" tab and search for the course number or class title. Proceed to check-out and enter your credit card information.

4. Select the class and then click the green "Add to My Cart" button.

5. Select the participant's name and then click "Continue."

6. Take a minute to review your order and print your receipt.



### IN-PERSON

Eagle Pointe Recreation Center  
6060 Parkway Dr.

Bison Ridge Recreation Center  
13905 E. 112th Ave.

Monday – Friday: 5 a.m.–9:30 p.m.

Saturday: 7 a.m.–7 p.m. | Sunday 8 a.m.–6 p.m.



## RECREATION CENTER RENTALS

Reservations must be submitted a minimum of two weeks before the event date. Visit [c3gov.com/rent-or-reserve](https://c3gov.com/rent-or-reserve) for more information about facility rentals.



### Bison Ridge Recreation Center (13905 E. 112th Ave.) 303-289-3695

- Three large multipurpose community rooms with audio/video system, stage and outdoor deck.
- Individual rooms can seat 50-100 people theater-style or 60-100 banquet-style.
- Removable walls allow up to 300 people seated theater-style or 250 people seated banquet-style
- Two conference rooms
- Two pool party rooms attached to the indoor aquatic center

### Eagle Pointe Recreation Center (6060 Parkway Dr.) 303-289-8191

- Five multipurpose rooms offer 1,425 square feet
- Seats up to 100 people theater-style or 75 banquet-style.
- Two conference rooms

## Recreation Center Rates

Hourly rates are \$15 to \$45 for residents and \$25 to \$60 for nonresident, depending on space and use. A damage deposit of \$50 per room is required and is refundable if the facility is left clean and undamaged.

### Room rental is subject to the following conditions:

- Minimum of 4 hours for all 3 community rooms at Bison Ridge
- After-hours room rentals are available until midnight for an additional fee
- Political events/fundraisers are prohibited

## Bison Grill at Buffalo Run Golf Course

The Bison Grill is available for holiday parties, wedding rehearsals, receptions and custom events. Visit [BuffaloRunGolfCourse.com](https://BuffaloRunGolfCourse.com) or call 303-289-7700 for more information.

## Athletic Facility Rentals

Visit page 47 for Athletic Rental details.

## PICNIC SHELTER RENTALS (AVAILABLE MARCH–OCTOBER)

Commerce City is home to 20 parks, over half of which have shelters available to rent for family picnics, business meetings, corporate outings, church functions, and more.

Applications for shelter rentals are taken starting March 1. Shelters can be rented daily from 8 a.m. to 10 p.m. through October. Reservations must be made at least two weeks in advance.

To reserve a picnic shelter, please visit [c3gov.com/Register](https://c3gov.com/Register), and click on the reservations tab. If you need additional help, please visit either recreation center in person for help completing your application, including any permits for alcohol or special events. A \$100 deposit and all rental fees are due at the time of the reservation. The deposit is refunded in full if the shelter is left clean and undamaged.

Shelter fees are based on all-day use. All shelters are equipped with lights except for the Prairie Gateway Open Space shelter. Electricity may not be available at all shelters.

Note: Electricity/outlet is complementary to the shelter and not part of the fee or a paid service. While we will do what we can to check power sources, we cannot and do not guarantee power availability.

Smoking is banned in all city parks, trails, and open spaces and only permitted in parking areas.

For updated shelter information please call 303-289-3789.

Parks and the number of shelters available for rental are:

Fairfax Park*	3 shelters
Pioneer Park*	2 shelters
Stampede Park*	1 shelter
Freedom Park*	1 shelter
Prairie Gateway Open Space	1 shelter
Fronterra Park*	1 shelter
River Run Park*	2 shelters
Villages East Park*	1 shelter
Monaco Park*	2 shelters
Turnberry Park*	1 shelter
Veterans Memorial Park*	2 shelters

\*Parks marked with an asterisk are available to rent online at [c3gov.com/Register](https://c3gov.com/Register).



# PARADISE ISLAND AT PIONEER PARK



Float down the lazy river, zoom down water slides, or get your game on in the sports pool. Let the little ones play in the toddler pool, while kids of all ages have a blast in the game-themed leisure pool.

## HOURS

May 23 -Sept. 7

Open Daily 10 a.m.-6 p.m. through August 9

Weekend-only operations: 8/15-16, 8/22-23, 8/29-30 and 9/5-7.

Paradise Island closes for the season on September 7.

For additional information: [c3gov.com/Paradise](http://c3gov.com/Paradise)



## DAILY ADMISSION

For nonresident and residents who do not have a valid Recreation Play Pass.

Daily Rates	Child 0-2	Child 3-7	Youth 8-17	Adult 18-61	Senior 62+
	FREE	\$6	\$8	\$10	\$8

## RESIDENT RATES

To receive resident rates, all guests ages 3 and older must have a valid Recreation Play Pass. Refer to page 5 for Play Pass information.

Daily Rates	Child 0-2	Child 3-7	Youth 8-17	Adult 18-61	Senior 62+
	FREE	\$2	\$3	\$4	\$3

## Daily Admission\*

	FREE	\$2	\$3	\$4	\$3
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## 10 Visit Card\*

	FREE	\$16	\$24	\$32	\$24
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## Individual Season Pass\*

	FREE	\$42	\$63	\$84	\$63
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## Family Season Pass\*

Up to 4 people \$231. Each additional person is \$30.

\* Available to Commerce City Residents Only.  
(with Recreation Play Pass)

**For your enjoyment, please be prepared to observe the following safety guidelines and pool policies during your visit:**

## WEATHER POLICY

• Refunds will not be granted if the park closes due to inclement weather. This includes rain, lightning, tornado warnings, and

any other weather concern that makes the park unsafe for guests.

- Instructions from lifeguards and guest relations staff must be obeyed at all times.
- Please be courteous. Foul language, fighting or abusive behavior will not be tolerated and will result in immediate ejection from the park.

## PROPER SWIM ATTIRE IS REQUIRED

- Basketball shorts, other sportswear, cotton, or any other clothing that is not specifically made for use in a swimming pool is prohibited.
- Personal safety devices must be removable and non-inflatable (Type III PFD Coast Guard Approved). Water wings, floatation suits, and swim trainers are not allowed.

## AGE AND HEIGHT REQUIREMENTS

- Children ages 7 and younger must be accompanied in the water and within arm's reach by an adult age 18 or over.
- Children between the ages of 8-11 must be actively supervised by a person age 16 or older.
- Children ages 12 and older may swim without adult supervision.
- Children who are not toilet-trained must wear swim diapers.
- Guests must be 48" or taller to ride the slides.

## PARADISE ISLAND POOL PARTIES AND RENTALS

Reservations for parties and cabana rentals will be taken beginning May 2. Fees are for cabana rentals only. Additional admission rates will apply.

Cabana Rentals	Resident	Nonresident
20 x 20 (up to 24 people)	\$60*	\$80*
16 x 16 (up to 12 people)	\$50*	\$70*

\*Taxes not included

**Cabanas 1-3:** 4 picnic tables; seats 24; max capacity 32

**Cabanas 4-7:** 2 round tables and 7 lounge chairs; seats 15; max capacity 23

**Cabanas 8-11:** 2 picnic tables; seats 12; max capacity 20

To reserve a cabana, visit [c3gov.com/rent-or-reserve](http://c3gov.com/rent-or-reserve) to make a reservation online.

Day-of reservations are available only in person.

**Cabana Rental Special:** Receive \$20 off rates Mon-Thur.



# PARKS & RECREATION MONTH

MONTH LONG CELEBRATION

PRESENTED BY



LEARN MORE AT [C3GOV.COM/RECREATION](http://C3GOV.COM/RECREATION)



A REPLENISHING FREE COMMUNITY MEAL

## THE WELL

PROVIDED BY THE COMMUNITY WELL-BEING DIVISION  
IN PARTNERSHIP WITH 180 COMMUNITY CHURCH

**Second Friday of every month**

*Meal, pop-up clinic, and resources*

**Fourth Friday of every month**

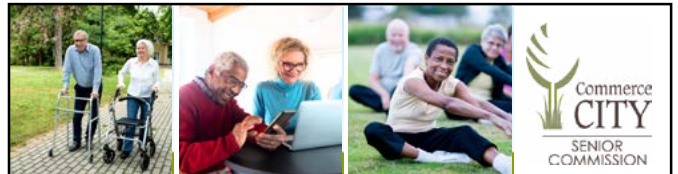
*Grab-and-go lunch*

**11 a.m. - 1 p.m.**

Our Saviour Lutheran Church, 6770 Monaco St.



Questions? Contact 720-769-5772 or visit [c3gov.com/CWB](http://c3gov.com/CWB)



PRESENTED BY THE  
COMMERCE CITY SENIOR COMMISSION

## SENIOR RESOURCE FAIR

**SATURDAY, JUNE 6 | 9 A.M. - 1 P.M.**

**Eagle Pointe Recreation Center, 6060 Parkway Dr.**

Free transportation from Bison Ridge Recreation Center  
(13905 E. 112th Ave.) provided via shuttle bus

Come learn about free and low-cost resources for seniors in addition to enjoying free food, giveaways, demonstrations, and educational seminars!



For questions, contact the Senior Commission at  
[SeniorCommission@c3gov.com](mailto:SeniorCommission@c3gov.com)



# ADULTS

## ACTIVE ADULT CENTERS

Everyone is welcome! Come enjoy hot coffee, fresh popcorn, and good company. Browse our selection of books in our lending library and join your community at the puzzle corner.

**Daily classes and drop-in activities for adults.**

**Discount memberships for residents aged 62+!**

**Drop-In Hours: Monday-Friday 8 a.m.- 4 p.m.**

### Daily Drop-in Activities Schedule

No registration required. Free and open to adults 18 & up.

	Bison Ridge	Eagle Pointe
Monday	Walking Club (10-11 a.m.)	Walking Club (10-11 a.m.) Dominos (10 a.m.-3 p.m.)
Tuesday	Reading Together (Noon-3:30p.m.)	Inclusion Board Games (9 a.m.-noon) Five Crowns (Noon-3:30p.m.)
Wednesday	Diamond Painting (9 a.m.-noon)	Quilting (9 a.m.-noon) Rummikub (10 a.m.-3:30 p.m.)
Thursday	Inclusion Board Games (9 a.m.-2 p.m.)	Coffee & Chat (9 a.m.-noon)
Friday	Crochet and Knitting (9 a.m.-noon)	Pinochle (9 a.m.-3:30 p.m.)

\*\* Drop-in Billiards available Monday – Friday at Eagle Pointe 8 a.m.-4 p.m. from Sept – May. To get equipment, please visit the front desk; they will exchange equipment for your ID.

### Monthly Drop-in Activities Schedule

Drop-Ins: Some require registration. Free and open to adults 18+

Activity	Center	May	June	July	August
Chair Volleyball 10 a.m.	EP	W 5/6 4601.201	W 6/3 4601.202	W 7/1 4601.203	W 8/5 4601.204
Chair Volleyball Noon	BR	M 5/4 4651.214	M 6/1 4651.215	M 7/6 4651.216	M 8/3 4651.217
Wii Bowling 10 a.m.	EP	Tu 5/19	Tu 6/16	Tu 7/21	Tu 8/18
Vinyl Revival 2 p.m.	BR	W 5/20	W 6/17	W 7/15	W 8/19
Folded with Love Card Making 9 a.m.	EP	Th 5/7 4601.205	Th 6/4 4601.206	Th 7/2 4601.207	Th 8/6 4601.208

## RESOURCES

### Life Isn't Easy

Come share your life experiences, good and bad, in this monthly support group. The group meets on the first and third Monday of every month to discuss topics such as the joys and pains of daily living, aging, the loss of a loved one or a difficult medical diagnosis. This group is member-led.

5/4	M	10-11:30 a.m.	Free	EP
5/18	M	10-11:30 a.m.	Free	EP
6/1	M	10-11:30 a.m.	Free	EP
6/15	M	10-11:30 a.m.	Free	EP
7/6	M	10-11:30 a.m.	Free	EP
7/20	M	10-11:30 a.m.	Free	EP
8/3	M	10-11:30 a.m.	Free	EP
8/17	M	10-11:30 a.m.	Free	EP

## BISON RIDGE RESOURCES

### VNA Wellness Program

The Visiting Nurses Association operates a monthly health clinic for seniors. They check blood pressure, provide nail and foot care for diabetics and others. You must schedule an appointment with Colorado Visiting Nurses Association to participate in the health clinic. Cancellations must be made 24 hours in advance. Make an appointment by calling the Visiting Nurses Association at 303-698-6496 and indicating you would like to schedule an appointment for the Commerce City location at Eagle Pointe Recreation Center.

5/4	M	8:30 a.m.-4:30 p.m.	Free	EP
6/1	M	8:30 a.m.-4:30 p.m.	Free	EP
7/6	M	8:30 a.m.-4:30 p.m.	Free	EP
8/3	M	8:30 a.m.-4:30 p.m.	Free	EP



# ADULTS

## Tuesday Resource Roundup

Enjoy coffee and snacks to learn more about relevant senior resources and information in our community. Each month, we'll bring in an expert to share information and answer questions on topics and themes that affect older adults. Tea, coffee, and light refreshments will be served. Stay updated on the topic of the month, location, and the speaker in the On the Move Newsletter! Rotates between Eagle Pointe and Bison Ridge - shuttle provided.

These classes are free, but space is limited. RSVP at 303-286-6837 or [www.c3gov.com/Register](http://www.c3gov.com/Register). Drop-ins are welcome if space allows.

### Harmony Senior Referrals

5/12 Tu 5:30-6:30 p.m. Free BR

### Health Insurance: What is the general idea? (Presented by Appiani Agency)

6/9 Tu 5:30-6:30 p.m. Free EP

### Mexican Consulate

7/14 Tu 5:30-6:30 p.m. Free BR

### Kids First

8/11 Tu 5:30-6:30 p.m. Free EP

## Transportation

### VIA Mobility

In one call, Via's mobility specialist can provide quick access to transportation information and services, including registering and scheduling a ride.

Contact a Mobility Specialist  
[mobilityspecialist@viacolorado.org](mailto:mobilityspecialist@viacolorado.org)  
303-444-3043

## Medicare Benefits

Medicare health plans, prescription drugs, and how to apply for assistance with premiums or copayments. Call 303-357-0588 or visit [Medicare-Teachers.com](http://Medicare-Teachers.com) to schedule a free benefits review.

## GoodFriends Scholarship

The GoodFriends Scholarship Program was created to ensure that all active adults can access recreational activities. Adults 55 and older can apply for partial funding (up to \$75) for any Bison Ridge or Eagle Pointe Recreation Center activity on a yearly basis. Including fitness classes, memberships, trips, special events, and educational programs. The GoodFriends Scholarship is funded by annual events and donations.

## HOW TO APPLY

Please sign up with a Registration Specialist, in person or over the phone. No Application Needed!

Bison Ridge - 303-286-6837

Eagle Pointe - 303-289-3789

\*\*Remember to mention your GoodFriends scholarship money when registering for programs!

## Community Well-Being

The Community Well-Being Division coordinates information and referral services, outreach, and programming to reach individuals and families in Commerce City needing services and support. The division is developing programs, initiatives, and solutions to address poverty, homelessness, neighborhood and race equity to serve and elevate vulnerable populations.

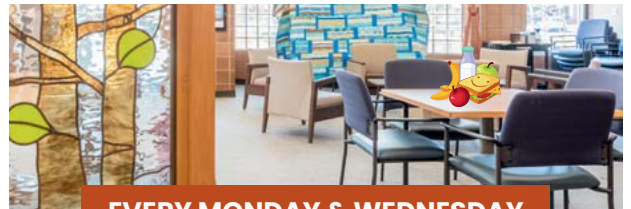
Community Well-Being Division Contact:

720-769-5772

[cwb@c3gov.com](mailto:cwb@c3gov.com)

For specific assistance for Seniors, please get in touch with our Senior Community Navigator at 720-769-5772 or by emailing [cwb@c3gov.com](mailto:cwb@c3gov.com)

# FREE LUNCH FOR SENIORS (60+)



EVERY MONDAY & WEDNESDAY

11:30 a.m. - 1 p.m.

Enjoy a complimentary meal and connect with others in the community

Active Adult Center at  
Eagle Pointe Recreation Center, 6060 Parkway Dr.



[c3gov.com/ACT](http://c3gov.com/ACT)



# ADULTS

## FITNESS CLASSES

We offer several drop-in and paid classes that are suitable for our active adults. Please see our Fitness section for a complete listing of our fitness classes.

### SilverSneakers®

Geared towards older active adults, but open to everyone, we offer a variety of drop-in classes, including SilverSneakers® Classic and Circuit. These classes do not require a SilverSneakers® membership to attend.

### SilverSneakers® Strength & Balance - Bison Ridge Drop-in

Strength and balance are important in everyday life, and this class will improve your ability to feel strong and stable. Exercises include lifting hand-held weights, stretching resistive tubing and using your body's resistance and core muscles to improve balance and stability.

M	9:30-10:15 a.m.	Studio #1	BR
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### SilverSneakers® Classic - Eagle Pointe Drop-In

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily functional skills. A chair is used for seated and/or standing support.

Tu	8-9 a.m.	Fitness Studio	EP
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Th	9:30-10:30 a.m.	Fitness Studio	EP
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### SilverSneakers® Circuit - Bison Ridge Drop-In

Combine fun and fitness to increase your cardiovascular and muscular endurance with a standing workout. Hand weights, elastic tubing and a ball are alternated with low-impact aerobics choreography.

W	10:30-11:30 a.m.	Studio #1	BR
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F	10:30-11:30 a.m.	Studio #1	BR
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## CULTURAL ARTS

### Ceramics

Express your creativity and explore different techniques and trends in this open forum lab. The instructor will provide free start-up supplies to the first timer and will advise on further purchases. The fee includes instruction and firing. Students of all skill levels are welcome to come to any class, but Thursdays will be set aside for individual instruction for new students who are just starting out. Resident \$20 (five-visit punch card). Nonresident \$20 (four visit punch card).

Tu & Th	9 a.m.-noon	EP
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### Crafty Corner (EP) & Maker Monday (BR)

Put on your creative hat and join in once a month at both Eagle Pointe and Bison Ridge! These projects will spark creativity and stay true to the season. Supplies included.

<b>Garden Stones</b>					
5/8	F	10 a.m.-noon	\$10/\$11	4601.209	EP

<b>"Wine" Cork Boards</b>					
5/18	M	10 a.m.-noon	\$10/\$11	4651.209	BR

<b>Ice Cream Garland</b>					
6/12	F	10 a.m.-noon	\$10/\$11	4601.210	EP

<b>Door Mats</b>					
6/29	M	10 a.m.-noon	\$10/\$11	4651.210	BR

<b>Mushroom Plant Stands</b>					
7/10	F	10 a.m.-noon	\$10/\$11	4601.211	EP

<b>Terrariums</b>					
7/27	M	10 a.m.-noon	\$10/\$11	4651.211	BR

<b>Decorated Sunhats</b>					
8/14	F	10 a.m.-noon	\$10/\$11	4601.212	EP

<b>Mosaic Trays</b>					
8/17	M	10 a.m.-noon	\$10/\$11	4651.212	BR

## ADULT DANCE

### Line Dance

#### Ages 18 & up

Mondays are for Line Dancing with Rosalie! There are two levels of class for those who love to stay active and fit. Rosalie Farrer teaches both the beginner and the intermediate class. Resident \$20 (five-visit punch card). Nonresident \$20 (four visit punch card).

Beginner	M	9-10 a.m.	BR
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Intermediate	M	10:15-11:15 a.m.	BR
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# ADULTS

## Tappy Hour

This fun tap dance class is for adults of all levels. Learn basic steps seated or standing. Tap shoe covers provided or bring your own tap shoes.

Resident \$20 (five-visit punch card).

Nonresident \$20 (four-visit punch card).

Every Wednesday	10:30–11:30 a.m.	Dance Studio	EP
Every Saturday	9:30–10:30 a.m.	Dance Studio	EP

## Mid-Day Ballet

**Non-Performance**

**Ages 18 & up**

Mid-Day Ballet emphasizes coordination, musicality, basic skills, classroom etiquette, and a love for dance while teaching easy ballet steps. This is a drop-in class, no registration required.

