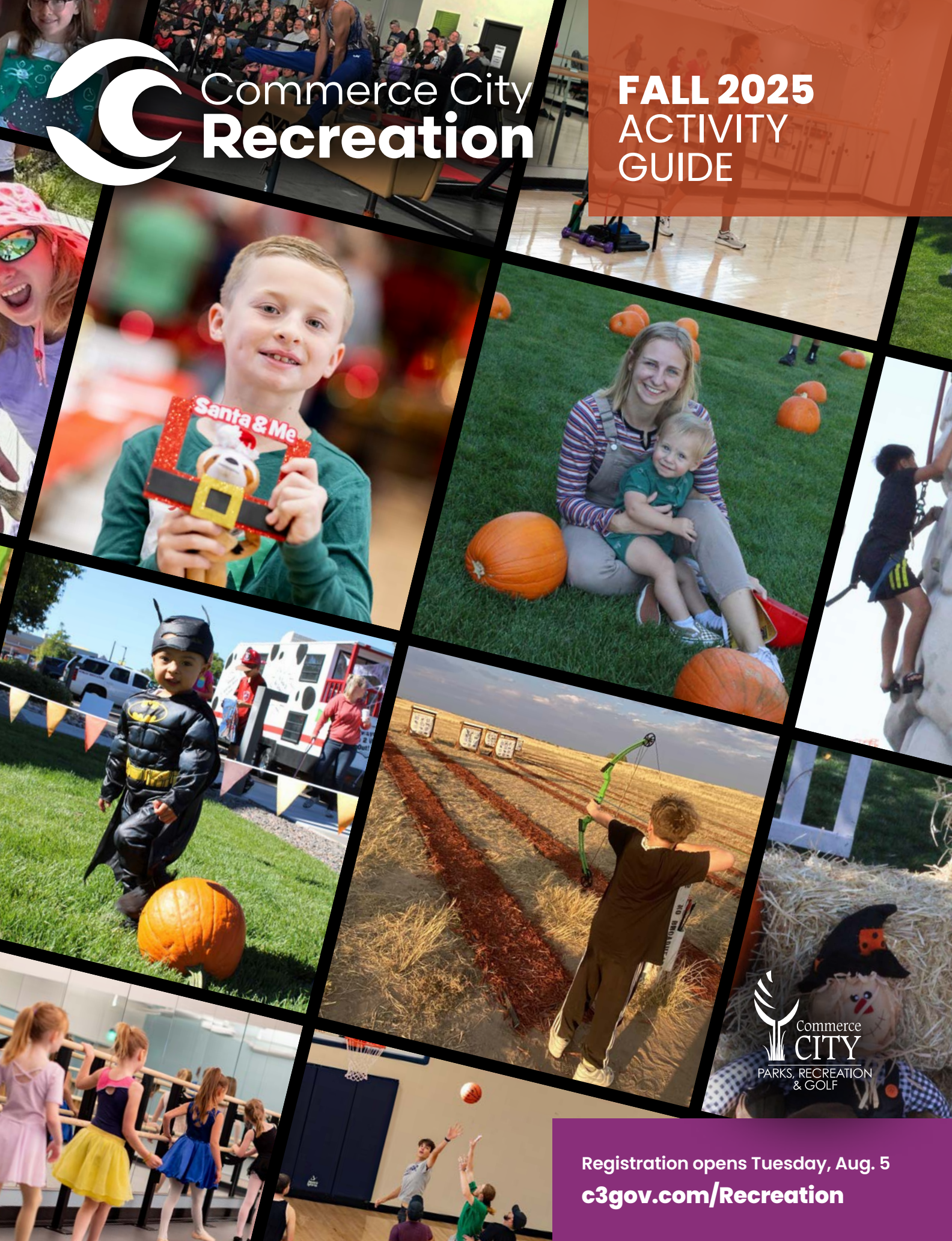




# Commerce City Recreation

## FALL 2025 ACTIVITY GUIDE



Registration opens Tuesday, Aug. 5  
[c3gov.com/Recreation](https://c3gov.com/Recreation)



**Commerce City  
Recreation Presents**



*5th*

**ANNUAL  
FALL  
FEST**

*Free  
Entry*

**Saturday, Oct. 4**

**11 A.M. - 5 P.M.**

**EAGLE POINTE RECREATION CENTER  
6060 PARKWAY DR.**

**Enjoy Family-Friendly Activities**

**LIVE MUSIC - FOOD TRUCKS - ARTS & CRAFTS - PUMPKIN PATCH  
BEER GARDEN - INFLATABLES & MORE!**

**[c3gov.com/Recreation](http://c3gov.com/Recreation) | 303-289-3760**

# FISHING FRENZY DERBY



**Saturday, Sept. 13 | 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 (\$5) 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 DATE

# COMMERCE CITY CELEBRATES HISPANIC HERITAGE

**Sunday, Sept. 21**

In the Derby area  
72nd Pl & Monaco St

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



# TOUCH A TRUCK

From fire trucks to snow plows you and your family will love playing, climbing, and touching a variety of vehicles in all different shapes and sizes.



**FREE**

**Saturday, Sept. 27**  
10 a.m. - 1 p.m.

**DICK'S Sporting Goods Park Lot H**

More information at [c3gov.com/Events](http://c3gov.com/Events)

# SWEET CHILD OF MINE DANCE

Under the Night Sky

A very starry night of music, dancing, crafts, and more for moms and mother-figures and their children ages 4 and up.

**Fri., Nov. 7**  
6 - 9 PM

\$15 resident/\$18 non-resident  
Bison Ridge Recreation Center  
7073.301





#### 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

**Aug. 18– Aug. 29:** Bison Ridge closed for annual facility maintenance

**Sept. 1:** Labor Day

Bison Ridge and Eagle Pointe recreation centers close at 1 p.m.

**Sept 2– Sept 12:** Eagle Pointe closed for annual facility maintenance

**Oct 4:** Eagle Pointe closed for Fall Fest

**Nov 27:** Thanksgiving

Bison Ridge & Eagle Pointe closed

**Dec 24:** Christmas Eve

Bison Ridge & Eagle Pointe close at 1 p.m.

**Dec 25:** Christmas Day

Bison Ridge & Eagle Pointe closed

**Dec 31:** New Year's Eve

Bison Ridge & Eagle Pointe close at 1 p.m.

**Jan 1:** New Year's Day

Bison Ridge & Eagle Pointe closed

#### 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

**Paul Hebinck**

PGA, Golf Manager

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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



## Second Creek Farm Park

A brand new 6-acre park is coming to the Second Creek Farm neighborhood. The new park is located east of Telluride Street, north of the new Capstone Academy. The new neighborhood park will feature a playground with equipment for 2-5 and 5-12 year-olds, a ninja adventure course, an amphitheater with lawn for community events, shade structures and picnic benches, a flush restroom, a basketball court, and a small parking lot. Construction on the new park is starting in fall 2025, with an opening anticipated in mid-2026.



## River Run Park Playground

A new inclusive playground is being installed in the River Run neighborhood park in fall 2025 to replace the existing aging playground. Community members selected a preferred design during a public engagement process that occurred in late 2024 and early 2025. The new playground has equipment for 2-5 and 5-12 year-olds. The playground features slides, monkey bars, and climbing elements.



# 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](https://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 Additional - \$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

### Non-Resident 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

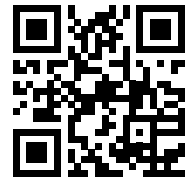
Eagle Pointe: 303-289-3789



### 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.

# FACILITY INFORMATION



## 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 non-residents, 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 37 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:

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

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



Commerce City  
**Recreation**



# ***RUN WITH THE BUFFALO UGLY SWEATER FUN RUN***

***SATURDAY, DEC. 6  
BUFFALO RUN GOLF COURSE***

***AGES 5+ WITH AN ADULT***

**\$25 RESIDENT • \$30 NON-RESIDENT**

**EARLY BIRD REGISTRATION OPENS FRIDAY, SEPT. 5**



FOR MORE INFORMATION OR TO REGISTER:  
VISIT [C3GOV.COM/REGISTER](https://c3gov.com/register) OR CALL 303-286-6801

# Holiday Tree Lighting



Enjoy an evening of holiday music, treats, giveaways, community, and more!

**Wednesday, Dec. 3 | 5:30 - 7:30 p.m.**  
**Civic Center, 7887 E. 60th Ave.**



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



## Cereal with Santa



### SATURDAY, DEC. 13

**Bison Ridge Recreation Center**  
**13905 E. 112th Ave.**

9-9:15 a.m. entry (Event ends at 10:15 a.m.)

10:30-10:45 a.m. entry (Event ends at 11:45 a.m.)

\$7 per person (Commerce City residents)

\$9 per person (Non-residents)

The event is limited to 160 people per entry time.

**Ticket sales begin Oct. 3 at 10 a.m.**  
**and go through Dec. 5**

We expect to sell out, so please purchase tickets early.





# 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.**

### Drop-in Activities Schedule

Drop-Ins: No registration required. Free and open to adults 18+

		Bison Ridge	Eagle Pointe
Monday	9 a.m.–noon	Walking Group	Silver Striders (10 – 11 a.m.)
	Noon–3:30 p.m.	Technology Help	Dominos
Tuesday	9 a.m.–noon	Diamond Painting	Inclusion Board Games
	Noon–3:30 p.m.	Creative Writing Group	Farkle Dice Game
Wednesday	9 a.m.–noon	Recipe Swap	Quilting
	Noon–3:30 p.m.	Open Drawing Studio	Rummikub
Thursday	9 a.m.–noon	Inclusion Board Games	Uno, Skip-Bo, & Phase 10
	Noon–3:30 p.m.	Chess Club	Wii Games
Friday	9 a.m.–noon	Crochet and Knitting	Pinochle
	Noon–3:30 p.m.	Learn to Play Cards	Story-Based Board Games

\*\* 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.

## 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.

9/15	M	10–11:30 a.m.	Free	EP
10/6	M	10–11:30 a.m.	Free	EP
10/20	M	10–11:30 a.m.	Free	EP
11/3	M	10–11:30 a.m.	Free	EP
11/17	M	10–11:30 a.m.	Free	EP
12/1	M	10–11:30 a.m.	Free	EP
12/15	M	10–11:30 a.m.	Free	EP

## BISON RIDGE SUPPORT GROUPS

### The Parent Lounge – Parents Support Group

**Every Monday at 9 a.m.**

Drop in to the active adult center during childcare hours and connect with fellow parents in a relaxed, welcoming space. In this self-led group, you can make new friends, share stories, or just enjoy a cup of coffee with grown-up conversation. The Parent Lounge is here for you.



## Caregiver Circle – Alzheimer's Caregivers Support Group

10 a.m. Every Tuesday

A space for those caring for someone with Alzheimer's to come together, connect, and share experiences. Connect with other caregivers for a self-guided discussion on Mondays, where you can share heartfelt conversations, foster mutual understanding, and find moments of tranquility in your caregiving journey.

## In This Together – Families with Disabilities Support Group

10 a.m. Every Thursday

A welcoming space for families with disabled loved ones to connect, share and build community. Led by and for families on similar journeys, this group offers a chance to trade stories, find encouragement, and be heard—because no one should navigate it alone.

## 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 (303) 698-6496 and indicating you would like to schedule an appointment for the Commerce City location at Eagle Pointe Recreation Center.

9/22	M	8:30 a.m.–4:30 p.m. Free	EP
10/6	M	8:30 a.m.–4:30 p.m. Free	EP
11/3	M	8:30 a.m.–4:30 p.m. Free	EP
12/1	M	8:30 a.m.–4:30 p.m. Free	EP

## 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. Learn more at [c3gov.com/CWB](http://c3gov.com/CWB) or call 720-769-5772.

### Guardianship & Conservatorship

9/9	Tu	10–11 a.m.	Free	4751.301	BR
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### Community Well-Being

10/14	Tu	10–11 a.m.	Free	4701.301	EP
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### Servicios de la Raza

11/18	Tu	10–11 a.m.	Free	4751.302	BR
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### Early Childhood Partnership of Adams County (ECPAC)

12/9	Tu	10–11 a.m.	Free	4701.302	EP
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## 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.

## 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 contact:  
 Lizbeth Gomez Estrada  
 303-593-2009  
[lgomezestrada@c3gov.com](mailto:lgomezestrada@c3gov.com)

## ADULT OUTDOOR RECREATION

### Archery – Barr Lake

Ages 18 & up

10/25	Sa	10 a.m.–1:30 p.m.	\$10/\$15	4261.304	BR
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### Overnight Women's Broom Hut Hiking Trip Information meeting

This is a great opportunity for those interested in the trip! We will offer an informational meeting to help clarify details about the journey to the hut, the necessary gear, and what participants can expect.

8/27	W	6:30 –7:30 p.m.	Free	4261.301	BR
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# ADULTS

## Overnight Women Broom Hut Hiking Trip

**Ages 18 & up**

Embark on an unforgettable adventure! We will hike a mile up 900 ft of elevation to a rustic cabin nestled in the wilderness, surrounded by breathtaking waterfalls and mountain peaks. Enjoy basic cooking and sleeping essentials while bonding over games and stargazing at 11,000 feet. You will carry some gear for the night in a backpack. Experience the beauty of backcountry living without the hassle of a tent—your perfect escape awaits!

9/20-9/21 Sa/Su 9:30 a.m.-3 p.m. \$75/\$85 4261.302 BR

## Fall Foliage Hike w/ Lunch

**Ages 18 & up**

Amazing scenic four-mile fall foliage hike with a moderate incline. Enjoy stunning views as we pass beautiful waterfalls and take a snack break by a serene lake. After the hike, we'll gather for lunch which is included at a local restaurant to share our experiences and savor delicious food. Don't miss this perfect autumn adventure! Cost of lunch is on your own.

9/28 Su 6:30 a.m.-4 p.m. \$35/\$45 4261.303 BR

## ADULT FITNESS CLASSES

### 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 classes.

#### Silver Sneakers

Geared towards older Active Adults, but open to everyone, we offer a variety of drop-in classes, including SilverSneakers® Classic and SilverSneakers® Circuit. These classes do not require a Silver Sneakers 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

### 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

Th 9:30-10:30 a.m. Fitness Studio EP

## 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

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

## CULTURAL ARTS

### Ceramics

Come 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

### Line Dance

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

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

### Tap Into Fun!

This fun tap dance class is for older 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 Monday 9-10 a.m. Dance Studio EP

### 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.

Fall Wreaths  
9/19 F 10 a.m.-noon \$10/\$11 4601.313 EP

Candle Making  
9/22 M 10 a.m.-noon \$10/\$11 4651.308 BR

Gothic Beaded Spiders  
10/10 F 10 a.m.-noon \$10/\$11 4601.314 EP

No Sew Fleece Blankets  
10/27 M 10 a.m.-noon \$10/\$11 4651.309 BR

**Food Shaped Candles**

11/14	F	10 a.m.-noon	\$10/\$11	4601.315	EP
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**Door Draft Stoppers**

11/24	M	10 a.m.-noon	\$10/\$11	4651.310	BR
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**Cookie Decorating**

12/12	F	10 a.m.-noon	\$10/\$11	4601.316	EP
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**Mason Jar Snow Globes**

12/22	M	10 a.m.-noon	\$10/\$11	4651.311	BR
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## ACTIVE ADULT EVENTS AND PROGRAMS

### Broncos Season Opener Watch Party

Get ready to kick off the season at our season opener watch party. Enjoy hamburgers, hot dogs and ice-cold beverages. Let's unite in orange and blue for an unforgettable start to the season. Registration is required.

9/7	Su	2 p.m.	\$12/\$15	4451.302	BR
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### Summer's Sweet Send Off

We are sending summer off in style! Join Active Adult staff and friends for one final summer shindig! We will gather at Veterans Memorial Park and enjoy classic root beer floats, listen to music, and enjoy the amazing Colorado weather before fall truly makes its entrance!

9/30	Tu	1-2 p.m.	\$4/\$6	4601.306	VMP
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### Fall Talent Show

**All Ages**

Hosted by the Active Adult Advisory Committee and North Metro Community Services, join us for an evening of talents and acts! To participate contact the AA team for an application! A concession stand will be open for treats. More information to follow in the On the Move newsletter!