Ballet shoes are required.

6/22–11/9	M	Noon–1 p.m.	\$10/\$12 per class	BR
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\*No class 8/24, 8/31, 9/7



## ACTIVE ADULT EVENTS

### 40th Annual Pancake Breakfast

Enjoy a delicious morning meal and enter our raffle for a chance to win fantastic prizes, including a beautiful quilt. Your participation supports the GoodFriends Scholarship. Register in advance or \$12 at the door.

5/2	Sa	8–10:30 a.m.	\$9	4601.150	EP
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### Domino Tournament

This domino tournament will be played in the chickenfoot format. Players of all abilities are invited and no experience is needed. Competition will be friendly and breakfast bagels and coffee will be served. Fun prizes will be awarded.

5/28	Th	9 a.m.–noon	\$5/\$7	4401.201	EP
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### National Cheese Day

Join us in celebration of National Cheese Day! Enjoy an assortment of cheeses, from sharp to mild. Try these different kinds of cheeses on bread, crackers, or by themselves. Come have a GOUDA time!

6/4	Th	Noon–1 p.m.	\$5/\$6	4401.202	EP
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### Endless Summer Party

Celebrate summer with our Endless Summer Party! Enjoy live music with Beach Boys-inspired tunes, fun games, and delicious food as we kick off the season in style. Bring your friends and soak up the good vibes!

6/12	F	5–8 p.m.	\$15/\$17	4651.234	BR
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### 4th of July BBQ

Wear your red, white or blue attire and come enjoy a traditional BBQ to celebrate our nation's birthday. Brush up on your American history for our trivia contest. This event will be at Veterans Memorial Park, located on the east side of the Eagle Pointe Recreation Center.

7/2	Th	10:30 a.m.–noon	\$9/\$11	4601.203	VMP
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### Summer Game Night

Get ready for an evening of fun at Summer Game Night! Join a game of Checkers, Bunco, Battleship, and more. Ending the night with a one-of-a-kind life-sized Chutes and Ladders game. Enjoy friendly competition, laughter, and prizes for every winner. Bring your friends and make it a night to remember!

7/15	W	5–7 p.m.	\$12/\$14	4651.235	BR
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### National Banana Split Day

Cool down with friends and enjoy a delicious banana split! The Banana Split turns 122 this year. Enjoy a sweet treat and learn about the interesting history behind this classic dessert.

8/25	Tu	1–2 p.m.	\$5/\$6	4601.204	EP
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# ADULTS

## Puzzling Competition

Put your problem-solving skills to the test in this exciting puzzling competition! Participants will race against the clock to complete a 300-piece jigsaw puzzle. Whether you're a seasoned puzzler or just love a good challenge, this event is all about focus, strategy, and fun. Prizes await the quickest finishers, so let's have fun together piece by piece!

8/27 Th 9 a.m.-noon \$10/\$12 4601.205 EP

## ACTIVE ADULT PROGRAMS

### Book Club

Interested in books and meeting new friends? Join the book club at Bison Ridge Recreation Center. Each member will share their thoughts and feelings about the books read. Books will be chosen by the club as a book is finished. The book club is volunteer-led and meets on the first Friday of each month. Each member will be responsible for ordering and receiving their book prior to the first meeting. Reach out to the Active Adults Team at [activeadults@c3gov.com](mailto:activeadults@c3gov.com) with any questions. No registration required.

5/1 F 1-2:30 p.m. Free BR

6/5 F 1-2:30 p.m. Free BR

7/10 F 1-2:30 p.m. Free BR

8/7 F 1-2:30 p.m. Free BR

### Lotería

A traditional game of chance, lotería - the Spanish word for lottery - is often referred to as Mexican bingo, where illustrated cards depicting the Mexican aesthetic replace bingo balls. We will have exciting prizes! Light snacks and refreshments provided. Bilingual friendly!

5/6 W 4-5:30 p.m. \$10/\$11 4601.213 EP

6/3 W 4-5:30 p.m. \$10/\$11 4601.214 EP

7/1 W 4-5:30 p.m. \$10/\$11 4601.215 EP

8/5 W 4-5:30 p.m. \$10/\$11 4601.216 EP

### Spill The Tea

Candid conversations and delicious indulgences. Sip on soothing tea blends and other high tea favorites while adults gather to share stories, laughter and insights into their lives. It's the perfect blend of relaxation, camaraderie and sweet treats.

5/12 Tu 1-2:30 p.m. \$5/\$7 4651.218 BR

6/9 Tu 1-2:30 p.m. \$5/\$7 4651.219 BR

7/14 Tu 1-2:30 p.m. \$5/\$7 4651.220 BR

8/11 Tu 1-2:30 p.m. \$5/\$7 4651.221 BR

## Potluck at Eagle Pointe

Bring a dish to share with at least six other people and enjoy this monthly community meal with your friends. Staff will provide a simple main dish, and beverages will be provided. See the On the Move Newsletter for each month's featured dish.

5/22 F 11-12:30 p.m. \$3/\$5 4601.217 EP

6/26 F 11-12:30 p.m. \$3/\$5 4601.218 EP

7/24 F 11-12:30 p.m. \$3/\$5 4601.219 EP

8/28 F 11-12:30 p.m. \$3/\$5 4601.220 EP

## Friday Bingo at Eagle Pointe

B-I-N-G-O! Come try your luck at this game of chance and see if we call your numbers! Join friends and Active Adult Staff as we play BINGO! We will have super exciting prizes!

5/22 F 1-2:30 p.m. \$5/\$7 4601.221 EP

6/26 F 1-2:30 p.m. \$5/\$7 4601.222 EP

7/24 F 1-2:30 p.m. \$5/\$7 4601.223 EP

8/28 F 1-2:30 p.m. \$5/\$7 4601.224 EP

## Breakfast Burrito Bingo at Bison Ridge

Take a break from your ordinary breakfast routine! Join the Recreation Staff for hearty breakfast burritos and a morning game of bingo at Bison Ridge. Registration is required to attend.

5/15 F 9-10:30 a.m. \$10/\$12 4651.205 BR

6/19 F 9-10:30 a.m. \$10/\$12 4651.206 BR

7/17 F 9-10:30 a.m. \$10/\$12 4651.207 BR

8/14 F 9-10:30 a.m. \$10/\$12 4651.208 BR

## Monthly Birthday Celebration!

All are welcome to attend the monthly birthday celebrations! Help your friends celebrate their birthday month with a light lunch and birthday treat provided by the Active Adult Team. Registration is required but it does not need to be your birthday month to join in on the celebration!

5/21 Th 1-2:30 p.m. \$8/\$10 4601.225 EP

6/18 Th 1-2:30 p.m. \$8/\$10 4601.226 EP

7/16 Th 1-2:30 p.m. \$8/\$10 4601.227 EP

8/20 Th 1-2:30 p.m. \$8/\$10 4601.228 EP

## Afternoon Trivia & Treats

An exciting afternoon trivia game the last Wednesday of the month! Test your knowledge, enjoy friendly competition, and indulge in delicious treats. Gather your friends and put your brains to the test while enjoying a fun-filled atmosphere!

5/27 W 2-3 p.m. \$5/\$7 4651.222 BR

6/24 W 2-3 p.m. \$5/\$7 4651.223 BR

7/29 W 2-3 p.m. \$5/\$7 4651.224 BR



# ADULTS

## Painting with Bob Ross

A relaxing and joyful painting session led by the one and only Bob Ross (virtually). In this guided class, participants will follow along with a classic Bob Ross episode to create their own landscape masterpiece. Whether you're a seasoned painter or picking up a brush for the first time, this class is all about having fun, embracing creativity, and enjoying the process.

5/7	Th	1-3 p.m.	\$10/\$12	4651.226	BR
6/4	Th	1-3 p.m.	\$10/\$12	4651.227	BR
7/2	Th	1-3 p.m.	\$10/\$12	4651.228	BR
8/6	Th	1-3 p.m.	\$10/\$12	4651.229	BR

## Where Were You When?

There are certain moments in history that everyone knows Where You Were when the event happened. In this monthly round table discussion hour, we will travel through the decades and share our memories and experiences from each selected topic. Participants are invited to bring any memorabilia you might have from the related topic or simply bring your memories. Light snacks will be provided.

5/14	Th	10-11 a.m.	\$3/\$5	4651.229	EP
6/11	Th	10-11 a.m.	\$3/\$5	4651.230	EP
7/9	Th	10-11 a.m.	\$3/\$5	4651.231	EP
8/13	Th	10-11 a.m.	\$3/\$5	4651.232	EP

## ACTIVE ADULT TRIPS

Adventure is out there, and we are off to find it. Please review these "rules of the road" before registering for trips. Trip information can be found online and in our On The Move Newsletter.

### Exertion Levels:

To classify a trip, we will assess it using established criteria. If a trip satisfies at least one criterion within a specific level, we will categorize it according to that level, even if it does not meet all the criteria.

#### Level 1 – Minimal Mobility

Walking Distance: Less than 200 feet (flat, paved)  
Activity Level: Seated or stationary most of the time  
Terrain: Indoors or paved surfaces  
Examples: Small Museum tours with benches, restaurants, short viewpoints with close parking  
Elevation: Minimal change in altitude

#### Level 2 – Light Activity

Walking Distance: Up to .5-mile total  
Activity Level: Mostly slow-paced walking with frequent rest stops  
Terrain: Mostly flat, may include a few steps or slight inclines

Examples: outdoor markets, Nature & Science Museum, scenic overlooks with light walking  
Elevation: Low altitude, minimal gain

#### Level 3 – Moderate Activity

Walking Distance: .5 mile to 1.5 miles total  
Activity Level: Continuous walking at a relaxed pace, some standing  
Terrain: May include stairs, uneven terrain, or moderate inclines, mostly outdoor  
Examples: Zoo visits, Botanic gardens, historic towns, short nature trails  
Elevation: May include 5,000–7,000 ft. elevation areas

#### Level 4 – Active Explorer

Walking Distance: 1.5 to 3 miles  
Activity Level: Extended walking and standing; limited rest stops  
Terrain: Uneven or gravel trails, inclines, stairs, possible exposure to weather  
Examples: City walking tours, open space hikes, historic site exploration  
Elevation: Higher elevation locations (up to 8,000 ft.); elevation gain possible

#### Level 5 – Adventurer

Walking Distance: 3 to 5 miles  
Activity Level: Continuous movement, sustained exertion  
Terrain: Hiking trails, uneven surfaces, hills, possible altitude and weather exposure  
Examples: Nature preserve hikes, mountain parks, open space treks  
Elevation: Up to or over 10,000 ft. with significant elevation change

#### Trip Etiquette

- Participants are expected to be respectful and abide by the trip driver/leader's instructions.
- Avoid distracting the driver/leader when driving.
- For the comfort of all onboard the van trip, please avoid perfume/cologne use.
- Please refrain from using cellphones in the van during the trip.
- Meal cost is on your own unless otherwise noted.

## Pick Up Locations

Our trips will depart from both locations: Bison Ridge and Eagle Pointe. Whether you're coming from the north, south, east, or west, you'll find that Bison Ridge and Eagle Pointe are well-positioned for easy access. You will select your pick-up location when registering for the trip, staff will make confirmation calls before trips. The trip time listed (ex. 9 a.m.-3 p.m.) includes pick-up and drop-off from both locations. Departing from both locations will ensure that our trips commence smoothly and efficiently, allowing our community to access the exciting experiences that lie ahead.



# ADULTS

Below is a listing of all our upcoming trips. For more information about these trips, please check out our On the Move newsletter or call (303) 289-3720.

TRIP	Location	DATE	DAY	TIME	CODE	FEE/Level
Gambling Trip - Century Casino	Central City	5/6	W	8:30 a.m.-4 p.m.	4501.201	\$10/\$12 L3
The NEW Park Hill Stroll and Picnic	Denver	5/13	W	10 a.m.-2 p.m.	4501.202	\$10/\$12 L2
Cultural Cuisine - Hong Kong Station 3	Denver	5/15	F	10 a.m.-2 p.m.	4501.203	\$8/\$10 L1
Indian Hot Springs	Idaho Springs	5/19	Tu	9 a.m.-4 p.m.	4501.204	\$38/\$40 L3
Colorado Symphony - Star Wars: Return of the Jedi	Denver	5/22	F	4-10 p.m.	4501.205	\$45/\$50 L1
Dinner Out - Cracker Barrel	Denver	5/26	Tu	4-8 p.m.	4501.206	\$6/\$8 L1
Chicken N Pickle	Thornton	6/2	Tu	10 a.m.-2 p.m.	4501.212	\$20/\$25 L3
Colorado Springs Pioneers Museum	Colorado Springs	6/10	W	9 a.m.-4 p.m.	4501.209	\$12/\$14 L1
Mystery Trip	???	6/17	W	9 a.m.-4 p.m.	4501.210	\$15/\$17 L3
Cultural Cuisine - Colorado Creole Café	Greenwood Village	6/25	Th	10 a.m.-2 p.m.	4501.208	\$8/\$10 L1
Dinner Out - Wishbone	Westminster	6/30	Tu	4-8 p.m.	4501.211	\$8/\$10 L1
Teller House Tour	Central City	7/8	W	10 a.m.-4 p.m.	4501.214	\$20/\$22 L2
Cultural Cuisine - Le French	Denver	7/17	F	10 a.m.-2 p.m.	4501.215	\$8/\$10 L1
N-Line to the Rockies Game	Denver	7/22	W	10 a.m.-5 p.m.	4501.213	\$30/\$35 L3
Dinner Out - Black Eyed Pea	Northglenn	7/28	Tu	4-8 p.m.	4501.216	\$8/\$10 L1
Kangaroo Meet & Greet	Wheat Ridge	7/31	F	10 a.m.-3 p.m.	4501.217	\$72/\$75 L1
South Broadway Antiquing	Denver	8/4	Tu	9 a.m.-4 p.m.	4501.219	\$10/\$12 L1
USA Olympic Training Center Tour	Colorado Springs	8/7	F	9 a.m.-4 p.m.	4501.223	\$24/\$26 L3
Cultural Cuisine - Hibachi Grill & Supreme Buffet	Aurora	8/12	W	10 a.m. - 2 p.m.	4501.218	\$8/\$10 L1
Gambling Trip - The Lodge Casino	Black Hawk	8/20	Th	8:30 a.m.-4 p.m.	4501.220	\$10/\$12 L3
Dinner Out - Red Lobster	Thornton	8/24	M	4-8 p.m.	4501.221	\$8/\$10 L1
Line Dancing at the Grizzly Rose	Denver	8/26	W	5-9 p.m.	4501.222	\$11/\$13 L3

\*\*Reminder pick-up times vary based on location; staff will call you to verify pick-up times the day before the trip

## Adult Extended Gambling Trip-Cripple Creek

7/29/26-7/31/26    W-F    4551.202  
Cripple Creek



# ADULTS

## ADULT OUTDOOR RECREATION

### Adult White Water Rafting

**Ages 18 & up**

Get ready for an unforgettable rafting adventure! This beginner to intermediate trip features continuous whitewater and super-fun rapids. River conditions will vary depending on water levels and flow, making every trip a little different. Perfect for adventurous first timers and experienced thrill seekers alike!

6/6 Sa 7 a.m.-3 p.m. \$75/\$85 4261.201 BR

### After-Work Paddle Board at Cherry Creek

**Ages 18 & up**

Join us after work for an evening of paddle boarding at Cherry Creek Reservoir. Afterwards, we will eat dinner at the pub, enjoy the views, watch the pelicans, and relax with great company. Dinner is on your own. End time varies.

6/10 W 5-8:30 p.m. \$20/\$25 4261.202 BR

### After-Work Hike - Matthew Winters Park

**Ages 18 & up**

Enjoy a 3.5 to 4-mile hike through Matthew Winters Park with scenic views of Red Rocks and surrounding geological formations. The route includes an easy to moderate climb. End time varies.

7/15 W 5-9 p.m. \$5/\$10 4262.201 BR

### After-Work Paddle Board Soda Lake

**Ages 18 & up**

Join us after work for some paddle boarding at Soda Lake. You can bring a picnic style dinner and share food with new friends while taking in all the views, watching the pelicans and enjoying each other's company! End time varies.

8/12 W 5-8:30 p.m. \$20/\$25 4263.201 BR

### Intro to Backpacking session

**Ages 18 & up**

Interested in our September backpacking trip but not sure where to start? This session is open to anyone with questions about backpacking, including gear, distance, skill level, what to pack, and trip expectations. Come learn more and get prepared.

8/26 W 6-7 p.m. Free 4263.202 BR

### Hike & Bite

**60+**

Embark on breathtaking hiking trails that showcase the beauty of our local landscapes. Hikes range from 1-2 miles. After our hike, we'll unwind and savor a delightful lunch at a nearby restaurant. This is a wonderful opportunity to appreciate the great outdoors while also indulging in a meal with friends, both old and new. Lunch on your own.

#### Lair O' the Bear - Idledale

5/14 Th 9 a.m.-1 p.m. \$9/\$12 4301.201

#### Castle Rock Trail - Castle Rock

6/11 Th 9 a.m.-1 p.m. \$9/\$12 4301.202

#### Lookout Mountain - Golden

7/9 Th 9 a.m.-1 p.m. \$9/\$12 4301.203

#### Enchanted Mesa Trail - Boulder

8/13 Th 9 a.m.-1 p.m. \$9/\$12 4301.204





# AQUATICS

## POOL INFORMATION

The pools at both Eagle Pointe and Bison Ridge are open:

**Monday–Friday: 5 a.m.– 9 p.m.**

**Saturday: 7 a.m.– 6:30 p.m.**

**Sunday: 8 a.m.– 5:30 p.m.**

**Bison Ridge is closed until 11:30 a.m. on the 3rd Sunday of each month for staff training.**

**Eagle Pointe is closed until 11:45 a.m. on the 4th Sunday of each month for staff training.**

Each facility offers a wide variety of activities and programs, including lap and open swim times, family swim times, Aquafit classes, party rentals, and swimming lessons. For specific and up-to-date times for pool usage and availability, please visit our website at [c3gov.com/Aquatics](http://c3gov.com/Aquatics) or stop by to pick up a pool schedule from the location of your choice.

## SWIMMING SAFETY AND GUIDELINES

Please observe these safety guidelines and policies during your visit.

### • Proper swim attire is required

- ✓ Basketball shorts, other sportswear, cotton, or any other clothing that is not specifically made for use in a swimming pool is prohibited.

### • User requirements

- ✓ **Starting Jan. 1, 2026 in order to continue our high safety standards, and to stay in line with aquatic recreation industry best practices, we will be adjusting the minimum age of children that must be within arm’s reach at all times from 5 years of age to 7 years of age.**
- ✓ **Previously, children 5 years of age or younger must have an adult supervising them within arm’s reach of them at all times while in the water.**
- ✓ **Going forward, children 7 years of age or younger must have an adult supervising them within arm’s reach of them at all times while in the water.**

- ✓ A person 16 or older must remain on the pool deck and directly supervise any child between the ages of 8–11 in the pool.
- ✓ Children age 12 and older may swim without adult supervision.
- ✓ Children who are not toilet-trained must wear swim diapers.
- ✓ To ride the slides, users must meet the minimum height requirement of 48” at Bison Ridge; 54” at Eagle Pointe.

### • Lap Pool

- ✓ Lap lanes are reserved for lap swimming only.
- ✓ All ages are welcome during the scheduled “All Ages” times.
- ✓ Open side is available for water walking, exercising, basketball and a variety of other uses.
- ✓ Please refer to the pool schedule for usage restrictions due to programming and age.

### • Eagle Pointe Therapy Pool

- ✓ Therapeutic Swim is dedicated for persons with valid or diagnosed therapeutic needs and is designed for those 18 years of age or older.
- ✓ Activities are limited to mild exercise, stretching, walking, immersion, and relaxation practices.
- ✓ Youth ages 17 and under with therapeutic needs are allowed, but must be accompanied by an adult or therapist at all times.