10/3

Attendee	F	6-9 p.m.	\$5	4451.303	BR
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Performer	F	6-9 p.m.	Free	4451.304	BR
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### Pumpkin Painting

Pumpkin painting is a fun way to decorate, without the mess that comes with carving pumpkins. Supplies included.

10/29	W	9:30-11:30 a.m.	\$5/\$6	4601.310	EP
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### Halloween Biscuits and Gravy Breakfast

Start your Halloween off at our annual Halloween Biscuits and Gravy breakfast. Menu includes two warm biscuits smothered in gravy as well juice and hot coffee. Proceeds go to the GoodFriends Scholarship. Tickets are \$5/\$6 in advance and \$8 at the door.

10/31	F	8:30-10:30 a.m.	\$5/\$6	4601.310	EP
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### Comedy Night

21 &amp; up

Commerce City Comedy Night at the Bison Grill is back with another fun night full of laughs. Gather your friends and family for a night out on the town and be entertained by the finest local and nationally recognized comedians. Keep your eye on our social media for the final list of comedians and other show updates. Registration cost includes appetizers and ticket. Cash bar will be available. This event is 21 & up.

11/8	Sa	7:30-9:30 p.m.	\$40/\$45	4451.305	
Bison Grill					

### Honoring our Heroes

In honor of our Veterans, we will be celebrating you on Veterans Day. If you are not a veteran, stop in to thank the veterans who served our country proudly. Donuts and a light lunch provided. Event is free, but registration is required. More information to follow in the On the Move Newsletter.

11/11	Tu	9 a.m.-2 p.m.	FREE	4601.305	EP
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### Friendsgiving

Join us for a Friendsgiving Potluck! Bring your favorite holiday dish to share with at least six friends as we gather to celebrate gratitude, good food and great company. Bison Grill will be catering the turkey and gravy! Transportation will be provided from Eagle Pointe.

11/20	Th	2-4 p.m.	\$6/\$8	4451.306	BR
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### Holiday Rummage Sale

Rummage rampage! Get your last-minute holiday gifts here! All proceeds benefit the GoodFriends Scholarship Program. To donate to our rummage sale, please reach out an AA team member. Donations will be accepted starting Nov 17 and goods must be new or only slightly used and in good condition.

12/5-12/6	F & Sa	8 a.m.-noon	Free		EP
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### Holiday Murder Mystery

Silver bells are ringing at this seasonal performance, but the jolly joker gets upstaged by an event far worse than bad holiday comedy: a murder! Find your most festive holiday clothes to make this event a colorful spectacle as you seek to solve this crime. Ticket cost includes a full lunch and the performance.

12/12	F	Noon-2 p.m.	\$40/\$45	4451.301	BR
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### Holiday Social (Potluck)

Gather with your community for a potluck-style Holiday Social! Please bring a dish to share with at least six friends and don't forget to wear festive attire. Staff will supply ham as a main dish and warm holiday beverages. Transportation will be provided from BR.

12/18	Th	11 a.m.	\$5/\$7	4601.311	EP
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# ADULTS

## NATIONAL DAYS

### National Apple Day

National Apple Day is celebrated annually on October 21. It is a day to celebrate the cultural heritage and agricultural significance of apples. Come delight in all thing's apples at this fun Fall event!

10/21	Tu	1 p.m.	\$5/\$7	4601.312	EP
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### National Donut Day

Celebrate National Donut Day with a fun-filled day dedicated to everyone's favorite sweet treat! We're inviting you to indulge in delicious donuts while taking part in exciting activities that promise to make this day unforgettable.

11/5	W	9-10 a.m.	\$3/\$5	4651.305	BR
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## 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. Call Emma Willing 303-289-3764 for questions. No Registration Required.

9/5	F	1-2:30 p.m.	Free	BR
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10/3	F	1-2:30 p.m.	Free	BR
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11/7	F	1-2:30 p.m.	Free	BR
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12/5	F	1-2:30 p.m.	Free	BR
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## 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!

10/1	W	4-5:30 p.m.	\$10/\$11	4601.307	EP
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11/5	W	4-5:30 p.m.	\$10/\$11	4601.308	EP
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12/3	W	4-5:30 p.m.	\$10/\$11	4601.309	EP
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## 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.

9/19	F	9-10:30 a.m.	\$10/\$12	4651.301	BR
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10/17	F	9-10:30 a.m.	\$10/\$12	4651.302	BR
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11/21	F	9-10:30 a.m.	\$10/\$12	4651.303	BR
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12/19	F	9-10:30 a.m.	\$10/\$12	4651.304	BR
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## 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.

9/26	F	11 a.m.-12:30 p.m.	\$3/\$5	4601.317	EP
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10/24	F	11 a.m.-12:30 p.m.	\$3/\$5	4601.318	EP
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## 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! Due to the holiday schedule, Bingo will not be held in November. December Bingo is scheduled for **Thursday, December 18.**

9/26	F	1-2:30 p.m.	\$5/\$7	4601.322	EP
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10/24	F	1-2:30 p.m.	\$5/\$7	4601.323	EP
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12/18	Th	1-2:30 p.m.	\$5/\$7	4601.324	EP
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## Friends of the Center Chair Volleyball

Challenge our friends from North Metro Community Services for a round or two of chair volleyball! This program is adaptable for everyone! Chair volleyball is played with a beach ball and a five-foot-high net, is great for upper body mobility and joint flexibility. It enhances your muscle tone, reflexes, hand-to-eye coordination, and endurance. Rules are similar to regular volleyball except cheeks stay in seats! Registration is required.

9/8	M	11:45 a.m.-1 p.m.	Free	4651.312	BR
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10/1	W	10-11 a.m.	Free	4601.319	EP
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10/6	M	11:45 a.m.-1 p.m.	Free	4651.313	BR
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11/3	M	11:45 a.m.-1 p.m.	Free	4651.314	BR
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11/5	W	10-11 a.m.	Free	4601.320	EP
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12/1	M	11:45 a.m.-1 p.m.	Free	4651.315	BR
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12/3	W	10-11 a.m.	Free	4501.321	EP
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## Legacy Lens – Tell Your Story

Seniors can share their life stories through guided, filmed interviews. Bring photos or keepsakes to help tell your journey. This legacy project celebrates your experiences and preserves them for loved ones. Registration required. Participants only need to sign up for one session.

9/18	Th	9 a.m.-noon	\$3/\$5	4601.325	EP
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10/2	Th	9 a.m.-noon	\$3/\$5	4601.326	EP
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11/6	Th	9 a.m.-noon	\$3/\$5	4601.327	EP
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12/4	Th	9 a.m.-noon	\$3/\$5	4601.328	EP
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## 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.

9/9	Tu	1-2:30 p.m.	\$3/\$5	4651.316	BR
10/14	Tu	1-2:30 p.m.	\$3/\$5	4651.317	BR
11/11	Tu	1-2:30 p.m.	\$3/\$5	4651.318	BR
12/9	Tu	1-2:30 p.m.	\$3/\$5	4651.319	BR

## Global Sips & Savories

Discover different drinks and delicious treats from around the world. Each month will feature a new location and the local favorite sweets from that destination!

9/11	Th	10-11 a.m.	\$3/\$5	4651.320	BR
10/9	Th	10-11 a.m.	\$3/\$5	4651.321	BR
11/13	Th	10-11 a.m.	\$3/\$5	4651.322	BR

## Frame By Frame Series

We will bring iconic movies to life by serving bites inspired by the food on screen. As you watch, you'll savor carefully curated snacks that match key moments in the film—letting you experience the story in a whole new way. Discussion about the movie will follow.

### Ratatouille

9/23	Tu	1-3 p.m.	\$3/\$5	4601.329	EP
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### Breakfast at Tiffany's

10/28	Tu	1-3 p.m.	\$3/\$5	4601.330	EP
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### Cloudy with a Chance of Meatballs

11/25	Tu	1-3 p.m.	\$3/\$5	4601.331	EP
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### Willy Wonka & the Chocolate Factory

12/30	Tu	1-3 p.m.	\$3/\$5	4601.332	EP
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## Afternoon Trivia & Treats

An exciting afternoon trivia game every 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!

9/24	W	2-3 p.m.	\$5/\$7	4651.328	BR
10/29	W	2-3 p.m.	\$5/\$7	4651.329	BR
11/26	W	2-3 p.m.	\$5/\$7	4651.330	BR

## Vinyl Revival

We'll turn back the clock and spotlight iconic albums and tracks that defined each era. Listeners can expect an engaging mix of music, storytelling, and discussions, as we dive deep into the stories behind the records, the artists who created them, and the cultural movements that influenced their sound.

9/17	W	2-3:30 p.m.	Free	4651.324	BR
10/15	W	2-3:30 p.m.	Free	4651.325	BR
11/19	W	2-3:30 p.m.	Free	4651.326	BR
12/17	W	2-3:30 p.m.	Free	4651.327	BR

## 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. Activities include 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 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!





# ADULTS

## ACTIVE ADULT TRIPS

We are outta here! Adventure is out there, and we are off to find it. Please review these “rules of the road” before registering for trips. Trip information and exertion levels can be found under the trip descriptions.

**L1: Short walking distance and minimal activity.**

**L2: Moderate activity and walking distance, some stairs.**

**L3: Extended walking distance or stairs, outside, higher elevation.**

### 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 on 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.





Below is a listing of all our Fall 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
Thrifting at the Brass Armadillo	Wheat Ridge	9/3	W	9 a.m.	4501.305	\$9/\$11	L2
Terry Bison Ranch (Train Ride)	Cheyenne, WY	9/10	W	9 a.m.	4501.306	\$30/\$35	L3
Cultural Cuisines – Jaya Asian Grill	Denver	9/12	F	11 a.m.	4501.307	\$8/\$10	L1
Documentary Discovery – Doc Susie	Fraser	9/25	Th	9 a.m.	4501.308	\$20/\$23	L3
Leaf Peeping	Estes Park	9/29	M	9 a.m.	4501.309	\$12/\$15	L3
Dinner Out – Red Lobster	Northglenn	9/30	Tu	4 p.m.	4501.301	\$8/\$10	L1
Luvn Arms Animal Sanctuary	Erie	10/2	Th	10 a.m.	4501.310	\$25/\$30	L3
Pumkin Festival – Chatfield Farms	Littleton	10/10	F	9 a.m.	4501.311	\$25/\$30	L3
Cultural Cuisines – Grape Leaves Mediterranean	Aurora	10/16	Th	11 a.m.	4501.312	\$8/\$10	L1
Whale of a Used Book Sale	Golden	10/17	F	10 a.m.	4501.313	\$9/\$11	L1
Cat Cafe – Denver Cat Company	Denver	10/21	Tu	10 a.m.	4501.314	\$9/\$11	L1
Dinner Out – Pepper Pod	Hudson	10/27	M	4 p.m.	4501.302	\$8/\$10	L1
Documentary Discovery – Manitou Cliff Dwellings	Manitou	10/30	Th	9 a.m.	4501.315	\$18/\$20	L3
Butterfly Pavilion	Westminster	11/4	Tu	10 a.m.	4501.316	\$20/\$25	L2
Salt and Acres – Wine Tasting	Fort Lupton	11/7	F	11:30 a.m.	4501.317	\$7/\$9	L1
Alamo Draft House	Denver	11/13	Th	11 a.m.	4501.318	\$13/\$15	L1
Cultural Cuisines – Helga's Haus & Beer Garden	Aurora	11/18	Tu	11 a.m.	4501.319	\$8/\$10	L1
Documentary Discovery – The Brown Palace	Denver	11/21	F	9 a.m.	4501.320	\$30/\$35	L3
Dinner Out – Arvada Villa	Arvada	11/25	Tu	4 p.m.	4501.303	\$8/\$10	L1
Gambling Trip – Grand Z	Central City	12/2	Tu	8:30 a.m.	4501.321	\$12/\$15	L3
Hammonds Candy Factory Tour	Denver	12/8	M	11 a.m.	4501.322	\$7/\$9	L2
Holiday Lights Tour	Denver	12/11	Th	4 p.m.	4501.323	\$12/\$15	L1
Documentary Discovery – Denver Botanic Gardens	Denver	12/16	Tu	9 a.m.	4501.324	\$20/\$23	L2

\*\* Make sure to review our On the Move newsletter for the latest updates and detailed information about upcoming trips for each month.

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

## Extended Trip Presentation

You heard it right, we are outta here! No registration required, we are covering budget, itinerary, travel logistics, and safety. You will gain information for our next extended trip – Adult Summer Camp, coming this Summer 2026.

10/7	Tu	1-2 p.m.	BR
10/8	W	1-2 p.m.	EP

## Adult Summer Camp – Extended Trip

5/14/2026-5/16/2026  
Estes Park YMCA

Th-Sa 4551.201



# 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**
  - ✓ Children ages 5 and younger must be accompanied in the water and remain within arm's reach of an adult, age 18 or over, at all times.
  - ✓ A person 16 or older must remain on the pool deck and directly supervise any child between the ages of 6–11 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.
- **Additional guidelines**
  - ✓ A swim test must be passed by any user wishing to use the deep end, regardless of age
  - ✓ Food, gum, alcohol, and glass containers are not allowed in the pool area. Drinks in sealable, spill-proof containers are permitted.

- **Pool Accessibility**

- ✓ Both facilities feature an accessible lift and zero depth stairs with handrails. Bison Ridge has a zero-depth area.
- ✓ Eagle Pointe has an accessible ramp and an additional lift in the therapy pool area.

- **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.
- ✓ High intensity and high-volume activities, vigorous exercise, and rough play are highly discouraged.
- ✓ 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](https://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) \$25R/\$35NR
- Semi-private: (2 people/30minutes) \$25R/\$35NR

### GROUP LESSONS

The first day of registration for swimming lessons is for residents only and can only be done online. Non-resident, 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 \$30R/\$42NR
- 45 min classes \$45R/\$63NR

##### Wednesday and Saturday Sessions

- 25 min classes \$15/\$21
- 45 min classes \$22.50/\$31.50

### Swim Lesson Registration Dates for Bison Ridge (BR):

Session 1: Sept. 9–11

Session 2: Oct. 28–30

### Swim Lesson Registration Dates for Eagle Pointe (EP):

Session 1: Sept. 16–18

Session 2: Nov. 4–6

### StarTots

#### Ages: 18 months 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

9/20-10/18	Sa	9-9:25 a.m.	6001.301	BR
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11/8-12/6	Sa	9-9:25 a.m.	6002.301	BR
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### StarTots at BR

9/20-10/18	Sa	9:30-9:55 a.m.	6001.302	BR
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9/20-10/18	Sa	10-10:25 a.m.	6001.303	BR
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11/8-12/6	Sa	9:30-9:55 a.m.	6002.302	BR
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11/8-12/6	Sa	10-10:25 a.m.	6001.303	BR
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### StarBabies at EP

9/27-10/25	Sa	9-9:25 a.m.	6011.301	EP
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11/15-12/13	Sa	9-9:25 a.m.	6012.301	EP
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### StarTots at EP

9/27-10/25	Sa	9:30-9:55 a.m.	6012.302	EP
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11/15-12/13	Sa	9:30-9:55 a.m.	6012.302	EP
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### StarBabies

#### Ages: 6-17 months

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.