### • Eagle Pointe Steam Room

- ✓ Must be 16 or older to use steam room
- ✓ Do not exceed 10 minutes in the steam room
- ✓ Please shower before entering steam room
- ✓ Use of personal lotions, oils, sprays, soaps, etc. is not permitted in the steam room
- ✓ Proper swimwear is required for the steam room

## POOL PARTIES

Book your next party at one of our facilities! Rentals include room, swimming passes, and other exciting options.

- Book your pool party online.
- Party availability is visible at the time of booking.
- Party sizes range from 20–40 people. Prices vary depending on location and size.
- Pool parties may be upgraded to a decorated party package for an additional fee at Bison Ridge only.
- Decorated parties include tablecloths, plates, cups, napkins, forks and a balloon bouquet.

Bison Ridge pool parties may be scheduled from 12:30–2:30 p.m. or 3:15–5:15 p.m. on Saturdays or Sundays only.

Eagle Pointe pool parties may be scheduled from 2–4 p.m. on Saturdays or Sundays only.

Have questions about booking a party? For more information, please visit [c3gov.com/Aquatics](http://c3gov.com/Aquatics).

## AQUAFIT

**Ages 16 and older for all classes.**

For the most up to date class schedule please visit [c3gov.com/Fitness](http://c3gov.com/Fitness).



## SWIMMING LESSONS

### Private Swimming Lessons

Excel in swimming with one-on-one instruction. Participants of all ability levels, ages 3 and up, are welcome.

#### Submit a Request

Private lesson request forms are available at the front desk at both facilities or via our website at [c3gov.com/Aquatics](http://c3gov.com/Aquatics).

Once the request is received, an instructor will contact you directly to schedule the lesson. Participants may complete up to 8 lessons per request. Lesson requests are subject to staff availability and available pool space and cannot be guaranteed.



- **Private: (1 person/30 minutes) \$32R/\$45NR**
- **Semi-private: (2 people/30minutes) \$32R/\$45NR**

### Group Lessons

The first day of registration for swimming lessons is for residents only and can only be done online. Nonresident, phone, and walk-in registrations will not be available until the day after online registration begins. Registration opens at 10 a.m. and will close at 5:30 p.m. on the last day of the registration period.

#### SWIM SCHOOL LESSON FEES

##### Tuesday/Thursday Sessions

- **25 min classes \$37.50R/\$50.50NR**
- **45 min classes \$56R/\$75.50NR**

##### Wednesday and Saturday Sessions

- **25 min classes \$18.75R/\$25.25NR**
- **45 min classes \$28R/\$37.75NR**

### BISON RIDGE (BR) SWIM LESSON REGISTRATION DATES

#### BR – Monday–Friday a.m. lessons

- **Session 1: May 19–May 21**
- **Session 2: June 16–June 18**
- **Session 3: July 14–July 16**

#### BR – Tuesday/Thursday PM and Saturday a.m. lessons

- **Session 1: May 19–May 21**
- **Session 2: June 30–July 2**

### EAGLE POINTE (EP) SWIM LESSON REGISTRATION DATES

#### EP Monday–Friday a.m. lessons

- **Session 1: May 26–May 28**
- **Session 2: June 23–June 25**
- **Session 3: July 21–July 23**

#### EP Tuesday/Thursday p.m. and Saturday a.m. lessons

- **Session 1: May 26–May 28**
- **Session 2: July 7–July 9**

### StarBabies

**Ages: 6–17 mos.**

This introductory course introduces infants to the water in a fun and loving environment. Parents or caregivers are taught effective techniques to teach their infants how to float, submerge, move in the water, and roll over to breathe. Classes incorporate songs, activities, and water safety education.

### StarTots

**Ages: 18 mos. to 2 yrs.**

This introductory course introduces toddlers to the water in a fun and loving environment. Parents or caregivers are taught effective techniques to teach their toddlers how to float, submerge, move in the water, and roll over to breathe. Classes incorporate songs, activities, and water safety education.

### StarBabies at BR

**Ages 6–17 mos.**

5/30–6/27	Sa	9–9:25 a.m.	6001.201	BR
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7/11–8/8	Sa	9–9:25 a.m.	6002.201	BR
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### StarTots at BR

**Ages 18 mos.–2 yrs.**

5/30–6/27	Sa	9:30–9:55 a.m.	6001.202	BR
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5/30–6/27	Sa	10–10:25 a.m.	6001.203	BR
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7/11–8/8	Sa	9:30–9:55 a.m.	6002.202	BR
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7/11–8/8	Sa	10–10:25 a.m.	6002.203	BR
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### StarBabies at EP

**Ages 6–17 mos.**

6/6–6/27	Sa	9–9:25 a.m.	6011.201	EP
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7/18–8/15	Sa	9–9:25 a.m.	6012.201	EP
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### StarTots at EP

**18 mos.–2 yrs.**

6/6–6/27	Sa	9:30–9:55 a.m.	6011.202	EP
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7/18–8/15	Sa	9:30–9:55 a.m.	6012.202	EP
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# AQUATICS

## What color do I register for?

White	Red	Yellow	Blue	Green
<p><b>If the student:</b></p> <p>Is afraid of water</p> <p><b>OR...</b></p> <p>Can't swim at all</p> <p><b>OR...</b></p> <p>Will <b>not</b> get face wet</p> <p><b>Register for</b> ✓ <b>White</b></p>	<p><b>If the student:</b></p> <p>Will submerge for at least 5 seconds</p> <p><b>AND...</b></p> <p>Will jump in</p> <p><b>BUT CANNOT...</b></p> <p>Float relaxed (front back) on surface without support</p> <p><b>Register for</b> ✓ <b>Red</b></p>	<p><b>If the student:</b></p> <p>Can jump in and come up on the back and float for at least 5 seconds</p> <p><b>BUT CANNOT...</b></p> <p>Move forward through the water 10 ft. (3 m), change direction and come back</p> <p><b>Register for</b> ✓ <b>Yellow</b></p>	<p><b>If the student:</b></p> <p>Can move through the water 10 ft. (3 m), change direction, and come back</p> <p><b>BUT CANNOT...</b></p> <p>Tread water for at least 15 seconds</p> <p><b>Register for</b> ✓ <b>Blue</b></p>	<p><b>If the student:</b></p> <p>Can tread water for at least 15 seconds</p> <p><b>BUT CANNOT...</b></p> <p>Swim basic freestyle stroke with "swim-roll-swim" or rotary (side) breathing</p> <p><b>Register for</b> ✓ <b>Green</b></p>

## SWIM SCHOOL AT BISON RIDGE

### White

#### Session 1

5/26-6/5	M-F	9-9:25 a.m.	6101.201	BR
5/26-6/5	M-F	9:30-9:55 a.m.	6101.202	BR
5/26-6/5	M-F	10-10:25 a.m.	6101.203	BR
5/26-6/5	M-F	11-11:25 a.m.	6101.204	BR
5/26-6/25	Tu/Th	5-5:25 p.m.	6101.205	BR
5/26-6/25	Tu/Th	5:30-5:55 p.m.	6101.206	BR
5/26-6/25	Tu/Th	6:30-6:55 p.m.	6101.207	BR
5/30-6/27	Sa	9-9:25 a.m.	6101.208	BR
5/30-6/27	Sa	10-10:25 a.m.	6101.209	BR
5/30-6/27	Sa	11-11:25 a.m.	6101.210	BR

#### Session 2

6/22-7/3	M-F	9-9:25 a.m.	6102.201	BR
6/22-7/3	M-F	9:30-9:55 a.m.	6102.202	BR
6/22-7/3	M-F	10-10:25 a.m.	6102.203	BR
6/22-7/3	M-F	11-11:25 a.m.	6102.204	BR
7/7-8/6	Tu/Th	5-5:25 p.m.	6102.205	BR
7/7-8/6	Tu/Th	5:30-5:55 p.m.	6102.206	BR
7/7-8/6	Tu/Th	6:30-6:55 p.m.	6102.207	BR
7/11-8/8	Sa	9-9:25 a.m.	6102.208	BR
7/11-8/8	Sa	10-10:25 a.m.	6102.209	BR
7/11-8/8	Sa	11-11:25 a.m.	6102.210	BR

#### Session 3

7/20-7/31	M-F	9-9:25 a.m.	6103.201	BR
7/20-7/31	M-F	9:30-9:55 a.m.	6103.202	BR
7/20-7/31	M-F	10-10:25 a.m.	6103.203	BR
7/20-7/31	M-F	11-11:25 a.m.	6103.204	BR

### Red

#### Session 1

5/26-6/5	M-F	9-9:25 a.m.	6201.201	BR
5/26-6/5	M-F	10-10:25 a.m.	6201.202	BR
5/26-6/5	M-F	10:30-10:55 a.m.	6201.203	BR
5/26-6/5	M-F	11-11:25 a.m.	6201.204	BR
5/26-6/25	Tu/Th	5-5:25 p.m.	6201.205	BR
5/26-6/25	Tu/Th	6-6:25 p.m.	6201.206	BR
5/26-6/25	Tu/Th	6:30-6:55 p.m.	6201.207	BR
5/30-6/27	Sa	9-9:25 a.m.	6201.208	BR
5/30-6/27	Sa	10:30-10:55 a.m.	6201.209	BR
5/30-6/27	Sa	11-11:25 a.m.	6201.210	BR

#### Session 2

6/22-7/3	M-F	9-9:25 a.m.	6202.201	BR
6/22-7/3	M-F	10-10:25 a.m.	6202.202	BR
6/22-7/3	M-F	10:30-10:55 a.m.	6202.203	BR
6/22-7/3	M-F	11-11:25 a.m.	6202.204	BR
7/7-8/6	Tu/Th	5-5:25 p.m.	6202.205	BR



7/7-8/6	Tu/Th	6-6:25 p.m.	6202.206	BR
7/7-8/6	Tu/Th	6:30-6:55 p.m.	6202.207	BR
7/11-8/8	Sa	9-9:25 a.m.	6202.208	BR
7/11-8/8	Sa	10:30-10:55 a.m.	6202.209	BR
7/11-8/8	Sa	11-11:25 a.m.	6202.210	BR

### Session 3

7/20-7/31	M-F	9-9:25 a.m.	6203.201	BR
7/20-7/31	M-F	10-10:25 a.m.	6203.202	BR
7/20-7/31	M-F	10:30-10:55 a.m.	6203.203	BR
7/20-7/31	M-F	11-11:25 a.m.	6203.204	BR

## Yellow

### Session 1

5/26-6/5	M-F	9-9:25 a.m.	6301.201	BR
5/26-6/5	M-F	9:30-9:55 a.m.	6301.202	BR
5/26-6/5	M-F	10:30-10:55 a.m.	6301.203	BR
5/26-6/5	M-F	11:30-11:55 a.m.	6301.204	BR
5/26-6/25	Tu/Th	5-5:25 p.m.	6301.205	BR
5/26-6/25	Tu/Th	6-6:25 p.m.	6301.206	BR
5/26-6/25	Tu/Th	7-7:25 p.m.	6301.207	BR
5/30-6/27	Sa	9:30-9:55 a.m.	6301.208	BR
5/30-6/27	Sa	10:30-10:55 a.m.	6301.209	BR
5/30-6/27	Sa	11:30-11:55 a.m.	6301.210	BR

### Session 2

6/22-7/3	M-F	9-9:25 a.m.	6302.201	BR
6/22-7/3	M-F	9:30-9:55 a.m.	6302.202	BR
6/22-7/3	M-F	10:30-10:55 a.m.	6302.203	BR
6/22-7/3	M-F	11:30-11:55 a.m.	6302.204	BR
7/7-8/6	Tu/Th	5-5:25 p.m.	6302.205	BR
7/7-8/6	Tu/Th	6-6:25 p.m.	6302.206	BR
7/7-8/6	Tu/Th	7-7:25 p.m.	6302.207	BR
7/11-8/8	Sa	9:30-9:55 a.m.	6302.208	BR
7/11-8/8	Sa	10:30-10:55 a.m.	6302.209	BR
7/11-8/8	Sa	11:30-11:55 a.m.	6302.210	BR

### Session 3

7/20-7/31	M-F	9-9:25 a.m.	6303.201	BR
7/20-7/31	M-F	9:30-9:55 a.m.	6303.202	BR
7/20-7/31	M-F	10:30-10:55 a.m.	6303.203	BR
7/20-7/31	M-F	11:30-11:55 a.m.	6303.204	BR

## Blue

### Session 1

5/26-6/5	M-F	9:30-9:55 a.m.	6401.201	BR
5/26-6/5	M-F	10:30-10:55 a.m.	6401.202	BR
5/26-6/5	M-F	11:30-11:55 a.m.	6401.203	BR
5/26-6/25	Tu/Th	5:30-5:55 p.m.	6401.204	BR
5/26-6/25	Tu/Th	6-6:25 p.m.	6401.205	BR
5/26-6/25	Tu/Th	7-7:25 p.m.	6401.206	BR
5/30-6/27	Sa	9:30-9:55 a.m.	6401.207	BR
5/30-6/27	Sa	10:30-10:55 a.m.	6401.208	BR
5/30-6/27	Sa	11:30-11:55 a.m.	6401.209	BR
5/30-6/27	Sa	11:30-11:55 a.m.	6401.210	BR

### Session 2

6/22-7/3	M-F	9:30-9:55 a.m.	6402.201	BR
6/22-7/3	M-F	10:30-10:55 a.m.	6402.202	BR
6/22-7/3	M-F	11:30-11:55 a.m.	6402.203	BR
7/7-8/6	Tu/Th	5:30-5:55 p.m.	6402.204	BR
7/7-8/6	Tu/Th	6-6:25 p.m.	6402.205	BR
7/7-8/6	Tu/Th	7-7:25 p.m.	6402.206	BR
7/11-8/8	Sa	9:30-9:55 a.m.	6402.207	BR
7/11-8/8	Sa	10:30-10:55 a.m.	6402.208	BR
7/11-8/8	Sa	11:30-11:55 a.m.	6402.209	BR

### Session 3

7/20-7/31	M-F	9:30-9:55 a.m.	6403.201	BR
7/20-7/31	M-F	10:30-10:55 a.m.	6403.202	BR
7/20-7/31	M-F	11:30-11:55 a.m.	6403.203	BR



# AQUATICS

## Green

### Session 1

5/26-6/5	M-F	10-10:25 a.m.	6501.201	BR
5/26-6/5	M-F	11-11:25 a.m.	6501.202	BR
5/26-6/5	M-F	11:30-11:55 a.m.	6501.203	BR
5/26-6/25	Tu/Th	5:30-5:55 p.m.	6501.204	BR
5/26-6/25	Tu/Th	6:30-6:55 p.m.	6501.205	BR
5/26-6/25	Tu/Th	7-7:25 p.m.	6501.206	BR
5/30-6/27	Sa	10-10:25 a.m.	6501.207	BR
5/30-6/27	Sa	11-11:25 a.m.	6501.208	BR
5/30-6/27	Sa	11:30-11:55 a.m.	6501.209	BR

### Session 2

6/22-7/3	M-F	10-10:25 a.m.	6502.201	BR
6/22-7/3	M-F	11-11:25 a.m.	6502.202	BR
6/22-7/3	M-F	11:30-11:55 a.m.	6502.203	BR
7/7-8/6	Tu/Th	5:30-5:55 p.m.	6502.204	BR
7/7-8/6	Tu/Th	6:30-6:55 p.m.	6502.205	BR
7/7-8/6	Tu/Th	7-7:25 p.m.	6502.206	BR
7/11-8/8	Sa	10-10:25 a.m.	6502.207	BR
7/11-8/8	Sa	11-11:25 a.m.	6502.208	BR
7/11-8/8	Sa	11:30-11:55 a.m.	6502.209	BR

### Session 3

7/20-7/31	M-F	10-10:25 a.m.	6503.201	BR
7/20-7/31	M-F	11-11:25 a.m.	6503.202	BR
7/20-7/31	M-F	11:30-11:55 a.m.	6503.203	BR

## SWIM SCHOOL AT EAGLE POINTE

### White

#### Session 1

6/1-6/12	M-F	9-9:25 a.m.	6111.201	EP
6/1-6/12	M-F	9:30-9:55 a.m.	6111.202	EP
6/1-6/12	M-F	10-10:25 a.m.	6111.203	EP
6/2-7/2	Tu/Th	5-5:25 p.m.	6111.204	EP
6/2-7/2	Tu/Th	5:30-5:55 p.m.	6111.205	EP
6/2-7/2	Tu/Th	6-6:25 p.m.	6111.206	EP
6/6-6/27	Sa	9-9:25 a.m.	6111.207	EP
6/6-6/27	Sa	10-10:25 a.m.	6111.208	EP
6/6-6/27	Sa	11:30-11:55 a.m.	6111.209	EP

#### Session 2

6/29-7/10	M-F	9-9:25 a.m.	6112.201	EP
6/29-7/10	M-F	9:30-9:55 a.m.	6112.202	EP
6/29-7/10	M-F	10-10:25 a.m.	6112.203	EP
7/14-8/13	Tu/Th	5-5:25 p.m.	6112.204	EP
7/14-8/13	Tu/Th	5:30-5:55 p.m.	6112.205	EP
7/14-8/13	Tu/Th	6-6:25 p.m.	6112.206	EP
7/18-8/15	Sa	9-9:25 a.m.	6112.207	EP
7/18-8/15	Sa	10-10:25 a.m.	6112.208	EP
7/18-8/15	Sa	11:30-11:55 a.m.	6112.209	EP

#### Session 3

7/27-8/7	M-F	9-9:25 a.m.	6113.201	EP
7/27-8/7	M-F	9:30-9:55 a.m.	6113.202	EP
7/27-8/7	M-F	10-10:25 a.m.	6113.203	EP

### Red

#### Session 1

6/1-6/12	M-F	9-9:25 a.m.	6211.201	EP
6/1-6/12	M-F	9:30-9:55 a.m.	6211.202	EP
6/1-6/12	M-F	10:30-10:55 a.m.	6211.203	EP
6/1-6/12	M-F	11-11:25 a.m.	6211.204	EP
6/2-7/2	Tu/Th	5-5:25 p.m.	6211.205	EP



6/2-7/2	Tu/Th	5:30-5:55 p.m.	6211.206	EP
6/2-7/2	Tu/Th	6:30-6:55 p.m.	6211.207	EP
6/2-7/2	Tu/Th	7-7:25 p.m.	6211.208	EP
6/6-6/27	Sa	9:30-9:55 a.m.	6211.209	EP
6/6-6/27	Sa	10-10:25 a.m.	6211.210	EP
6/6-6/27	Sa	10:30-10:55 a.m.	6211.211	EP

### Session 2

6/29-7/10	M-F	9-9:25 a.m.	6212.201	EP
6/29-7/10	M-F	9:30-9:55 a.m.	6212.202	EP
6/29-7/10	M-F	10:30-10:55 a.m.	6212.203	EP
6/29-7/10	M-F	11-11:25 a.m.	6212.204	EP
7/14-8/13	Tu/Th	5-5:25 p.m.	6212.205	EP
7/14-8/13	Tu/Th	5:30-5:55 p.m.	6212.206	EP
7/14-8/13	Tu/Th	6:30-6:55 p.m.	6212.207	EP
7/14-8/13	Tu/Th	7-7:25 p.m.	6212.208	EP
7/18-8/15	Sa	9:30-9:55 a.m.	6212.209	EP
7/18-8/15	Sa	10-10:25 a.m.	6212.210	EP
7/18-8/15	Sa	10:30-10:55 a.m.	6212.211	EP

### Session 3

7/27-8/7	M-F	9-9:25 a.m.	6213.201	EP
7/27-8/7	M-F	9:30-9:55 a.m.	6212.202	EP
7/27-8/7	M-F	10:30-10:55 a.m.	6213.203	EP
7/27-8/7	M-F	11-11:25 a.m.	6213.204	EP

## Yellow

### Session 1

6/1-6/12	M-F	10-10:25 a.m.	6311.201	EP
6/1-6/12	M-F	10:30-10:55 a.m.	6311.202	EP
6/2-7/2	Tu/Th	6-6:25 p.m.	6311.203	EP
6/2-7/2	Tu/Th	6:30-6:55 p.m.	6311.204	EP
6/6-6/27	Sa	10:30-10:55 a.m.	6311.205	EP
6/6-6/27	Sa	11-11:25 a.m.	6311.206	EP