# AQUATICS

## What color do I register for?

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

## SWIM SCHOOL AT BISON RIDGE

### White

#### Session 1

9/16-10/16	Tu/Th	5-5:25 p.m.	6101.301	BR
9/16-10/16	Tu/Th	5:30-5:55 p.m.	6101.302	BR
9/16-10/16	Tu/Th	6:30-6:55 p.m.	6101.303	BR
9/17-10/15	W	5-5:25 p.m.	6101.304	BR
9/17-10/15	W	5:30-5:55 p.m.	6101.305	BR
9/17-10/15	W	6:30-6:55 p.m.	6101.306	BR
9/20-10/18	Sa	9-9:25 a.m.	6101.307	BR
9/20-10/18	Sa	10-10:25 a.m.	6101.308	BR
9/20-10/18	Sa	11-11:25 a.m.	6101.309	BR

#### Session 2

11/4-12/4	Tu/Th	5-5:25 p.m.	6102.301	BR
11/4-12/4	Tu/Th	5:30-5:55 p.m.	6102.30	BR
11/4-12/4	Tu/Th	6:30-6:55 p.m.	6102.303	BR
11/5-12/3	W	5-5:25 p.m.	6102.304	BR
11/5-12/3	W	5:30-5:55 p.m.	6102.305	BR
11/5-12/3	W	6:30-6:55 p.m.	6102.306	BR
11/8-12/6	Sa	9-9:25 a.m.	6102.307	BR
11/8-12/6	Sa	10-10:25 a.m.	6102.308	BR
11/8-12/6	Sa	11-11:25 a.m.	6102.309	BR

### Red

#### Session 1

9/16-10/16	Tu/Th	5-5:25 p.m.	6201.301	BR
9/16-10/16	Tu/Th	6-6:25 p.m.	6201.302	BR
9/16-10/16	Tu/Th	6:30-6:55 p.m.	6201.303	BR
9/17-10/15	W	5-5:25 p.m.	6201.304	BR
9/17-10/15	W	6-6:25 p.m.	6201.305	BR
9/17-10/15	W	6:30-6:55 p.m.	6201.306	BR
9/20-10/18	Sa	9-9:25 a.m.	6201.307	BR
9/20-10/18	Sa	10:30-10:55 a.m.	6201.308	BR
9/20-10/18	Sa	11-11:25 a.m.	6201.309	BR

#### Session 2

11/4-12/4	Tu/Th	5-5:25 p.m.	6202.301	BR
11/4-12/4	Tu/Th	6-6:25 p.m.	6202.302	BR
11/4-12/4	Tu/Th	6:30-6:55 p.m.	6202.303	BR
11/5-12/3	W	5-5:25 p.m.	6202.304	BR
11/5-12/3	W	6-6:25 p.m.	6202.305	BR
11/5-12/3	W	6:30-6:55 p.m.	6202.306	BR
11/8-12/6	Sa	9-9:25 a.m.	6202.307	BR
11/8-12/6	Sa	10:30-10:55 a.m.	6202.308	BR
11/8-12/6	Sa	11-11:25 a.m.	6202.309	BR



## Yellow

### Session 1

9/16-10/16	Tu/Th	5-5:25 p.m.	6301.301	BR
9/16-10/16	Tu/Th	6-6:25 p.m.	6301.302	BR
9/16-10/16	Tu/Th	7-7:25 p.m.	6301.303	BR
9/17-10/15	W	5-5:25 p.m.	6301.304	BR
9/17-10/15	W	6-6:25 p.m.	6301.305	BR
9/17-10/15	W	7-7:25 p.m.	6301.306	BR
9/20-10/18	Sa	9:30-9:55 a.m.	6301.307	BR
9/20-10/18	Sa	10:30-10:55 a.m.	6301.308	BR
9/20-10/18	Sa	11:30-11:55 a.m.	6301.309	BR

### Session 2

11/4-12/4	Tu/Th	5-5:25 p.m.	6302.301	BR
11/4-12/4	Tu/Th	6-6:25 p.m.	6302.302	BR
11/4-12/4	Tu/Th	7-7:25 p.m.	6302.303	BR
11/5-12/3	W	5-5:25 p.m.	6302.304	BR
11/5-12/3	W	6-6:25 p.m.	6302.305	BR
11/5-12/3	W	7-7:25 p.m.	6302.306	BR
11/8-12/6	Sa	9:30-9:55 a.m.	6302.307	BR
11/8-12/6	Sa	10:30-10:55 a.m.	6302.308	BR
11/8-12/6	Sa	11:30-11:55 a.m.	6302.309	BR

## Blue

### Session 1

9/16-10/16	Tu/Th	5:30-5:55 p.m.	6401.301	BR
9/16-10/16	Tu/Th	6-6:25 p.m.	6401.302	BR
9/16-10/16	Tu/Th	7-7:25 p.m.	6401.303	BR
9/17-10/15	W	5:30-5:55 p.m.	6401.304	BR
9/17-10/15	W	6-6:25 p.m.	6401.305	BR
9/17-10/15	W	7-7:25 p.m.	6401.306	BR
9/20-10/18	Sa	9:30-9:55 a.m.	6401.307	BR
9/20-10/18	Sa	10:30-10:55 a.m.	6401.308	BR
9/20-10/18	Sa	11:30-11:55 a.m.	6401.309	BR

### Session 2

11/4-12/4	Tu/Th	5:30-5:55 p.m.	6402.301	BR
11/4-12/4	Tu/Th	6-6:25 p.m.	6402.302	BR
11/4-12/4	Tu/Th	7-7:25 p.m.	6402.303	BR
11/5-12/3	W	5:30-5:55 p.m.	6402.304	BR
11/5-12/3	W	6-6:25 p.m.	6402.305	BR
11/5-12/3	W	7-7:25 p.m.	6402.306	BR
11/8-12/6	Sa	9:30-9:55 a.m.	6402.307	BR
11/8-12/6	Sa	10:30-10:55 a.m.	6402.308	BR
11/8-12/6	Sa	11:30-11:55 a.m.	6402.309	BR

## Green

### Session 1

9/16-10/16	Tu/Th	5:30-5:55 p.m.	6501.301	BR
9/16-10/16	Tu/Th	6:30-6:55 p.m.	6501.302	BR
9/16-10/16	Tu/Th	7-7:25 p.m.	6501.303	BR
9/17-10/15	W	5:30-5:55 p.m.	6501.304	BR
9/17-10/15	W	6:30-6:55 p.m.	6501.305	BR
9/17-10/15	W	7-7:25 p.m.	6501.306	BR
9/20-10/18	Sa	10-10:25 a.m.	6501.307	BR
9/20-10/18	Sa	11-11:25 a.m.	6501.308	BR
9/20-10/18	Sa	11:30-11:55 a.m.	6501.309	BR

### Session 2

11/4-12/4	Tu/Th	5:30-5:55 p.m.	6502.301	BR
11/4-12/4	Tu/Th	6:30-6:55 p.m.	6502.302	BR
11/4-12/4	Tu/Th	7-7:25 p.m.	6502.303	BR
11/5-12/3	W	5:30-5:55 p.m.	6502.304	BR
11/5-12/3	W	6:30-6:55 p.m.	6502.305	BR
11/5-12/3	W	7-7:25 p.m.	6502.306	BR
11/8-12/6	Sa	10-10:25 a.m.	6502.307	BR
11/8-12/6	Sa	11-11:25 a.m.	6502.308	BR
11/8-12/6	Sa	11:30-11:55 a.m.	6502.309	BR



# AQUATICS

## SWIM SCHOOL AT EAGLE POINTE

### White

#### Session 1

9/23-10/23	Tu/Th	5-5:25 p.m.	6111.301	EP
9/23-10/23	Tu/Th	5:30-5:55 p.m.	6111.302	EP
9/23-10/23	Tu/Th	6-6:25 p.m.	6111.303	EP
9/27-10/25	Sa	9-9:25 a.m.	6111.304	EP
9/27-10/25	Sa	10-10:25 a.m.	6111.305	EP
9/27-10/25	Sa	11:30-11:55 a.m.	6111.306	EP

#### Session 2

11/11-12/11	Tu/Th	5-5:25 p.m.	6112.301	EP
11/11-12/11	Tu/Th	5:30-5:55 p.m.	6111.302	EP
11/11-12/11	Tu/Th	6-6:25 p.m.	6112.303	EP
11/15- 12/13	Sa	9-9:25 a.m.	6112.304	EP
11/15- 12/13	Sa	10-10:25 a.m.	6112.305	EP
11/15- 12/13	Sa	11:30-11:55 a.m.	6112.306	EP

### Red

#### Session 1

9/23-10/23	Tu/Th	5-5:25 p.m.	6211.301	EP
9/23-10/23	Tu/Th	5:30-5:55 p.m.	6211.302	EP
9/23-10/23	Tu/Th	6:30-6:55 p.m.	6211.303	EP
9/23-10/23	Tu/Th	7-7:25 p.m.	6211.304	EP
9/27-10/25	Sa	9:30-9:55 a.m.	6211.305	EP
9/27-10/25	Sa	10-10:25 a.m.	6211.306	EP
9/27-10/25	Sa	10:30-10:55 a.m.	6211.307	EP

#### Session 2

11/11-12/11	Tu/Th	5-5:25 p.m.	6212.301	EP
11/11-12/11	Tu/Th	5:30-5:55 p.m.	6212.302	EP
11/11-12/11	Tu/Th	6:30-6:55 p.m.	6212.303	EP
11/11-12/11	Tu/Th	7-7:25 p.m.	6212.304	EP
11/15- 12/13	Sa	9:30-9:55 a.m.	6212.305	EP
11/15- 12/13	Sa	10-10:25 a.m.	6212.306	EP
11/15- 12/13	Sa	10:30-10:55 a.m.	6212.307	EP

### Yellow

#### Session 1

9/23-10/23	Tu/Th	6-6:25 p.m.	6311.301	EP
9/23-10/23	Tu/Th	6:30-6:55 p.m.	6311.302	EP
9/27-10/25	Sa	10:30-10:55 a.m.	6311.303	EP
9/27-10/25	Sa	11-11:25 a.m.	6311.304	EP

#### Session 2

11/11-12/11	Tu/Th	6-6:25 p.m.	6312.301	EP
11/11-12/11	Tu/Th	6:30-6:55 p.m.	6312.302	EP
11/15- 12/13	Sa	10:30-10:55 a.m.	6312.303	EP
11/15- 12/13	Sa	11-11:25 a.m.	6312.304	EP

### Blue

#### Session 1

9/23-10/23	Tu/Th	7-7:25 p.m.	6411.301	EP
9/27-10/25	Sa	11-11:25 a.m.	6411.302	EP
9/27-10/25	Sa	11:30-11:55 a.m.	6411.303	EP

#### Session 2

11/11-12/11	Tu/Th	7-7:25 p.m.	6412.301	EP
11/15- 12/13	Sa	11-11:25 a.m.	6412.302	EP
11/15- 12/13	Sa	11:30-11:55 a.m.	6412.303	EP

### Green

#### Session 1

9/23-10/23	Tu/Th	7-7:25 p.m.	6511.301	EP
9/27-10/25	Sa	11-11:25 a.m.	6511.302	EP
9/27-10/25	Sa	11:30-11:55 a.m.	6511.303	EP

#### Session 2

11/11-12/11	Tu/Th	7-7:25 p.m.	6512.301	EP
11/15- 12/13	Sa	11-11:25 a.m.	6512.302	EP
11/15- 12/13	Sa	11:30-11:55 a.m.	6512.303	EP



## 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

M-F and Tu/Th Sessions

• 45 min classes \$45/\$63

Saturday Sessions

• 45 min classes \$22.50/\$31.50

## STROKE SCHOOL AT BISON RIDGE

### Stroke School 1 (Freestyle & Backstroke)

#### Session 1

9/16-10/16	Tu/Th	5-5:45 p.m.	6601.301	BR
9/17-10/15	W	5-5:45 p.m.	6601.302	BR
9/20-10/18	Sa	9-9:45 a.m.	6601.303	BR
9/20-10/18	Sa	10-10:45 a.m.	6601.304	BR

#### Session 2

11/4-12/4	Tu/Th	5-5:45 p.m.	6602.301	BR
11/5-12/3	W	5-5:45 p.m.	6602.302	BR
11/8-12/6	Sa	9-9:45 a.m.	6602.303	BR
11/8-12/6	Sa	10-10:45 a.m.	6602.304	BR

## Stroke School 2 (Breaststroke & Butterfly)

#### Session 1

11/4-12/4	Tu/Th	6-6:45 p.m.	6701.301	BR
9/17-10/15	W	6-6:45 p.m.	6701.302	BR
9/20-10/18	Sa	11-11:45 a.m.	6701.303	BR

#### Session 2

11/4-12/4	Tu/Th	6-6:45 p.m.	6702.301	BR
11/5-12/3	W	6-6:45 p.m.	6702.302	BR
11/8-12/6	Sa	11-11:45 a.m.	6702.303	BR

## STROKE SCHOOL AT EAGLE POINTE

### Stroke School 1 (Freestyle & Backstroke)

#### Session 1

9/23-10/23	Tu/Th	5-5:45 p.m.	6611.301	EP
9/27-10/25	Sa	9-9:45 a.m.	6611.302	EP

#### Session 2

11/11-12/11	Tu/Th	5-5:45 p.m.	6612.301	EP
11/15-12/13	Sa	9-9:45 a.m.	6612.302	EP

### Stroke School 2 (Breaststroke & Butterfly)

#### Session 1

9/23-10/23	Tu/Th	6-6:45 p.m.	6711.301	EP
9/27-10/25	Sa	10-10:45 a.m.	6711.302	EP

#### Session 2

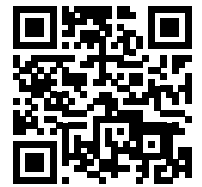
11/11-12/11	Tu/Th	6-6:45 p.m.	6712.301	EP
11/15-12/13	Sa	10-10:45 a.m.	6712.302	EP

## SCHOLARSHIP PROGRAMS

Commerce City offers scholarship funds for programs and activities. All ages may apply for up to 50% off each class session; proof of income or participation in government assistance programs is required. Commerce City residents only. A minimum \$21 program fee applies. Please visit our scholarship webpage at

**[c3gov.com/PRG-scholarships](https://c3gov.com/PRG-scholarships)**,

or call 303-286-6837 for more information.





# FITNESS

## DROP-IN GROUP FITNESS CLASSES

### 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](https://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 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. Silver Sneakers 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](https://c3gov.com/Fitness) or call 303-289-6835 for the most up-to-date schedule.

### 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
Th	9:30-10:30 a.m.	Fitness Studio	EP

### 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 is alternated with low-impact aerobics choreography.

W/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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### 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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### 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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### Deep Water Aerobics

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

Su	10-11 a.m.	Pool	EP
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## 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.

M	5:30–6:30 p.m.	Studio #1	EP
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### SHiNE

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

M	5:30–6:30 p.m.	Studio #1	BR
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### SilverSneakers® Zumba Gold

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

Tu	10:15–11:15 a.m.	Studio #1	BR
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### Barre

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

W	6–7 p.m.	Studio #1	BR
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F	9:05–10:10 a.m.	Studio #1	BR
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Su	9:15–10 a.m.	Studio #1	BR
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### Yoga

Improve flexibility, core strength, and balance.

W	12:30–1:30 p.m.	Studio #1	BR
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Th	5:45–6:45 p.m.	Studio #2	BR
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Sa	12:30–1:30 p.m.	Studio #2	BR
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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](https://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 [aeasterday@c3gov.com](mailto:aeasterday@c3gov.com).

## Fitness Equipment Orientation

**Ages 14+**

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

Register for paid classes at [c3gov.com/Register](https://c3gov.com/Register)

### TRX + Kettlebells

**Ages 16 years and older**

This class uses TRX straps and Kettlebells to give you a full body workout. Learn proper form in a small group setting. Tone and strengthen all your major muscle groups while getting your heart rate up to burn calories. Led by a Certified Personal Trainer.

9/17–10/22	W	6:45–7:45 p.m.	\$75/\$80	3551.301	BR
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### Advanced Women on Weights

**Ages 16 years and older**

This advanced weightlifting class is for those with some experience lifting who have mastered basic techniques. A personal trainer will lead this intensive class focused on muscular strength and endurance.

9/8–9/29	M	6:45–7:45 p.m.	\$50/\$55	3573.301	BR
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10/13–11/3	M	6:45–7:45 p.m.	\$50/\$55	3574.301	BR
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11/17–12/8	M	6:45–7:45 p.m.	\$50/\$55	3575.301	BR
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### Body Blitz Boot Camp

**16 years and older**

Our progressive boot camps include exercise testing at the beginning and end of the course to assess growth. Work on strength building and cardio endurance using a wide variety of equipment, creative formats, and teamwork. The class is taught by a certified personal trainer who holds you accountable for your workout to help you see results. Open to all fitness levels!

9/15–10/24	M/F	5:30–6:30 p.m.	\$120/\$125	3751.301	BR
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### Kettlebells & Jump

**16 years and older**

This 45-minute class is designed to start out at low intensity with gradual increase to high intensity. The class consists of foam rolling, followed by a series of jump rope and kettle bell exercises. Jump ropes will be provided; however, you can bring your own. Your trainer is ready to test your limits physically and mentally.