### Session 2

6/29-7/10	M-F	10-10:25 a.m.	6312.201	EP
6/29-7/10	M-F	10:30-10:55 a.m.	6312.202	EP
7/14-8/13	Tu/Th	6-6:25 p.m.	6312.203	EP
7/14-8/13	Tu/Th	6:30-6:55 p.m.	6312.204	EP
7/18-8/15	Sa	10:30-10:55 a.m.	6312.205	EP
7/18-8/15	Sa	11-11:25 a.m.	6312.206	EP

### Session 3

7/27-8/7	M-F	10-10:25 a.m.	6313.201	EP
7/27-8/7	M-F	10:30-10:55 a.m.	6313.202	EP

## Blue

### Session 1

6/1-6/12	M-F	11-11:25 a.m.	6411.201	EP
6/2-7/2	Tu/Th	7-7:25 p.m.	6411.202	EP
6/6-6/27	Sa	11-11:25 a.m.	6411.203	EP
6/6-6/27	Sa	11:30-11:55 a.m.	6411.204	EP

### Session 2

6/29-7/10	M-F	11-11:25 a.m.	6412.201	EP
7/14-8/13	Tu/Th	7-7:25 p.m.	6412.202	EP
7/18-8/15	Sa	11-11:25 a.m.	6412.203	EP
7/18-8/15	Sa	11:30-11:55 a.m.	6412.204	EP

### Session 3

7/27-8/7	M-F	11-11:25 a.m.	6413.201	EP
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## Green

### Session 1

6/1-6/12	M-F	11-11:25 a.m.	6511.201	EP
6/2-7/2	Tu/Th	7-7:25 p.m.	6511.202	EP
6/6-6/27	Sa	11-11:25 a.m.	6511.203	EP
6/6-6/27	Sa	11:30-11:55 a.m.	6511.204	EP

### Session 2

6/29-7/10	M-F	11-11:25 a.m.	6512.201	EP
7/14-8/13	Tu/Th	7-7:25 p.m.	6512.202	EP
7/18-8/15	Sa	11-11:25 a.m.	6512.203	EP
7/18-8/15	Sa	11:30-11:55 a.m.	6512.204	EP

### Session 3

7/27-8/7	Mon-Fri	11-11:25 a.m.	6513.201	EP
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# AQUATICS

## What number do I register for?

### Stroke School 1

**If the student:**

Has successfully completed Swim School Green

**AND**

Can tread water and survival float at least 30 seconds

**BUT...**

Needs to learn or refine freestyle and/or backstroke technique

**Register for**

✓ **Stroke School 1**

### Stroke School 2

**If the student:**

Can swim 25 yards freestyle stroke with "rotary (side) breathing"

**AND**

Can tread water and survival float at least 30 seconds

**BUT...**

Needs to learn or refine freestyle and/or backstroke technique

**Register for**

✓ **Stroke School 2**

## STROKE SCHOOL LESSON FEES

Tu/Th Sessions

• 45 min classes \$56R/\$75.50NR

Wednesday and Saturday Session

• 45 min classes \$28R/\$37.75NR

## STROKE SCHOOL AT BISON RIDGE

### Stroke School 1 (Freestyle & Backstroke)

**Session 1**

5/26-6/5 M-F 9-9:45 a.m. 6601.201 BR

5/26-6/5 M-F 10-10:45 a.m. 6601.202 BR

5/26-6/25 Tu/Th 5-5:45 p.m. 6601.203 BR

5/30-6/27 Sa 9-9:45 a.m. 6601.204 BR

5/30-6/27 Sa 10-10:45 a.m. 6601.205 BR

**Session 2**

6/22-7/3 M-F 9-9:45 a.m. 6602.201 BR

6/22-7/3 M-F 10-10:45 a.m. 6602.202 BR

7/7-8/6 Tu/Th 5-5:45 p.m. 6602.203 BR

7/11-8/8 Sa 9-9:45 a.m. 6602.204 BR

7/11-8/8 Sa 10-10:45 a.m. 6602.205 BR

**Session 3**

7/20-7/31 M-F 9-9:45 a.m. 6603.201 BR

7/20-7/31 M-F 10-10:45 a.m. 6603.202 BR

### Stroke School 2 (Breaststroke & Butterfly)

**Session 1**

5/26-6/5 M-F 11-11:45 a.m. 6701.201 BR

5/26-6/25 Tu/Th 6-6:45 p.m. 6701.202 BR

5/30-6/27 Sa 11-11:45 a.m. 6701.203 BR

**Session 2**

6/22-7/3 M-F 11-11:45 a.m. 6702.201 BR

7/7-8/6 Tu/Th 6-6:45 p.m. 6702.202 BR

7/11-8/8 Sa 11-11:45 a.m. 6702.203 BR

**Session 3**

7/20-7/31 M-F 11-11:45 a.m. 6703.201 BR





## STROKE SCHOOL AT EAGLE POINTE

### Stroke School 1 (Freestyle & Backstroke)

#### Session 1

6/1-6/12	M-F	9-9:45 a.m.	6611.201	EP
6/2-7/2	Tu/Th	5-5:45 p.m.	6611.202	EP
6/6-6/27	Sa	9-9:45 a.m.	6611.203	EP

#### Session 2

6/29-7/10	M-F	9-9:45 a.m.	6612.201	EP
7/14-8/13	Tu/Th	5-5:45 p.m.	6612.202	EP
7/18-8/15	Sa	9-9:45 a.m.	6612.203	EP

#### Session 3

7/27-8/7	M-F	9-9:45 a.m.	6613.201	EP
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## Stroke School 2 (Breaststroke & Butterfly)

#### Session 1

6/1-6/12	M-F	10-10:45 a.m.	6711.201	EP
6/2-7/2	Tu/Th	6-6:45 p.m.	6711.202	EP
6/6-6/27	Sa	10-10:45 a.m.	6711.203	EP

#### Session 2

6/29-7/10	M-F	10-10:45 a.m.	6712.201	EP
7/14-8/13	Tu/Th	6-6:45 p.m.	6712.202	EP
7/18-8/15	Sa	10-10:45 a.m.	6712.203	EP

#### Session 3

7/27-8/7	M-F	10-10:45 a.m.	6713.201	EP
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# DANCE

- The age range included with dance class descriptions is a general guideline.
- Instructors will recommend the appropriate class level for students based on their skills.
- Students who start in one class might be asked to move to a different class to match their abilities.
- Summer/Fall performance classes will end with a fall performance in November and will have additional costume fees of \$95.
- Registration will open at 2pm for residents and nonresidents.
- Late registration fees will apply starting June 16 and class fees will increase by \$10. Information listed is subject to change.

## Creative Movement

This class introduces children to ballet fundamentals, giving participants an increased body awareness and confidence. Coed participants move to music, using their imagination and energy. Ballet shoes are required. Tap is no longer part of this class.

### Parent Taught Non-Performance

**This class requires parent participation.**

#### Ages 2-3

6/22-11/9	M	1-1:30 p.m.	\$72/\$82	1051.205	BR
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\*No class 8/24, 8/31, 9/7

6/27-11/14	Sa	9-9:30 a.m.	\$72/\$82	1001.204	EP
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\*No class 9/12, 9/19

#### Non-Performance

##### Age 3

6/26-11/13	F	9:45-10:15 a.m.	\$72/\$82	1001.201	EP
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\*No class 9/11, 9/18

6/26-11/13	F	9:45-10:15 a.m.	\$72/\$82	1051.201	BR
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\*No class 8/28, 9/4

#### Non-Performance

##### Age 4

6/26-11/13	F	10:15-10:45 a.m.	\$72/\$82	1001.203	EP
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\*No class 9/11, 9/18

6/26-11/13	F	10:15-10:45 a.m.	\$72/\$82	1051.202	BR
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\*No class 8/28, 9/4

#### Performance

##### Age 4

6/22-11/9	M	5:30-6 p.m.	\$84/\$94	1051.203	BR
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\*No class 8/24, 8/31, 9/7

6/23-11/10	Tu	5-5:30 p.m.	\$84/\$94	1001.202	EP
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\*No class 9/7, 9/14

6/24-11/11	W	4:30-5 p.m.	\$84/\$94	1051.204	BR
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\*No class 8/19, 8/26

## Ballet & Tap

### Performance

Children are introduced to dance fundamentals and move progressively through dance classes, developing balance, steps, three positions, and footwork. Coed classes emphasize having fun and expressing yourself through dance. Tap and ballet shoes are required.

### Beginning

#### Ages 5-6

6/22-11/9	M	6-6:45 p.m.	\$93/\$103	1151.201	BR
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\*No class 8/24, 8/31, 9/7

6/22-11/9	M	6:45-7:30 p.m.	\$93/\$103	1151.202	BR
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\*No class 8/24, 8/31, 9/7

6/23-11/10	Tu	5:30-6:15 p.m.	\$93/\$103	1101.201	EP
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\*No class 9/8, 9/15

6/23-11/10	Tu	6:15-7 p.m.	\$93/\$103	1101.202	EP
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\*No class 9/8, 9/15

6/24-11/11	W	5-5:45 p.m.	\$93/\$103	1151.203	BR
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\*No class 8/26, 9/2

6/25-11/12	Th	5-5:45 p.m.	\$93/\$103	1101.203	EP
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\*No class 9/10, 9/17

6/26-11/13	F	5:30-6:15 p.m.	\$93/\$103	1101.204	EP
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\*No class 9/11, 9/18

### Intermediate

#### Ages 7-8

6/22-11/9	M	6:30-7:15 p.m.	\$93/\$103	1801.201	EP
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\*No class 9/7, 9/14

6/25-11/12	Th	5:45-6:30 p.m.	\$93/\$103	1851.201	BR
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\*No class 8/27, 9/3

## Tap

### Performance

Tap is a form of dance that uses the sounds of tap shoes striking the floor as a form of percussion.

### Beginning

#### Ages 10 & older

6/24-11/11	W	6:15-7:15 p.m.	\$97/\$107	1601.203	EP
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\*No class 8/26, 9/2



## Jazz

### Performance

Jazz teaches grace, coordination, strength, flexibility, musicality, and balance and is the backbone of all dance forms. Jazz shoes are required.

### Beginning

#### Ages 7-9

6/22-11/9 M 7:30-8:30 p.m. \$97/\$107 1551.201 BR

\*No class 8/24, 8/31, 9/7

#### Ages 10+

6/24-11/11 W 7:15-8:15 p.m. \$97/\$107 1701.202 EP

\*No class 8/26, 9/2

## Beginning Jazz and Tap

### Performance

#### Ages 5-6

Tap is a form of dance that uses the sounds of tap shoes striking the floor as a form of percussion. Dancers will build rhythm, coordination, and confidence while learning basic steps. Jazz and Tap shoes are required.

6/24-11/11 W 4:30-5:15 p.m. \$93/\$103 1701.201 EP

\*No class 9/9, 9/16

6/25-11/12 Th 4:45-5:30 p.m. \$93/\$103 1751.201 BR

\*No class 8/27, 9/3

## Contemporary

### Performance

#### Ages 9-14

Contemporary dance class explores a fusion of dance styles, including ballet, jazz, modern, and lyrical, emphasizing versatility, improvisation and emotional expression through movement.

6/24-11/11 W 6-7 p.m. \$97/\$107 1571.201 BR

\*No class 8/26, 9/2

## Lyrical

### Performance

#### Ages 9+

Lyrical dance is a popular contemporary dance type that fuses modern, jazz and ballet styles. Participants learn to feel the music in this challenging and fun form of dance, using emotions to convey the passion of a song or story of a dance. Students may wear lyrical sandals, ballet shoes, and jazz shoes or go barefoot in this coed class. Loose-fitting workout or dance clothing is a must.

6/22-11/9 M 5:30-6:30 p.m. \$97/\$107 1301.202 EP

\*No class 9/7, 9/14

6/25-11/12 Th 6:30-7:30 p.m. \$97/\$107 1391.201 BR

\*No class 8/27, 9/3

## Improv Movement

### Performance

#### Age-9-13

A creative class where dancers explore self-expression through guided dance improvisation and movement exercises, blending various types of dances.

6/22-11/9 M 4:30-5:30 p.m. \$97/\$107 1391.202 BR

\*No class 8/24, 8/31, 9/7

## Modern

### Performance

#### Age-13-18

Learn the fundamentals of modern dance, emphasizing expression, natural movement, and freedom. Much less structured than ballet or jazz.

6/24-11/11 W 7-8 p.m. \$97/\$107 1391.203 BR

\*No class 8/26, 9/2

## Poms

### Performance

These classes teach sharp, clean motions through floor and pom combinations. In addition, they also concentrate on the many skills that are required by dance teams such as jumps, leaps, and turns.

### Mini Poms

#### Ages 5-7

6/26-11/13 F 5:30-6:15 p.m. \$93/\$103 1451.203 BR

\*No class 8/28, 9/4

### Beginning

#### Ages 8-12

6/25-11/12 Th 7:30-8:30 p.m. \$97/\$107 1451.201 BR

\*No class 8/27, 9/3

6/26-11/13 F 6:30-7:30 p.m. \$97/\$107 1401.202 EP

\*No class 9/11, 9/18



# DANCE

## Hip Hop

### Performance

Move, groove and have a blast while learning basic combinations to the sounds of popular hip-hop music with this high-energy, "street-style" dance.

### Beginning Hip Hop

#### Ages 7-10

6/25-11/12 Th 7-8 p.m. \$97/\$107 1201.201 EP

\*No class 9/10, 9/17

6/26-11/13 F 6:30-7:30 p.m. \$97/\$107 1251.202 BR

\*No class 8/28, 9/4

### Intermediate Level Hip Hop

#### By Instructor Invitation

6/26-11/13 F 7:30-8:30 p.m. \$97/\$107 1261.201 BR

\*No class 8/28, 9/4

### Advanced Level

#### By instructor invitation only

6/23-11/10 Tu 7:45-8:45 p.m. \$97/\$107 1291.201 BR

\*No class 8/25, 9/1

## Ballet Basics

### Performance

#### Age 4

Ballet Basics emphasizes coordination, musicality, basic skills, classroom etiquette, and a love for dance while teaching early ballet steps.

6/23-11/10 Tu 4:30-5 p.m. \$84/\$94 1651.202 BR

\*No class 8/25, 9/1

## Introduction to Ballet

### Performance

#### Ages 5-6

Introduction to ballet teaches grace, coordination, strength, flexibility, musicality, balance, and is the backbone of all dance forms.

6/23-11/10 Tu 5-5:45 p.m. \$93/\$103 1661.201 BR

\*No class 8/25, 9/1

## Beginning Ballet

### Performance

#### Ages 10+

Beginning ballet teaches grace, coordination, strength, flexibility, musicality, balance, and is the backbone of all dance forms.

6/24-11/11 W 5:15-6:15 p.m. \$97/\$107 1601.201 EP

\*No class 8/26, 9/2

## Intermediate Ballet

### Performance

#### By Instructor Invitation Only

Intermediate ballet teaches grace, coordination, strength, flexibility, musicality, balance, and is the backbone of all dance forms.

6/23-11/10 Tu 5:45-6:45 p.m. \$97/\$107 1671.201 BR

\*No class 8/25, 9/1

## Advanced Ballet

### Performance

#### By Instructor Invitation Only

Intermediate ballet teaches grace, coordination, strength, flexibility, musicality, balance, and is the backbone of all dance forms.

6/23-11/10 Tu 6:45-7:45 p.m. \$97/\$107 1691.201 BR

\*No class 8/25, 9/1

## Adult Dance

### Line Dance

#### Ages 18+

Mondays are for Line Dancing with Rosalie! There are two levels of class for those who love to stay active and fit. Rosalie teaches both the beginner and the intermediate class. Resident \$20 (five-visit punch card). Nonresident \$20 (four visit punch card).

Beginner M 9-10 a.m. BR

Intermediate M 10:15-11:15 a.m. BR

## Tappy Hour

This fun tap dance class is for adults of all levels. Learn basic steps seated or standing. Tap shoe covers provided or bring your own tap shoes. Resident \$20 (five-visit punch card). Nonresident \$20 (four-visit punch card).

Wednesdays 10:30-11:30 a.m. Dance Studio EP

Saturdays 9:30-10:30 a.m. Dance Studio EP

## Mid-Day Ballet

### Non-Performance

#### Ages 18+

Mid-Day Ballet emphasizes coordination, musicality, basic skills, classroom etiquette, and a love for dance while teaching easy ballet steps. This is a Drop-in class; no registration required. Ballet shoes are required.

6/22-11/9 M Noon-1 p.m. \$10/\$12 per class BR

\*No class 8/24, 8/31, 9/7



## BISON RIDGE & EAGLE POINTE

Drop-in Group Fitness classes are included with a recreation center membership or punch card. Participants must be 16 years of age or older to participate in classes. Class size is limited based on room size and class format. SilverSneakers® classes do not require a SilverSneakers® membership to attend. The most up to date information about classes can be found online at [c3gov.com/Fitness](http://c3gov.com/Fitness).

## Aqua Fitness

Aqua fitness classes take place in the pool at both Bison Ridge and Eagle Pointe. With the water supporting your body, exercise is easier on the joints and muscles. Aqua fit classes are great to build muscle and strength, as well as increase your cardio endurance.

## Cardio & Strength Interval Training

Cardio + Strength classes combine exercises that elevate your heart rate and increase endurance strength exercises.

## Cycling


Indoor cycling classes include low impact cardio interval. We have knowledgeable instructors to help you get your bike set up correctly and comfortably to ensure you get the most out of your workout.

## Dance Based

Danced based classes will give you a total body workout while you enjoy different genres of music, from Latin inspired music to today's hottest hits.

## SilverSneakers®

Geared to older Active Adults, but open to everyone, we offer a variety of classes at both facilities including SilverSneakers® Classic and SilverSneakers® Circuit. These classes do not require a SilverSneakers® membership to attend.

Look for this SilverSneakers® symbol next to classes that are appropriate for some of our older adults. 

## Strength Training

We have a variety of strength-based classes including quick, 30-minute strength training classes to hour-long classes.

## Yoga/Pilates

Improve flexibility, posture, and core strength. We offer gentle yoga classes, higher intensity, vinyasa flow, and Pilates classes that focus on strengthening and toning your whole body.

## Active Adult Drop-in Fitness Classes

Below is a list of some of our low impact classes that are suitable for some older active adults interested in maintaining an active lifestyle. Please visit [c3gov.com/Fitness](http://c3gov.com/Fitness) or call 303-289-6835 for the most up-to-date schedule.

## SilverSneakers® Strength & Balance

### Bison Ridge Drop In

Strength and balance are important in everyday life and this class will help you improve your ability to feel strong and stable. Strength exercises may include lifting hand-held weights, stretching resistive tubing and using your own body's resistance while also using your core muscles to improve balance and stability.

M	9:30-10:15 a.m.	Studio #1	BR
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## SilverSneakers® Circuit

### Bison Ridge Drop-In

Combine fun and fitness to increase your cardiovascular and muscular endurance with a standing workout. Hand weights, elastic tubing and a ball are alternated with low-impact aerobics choreography.

W	10:30-11:30 a.m.	Studio #1	BR
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F	10:30-11:30 a.m.	Studio #1	BR
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## AQUA FITNESS

Come enjoy our classes that strengthen, tone, and elevate your heart rate.

## Aqua Fit

Aqua Fit is a medium intensity, medium impact class that incorporates cardio conditioning, body toning, and stretching. Take a break from the norm and join us for this exhilarating workout! Please note different pool locations.

M/Tu/Th	8-9 a.m.	Pool	BR
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Tu	11:15 a.m.-noon	Pool	EP
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## Aqua Strength

Aqua Strength is a medium impact, medium intensity workout for cardiovascular conditioning, improved flexibility, joint health, and muscle strength.

W/F	8-9 a.m.	Pool	BR
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M	6-7 p.m.	Pool	BR
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## River Walk

The River Walk class uses the resistance of the river to provide a more challenging aqua fitness class that incorporates cardiovascular endurance, strength, and flexibility components.

Tu/W/Th	10-10:45 a.m.	Pool	BR
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# FITNESS

## Deep Water Aerobics

For those wanting more strength and endurance while using the pool to support body weight.