9/16–10/21	Tu	5:45–6:30 p.m.	\$75/\$80	3553.301	BR
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# FITNESS

## Restorative Yoga

16 years and older

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.

9/18-10/9 Th 7-8 p.m. \$50/\$55 3351.301 EP

## Taekwondo at Eagle Pointe

8 years and older

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 available for additional purchase, but not required. No class the week of Thanksgiving.

9/16-10/21 Tu 6:30-8 p.m. \$45/\$50 3801.301 EP

9/16-10/23 Tu/Th 6:30-8 p.m. \$90/\$95 3801.302 EP

9/18-10/23 Th 6:30-8 p.m. \$45/\$50 3801.303 EP

11/4-12/16 Tu 6:30-8 p.m. \$45/\$50 3802.301 EP

11/4-12/18 Tu/Th 6:30-8 p.m. \$90/\$95 3802.302 EP

11/6-12/18 Th 6:30-8 p.m. \$45/\$50 3802.303 EP

No class 11/25 and 11/27

## Run with the Buffalo

Don't miss the 5th Annual Run with the Buffalo! Wear your favorite holiday sweater, and enjoy a fun-filled run or walk around the Buffalo Run Golf Course. Whether you are an avid runner or want a more leisurely jog or walk, this fun run is for you! This year, we have two distances for our fun run: the traditional 2.5 miles and a route of 3.1 miles!

12/6 Sa 9 a.m. \$25/\$30

2.5 mile Run/Walk 7752.302

3.1 mile (5K) Run 7752.301

Buffalo Run Golf Course

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





# GOLF

## BOOK A TEE TIME

- By phone at 303-289-1500
- Online at [BuffaloRunGolfCourse.com](https://BuffaloRunGolfCourse.com)
- In person at 15700 E. 112th Ave.

Sign up online at [BuffaloRunGolfCourse.com](https://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

\*Weather permitting

## GREEN FEE RATES

Resident	9 Hole	18 Hole
M – Th	\$18	\$32
F – Su	\$22	\$37
Non-resident	9 Hole	18 Hole
M – Th	\$25	\$40
F – Su	\$27	\$44
Senior Resident (62+)	9 Hole	18 Hole
M–Th (excludes holidays)	\$14	\$25

Senior Non-resident (62+)	9 Hole	18 Hole
M–Th (excludes holidays)	\$15	\$27
Junior (17 and younger)	9 Hole	18 Hole
M–Th	\$7	\$13
F–Su (after 1 p.m.)	\$7	\$13
Other Rates*	9 Hole	18 Hole
Cart rental (per person)	\$12	\$17
Pull cart	\$5	\$9
Club rental standard	\$8	\$13

\*Prices do not include tax. Tee times can be reserved seven days in advance. For more information on special twilight rates, call 303-289-1500 or visit [BuffaloRunGolfCourse.com](https://BuffaloRunGolfCourse.com).

## 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.





# GYMNASTICS

Registration for parent-taught and pre-gymnastics starts Aug. 5 for residents and Aug. 7 for non-residents. Starting on Sept. 2, late registration fees will apply, increasing class fees by \$10. Please register early to secure your spot and enjoy the discounted class rates. The information listed is subject to change. For the most up to date information, please visit [c3gov.com/Recreation](http://c3gov.com/Recreation)

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

## 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.

9/8-10/20	M	9-9:45 a.m.	\$29/\$39	2101.301	BR
9/8-10/20	M	10-10:45 a.m.	\$29/\$39	2101.302	BR
9/8-10/20	M	2-2:45 p.m.	\$29/\$39	2101.303	BR
9/10-10/22	W	9-9:45 a.m.	\$29/\$39	2101.304	BR
9/10-10/22	W	10-10:45 a.m.	\$29/\$39	2101.305	BR
9/12-10/24	F	9:30-10:15 a.m.	\$29/\$39	2101.306	BR
9/13-10/25	Sa	9-9:45 a.m.	\$29/\$39	2101.307	BR
11/10-12/15	M	9-9:45 a.m.	\$25/\$35	2102.301	BR
11/10-12/15	M	10-10:45 a.m.	\$25/\$35	2102.302	BR
11/10-12/15	M	2-2:45 p.m.	\$25/\$35	2102.303	BR
11/12-12/17	W	9-9:45 a.m.	\$25/\$35	2102.304	BR
11/12-12/17	W	10-10:45 a.m.	\$25/\$35	2102.305	BR
11/14-12/19	F	9:30-10:15 a.m.	\$25/\$35	2102.306	BR
11/15-12/20	Sa	9-9:45 a.m.	\$25/\$35	2102.307	BR

## 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.

9/8-10/20	M	11-11:45 a.m.	\$29/\$39	2201.301	BR
9/8-10/20	M	Noon-12:45 p.m.	\$29/\$39	2201.302	BR
9/8-10/20	M	3-3:45 p.m.	\$29/\$39	2201.303	BR
9/10-10/22	W	11-11:45 a.m.	\$29/\$39	2201.304	BR

9/12-10/24	F	10:30-11:15 a.m.	\$29/\$39	2201.305	BR
9/12-10/24	F	11:30 a.m.-12:15 p.m.	\$29/\$39	2201.306	BR
9/13-10/25	Sa	10-10:45 a.m.	\$29/\$39	2201.307	BR
9/13-10/25	Sa	11-11:45 a.m.	\$29/\$39	2201.308	BR
11/10-12/15	M	11-11:45 a.m.	\$25/\$35	2202.301	BR
11/10-12/15	M	Noon-12:45 p.m.	\$25/\$35	2202.302	BR
11/10-12/15	M	3-3:45 p.m.	\$25/\$35	2202.303	BR
11/12-12/17	W	11-11:45 a.m.	\$25/\$35	2202.304	BR
11/14-12/19	F	10:30-11:15 a.m.	\$25/\$35	2202.305	BR
11/14-12/19	F	11:30 a.m.-12:15 p.m.	\$23/\$33	2202.306	BR
11/15-12/20	Sa	10-10:45 a.m.	\$25/\$35	2202.307	BR
11/15-12/20	Sa	11-11:45 a.m.	\$25/\$35	2202.308	BR

## 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 the sport of gymnastics. IEP required to register for this class. Registration for this class will begin on August 21 starting at 2 p.m. Please call 303-286-6814 to sign up.

9/13-10/25	Sa	4-4:45 p.m.	\$29/\$39	2601.301	BR
11/15-12/20	Sa	4-4:45 p.m.	\$25/\$35	2602.301	BR

### EARLY REGISTRATION

Early registration for beginning, advanced beginning and intermediate class levels starts August 19 for residents and August 21 for non-residents for session 1, ending on September 1. Starting September 2, late registration is accepted as space is available in classes, but the class fee will increase by \$10 per class. Session 2 early registration opens October 28 for residents and October 30 for non-residents, ending on November 4. Starting on November 5, late registration is accepted as space is available in classes, but the class fee will increase by \$10 per class. Please register early to secure your spot and enjoy the discounted class rates.



## 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.

9/8-10/20	M	4:30-5:30 p.m.	\$34/\$44	2301.301	BR
9/8-10/20	M	5:30-6:30 p.m.	\$34/\$44	2301.302	BR
9/8-10/20	M	7:30-8:30 p.m.	\$34/\$44	2301.303	BR
9/8-10/20	M	7:30-8:30 p.m.	\$34/\$44	2301.304	BR
9/10-10/22	W	4:30-5:30 p.m.	\$34/\$44	2301.305	BR
9/10-10/22	W	6:30-7:30 p.m.	\$34/\$44	2301.306	BR
9/10-10/22	W	7:30-8:30 p.m.	\$34/\$44	2301.307	BR
9/10-10/22	W	7:30-8:30 p.m.	\$34/\$44	2301.308	BR
9/13-10/25	Sa	1-2 p.m.	\$34/\$44	2301.309	BR
11/10-12/15	M	4:30-5:30 p.m.	\$29/\$39	2302.301	BR
11/10-12/15	M	5:30-6:30 p.m.	\$29/\$39	2302.302	BR
11/10-12/15	M	7:30-8:30 p.m.	\$29/\$39	2302.303	BR
11/10-12/15	M	7:30-8:30 p.m.	\$29/\$39	2302.304	BR
11/12-12/17	W	4:30-5:30 p.m.	\$29/\$39	2302.305	BR
11/12-12/17	W	6:30-7:30 p.m.	\$29/\$39	2302.306	BR
11/12-12/17	W	7:30-8:30 p.m.	\$29/\$39	2302.307	BR
11/12-12/17	W	7:30-8:30 p.m.	\$29/\$39	2302.308	BR
11/15-12/20	Sa	1-2 p.m.	\$29/\$39	2302.309	BR