<b>Su</b>	<b>10-11 a.m.</b>	<b>Pool</b>	<b>EP</b>
<b>Tu (beginner)</b>	<b>11:15 a.m.-noon</b>	<b>Pool</b>	<b>EP</b>

## DANCE-BASED FITNESS CLASSES

Join one of our dynamic dance classes - so fun you won't know you're working!

### Zumba-Bilingual

Taught in both English and Spanish! Ditch the workout and join the party in this Latin-inspired fitness dance class.

<b>M</b>	<b>5:30-6:30 p.m.</b>	<b>Studio #1</b>	<b>EP</b>
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### SHiNE

SHiNE is a dance fitness workout combining current hit music and core to help participants feel confident and strong.

<b>M</b>	<b>5:30-6:30 p.m.</b>	<b>Studio #1</b>	<b>BR</b>
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### SilverSneakers® Zumba Gold

This class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion, and coordination.

<b>Tu</b>	<b>10:15-11:15 a.m.</b>	<b>Studio #1</b>	<b>BR</b>
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### Barre

Several different styles of low impact classes that tone and strengthen. Great total body workout!

<b>W</b>	<b>6-7 p.m.</b>	<b>Studio #1</b>	<b>BR</b>
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<b>F</b>	<b>9:05-10:10 a.m.</b>	<b>Studio #1</b>	<b>BR</b>
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<b>Su</b>	<b>9:15-10 a.m.</b>	<b>Studio #1</b>	<b>BR</b>
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### Yoga

Improve flexibility, core strength, and balance.

<b>M</b>	<b>5:45-6:45 p.m.</b>	<b>Studio #2</b>	<b>BR</b>
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<b>W</b>	<b>12:30-1:30 p.m.</b>	<b>Studio #1</b>	<b>BR</b>
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<b>Th</b>	<b>5:45-6:45 p.m.</b>	<b>Studio #2</b>	<b>BR</b>
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<b>Sa</b>	<b>12:30-1:30 p.m.</b>	<b>Studio #2</b>	<b>BR</b>
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## PERSONAL TRAINING SERVICES

### Personal Training

Our nationally certified trainers will start with an individual fitness assessment and then develop a workout plan specially designed to help you meet your fitness goals. Sessions are available in packages of 3, 6, and 10. Fill out an intake packet at Bison Ridge or Eagle Pointe front desk. After reviewing, your trainer will contact you. View trainer bios on our website at [c3gov.com/Fitness](http://c3gov.com/Fitness).

For more information about any of these fitness services or to schedule an appointment with a fitness professional, call 303-286-6835 or email [Fitness@c3gov.com](mailto:Fitness@c3gov.com).

### Fitness Equipment Orientation

**Ages 14 & up**

Orientations include a demonstration of the proper use of equipment, weight room etiquette and proper equipment safety. Call 303-286-6835 to schedule.

## FITNESS & WELLNESS PROGRAMS

### Restorative Yoga

**Ages 16 & up**

An hour-long progressive class that will open your body, mind and soul through long deep stretches, restorative poses, breath work, tapping and self-centering. This class is open to all levels and would be beneficial for people experiencing high stress, anxiety, recovering from injuries and anything in between.

6/4-6/25	Th	7-8 p.m.	\$50/\$55	3351.201	BR
7/9-7/30	Th	7-8 p.m.	\$50/\$55	3352.201	BR

### Kettlebell & Jump

**Ages 16 & up**

This 45-minute class is designed to start at low intensity with gradual increases to high intensity. The class consists of increasingly challenging kettlebell exercises followed by foam rolling. This class will be held outside on the fitness deck. Outdoor policy follows pool policy for closures.

6/2-6/23	Tu	5:45-6:30 p.m.	\$50/\$55	3553.201	BR
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### Outdoor Bootcamp

**Ages 16 & up**

Take your workout outside! This high energy class combines cardio drills, strength training and agility exercises for a full-body challenge. Perfect for those who love variety and fresh air. Modifications provided for all fitness levels.

6/2-6/25	Tu/Th	6:30-7:30 p.m.	\$95/\$100	3452.201	BR
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### Teen Strength Training

**Ages 13-17**

Learn proper lifting techniques and gym safety with a certified trainer. Teens will build confidence, strength and knowledge to create healthy fitness habits for life.

6/8-6/29	M	11 a.m.-noon	\$50/\$55	3453.201	BR
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### Nutrition Demystified Workshop

**Ages 16 & up**

Get the facts behind the food. In this workshop, we break down the essentials of macronutrients, hydration, and metabolism. Whether you're looking to manage your weight or simply understand food labels better, you'll gain the evidence-based knowledge you need to make informed choices for your body.

6/17	W	6-7:30 p.m.	\$35/\$45	3951.201	EP
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### Taekwondo at Eagle Pointe

**Ages 8 & up**

Develop self-discipline, endurance, coordination, and self-confidence through Taekwondo. Throughout the sessions, learn self-defense, jiu jitsu, sparring, and combination movements. You will be tested on jump kicks, sparring, board breaking and more to move up in belt rank. Uniforms and pads are available for additional purchase, but are not required.

5/12-6/16	Tu	6:30-8 p.m.	\$45/\$50	3901.201	EP
6/30-8/4	Tu	6:30-8 p.m.	\$45/\$50	3902.201	EP
5/14-6/18	Th	6:30-8 p.m.	\$45/\$50	3901.203	EP
7/2-8/6	Th	6:30-8 p.m.	\$45/\$50	3902.203	EP
5/12-6/18	Tu/Th	6:30-8 p.m.	\$90/\$95	3901.202	EP
6/30-8/6	Tu/Th	6:30-8 p.m.	\$90/\$95	3902.202	EP

**All class schedules, titles and descriptions can be found on [c3gov.com/Fitness](http://c3gov.com/Fitness)**



# GOLF

## BOOK A TEE TIME

- By phone at 303-289-1500
- Online at BuffaloRunGolfCourse.com
- In person at 15700 E. 112th Ave.

Sign up online at BuffaloRunGolfCourse.com to participate in our eClub. Sign up online to participate in our eClub. By doing so you will receive a free green fee on your birthday.

## LOCATION

15700 E. 112th Ave. Commerce City, CO 80022  
303-289-1500

### Golf Course Hours\*

Sunrise-Sunset

### Driving Range Hours\*

Sunrise-One hour prior to sunset

\*Weather permitting

## BUFFALO RUN MEN'S AND WOMEN'S CLUB

Join in the competition and enjoy the great game of golf in a social and competitive setting. Members of all skill ranges compete for prizes in flighted tournaments throughout the season in team and individual events. Call 303-289-1500 for more information.

## JUNIOR PROGRAMS

### FIRST TEE

By integrating the game of golf with a life skills curriculum, the FIRST TEE program creates active learning experiences that build inner strength, self-confidence, and resilience that kids can carry to everything they do. To register, please visit [firstteegreenvalleyranch.org](http://firstteegreenvalleyranch.org). Space is limited.

#### Ages 5-6

6/1-6/22	M	2-3 p.m.	\$75
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7/6-8/3*	M	2-3 p.m.	\$75
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#### Ages 7-8

6/1-6/22	M	3:15-4:25 p.m.	\$75
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7/6-8/3*	M	3:15-4:25 p.m.	\$75
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#### Ages 9-11

6/1-6/22	M	4:30-5:30 p.m.	\$75
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7/6-8/3*	M	4:30-5:30 p.m.	\$75
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\*No Instruction on 7/20

## Junior Golf Camp for Beginners

### Ages 8-13

This four-day camp will cover fundamentals of the game of golf, including full swing, short game, on-course experiences, golfer etiquette, and rules. Junior golfers will leave with an improved golf game, more confidence in their ability, and a memory guaranteed to be one of the highlights of their summer. Call 303-289-1500 to register.

### Ages 8-10

7/20-7/23	M-Th	8-9:15 a.m.	\$125
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### Ages 11-13

7/20-7/23	M-Th	9:30-10:45 a.m.	\$125
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## Golf Divas

5/19	Tu	5 p.m.	\$65	4-Player Scramble
6/16	Tu	5 p.m.	\$65	4-Player Scramble
7/14	Tu	5 p.m.	\$65	4-Player Scramble
8/25	Tu	5 p.m.	\$65	4-Player Scramble

## Nine and Dine

6/11	Th	5 p.m.	\$130/couple	Viva Las Vegas!
7/9	Th	5 p.m.	\$130/couple	World Cup Soccer
8/20	Th	5 p.m.	\$130/couple	Mardi Gras

## Get Golf Ready

Whether you are a beginner at golf or returning to the game, the two-week Get Golf Ready program is designed to teach you everything you'll need to know to step onto a golf course and play with confidence. Space is limited.

5/5	Tu	5:30-7 p.m.	\$125
5/6	W	5:30-7 p.m.	\$125
5/12	Tu	5:30-7 p.m.	\$125
5/13	W	5:30-7 p.m.	\$125

## Private Lessons

PGA-trained instructors will help improve your skills with lessons that are tailored for everyone. Introductory packages include four lessons that prepare students to play on the course. Clubs and range balls are included in each lesson. Call 303-289-1500 for more information.

## PGA HOPE

### Free 6-week Golf Program (register online)

Buffalo Run, in partnership with the PGA HOPE Program (Helping Our Patriots Everywhere), provides veterans, retirees and active-duty service members the opportunity to attend FREE golf clinics. Veterans can learn the game of golf in a fun and interactive three-week training program led by Buffalo Run's PGA professionals. Participants will receive basic training on the game of golf, covering everything from the flat stick to the boomstick. Visit [pgahope.com](http://pgahope.com) to register.

### Session 1: 4/1 - 5/6

4/1	W	5:30-7p.m.
4/8	W	5:30-7p.m.
4/15	W	5:30-7p.m.
4/22	W	5:30-7p.m.
4/29	W	5:30-7p.m.
5/6	W	5:30-7p.m.

### Session 2: 9/9-10/14

9/9	W	5-6:30 p.m.
9/16	W	5-6:30 p.m.
9/23	W	5-6:30 p.m.
9/30	W	5-6:30 p.m.
10/7	W	5-6:30 p.m.
10/14	W	5-6:30 p.m.

## Buffalo Run Men's and Women's Club

Join the competition and enjoy the great game of golf in a social and competitive setting. Members of all skill ranges compete for prizes in flighted tournaments throughout the season in team and individual events. Call 303-289-1500 for more information.

## Private Lessons

PGA-trained instructors will help improve your skills with lessons that are tailored for each individual. Introductory packages include four lessons that prepare students to play on the course. Clubs and range balls are included in each lesson. Call 303-289-1500 for more information.

**Be sure to ask about 2026 programs!**



# GYMNASTICS

Registration for parent-taught and pre-gymnastics starts at 2 p.m. on April 7 for residents and April 9 for nonresidents. Starting on May 5, a \$10 late registration fee will apply. Please register early to secure your spot and enjoy the discounted class rates.

Registration for all gymnastics sessions will begin at 2 p.m. the first day of registration.

## Adaptive Gymnastics

### Ages 4-17

The SOAR (Special Opportunities in Adaptive Recreation) program was created to be all-inclusive and provide a recreational outlet to children with neurological or physical disabilities. This program allows children with disabilities to participate in gymnastics. IEP required to register for this class. Registration for this class will begin on April 15 starting at 2 p.m. Please call 303-286-6814 to sign up.

5/16-6/20	Sa	4-4:45 p.m.	\$32/\$42	2601.201	BR
7/11-8/22	Sa	4-4:45 p.m.	\$32/\$42	2602.201	BR

## Parent-Taught

### Ages 2-4 with parent

Explore the exciting world of gymnastics. You and your child learn the basics, how to tumble and move with fun activities using wedge mats, dancing, an obstacle course and more.

*5/11-6/15	M	9-9:45 a.m.	\$27/\$37	2101.201	BR
*5/11-6/15	M	10-10:45 a.m.	\$27/\$37	2101.202	BR
*5/11-6/15	M	2-2:45 p.m.	\$27/\$37	2101.203	BR
5/13-6/17	W	9-9:45 a.m.	\$32/\$42	2101.204	BR
5/13-6/17	W	10-10:45 a.m.	\$32/\$42	2101.205	BR
5/15-6/29	F	9:30-10:15 a.m.	\$32/\$42	2101.206	BR
5/16-6/20	Sa	9-9:45 a.m.	\$32/\$42	2101.207	BR
7/6-8/17	M	9-9:45 a.m.	\$37/\$47	2102.201	BR
7/6-8/17	M	10-10:45 a.m.	\$37/\$47	2102.202	BR
7/6-8/17	M	2-2:45 p.m.	\$37/\$47	2102.203	BR
7/8-8/19	W	9-9:45 a.m.	\$37/\$47	2102.204	BR
7/8-8/19	W	10-10:45 a.m.	\$37/\$47	2102.205	BR
7/10-8/21	F	9:30-10:15 a.m.	\$37/\$47	2102.206	BR
7/11-8/22	Sa	9-9:45 a.m.	\$37/\$47	2102.207	BR

\*No class 5/25

## Pre-Gymnastics

### Ages 4-5

Instructors introduce children to basic gymnastics using all types of equipment in this coed class. Boys and girls will explore how their bodies move using songs, balls and parachutes and gymnastics equipment. This class helps children improve coordination, motor skills, self-confidence and listening skills.

*5/11-6/15	M	11-11:45 a.m.	\$27/\$37	2201.201	BR
*5/11-6/15	M	Noon-12:45 p.m.	\$27/\$37	2201.202	BR
*5/11-6/15	M	3-3:45 p.m.	\$27/\$37	2201.203	BR
5/13-6/17	W	11-11:45 a.m.	\$32/\$42	2201.204	BR
5/15-6/19	F	10:30-11:15 a.m.	\$32/\$42	2201.205	BR
5/15-6/19	F	11:30 a.m.-12:15 p.m.	\$32/\$42	2201.206	BR
5/16-6/20	Sa	10-10:45 a.m.	\$32/\$42	2201.207	BR
5/16-6/20	Sa	11-11:45 a.m.	\$32/\$42	2201.208	BR
7/6-8/17	M	11-11:45 a.m.	\$37/\$47	2202.201	BR
7/6-8/17	M	Noon-12:45 p.m.	\$37/\$47	2202.202	BR
7/6-8/17	M	3-3:45 p.m.	\$37/\$47	2202.203	BR
7/8-8/19	W	11-11:45 a.m.	\$37/\$47	2202.204	BR
7/10-8/21	F	10:30-11:15 a.m.	\$37/\$47	2202.205	BR
7/10-8/21	F	11:30-12:15 p.m.	\$37/\$47	2202.206	BR
7/11-8/22	Sa	10-10:45 a.m.	\$37/\$47	2202.207	BR
7/11-8/22	Sa	11-11:45 a.m.	\$37/\$47	2202.208	BR

\*No class 5/25

### EARLY REGISTRATION

Beginning, Advanced Beginning, Intermediate and Pre-Team levels only

#### Session 1

- Resident registration opens April 28 at 2 p.m.
- Nonresident registration opens April 30 at 2 p.m.
- Early registration closes May 4
- Starting May 5, late registrations accepted if there is space. A \$10 late fee will be applied.

#### Session 2

- Resident registration opens June 23 at 2 p.m.
- Nonresident registration opens June 25 at 2 p.m.
- Starting June 30, late registrations accepted if there is space. A \$10 late fee will be applied.



# GYMNASTICS

## Beginning Gymnastics

Ages 6-17

This class helps youth develop sound mechanical skills, coordination and strength. Gymnasts receive basic instruction in tumbling and all gymnastic apparatus.

*5/11-6/15	M	4:30-5:30 p.m.	\$31/\$41	2301.201	BR
*5/11-6/15	M	5:30-6:30 p.m.	\$31/\$41	2301.202	BR
*5/11-6/15	M	7:30-8:30 p.m.	\$31/\$41	2301.203	BR
*5/11-6/15	M	7:30-8:30 p.m.	\$31/\$41	2301.204	BR
5/13-6/17	W	4:30-5:30 p.m.	\$37/\$47	2301.205	BR
5/13-6/17	W	6:30-7:30 p.m.	\$37/\$47	2301.206	BR
5/13-6/17	W	7:30-8:30 p.m.	\$37/\$47	2301.207	BR
5/13-6/17	W	7:30-8:30 p.m.	\$37/\$47	2301.208	BR
5/16-6/20	Sa	1-2 p.m.	\$37/\$47	2301.209	BR
7/6-8/17	M	4:30-5:30 p.m.	\$43/\$53	2302.201	BR
7/6-8/17	M	5:30-6:30 p.m.	\$43/\$53	2302.202	BR
7/6-8/17	M	7:30-8:30 p.m.	\$43/\$53	2302.203	BR
7/6-8/17	M	7:30-8:30 p.m.	\$43/\$53	2302.204	BR
7/8-8/19	W	4:30-5:30 p.m.	\$43/\$53	2302.205	BR
7/8-8/19	W	6:30-7:30 p.m.	\$43/\$53	2302.206	BR
7/8-8/19	W	7:30-8:30 p.m.	\$43/\$53	2302.207	BR
7/8-8/19	W	7:30-8:30 p.m.	\$43/\$53	2302.208	BR
7/11-8/22	Sa	1-2 p.m.	\$43/\$53	2302.209	BR

\*No class 5/25

## GO BEYOND BASICS

## Advanced Beginning Gymnastics

Ages 6-17

Builds on skills mastered in introductory-level instruction and progresses to more difficult tricks. This class emphasizes form, body position and skill connection. Participants must have instructor approval to register.

*5/11-6/15	M	4:30-5:30 p.m.	\$31/\$41	2311.201	BR
*5/11-6/15	M	6:30-7:30 p.m.	\$31/\$41	2311.202	BR
5/13-6/17	W	5:30-6:30 p.m.	\$37/\$47	2311.203	BR
5/16-6/20	Sa	1-2 p.m.	\$37/\$47	2311.204	BR
7/6-8/17	M	4:30-5:30 p.m.	\$43/\$53	2312.201	BR

7/6-8/17	M	6:30-7:30 p.m.	\$43/\$53	2312.202	BR
7/8-8/19	W	5:30-6:30 p.m.	\$43/\$53	2312.203	BR
7/11-8/22	Sa	1-2 p.m.	\$43/\$53	2312.204	BR

\*No class 5/25

## Intermediate Gymnastics

Ages 6-17

This class level offers new challenges with more advanced teaching on high beams and porta-pit drills. Gymnasts will continue to build self-confidence in a safe and fun environment. Participants must be able to demonstrate mastery of advanced beginning-level skills and have instructor's approval to move up to the intermediate level.

*5/11-6/15	M	6-7:30 p.m.	\$39/\$49	2321.201	BR
5/13-6/17	W	6-7:30 p.m.	\$46/\$56	2321.202	BR
5/16-6/20	Sa	2-3:30 p.m.	\$46/\$56	2321.203	BR
7/6-8/17	M	6-7:30 p.m.	\$53/\$63	2322.201	BR
7/8-8/19	W	6-7:30 p.m.	\$53/\$63	2322.202	BR
7/11-8/22	Sa	2-3:30 p.m.	\$53/\$63	2322.203	BR

\*No class 5/25

## Pre-Team

Ages 6-17

This pre-competitive program is designed to prepare gymnasts for competition. Participants will learn how to perform back walkovers, cartwheels on the beam, and proper technique for a handspring vault. Must have instructor approval to register.

5/15-6/19	F	5:30-7:30 p.m.	\$57/\$67	2441.201	BR
5/16-6/20	Sa	2-4 p.m.	\$57/\$67	2441.202	BR
7/10-8/21	F	5:30-7:30 p.m.	\$66/\$76	2442.201	BR
7/11-8/22	Sa	2-4 p.m.	\$66/\$76	2442.202	BR

## Boys Beginning

Ages 6-17

This class helps boys develop sound mechanical skills, coordination and strength. Boys receive basic instruction in tumbling and all male gymnastic apparatus.

5/15-6/19	F	4:30-5:30 p.m.	\$37/\$47	2351.201	BR
5/15-6/19	F	4:30-5:30 p.m.	\$37/\$47	2351.202	BR
7/10-8/21	F	4:30-5:30 p.m.	\$43/\$53	2352.201	BR
7/10-8/21	F	4:30-5:30 p.m.	\$43/\$53	2352.202	BR



# GYMNASTICS

## Boys Advanced

### Ages 6–17

Builds on skills mastered in introductory-level instruction and progresses to more difficult tricks. This class emphasizes form, body position and skill connection. Must have instructor approval to register.

5/15-6/19	F	4:30-5:30 p.m.	\$37/\$47	2351.201	BR
7/10-8/21	F	4:30-5:30 p.m.	\$43/\$53	2352.201	BR

## CARA TEAMS

CARA (Colorado Association of Recreational Athletics) offers the chance to compete in gymnastics. Registration for all CARA team-level programs starts April 7 for residents and April 9 for nonresidents. There is an additional \$10 charge to register for classes within one week of the session start date.

## Boys CARA Team Gymnastics

### Ages 6–17

Participants demonstrate skill mastery and combination memorization through competition in team gymnastics. Those choosing to participate will prepare for summer competitions with teams from throughout the state. This team emphasizes fun, sportsmanship, fitness and goal setting.

5/6-5/27	W	7-9 p.m.	\$57/\$68	2421.201	BR
6/3-6/24	W	7-9 p.m.	\$57/\$68	2422.201	BR
7/1-7/29	W	7-9 p.m.	\$71/\$85	2423.201	BR
8/5-8/19	W	7-9 p.m.	\$57/\$68	2424.201	BR
5/1-5/29	F	5:30-7:30 p.m.	\$71/\$85	2431.201	BR
6/5-6/26	F	5:30-7:30 p.m.	\$57/\$68	2432.201	BR
7/3-7/31	F	5:30-7:30 p.m.	\$71/\$85	2433.201	BR
8/7-8/21	F	5:30-7:30 p.m.	\$45/\$56	2434.201	BR

## CARA Girls' Gymnastics Team

### Compulsory Level 3 and 4

### Ages 6–17

Participants demonstrate skill mastery and combination memorization through competition in team gymnastics. Those choosing to participate will prepare for summer competitions with teams from throughout the state. This team emphasizes fun, sportsmanship, fitness and goal setting. By instructor invitation only.

5/5-5/28	Tu/Th	5-7 p.m.	\$132/\$158	2401.201	BR
6/2-6/30	Tu/Th	5-7 p.m.	\$149/\$179	2402.201	BR
7/2-7/30	Tu/Th	5-7 p.m.	\$149/\$179	2403.201	BR
8/4-8/20	Tu/Th	5-7 p.m.	\$96/\$116	2404.201	BR

## CARA Girls Gymnastics Team

### Optional Levels

### Ages 6–17

Participants demonstrate skill mastery and combination memorization through competition in team gymnastics. Those choosing to participate will prepare for summer competitions with teams from throughout the state. This team emphasizes fun, sportsmanship, fitness and goal setting.

5/5-5/28	Tu/Th	7-9:30 p.m.	\$144/\$173	2411.201	BR
6/2-6/30	Tu/Th	7-9:30 p.m.	\$162/\$194	2412.201	BR
7/2-7/30	Tu/Th	7-9:30 p.m.	\$162/\$194	2413.201	BR
8/4-8/20	Tu/Th	7-9:30 p.m.	\$108/\$128	2414.201	BR

## WHAT TO WEAR

### Clothing

Girls should wear leotards and spandex shorts; boys and all children ages 2–4 should wear athletic pants and T-shirt. Participants need to tie hair in a ponytail. No jewelry.

## PRIVATE LESSON INFORMATION

### Private Lessons

Excel in the sport of gymnastics with one-on-one instruction from a top coach. Class days and times are arranged between the student and the instructor. Participants of all ages and ability levels are welcome. To register for private lessons, call 303-286-6814.

### Competitive Team-Level Coaching

- 30-minute private lesson (1 person) \$31/\$41
- One-hour private lesson (1 person) \$45/\$55
- One-hour semi-private (up to 3 people) \$35/\$45 per person

### Class-Level Coaching

- 30-minute private lesson (1 person) \$25/\$35
- One-hour private lesson (1 person) \$39/\$49
- One-hour semi-private (up to 3 people) \$29/\$39 per person





# ADAPTIVE: S.O.A.R.

## SPECIAL OPPORTUNITIES IN ADAPTIVE RECREATION

Commerce City's SOAR program is designed to assist individuals in the community who have physical or intellectual differences or disabilities.

The programs offered below have been adapted to accommodate SOAR participants. If an individual would like to participate in any programs within this guide and may require adaptive assistance to do so, please contact the staff below.

Zach Venn, Recreation Supervisor – Community Connections and Inclusion Services  
Zvenn@c3gov.com 303-289-3761

Patty Nisbet, Recreation Coordinator – Outdoor and Adaptive Programs  
pnisbet@c3gov.com 303-289-3674

### Family Adaptive Fishing

**Ages 6 and up**

Discover the thrill of adaptive fishing. Our unique program offers accessible fishing opportunities for all abilities, surrounded by stunning landscapes and diverse wildlife. You are guaranteed a memorable day on the water!

6/23 Tu 8 a.m. - 11 a.m. \$5/\$10 7501.201 EP

### Family Prairie Safari

**Ages 6 & up**

Ride on a wheelchair-friendly wagon onto 1,000+ acres of prairie to watch wildlife on a guided tour at the Plains Conservation Center. Get up close to prairie dog holes, sod homes, and life on the plains!

7/9 Th 9 a.m.-4 p.m. \$5/\$10 7551.201 BR

### Canoe Adventures

**Ages 18 & up**

We will partner with the National Sports Center for the Disabled (NSCD) with this paddle sports program to provide an educational, therapeutic and fun experience for everyone. All equipment and adaptations are provided.

8/6 Th 9 a.m. - 12 p.m. \$15/\$20 7552.201 BR

### Fitness Training

**Ages 14 and up**

Need to improve your overall fitness? Please contact Fitness Supervisor Justin Layden to discuss affordable personal training options at 303-289-3762 or jlayden@c3gov.com.

### Adaptive Gymnastics

**Ages 4-17**

Adaptive Gymnastics is part of Commerce City's SOAR Program. This program allows children with disabilities to participate in gymnastics.

5/16-6/20 Sa 4-4:45 p.m. \$27/\$37 2601.201 BR

7/11-8/15 Sa 4-4:45 p.m. \$27/\$37 2602.201 BR





# PARKS & TRAILS



*Commerce City is home to 21 parks, 25 miles of trails, more than 960 acres of open space and a world-class golf course. With these recreation opportunities and a national wildlife refuge in the city's backyard, Commerce City has something for everyone.*

## **Henderson Hill Overlook & Buckley Trails**

The Henderson Hill Overlook and Buckley Trails are located on the Rocky Mountain Arsenal National Wildlife Refuge and are accessible via the new paved parking lot at the intersection of E. 96th Avenue and Chambers Road.

## **Sand Creek Regional Greenway**

The Sand Creek Regional Greenway is nearly 14 miles of public greenway (4 miles of which is in Commerce City), connecting the High Line Canal trail in Aurora with the South Platte River Greenway in Commerce City.

## **Prairie Gateway Open Space and Trail**

The Prairie Gateway Open Space and Trail is located just north of the Civic Center. This 190-acre open space includes a 2.4-mile, soft-surface perimeter trail with shelters, benches, a drinking fountain and an overlook area with beautiful views of the Rocky Mountain range.

## **Fernald Trail**

The trailhead is located at E. 70th Avenue and Colorado Boulevard. The concrete trail connects to the South Platte River Trail. It is adjacent to the Commerce City/E. 72nd Ave. station for the N-Line light rail.

## **Second Creek Greenway Trail**

This soft-surface trail is part of a regional trail system that will be 17 miles when completed. It runs along Second Creek and through open space areas next to the creek. In Commerce

City, it goes from E. 96th Avenue to E. 108th Avenue. The Second Creek Trail connects to the Rocky Mountain Arsenal National Wildlife Refuge Perimeter Trail and features two loops adjacent to area neighborhoods. This trail welcomes on-leash dogs, offering disposal stations as well as benches for resting. The trail also has two small shelters, six shade benches, and a restroom. The trail has regional significance, as it will eventually pass through Brighton, Adams County, Commerce City, Aurora and Denver and connect to the South Platte River Greenway Trail (which is a designated segment of the Colorado Front Range Trail) and the High Line Canal Trail.

## **Rocky Mountain Arsenal National Wildlife Refuge Perimeter Trail**

This is an 11-mile, soft-surface trail that runs north along Quebec Parkway and Highway 2, east along 96th Avenue and then south along Buckley Road. The trailhead is on the north side of the Civic Center at Prairie Parkway and Gateway Road in the Prairie Gateway Open Space.

## **Park Rangers**

Keep an eye out for Commerce City Park Rangers in the parks. The Park Ranger Program goals include:

- Educating park and trail users
- Providing environmental education and outreach
- Encouraging resource protection
- Promoting outreach and volunteerism
- Increasing visitor safety through enforcement of park property ordinances, rules and regulations\*
- Creating outdoor stewards to our parks and trails

\*Do you know the Park Properties Ordinances, Rules and Regulations? You can find them at [c3gov.com/ParkRules](https://www.c3gov.com/ParkRules).

For more information on the Park Ranger program, visit our webpage at [c3gov.com/parks-trails/park-rangers](https://www.c3gov.com/parks-trails/park-rangers).

# PARKS & TRAILS



		COMMERCE CITY PARK AMENITIES															
		Skate Park	Sprayground	Futsal	Volleyball	Basketball	Multipurpose	Soccer Field	Football Field	Softball Field	Baseball Field	Playground	Picnic Area	BBQ Grill	Restroom	Shelter	Disc Golf
COMMUNITY PARKS	<b>VETERANS MEMORIAL PARK</b> 6015 Forest Dr.										*✓	✓	✓	✓	✓		
	<b>FAIRFAX PARK</b> 6850 Fairfax Dr.			✓		✓	✓	✓	✓	✓	*✓	✓	✓	✓	✓		
	<b>MONACO PARK</b> 5790 Monaco St.				✓	✓					*✓	✓	✓	✓	✓		✓
	<b>PIONEER PARK</b> 5950 Holly St.	✓	✓			✓	✓	✓	✓	✓	✓	*✓	✓	✓	✓	✓	
NEIGHBORHOOD PARKS	<b>FREEDOM PARK</b> 6330 Oneida St.										*✓	✓	✓	✓	✓		
	<b>FRONTERRA PARK</b> 10020 Joplin St.	✓				✓	✓				✓	✓	✓	✓	✓	✓	
	<b>FIRST CREEK DOG PARK</b> 10100 Havana St.													✓			
	<b>LOS VALIENTES PARK</b> 7300 Magnolia St.										✓	✓	✓	✓	✓		
	<b>RIVER RUN PARK</b> 11515 Oswego St.				✓		✓			✓	✓	*✓	✓	✓	✓	✓	
	<b>STAMPEDE PARK</b> 11755 Fairplay St.						✓					✓	✓	✓	✓	✓	
	<b>TURNBERRY PARK</b> 10725 Wheeling St.	✓				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
	<b>VILLAGES EAST PARK</b> 11698 Chambers Rd.					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
POCKET PARKS	<b>CALU PARK</b> 17010 E 95th Ave.										✓	✓	✓	✓			
	<b>GIFFORD PARK</b> 6120 Monaco St.										✓	✓			✓		
	<b>JOE REILLY PARK</b> 6401 E. 72nd Pl.											✓					
	<b>LEYDEN PARK</b> 5430 Leyden St.										✓	✓			✓		
	<b>MONACO VISTA</b> 6250 Monaco St.					✓					✓						
	<b>OLIVE PARK</b> 6275 Olive St.										✓	✓	✓		✓		
	<b>ROSE HILL GRANGE PARK</b> 4051 E. 68th Ave.											✓	✓		✓		
	<b>ADAMS HEIGHTS PARK</b> 6625 Brighton Blvd.											✓	✓				
	<b>URQUIDEZ-CENTENNIAL PARK</b> 7735 Monaco St.											✓	✓		✓		

Please see facility information page (page 7) for park and shelter rental information, details and application process.

\*Denotes Inclusive Playground



# NATURE EDUCATION

## RANGER PROGRAMS

### Ranger Roundtable

#### All ages

Have you tried finding one of our park rangers? Well, look no further in trying to track one down! Park Rangers will be hanging out at various parks across Commerce City this summer with some tasty treats waiting to answer your questions. Stop by and grab a snack, say hello, or ask those burning questions you have been holding on to. Children under 14 years old must be accompanied by an adult.

5/2	Sa	10-11 a.m.	Free	4802.201	Freedom Park
6/14	Su	2-3 p.m.	Free	4802.202	Fronterra Park
7/24	F	4-5 p.m.	Free	4802.203	River Run Park
8/18	Tu	5-6 p.m.	Free	4802.204	Monaco Park

### Crafting for Conservation

#### All Ages

Paint and decorate a birdhouse! Along the way, learn about local bird species and the importance of conservation efforts to protect their habitats. Create homes for local wildlife and enjoy a hands-on activity. All materials provided, just bring your creativity! Children under 14 years old must be accompanied by an adult.

5/3	Su	9-10 a.m.	Free	7801.201	EP
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### Hibernation Habits of Wildlife Nature Walk

#### Ages 18 & up

Explore the incredible hibernation adaptation strategies of our native wildlife. Discover how your local wildlife such as reptiles and amphibians cope with extreme weather conditions during hibernation. Whether you are a nature enthusiast or just curious about local wildlife, this nature walk promises to be both informative and fun.

5/6	W	9-10 a.m.	Free	4801.205	CALU Park
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### Sunset on the High Plains Evening Nature Walk

#### Ages 15 & up

Take an evening stroll at dusk with a Park Ranger. Listen for owls and coyotes as you wind your way through Prairie Gateway Open Space. On this walk, discover the ways in which wildlife thrive at night. Let your eyes adjust to the darkening sky and see a whole new world as the day changes into night.

5/9	Sa	7-8 p.m.	Free	4801.202	PGOS
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### Snakes on the Plains Nature Walk

#### Ages 18 & up

Uncover the world of venomous snakes! Learn to identify common species, understand their unique life habits, and how to respond to an emergency if you are bitten. As you walk, you will discover that these slithering reptiles are not as frightening as you have been taught to believe.

5/13	W	9-10 a.m.	Free	4801.206	CALU Park
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### Paws in the Park Nature Walk

#### Ages 6 & up

Bring your friendly pup and join other dog lovers for a relaxed community walk at Prairie Gateway Open Space. Enjoy a scenic morning, meet fellow dog owners, and celebrate exploring open space safely with your canine companions. Don't forget your leash! Dogs must be friendly and up to date on vaccinations. Children 6-15 years old must be accompanied by an adult.

5/16	Sa	10-10:45 a.m.	Free	4801.207	PGOS
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### Prairie Plants Nature Walk

#### Ages 15 & up

Have you ever wondered what plants call Commerce City home? A knowledgeable Park Ranger guides you on an engaging walk through the extraordinary world of native grasses. Although often overlooked, these resilient plants shape the landscape and support our wildlife. Uncover their survival strategies as you observe these plants up close to discover what makes grasses unique and remarkable.

5/23	Sa	9-10 a.m.	Free	4801.203	Wetlands Trailhead
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### ASHI CPR Certification Course

#### Ages 15 & up

Get CPR certified! This 2-year certification course is ideal for community members who want to learn how to provide life-saving CPR and AED care. This is a hybrid program, and the instructor will send tutorials before class that must be completed. You then practice hands-on skills in class. Both a written and practical exam are required to obtain your certification.

5/30	Sa	9 a.m-1 p.m.	\$5/\$8	4813.201	BR
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### Nature Scavenger Hunt

#### All ages

Explore the beauty of your local park! Families and individuals of all ages embark on a scavenger hunt to discover unique items while keeping an eye out for signs of wildlife. A wonderful opportunity to connect with nature and your community in a bilingual environment. Prepare for an adventure that combines learning, exploration, and outdoor fun. Finish the hunt to win a prize! Children under 14 years old must be accompanied by an adult.

5/31	Su	1-2 p.m.	Free	7802.201	Fairfax Park
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## Bike with a Ranger

**Ages 15 & up**

Grab bike and explore your Second Creek Open Space with a Park Ranger! Observe wildlife as you wind your way through your local open space. This gentle ride will be flat and a short 1 to 3-mile bike ride. Whether you are an experienced cyclist or a beginner, there will be something for everyone to enjoy. Please bring your own bicycle and helmet. Class 1 E-bikes welcome.

6/3 W 10-11:30 a.m. Free 4806.201 SCOS

## Ranger Story Walk

**All ages**

Stroll through your local park as you read a nature storybook. A Park Ranger will be your guide to foster a love of reading and create memorable family moments. Children under 14 years old must be accompanied by an adult.

6/9 Tu 10-11 a.m. Free 7803.201 Fronterra Park

## A Walk in the Park Bingo

**All ages**

Explore the natural beauty of your local Second Creek Open Space with our nature bingo cards. Grab a colorful marker and a bingo card from the Park Ranger truck to add a fun challenge to your jaunt. Discover the park as you search for wildlife, tracks, plants, rocks, and more! Children under the age of 14 must be accompanied by an adult.

6/15 M 10 a.m.-noon Free 7804.201 SCOS

## Sand Creek Park Cleanup

**Ages 6 & up**

Help us preserve the natural beauty of the trail by picking up litter, ensuring the trail remains a safe and inviting place for everyone. Whether you are a seasoned volunteer or new to community efforts, your participation makes a difference. Enjoy the fresh air, connect with neighbors, and contribute to a cleaner, greener environment. Supplies provided for the cleanup. Enjoy snacks and refreshments for all your hard work. Children 6-14 years old must be accompanied by an adult.

6/21 Su 1-2:30 p.m. Free 4804.201 Dahlia Trailhead

## Shortgrass Prairie Nature Walk

**Ages 15 & up**

Step into the shortgrass prairie and let a Park Ranger guide you through one of Colorado's most overlooked landscapes. Spend an hour walking the trail and discovering the beauty of your local open space.

6/27 Sa 9-10 a.m. Free 4801.201 CALU Park

## Walking the Land: Indigenous History & Park Stewardship in Commerce City

**All ages**

Spend time at Prairie Gateway Open Space, the original home of the Arapaho, Cheyenne, Lakota, and Ute people of Colorado. Emphasizing the history, cultural practices, and stewardship of indigenous people, a Park Ranger highlights the deep connections they had to their environment. As you listen, acknowledge and learn a newfound respect for the original caretakers of this land that we now call home. Children under 14 years old must be accompanied by an adult.

7/15 W 10-10:45 a.m. Free 4803.202 PGOS

## World Ranger Day

**All ages**

Celebrate World Ranger Day with your local Park Rangers! Enjoy refreshments and a compelling presentation highlighting the vital efforts of rangers worldwide in protecting our planet's ecosystems and wildlife. Gain insight into the important work that rangers undertake all around the world and right here in Commerce City. Children under 14 years old must be accompanied by an adult.

7/31 F 5-6 p.m. Free 4803.201 EP

## Dog Day Afternoon

**Ages 18 & up**

Calling all dogs! Head on over to the First Creek Dog Park. A Park Ranger will teach your owner all about leash safety, city leash laws, and wildlife conflicts. There may even be delicious dog treats and giveaways for the best pups. Don't forget your leash! Dogs must be friendly and up to date on vaccinations.

8/6 Th Noon-1 p.m. Free 4805.201 FCDP

## Wetlands Nature Walk

**All ages**

Embark on a peaceful nature walk through a wetland habitat with a Park Ranger. As you stroll along the trail, learn about what makes wetland habitats unique as well as wildlife that can be found here. A wonderful opportunity to connect with nature and observe the diverse array of animals that thrive in wetland ecosystems. Children under 14 years old must be accompanied by an adult.

8/30 Sun 1-2 p.m. Free 4801.204 Wetlands Trailhead



# YOUTH SPORTS

## Our Youth Sports Philosophy

It is our objective to give children an opportunity to participate in youth sports and ensure a positive experience and an equal amount of playing time.

Please visit [c3gov.com/Sports](http://c3gov.com/Sports) to register or learn more about our sports programs.

## YOUTH BASEBALL

### T-Ball

5-6 years

This beginner program introduces children to the great American pastime, focusing on the fundamentals of throwing, catching, and hitting a baseball. Teams meet once a week for practice and instructional league play on Friday evenings at Pioneer Park. A late fee of \$10 for registrations after deadline.

Registration: 3/31-5/1 \$66/79 5001.201

Start Date: Week of 5/18

### Coach Pitch

7-8 years

This program incorporates instruction with league play. Coach Pitch teaches the fundamentals of hitting and fielding in a game setting, along with an introduction to hitting a live pitch. Teams meet twice a week for practice; games are scheduled on Tuesday and Wednesday evenings at Pioneer Park. A late fee of \$10 for registrations after deadline.

Registration: 3/31-5/1 \$72/86 5101.201

Start Date: Week of 5/18

### Pee Wee

9-10 years

This exciting and challenging program develops the fundamentals of baseball and promotes teamwork and sportsmanship. The program focuses on improving the basic skills of hitting and fielding, along with players' pitching. Teams meet twice a week for practice; games are scheduled on Tuesday and Thursday evenings at Pioneer Park. A late fee of \$10 for registrations after deadline.

Registration: 3/31-5/1 \$77/92 5201.201

Start Date: Week of 5/18

### Junior Division

11-12 years

This program further develops the fundamentals of baseball and promotes teamwork and sportsmanship. Teams focus on improving skills while learning the details of baseball. Teams meet twice a week for practice; games are scheduled on Mondays and Wednesdays at Pioneer Park. A late fee of \$10 for

registrations after deadline.

Registration: 3/31-5/1 \$83/99 5301.201

Start Date: Week of 5/1

### Senior Division

13-14 years

This recreational program continues to promote teamwork and sportsmanship. Players will focus on developing all skills of the game. Teams meet twice a week for practice; games are scheduled for Monday and Fridays in Commerce City and the surrounding small towns (i.e. Platteville, Hudson, Fredrick). A late fee of \$10 for registrations after deadline.

Registration: 3/31-5/1 \$88/106 5401.201

Start Date: Week of 5/18

### Umpires

We Need You! Are you an umpire? Do you want to be an umpire? Commerce City is now looking for umpires for the upcoming summer baseball season. Games are Monday through Friday evenings beginning in early June and going through the end of July. We will offer a pre-season free clinic that will cover rules, mechanics, techniques, policies and procedures. Call Matt Darby for dates, times, and additional information at 303-289-3705 or [mdarby@c3gov.com](mailto:mdarby@c3gov.com).

## SUMMER CAMP SERIES - ELEVATE YOUR GAME!

### Volleyball Development Camp

Ages 9-11 and 12-14

This fun and challenging camp will develop the fundamentals of volleyball, while focusing on teamwork and individual skill development. Each player receives a camp give-away. Camp is 2 days a week for two weeks. A late fee of \$10 for registrations after deadline.

7/20-7/31 \$50/\$60 5021.204 BR

- Registration: 4/1-7/5
- Ages: 9-11: 5:30-6:45 p.m. each day
- Ages: 12-14: 7-8:15 p.m. each day

### Become an Official or Coach

We are always looking for referees and coaches to help support our youth sports programs. We provide classes and trainings to ensure that each child participating in a sports program has fun, shows progress in the sport and wants to play again. Please visit [c3gov.com/Sports](http://c3gov.com/Sports) and complete interest form.

Apply here:





## 2026 SKYHAWKS SPORTS PROGRAMS

Skyhawks provides a safe, fun, non-competitive environment to teach sports to children. These programs are designed to give each child a positive introduction to sports and ensure they walk away with a smile on their face wanting to learn more. Their knowledgeable and patient staff use a variety of games and activities to give each athlete an overview of the sport while building valuable skills. For any questions or to register for any of the camps below, please visit [skyhawks.com/Colorado](http://skyhawks.com/Colorado) or call 303-222-8039.

### Soccer Camp

**Ages: 5-10**

Skyhawks Soccer allows young athletes to gain the skills and knowledge required for their next step into soccer. Areas of focus are dribbling, passing, shooting, and ball control. By the end of the program, your child will have learned new life skills, made new friends, and improved their soccer skills.

<b>6/8-6/12</b>	<b>M-F</b>	<b>9 a.m.-noon</b>	<b>\$199</b>	<b>5501.206</b>
<b>Fronterra Park</b>				

<b>7/27-7/31</b>	<b>M-F</b>	<b>9 a.m.-noon</b>	<b>\$199</b>	<b>5501.210</b>
<b>Pioneer Park</b>				

- Registration deadline for 6/8-6/12 Camp - 6/7
- Registration deadline for 7/27-7/31 Camp - 7/26
- Late fee of \$10 for registrations after deadline

### Flag Football Camp

**Ages: 5-10**

Skyhawks flag football is the perfect program for your young athletes who want a complete introduction to America's Game or for those who simply want to brush up on their skills in preparation for league play. Through our "skill of the day," campers will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning - all presented in a fun & positive environment.

<b>6/1-6/5</b>	<b>M-F</b>	<b>9 a.m.-noon</b>	<b>\$199</b>	<b>5501.213</b>
<b>Fronterra Park</b>				

<b>7/6-7/10</b>	<b>M-F</b>	<b>9 a.m.-noon</b>	<b>\$199</b>	<b>5501.207</b>
<b>Pioneer Park</b>				

- Registration Deadline for 6/1-6/5 Camp - 5/31
- Registration Deadline for 7/6-7/10 Camp - 7/5
- Late fee of \$10 for registrations after deadline.

### Volleyball Camp

**Ages: 5-10**

All aspects of volleyball are taught through drills and exercises that focus on passing, setting, hitting, and serving. Our coaches will assist in developing fundamental skills through game speed drills and daily scrimmages.

<b>6/1-6/5</b>	<b>M-F</b>	<b>9 a.m.-noon</b>	<b>\$199</b>	<b>5501.208</b>
<b>Eagle Pointe</b>				

<b>7/13-7/17</b>	<b>M-F</b>	<b>9 a.m.-noon</b>	<b>\$199</b>	<b>5501.209</b>
<b>Bison Ridge</b>				

- Registration Deadline for 6/1-6/5 Camp - 5/31
- Registration Deadline for 7/13-7/17 Camp - 7/12
- Late fee of \$10 for registrations after the deadline.

### Basketball Camp

**Ages: 5-10**

Skyhawks Basketball is a fun, skill-intensive program designed to teach the fundamentals of basketball through skill-based instruction and small-sided scrimmages. Using our progression-based curriculum, we focus on the whole player.

<b>6/22-6/26</b>	<b>M-F</b>	<b>9 a.m.-noon</b>	<b>\$199</b>	<b>5501.211</b>
<b>Eagle Pointe</b>				

<b>8/3-8/7</b>	<b>M-F</b>	<b>9 a.m.-noon</b>	<b>\$199</b>	<b>5501.212</b>
<b>Bison Ridge</b>				

- Registration Deadline for 6/22-6/26 Camp - 6/21
- Registration Deadline for 8/3-8/7 Camp - 8/2
- Late fee of \$10 for registrations after deadline.

### Lacrosse Camp NEW!

**Ages: 5-10**

Charge into a thrilling experience with Skyhawks Lacrosse! This program teaches young athletes essential lacrosse skills like stick-handling and shooting in a supportive, non-contact setting. All equipment is provided (although personal sticks are welcome). Lacrosse programs foster a sense of teamwork while participating in this fun and fast-paced sport.

<b>6/15-6/19</b>	<b>M-F</b>	<b>9 a.m.-noon</b>	<b>\$199</b>	<b>5501.238</b>
<b>Fronterra Park</b>				

- Registration Deadline - 6/12
- Late fee of \$10 for registrations after deadline.

### Cheerleading Camp NEW!

**Ages: 5-10**

Get ready to rally with Skyhawks Cheerleading! This fun-filled program teaches a variety of cheers, hand and body movements, and jumping techniques, all stunt-free. Participants will also learn valuable teamwork and leadership skills. The program ends with a performance where each cheerleader shines. Become a cheer champion with Skyhawks!

<b>6/22-6/26</b>	<b>M-F</b>	<b>9 a.m.-noon</b>	<b>\$199</b>	<b>5501.239</b>
<b>Fronterra Park</b>				

- Registration Deadline - 6/21
- Late fee of \$10 for registrations after deadline.



# YOUTH SPORTS

## Beginning Golf Camp NEW!

**Ages: 5-10**

Swing into Skyhawks Beginning Golf. This beginning program focuses on fun and repetition with a games-based approach that can be played on any surface. Specialized equipment is used to ensure early success for young players. Key skills like putting and chipping are taught through engaging activities. Ideal for beginners and those improving, join Skyhawks for rewarding progress with every shot!

**7/13-7/17 M-F 9 a.m.-noon \$199 5501.240**

**Fronterra Park**

- Registration Deadline – 7/13
- Late fee of \$10 for registrations after deadline.

## Pickleball Camp NEW!

**Ages: 5-10**

Get in the game with Skyhawks Pickleball, gateway to the fastest-growing paddle sport! This program develops and sharpens pickleball skills like groundstrokes, volleys, and serves in a fun environment while focusing on teamwork, sportsmanship, and respect. Come experience this lively sport while building confidence and appreciation for pickleball!

**7/20-7/24 M-F 9 a.m.-noon \$199 5501.241**

**Eagle Pointe**

- Registration Deadline – 7/19
- Late fee of \$10 for registrations after deadline.

## SKYHAWKS TRY IT PROGRAMS NEW!

The “try it” programs are designed to introduce participants to sport and develop fundamental skills through active game-play and skill-based activities.

## Pickleball Introductory Course

**Ages: 5-10**

Get in the game with Skyhawks Pickleball, gateway to the fastest-growing paddle sport! This program introduces pickleball skills like groundstrokes, volleys, and serves in a fun environment while focusing on teamwork, sportsmanship, and respect. Come experience this lively sport while building confidence and appreciation for pickleball!

**6/1 M 9 a.m.-noon \$39 5501.334**

**Eagle Pointe**

- Registration Deadline: 5/31
- Late fee of \$10 for registrations after deadline

## Soft Lacrosse Introductory Course

**Ages: 5-10**

Charge into a thrilling experience with Skyhawks Lacrosse! This program introduces lacrosse skills like stick-handling and shooting in a supportive, non-contact setting. All equipment

is provided (although personal sticks are welcome). Lacrosse programs foster a sense of teamwork while participating in this fun and fast-paced sport.

**6/2 Tu 9 a.m.-noon \$39 5501.335**

**Fronterra Park**

- Registration Deadline: 6/1
- Late fee of \$10 for registrations after deadline

## Flag Rugby Introductory Course

**Ages: 5-10**

Crouch, bind, set into a thrilling Skyhawks Flag Rugby experience. This program focuses on fun, safety, and fundamental skills like passing and flag-pulling.

**6/3 W 9 a.m.-noon \$39 5501.336**

**Fronterra Park**

- Registration Deadline: 6/2
- Late fee of \$10 for registrations after deadline

## Field Hockey Introductory Course

**Ages: 5-10**

Join Skyhawks for an exciting introduction to Field Hockey, a sport with a global appeal. This program teaches basics like stick handling and passing in a game-based environment. Perfect for young athletes looking for a fast-paced sport that focuses on teamwork. Come discover Field Hockey!

**6/4 Th 9 a.m.-noon \$39 5501.337**

**Fronterra Park**

- Registration Deadline: 6/3
- Late fee of \$10 for registrations after deadline

## Beginning Golf Introductory Course

**Ages: 5-10**

Swing into Skyhawks Beginning Golf. This introductory program focuses on fun and repetition with a games-based approach that can be played on any surface. Specialized equipment is used to ensure early success for young players. Key skills like putting and chipping are taught through engaging activities.

**6/5 F 9 a.m.-noon \$39 5501.338**

**Fronterra Park**

- Registration Deadline: 6/3
- Late fee of \$10 for registrations after deadline

## SKYHAWKS SUPER TOTS SPORTS PROGRAMS

SuperTots Sports programs give kids a fun, preschool-based introduction to sports. Classes build early skills like listening, sharing, following directions, and taking turns, while also reinforcing colors, numbers, shapes, and sizes. Each progression-based program helps young athletes grow and “graduate” to the next level with age-appropriate challenges.



Give your little superstar an awesome first step into sports! Learn more at [skyhawks.com](http://skyhawks.com).

## Baseball Tots

**Ages: 2-4**

Hoopster Tots classes focus on dribbling, passing, shooting, and teamwork. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge.

<b>6/1-6/22</b>	<b>M</b>	<b>Fronterra Park</b>	
2 yrs.-2 yrs. 6 mos.	9:15 -9:45 a.m.	\$49	5501.228
2 yrs. 7 mos.-3 yrs. 6 mos.	10-10:50 a.m.	\$79	5501.229
3 yrs. 7 mos.-4 yrs. 11 mos.	11-11:50 a.m.	\$79	5501.230
<b>7/7-7/28</b>	<b>T</b>	<b>Fronterra Park</b>	
2 yrs. 7 mos.-3 yrs. 6 mos.	5:30p-6:15 p.m.	\$79	5501.241
3 yrs. 7 mos.-4 yrs.	6:30-7:15 p.m.	\$79	5501.242

- Registration Deadline: 6/1
- Late fee of \$10 for registrations after deadline

## Soccer Tots

**Ages: 2-4**

Soccer Tots is our flagship program! Our classes focus on developing motor skills and self-confidence while also learning balance, dribbling, foot-eye coordination and running control. We also introduce an element of light competition.

<b>6/4-6/25</b>	<b>T</b>	<b>Fronterra Park</b>	
2 yrs. 7 m.-3 yrs. 6 mos.	9:15 -9:45 a.m.	\$79	5501.239
3 yrs. 7 m.-4 yrs.	6:30-7:15 p.m.	\$79	5501.240
<b>7/6-7/27</b>	<b>Th</b>	<b>Fronterra Park</b>	
2 yrs.-2 yrs. 6 mos.	9:15 -9:45 a.m.	\$49	5501.234
2 yrs. 7 m.-3 yrs. 6 mos.	10-10:50 a.m.	\$79	5501.235
3 yrs. 7 m.-4 yrs. 11 mos.	11-11:50 a.m.	\$79	5501.236
<b>7/7-7/28</b>	<b>M</b>	<b>Fronterra Park</b>	
2 yrs. - 2 yrs. 6 mos.	9-9:50 a.m.	\$49	5501.225
2 yrs. 7 m. - 3 yrs. 6 mos.	10-10:50 a.m.	\$79	5501.226
3 yrs. 7 m. - 4 yrs. 11 mos.	11-11:50 a.m.	\$79	5501.227

- Registration Deadline for 6/5-6/26 Camp - 6/1
- Registration Deadline for 7/7-7/28 Camp - 7/6
- Late fee of \$10 for registrations after deadline.

## 1st Down Tots

**Ages: 2-4**

1st Down Tots classes focus on using fun games and activities to learn the basics of football and develop fundamental movement skills while gaining self-confidence. We work on skills like running, throwing and catching. We use smaller foam

footballs and other age-appropriate equipment for early success!

<b>7/9-7/30</b>	<b>Th</b>	<b>Fronterra Park</b>	
2 yrs.-2 yrs. 6 mos.	9:15 -9:45 a.m.	\$49	5501.231
2 yrs. 7 mos.-3 yrs. 6 mos.	10-10:50 a.m.	\$79	5501.232
3 yrs. 7 mos.-4 yrs. 11 mos.	11-11:50 a.m.	\$79	5501.233

- Registration Deadline: 7/9
- Late fee of \$10 for registrations after deadline.

## WEATHER HOTLINE

Please call after 5 p.m. 303-289-3757 or visit [teamsideline.com/Commerccity](http://teamsideline.com/Commerccity)

## LOCAL YOUTH SPORTS PROVIDERS

Commerce City collaborates with several organizations to offer a wide range of sports to youth in our community. These programs are not affiliated with Commerce City Parks and Recreation.

### Commerce City Youth Athletics (CCYA)

- Raiders Tackle Football (Fall)
  - Rance Tompkins or [cc\\_raider@msn.com](mailto:cc_raider@msn.com)
- Lady Raiders Cheerleading Squad (Fall)
  - Denise Kaza or [ccyacheer@hotmail.com](mailto:ccyacheer@hotmail.com)
- Girls' Softball (Spring)
  - Denise Kaza - 720.434.6559 or [dcd204@msn.com](mailto:dcd204@msn.com)

### Adams City Wrestling Club

- Tim Lucero - 970-381-5020
- [Adamscityyouthwrestling@gmail.com](mailto:Adamscityyouthwrestling@gmail.com)
- [elena.adamscity@yahoo.com](mailto:elena.adamscity@yahoo.com)

### Bison Lacrosse Club (Spring/Summer/Fall)

- [bisonlaxclub.com](http://bisonlaxclub.com)
- 303-668-0542
- [info@bisonlaxclub.com](mailto:info@bisonlaxclub.com)

### Ravens Youth Football Organization - Pop Warner (Fall)

- [ravensyouthfootball.com](http://ravensyouthfootball.com)
- Bennie Gallegos 303-288-1768
- [bgallegos15416@gmail.com](mailto:bgallegos15416@gmail.com)

### Brighton Youth Baseball & Softball Association (BYBSA)

- Spring and Fall Programs Competitive Baseball and Softball (Ages 7-14)
- <https://www.bybsa.net/home>
  - 303-720-3006
  - Cory Moul: [execdirector@bybsa.net](mailto:execdirector@bybsa.net)



# ADULT SPORTS

## Individual Players List

Interested in playing a sport but don't have a team? Sign up on the individual player list. Each registered team needing players is given a list of extra players to add to its roster. Call 303-289-3706 to be added to the individual sign-up. There is no guarantee you will be placed on a team.

## Drop-in Pickleball at Bison Ridge

- Tuesday-Friday, 5:30 a.m.-noon
- Sunday, 8:30 a.m.-noon

## Drop-in Volleyball

### Bison Ridge – Gym #3

- Monday, 7:30-9:30 p.m.
- Sunday, 12:30-5:30 p.m.

### Eagle Pointe – Gym #3

- Friday, 7-9:30 p.m.

## Summer Softball League – Coed

Get a team of five men and five women together for an adult coed softball league beginning in May. A team representative must attend the league meeting at the Eagle Pointe Recreation Center on Wednesday, April 15 at 6 p.m. Games will be played at Pioneer Park. Call 303-289-3706 for information.

- Wednesday Coed League begins May 6
- \$675/\$700 (10 Games)

## Summer Softball League – Men's

Join the fun of adult men's evening softball beginning in April. A team representative must attend the league meeting at the Eagle Pointe Recreation Center on Wednesday, April 15 at 6 p.m. Games will be played at Pioneer Park. Call 303-289-3706 for information.

- Tuesday E-Rec League begins May 5
- Thursday Industrial League begins May 7
- \$675/\$700 (10 Games)

## Fall Softball League – Coed

Looking for a fun outdoor activity in the fall? Get a team together for adult coed softball, beginning in August. Teams are made up of an even number of men and women. A team representative must attend the league meeting, 6 p.m. Wednesday, July 15, at the Eagle Pointe Recreation Center.

Games will be played at Pioneer Park.

- Wednesday Coed League begins Aug 5
- COED E-Rec
- \$675/\$700 (10 Games)

### Fall Softball League – Men's

Be a part of the fun this fall and join a men's evening softball league. Games begin in August. A team representative must attend the league meeting at 6 p.m. Wednesday, July 15, at the Eagle Pointe Recreation Center. Games will be played at Pioneer Park.

- Tuesday E-Rec League begins Aug 4
- Men's E-Rec \$675/\$700 (10 Games)
- Thursday Industrial League begins Aug 6
- Industrial E-Rec \$675/\$700 (10 Games)



## FACILITIES

### Batting Cages

Fine-tune your swing. Ideal for team and individual practice. For more information, call 303 289-3706 during business hours or call 303-287-4905 during the hours listed below.

#### Pioneer Park, 5952 Holly St. (60th and Holly)

- Seven cages, each with dual machines and lights
- Slow-pitch softball and various speeds for baseball

#### Fees

- \$1.75 - token for 15 pitches
- \$15 - special price good for 10 tokens
- \$30 per half hour (per stall)
- \$50 per hour (per stall)

#### Spring Hours, 4/4-5/23

- M-F, 4-8 p.m.
- Sa-Su, Noon-5 p.m.

#### Summer Hours, 5/24-8/1

- M-F, 3-8:30 p.m.
- Sa-Su, Noon-8 p.m.

#### Fall 1 Hours, 8/2-9/8

- M-F, 4-8 p.m.
- Sa-Su, Noon-5 p.m.

#### Fall 2 Hours, 9/9-10/4

- Th-F, 4-8 p.m.
- Sa-Su, 11 a.m.-6:30 p.m.
- Closed M-W

#### Safety Equipment

Helmets are mandatory for fast-pitch softball and baseball. Bats and helmets are available at the control stand.

### Tennis Courts

Two tennis courts are available for public use after school hours and on weekends. Please note that school programs have priority use of the courts.

- Adams City High School, 7200 Quebec Pkwy.
- Prairie View High School, 12909 E. 120th Ave.

### Athletic Facility Rentals

An athletic facility may be rented by individuals or by a group hosting a tournament, game or practice. To reserve a facility, call 303-289-3706.

#### Pioneer Park, 5952 Holly St.

Four multipurpose baseball/softball fields with lights (Game fields, w/limited practices). Batting cages on site.

#### Fairfax Park, 6850 Fairfax St.

Three multipurpose baseball/softball fields (Game or practice fields)

#### Municipal Services Center, 8602 Rosemary St.

Two multipurpose football/soccer fields (Game fields)

#### Fronterra Park, 10020 Joplin St.

Three multipurpose football/soccer fields (Practice fields)

#### River Run Park, 11515 Oswego St.

Two multipurpose Football/Soccer Fields (Practice fields)

#### Monaco Park, 5790 Monaco St.

Two outdoor and volleyball sand courts with lights

#### Turnberry Park, 10725 Wheeling St.

Three Multipurpose football/soccer fields (Practice Fields)

#### Villages East Park, 11698 Chambers Rd.

One multipurpose baseball/softball field (Practice field)

**\$1.75  
15 PITCHES**

## BATting CAGES AT PIONEER PARK

Warm up for your next game, practice your swing, or have fun with friends. The batting cages at Pioneer Park (5902 Holly St.) have seven lighted cages with dual pitching machines that provide various speeds for baseball and softball.

**SPRING | 4/4-5/23**  
Mon - Fri • 4-8 p.m.  
Sat - Sun • Noon-5 p.m.

**SUMMER | 5/24 - 8/1**  
Mon - Fri • 3-8:30 p.m.  
Sat - Sun • Noon-8 p.m.

FOR MORE INFORMATION VISIT [C3GOV.COM/RECREATION](http://C3GOV.COM/RECREATION)



# YOUTH SERVICES

## LITTLE EXPLORERS: SUMMER ADVENTURES

### Ages 3-5

Little Explorers is a preschool enrichment program that focuses on early learning through hands-on, engaging activities. Children will build foundational skills in early literacy, math, social-emotional development, problem-solving through play-based learning and summer fun through hands-on activities, creative play, and exploration.

6/15-7/2	M-Th	2-4 p.m.	\$150/\$180	7151.201	BR
7/6-7/30	M-Th	2-4 p.m.	\$150/\$180	7152.201	BR
8/3-8/13	M-Th	2-4 p.m.	\$75/\$105	7153.201	BR

## PARENT/TOT ENRICHMENT

### Let's Fly Away

#### Ages 2-4 w/adult (price is per child)

Experience the beauty of nature at the Rocky Mountain Arsenal National Wildlife Refuge (RMANWR). Join us for engaging crafts, scenic nature walks, and unforgettable field experiences that promise fun and discovery for everyone.

6/9-6/23	Tu	10-10:45 a.m.	\$20/\$25	7101.201	RMANWR
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## Park Palooza

### Ages 2-4 w/adult (price is per child)

Join us every week in a new park for an exciting combination of art, outdoor games, and endless fun! Don't miss out on the adventure.

7/7-7/21	Tu	10-10:45 a.m.	\$20/\$25	7102.201
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\*Various Parks

- 7/7 - Monaco Park
- 7/14 - Fairfax Park
- 7/21 - Monaco Park

7/8-7/22	W	10-10:45 a.m.	\$20/\$25	7152.203
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\*Various Parks

- 7/8 - River Run Park
- 7/15 - Fronterra Park
- 7/22 - Villages East Park

## PRESCHOOL AGED ENRICHMENT

### Kid's Corner

#### Ages 3-5

Our Kids Corner programs allow participants to create new experiences by being creative, discovering their passions, and practicing their natural gifts with our programs.

6/10-6/24	W	10-11 a.m.	\$25/\$30	7111.201	EP
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### Amazing Tots

#### Ages 18 mos.-3 yrs.

Amazing Tots is a guided, discovery-based program helping children engage in structured physical activities tailored specifically to toddlers including five multi-sports, color recognition, shape classification, and action experiences.

6/4-6/25	Th	2-2:30 p.m.	\$60/\$65	7162.202	BR
7/9-7/30	Th	2-2:30 p.m.	\$60/\$65	7163.202	BR
8/6-8/20	Th	2-2:30 p.m.	\$50/\$55	7164.202	BR



## Amazing Athletes

**Ages 3-6**

Children learn the importance of patience, teamwork, and self-confidence in a non-competitive, learning-based environment. Classes include 10 multi-sports, motor skills, body discovery, nutrition, and muscle identification.

6/4-6/25	Th	1-1:45 p.m.	\$65/\$70	7162.201	BR
7/9-7/30	Th	1-1:45 p.m.	\$65/\$70	7163.201	BR
8/6-8/20	Th	1-1:45 p.m.	\$55/\$60	7164.201	BR

## Little Sparks

**Ages 3-5**

Each Friday, we will have a different type of enrichment class for your tot. Below are the three descriptions for each class.

### Tiny Chefs

Stir up some fun with a short Storytime followed by cooking up a tasty snack.

### Book Buddies

Let's read books with friends and have a yummy snack!

### Kiddo Lab

Let's get messy and create!

6/12-6/26	F	10-11 a.m.	\$25/\$30	7151.202	BR
7/10-7/24	F	10-11 a.m.	\$25/\$30	7152.202	BR



## Turbo Tots Derby

**Ages 2-5**

Race on down for our Turbo Tot Derby! Bring your bike, trike, scooter, or Power Wheels for a fun race at Fronterra Park. After the race, enjoy games, crafts, and more! Please sign up for the correct race wave based on the age of participant!

6/27	Sa	10 a.m.-noon	\$15/\$20	Fonterra Park
2-3-year-old Wave		7151.204		
4-5-year-old Wave		7151.205		

## FAMILY PROGRAMS

### Bubble Fun Run

**Ages 6 & up**

Get ready to run, laugh, and get covered in bubbles. Participants will dash through bubbly zones, enjoy upbeat music, and celebrate movement and fun for 1 mile. Enjoy Kids to Parks Day, a free event right after your run!

\*Check in begins at 8:30 a.m. and the Fun Run begins at 9 a.m.

5/16	Sa	8:30-10 a.m.	\$20/25	7004.201
Monaco Park				

### Kids to Parks Day

Come celebrate this National Day filled with immersive nature exploration, games, crafts, and inflatables for your enjoyment!

5/16	Sa	10 a.m.-1 p.m.	FREE	Monaco Park
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### Family Fun in the Parks

Ages 6 & up w/adult

Grab your family and head over to your neighborhood park for fun, snacks, and inflatables!

W	11 a.m.-4 p.m.	FREE
Date	Location	Activity
6/17	Monaco Park	Kraken Slide
7/8	Fronterra Park	Hamster Balls
7/22	Fairfax Park	Hippo Tug & Dunk
8/12	River Run Park	Inflatable Obstacle Course

### Cherry Creek Community Family Camping Trip

**All Ages**

Generation Wild Northeast Metro Coalition are a group of organizations that work together to provide opportunities for youth and family in the outdoors. This summer we will host our first partner camping trip at Cherry Creek State Park. We will have programming fun for the whole family!

6/27-6/28	Sa-Su	9 a.m. 4 p.m.	\$20 per car	BR
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# YOUTH SERVICES

## Bilingual Family Camping trip

**Ages 5 & up**

We will be headed up to Cal-Wood outdoor center near Boulder! Enjoy a fun-filled itinerary including fishing, archery, hiking, and plenty of time around the campfire. We will provide all the gear and delicious meals, so you can focus on making memories. All programming during this camping trip will be led by bilingual instructors in both Spanish and English. Each instructor has a personal connection to Latin America, either through their heritage or spending significant time in the region.

**8/29-8/30 Sa-Su 9 a.m.-4 p.m.**  
**\$5/\$10 for 18 and up Kids Free 7451.201 BR**

## Fishing Frenzy

Join Commerce City Parks and Recreation and the Rocky Mountain Arsenal National Wildlife Refuge for our Annual Fishing Frenzy. The Youth Fishing Derby will be a great event, including some great prizes! Our event partners will be here to support you if it's your first time fishing. Take a break from fishing to visit our interactive booths. We will have a limited amount of fishing poles and bait for you to borrow. Fishing Frenzy is held at Rocky Mountain Arsenal National Wildlife Refuge 6550 Gateway Rd, Commerce City, 80022.

### Toddler Fishing

**Ages 1-4**

**9/12 Sa 10-11 a.m. FREE**

### Youth Fishing Derby

**Ages 5-15**

**9/12 Sa 8-10 a.m. \$5/\$7 7711.301**

### Family Fishing

**All Ages\***

**9/12 Sa 10-11 a.m. FREE**

\*Fishing fee is waived. However, fishing licenses are required for anyone 16 and over.



## YOUTH SERVICES PROGRAMS

### Teen Takeover

**Ages 11-16**

Hang out after hours with friends, enjoying snacks, games, sports, and carnival games. The Recreation Center is yours for the evening! Doors close at 7:45 p.m. Day of program price is \$7.

**7/18 Sa 7:15-10 p.m. \$5 7453.201 BR**

## YOUTH COMMISSION

The Youth Commission is an advisory body to the city Council on issues affecting youth in Commerce City. Commissioners attend conferences and trainings, implement projects that benefit the community. The youth meet at Eagle Pointe Recreation center at 6:30 p.m. once a month. Transportation is not provided. Want to get involved? Apply online today at [c3gov.com/Youth](http://c3gov.com/Youth). Please call 303-289-3659 with any questions.

## OUTDOOR RECREATION

### OUTDOOR RECREATION PROGRAMS

As part of our Summer Outdoor Recreation Program, we offer activities four days per week, with new experiences and adventures in the outdoors each day. Participants will experience new opportunities, test their limits, and discover everything outdoors has to offer. Outdoor programs and activities can change depending on weather and the number of participants. We appreciate your flexibility, and we guarantee every day will be an adventure.

### Multi-Night Adventure in Granby

**Ages 11-15**

Our multi-night adventure camp is near Rocky Mountain National Park. Teens will explore thrilling activities like mountain biking, paddle boarding, hiking, rock climbing and a ton of exploration with new friends. Drop off on Tuesday at 9 a.m. and pick up on Friday at 4 p.m.

**6/16-6/19 Tu-F 9 a.m.-4 p.m. \$200/\$225 7661.201 BR**

### Surf & Explore

**Ages 11-15**

Teens will participate in an exciting blend of activities. They'll get the chance to master windsurfing techniques and water skills. On alternate days they will enjoy paddleboarding, hiking and rock climbing.

**6/22-6/25 M-Th 9 a.m.-4 p.m. \$175/\$200 7661.202 BR**



## Multi-Night Adventure in Buena Vista

**Ages 11-15**

Enjoy the great outdoors, hike to a scenic glacier lake, feel the exhilaration of white-water rafting and so much more. It's a perfect blend of adventure and skill-building! Drop off on Tuesday at 9 a.m. and pick up on Friday at 4 p.m.

7/7-7/10 Tu-F 9 a.m.-4 p.m. \$200/\$225 7662.201 BR

## Nature's Edge

**Ages 11-15**

Experience the thrill of white-water rafting, soar through the trees zip lining, tackle our challenging ropes course, and enjoy paddleboarding on the river.

7/13-7/16 M-Th 9 a.m.-4 p.m. \$175/\$200 7662.202 BR

## Adventure Quest

**Ages 11-15**

In this camp there will be an introduction to whitewater paddleboarding. The River Clinic teaches the fundamentals of river safety, paddle technique, and how to navigate the gentle features of the South Platte at River Run Park.

7/20-7/23 M-Th 9 a.m.-4 p.m. \$175/\$200 7662.203 BR

## Fly Fishing and Mountain Biking

**Ages 11-15**

Explore the serene world of fly fishing. Learn the art of fly fishing at the lake, and take the skills on the river. We will enjoy the rest of the time trying out new water sports and mountain biking.

7/27-7/30 M-Th 9 a.m.-4 p.m. \$175/\$200 7662.204 BR

## Outdoor Odyssey

**Ages 11-15**

Enjoy outdoor adventures like hiking and thrilling water activities such as paddleboarding. Connect with nature, make friends, and create lasting memories through team-building activities. Embrace adventure and discover the great outdoors!

8/10-8/13 M-Th 9 a.m.-4 p.m. \$175/\$200 7663.201 BR

## FIRST RESPONDER AND SERVICE-LEARNING CAMPS

Please visit [c3gov.com/Camp](https://c3gov.com/Camp) for complete program descriptions.

### Female First Responder Camp

**Ages 12-18**

6/22-6/24 M-W 9 a.m.-4 p.m. \$40/\$45 7672.201  
SACFD Training Facility

### Female First Responder Optional CPR Certification

**Ages 12-18**

6/25 Th 9 a.m.-1p.m. \$10/\$15 7672.202  
SACFD Training Facility

### Police Camp

**Ages 11-15**

8/3-8/6 M-Th \$200/\$225 7674.201

\*Parent Meeting-July 28 5:30-6:30 p.m. BR

This is an overnight camp at the YMCA Snow Mountain Ranch in Granby, Colorado.

### Service-Learning Week

**Ages 6-10**

6/29-7/2 M-Th 9 a.m.-4 p.m. \$130/\$145 7651.201 BR





# YOUTH SERVICES

## Summer Enrichment Programs at Bison Ridge Recreation Center

Ages 6-10

Our Summer Enrichment Programs offers innovative, challenging, and fun summer classes in a variety of topics. Providing an opportunity for every child to explore new subjects, learn new skills, and discover new interests in a positive and engaging environment.

	Week	9-10:30 a.m.	10:30 a.m.-noon	Noon-12:30 p.m.	12:30 p.m.-2 p.m.	2 p.m.-4 p.m.
1	6/15-6/18 7652.201	Lego Mania \$30/\$35	Hello Summer! \$30/\$35	Lunch Bunch 1 \$5/\$10	White Rabbit Magic Camp \$55/\$60	Basketball with Skyhawk Sports \$60/\$65
2	6/22-6/25 7652.202	Cooking with Sticky Fingers \$25/\$30	American Sign Language Story \$45/\$50	Lunch Bunch 2 \$5/\$10	Ocean Blue with Science Matters \$55/\$60	Gallery on the Go: Session 1 \$40/\$45
x	6/29-7/2	NO ENRICHMENT CAMP				
3	7/6-7/9 7652.203	Color Me Crazy \$35/\$40	Getting Dirty \$40/\$45	Lunch Bunch 3 \$5/\$10	Spineless Superheroes with Butterfly Pavilion \$40/\$45	Volleyball with Skyhawk Sports \$60/\$65
4	7/13-7/16 7652.204	Mini Police Camp \$55/\$60		Lunch Bunch 4 \$5/\$10	Crafty Corner \$35/\$40	Omniform Martial Arts: Session 1 \$60/\$65
5	7/20-7/23 7652.205	We are Family! \$35/\$40	Kid's Choice \$35/\$40	Lunch Bunch 5 \$5/\$10	Creative Voice: Writing & ASL Story \$45/\$50	Pickleball with Skyhawk Sports \$60/\$65
6	7/27-7/30 7652.206	Jr. Fire Academy \$50/\$55		Lunch Bunch 6 \$5/\$10	The Science of Buggy Art with Butterfly Pavilion \$40/\$50	Omniform Martial Arts: Session 2 \$60/\$65
7	8/3-8/6 7652.207	Mod Podge Galore \$35/\$40	The Outdoor Escape \$35/\$40	Lunch Bunch 7 \$5/\$10	Astronaut Academy with Science Matters \$55/\$60	Gallery on the Go: Session 2 \$30/\$35
8	8/10-8/13 7652.208	Baking Bonanza \$40/\$45	Intro to Ukulele \$45/\$50	Lunch Bunch 8 \$5/\$10	K-Pop Anime Manga Drawing Workshop \$45/\$50	Cartoon Adventures in Space: Drawing Workshop \$45/\$50



## LICENSED SUMMER CAMPS - EAGLE POINT

Our state-licensed summer camps provide a safe and nurturing place for kids and teens to become independent and self-confident, all while making new friends and learning new skills.

All children attending camp must complete an enrollment packet prior to attending camp. Packets can be downloaded at [c3gov.com/Camp](http://c3gov.com/Camp). Registration information and instructions will be available online in January 2026.

\*\*Registration is a first come first serve basis.

### IMPORTANT DATES

#### Swim Lesson Open House:

Registered Families Tuesday, May 5, 5:30 p.m. at Eagle Pointe Rec Center

#### Pre-Camp Ice Cream Social with Meet & Greet

Registered Families Tuesday, May 5, 6 p.m-7:30 p.m Eagle Pointe Rec Center

## Youth Camp Venture - Eagle Pointe

Youth Camp Venture is a licensed camp for children aged 6 -10. Your child will enjoy arts and crafts, hands-on STEAM activities, active play, refreshing swimming, and fun-filled weekly field trips.

6/15-8/14	M-F	7:30 a.m.-5:30 p.m.
\$160/\$175 per week		
Week	Theme	Field Trip**
June 15- June 19	Sky's the Limit	Sky Zone & Splash Pad
June 22- June 26	Space Odyssey	Planetarium & Boulder Reservoir
June 29- July 2*	Wacky Water	Broomfield Bay
July 6- July 10	Shark Week	Aquarium
July 13- July 17	Time Travelers	Slick City
July 20- July 24	Mad Science	Denver Museum of Nature & Science
July 27- July 31	Blowing off STEAM	Children's Museum
Aug 3- Aug 7	Carnival	Boondocks
Aug 10- Aug 14	Mystery Week	Mystery Week Trip

\*No camp July 3.

\*\*Trips subject to change

## Adventure Trek - Eagle Pointe

### Ages 11-15

Adventure Trek summer camp offers teens a new trip every day. Participants travel off-site for activities like the zoo, amusement parks, and water-based fun. Drop-off and pick-up will be at the Eagle Pointe Recreation Center.

6/15-8/13	M-Th	7:30 a.m.- 5:30 p.m.
\$160/\$175 per week		
Week	Main Field Trip*	
June 15- June 19	Paddleboarding	
June 22- June 26	White Water Rafting	
June 29- July 2	Cheyenne Mountain Zoo	
July 6- July 10	Rock Climbing	
July 13- July 17	Water World	
July 20- July 24	Treehouse Adventure Park	
July 27- July 31	Horseback Riding	
Aug 3- Aug 7	Elitch Gardens	
Aug 10- Aug 14	The Edge Adventure Park	

\*Trips subject to change





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**QUESTIONS?**

[careers@c3gov.com](mailto:careers@c3gov.com)



# STAY CONNECTED



**PARKS, RECREATION AND GOLF**  
[c3gov.com/Recreation](http://c3gov.com/Recreation)

The official Website of City of Commerce City Parks, Recreation and Golf



**CITY OF COMMERCE CITY**  
[c3gov.com/MyC3](http://c3gov.com/MyC3)

Find the latest information about spreading community pride and keeping Commerce City looking its best.



**RECREATION QUESTIONS**  
Have a specific question or comment?  
[askrecreation@c3gov.com](mailto:askrecreation@c3gov.com)



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**ATHLETIC WEATHER HOTLINE**  
303-289-3757