## 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.

9/8-10/20	M	4:30-5:30 p.m.	\$34/\$44	2311.301	BR
9/8-10/20	M	6:30-7:30 p.m.	\$34/\$44	2311.302	BR
9/10-10/22	W	5:30-6:30 p.m.	\$34/\$44	2311.303	BR
9/13-10/25	Sa	1-2 p.m.	\$34/\$44	2311.304	BR
11/10-12/15	M	4:30-5:30 p.m.	\$29/\$39	2312.301	BR
11/10-12/15	M	6:30-7:30 p.m.	\$29/\$39	2312.302	BR
11/12-12/17	W	5:30-6:30 p.m.	\$29/\$39	2312.303	BR
11/15-12/20	Sa	1-2 p.m.	\$29/\$39	2312.304	BR

## 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.

9/8-10/20	M	6-7:30 p.m.	\$42/\$52	2321.301	BR
9/10-10/22	W	6-7:30 p.m.	\$42/\$52	2321.302	BR
9/13-10/25	Sa	2-3:30 p.m.	\$42/\$52	2321.303	BR
11/10-12/15	M	6-7:30 p.m.	\$36/\$46	2322.301	BR
11/12-12/17	W	6-7:30 p.m.	\$36/\$46	2322.302	BR
11/15-12/20	Sa	2-3:30 p.m.	\$36/\$46	2322.303	BR

## 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 beam and proper technique for a handspring vault. After mastering skills, participants will memorize combinations to form routines. Must have instructor approval to register.

9/12-10/24	F	5:30-7:30 p.m.	\$52/\$62	2441.301	BR
9/13-10/25	Sa	2-4 p.m.	\$52/\$62	2441.302	BR
11/14-12/19	F	5:30-7:30 p.m.	\$44/\$54	2442.301	BR
11/15-12/20	Sa	2-4 p.m.	\$44/\$54	2442.302	BR





# GYMNASTICS

## 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.

9/12-10/24	F	4:30-5:30 p.m.	\$34/\$44	2351.301	BR
9/12-10/24	F	4:30-5:30 p.m.	\$34/\$44	2351.302	BR
11/14-12/19	F	4:30-5:30 p.m.	\$29/\$39	2352.301	BR
11/14-12/19	F	4:30-5:30 p.m.	\$29/\$39	2352.302	BR

## Boys Advanced

**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. By instructor invitation only.

9/12-10/24	F	5:30-7:30 p.m.	\$52/\$62	2361.302	BR
11/14-12/19	F	5:30-7:30 p.m.	\$44/\$54	2362.302	BR

## CARA TEAMS

CARA (Colorado Association of Recreational Athletics) teams offer the chance to compete in gymnastics. Registration for all CARA team level programs starts Aug. 5 for residents and Aug. 7 for non-residents. There is an additional \$10 charge to register for classes within one week of the start date.

## CARA Gymnastics Team

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.

## CARA Boys Team

**Ages 6-17**

9/10-10/22	W	7:30-9:30pm	\$52/\$62	2421.301	BR
9/12-10/24	F	5:30-7:30pm	\$52/\$62	2421.302	BR
11/12-12/17	W	7:30-9:30pm	\$44/\$54	2422.302	BR
11/14-12/19	F	5:30-7:30pm	\$44/\$54	2422.302	BR

## CARA Girls Team - Compulsory Level 3 and 4

**Ages 6-17**

9/2-9/25	Tu/Th	5-7 p.m.	\$120/\$130	2401.301	BR
9/30-10/28	Tu/Th	5-7 p.m.	\$135/\$145	2402.301	BR
11/4-11/25	Tu/Th	5-7 p.m.	\$105/\$115	2403.301	BR
12/2-12/18	Tu/Th	5-7 p.m.	\$90/\$100	2404.301	BR

## CARA Girls Team - Optional Levels

**Ages 6-17**

9/2-9/25	Tu/Th	7-9:30 p.m.	\$132/\$142	2411.301	BR
9/30-10/28	Tu/Th	7-9:30 p.m.	\$148/\$158	2412.301	BR
11/4-11/25	Tu/Th	7-9:30 p.m.	\$115/\$125	2413.301	BR
12/2-12/18	Tu/Th	7-9:30 p.m.	\$100/\$110	2414.301	BR

## WHAT TO WEAR AND LESSON INFORMATION

### Clothing

Girls should wear leotards and spandex shorts; boys and all children ages 2-4 should wear sweat pants and t-shirt. Participants should tie long hair in a ponytail. No jewelry.

### 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 Coach

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

### Class Level Coach

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



# ADAPTIVE: S.O.A.R.

## SPECIAL OPPORTUNITIES IN ADAPTATIVE RECREATION

### Archery

#### Ages 16 & up

SOAR Archery program is designed to offer an Archery program that can be adjusted to anyone's abilities. program team provides fun, safe, educational, and adaptive outdoor target and 3D archery experience for athletes of any ability and skill level.

9/9	Tu	11 a.m.-12:30 p.m.	\$10/\$15	7512.301	EP
10/7	Tu	11 a.m.-12:30 p.m.	\$10/\$15	7513.301	EP
11/4	Tu	11 a.m.-12:30 p.m.	\$10/\$15	7514.301	EP

### Hiking and Birding Cherry Creek – Track chairs

#### Ages 16 & up

An unforgettable hiking trip at Cherry Creek State Park! Experience the beauty of the lake, breathe in the fresh air, and observe local wildlife. For those needing assistance, adaptive track chairs are available, ensuring everyone can enjoy the adventure. Don't miss out on birding opportunities with the Bird Conservatory and the chance to connect with nature.

8/28	Th	10 a.m.-3 p.m.	\$10/\$15	7561.301	BR
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### Luvn Arms Animal Sanctuary

#### Ages 5 & up

This is an immersive experience where you'll forge deep connections with the diverse farm animal residents of Luvn Arms community, spanning 11 different species. You will have the opportunity to get up close and cuddle with some of the animals. Who wouldn't want a cow hug?

10/18	Sa	10 a.m.-2 p.m.	\$10/\$15	7552.301	BR
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## S.O.A.R. SOCIAL

### Pippin the Musical

#### Ages 8 & up

Step into a world of wonder and self-discovery with one of American Theatre's pride and joys: Pippin: The Musical.

8/24	Su	12:30 - 5 p.m.	\$5/\$7	7551.301	BR
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### Silent Disco Dance & Pizza Party

#### Ages 18 & up

Join us for an inclusive evening of silent disco. Enjoy delicious pizza while connecting with new friends in a welcoming environment. Dance the night away to lively music and celebrate togetherness. It's a perfect opportunity to have fun, socialize, and create lasting memories. Don't miss out on this exciting night of joy and connection!

11/7	F	5-8 p.m.	\$10/\$15	7562.301	BR
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### Batting Cages

#### Ages 18 & up

9/23	Tu	11 a.m.-1 p.m.	\$3/\$5	7512.302	EP
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### Pool Day with Pizza

#### Ages 16 & up

8/28	Th	11 a.m.-1 p.m.	\$3/\$5	7511.301	EP
9/18	Th	11 a.m.-1 p.m.	\$3/\$5	7512.303	EP
10/16	Th	11 a.m.-1 p.m.	\$3/\$5	7513.302	EP

### Game and Rec Center Ice Cream Social

#### Ages 16 & up

11/13	Th	11 a.m.-1 p.m.	\$3/\$5	7514.302	EP
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### Adaptive Gymnastics

#### Ages 4-17

The SOAR 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. An IEP is required for this gymnastics class.

Registration for this class will begin on August 21 starting at 2 p.m. Please call 303-286-6814 to sign up.

9/13-10/25	Sa	4-4:45 p.m.	\$27/\$37	7591.301	BR
11/15-12/20	Sa	4-4:45 p.m.	\$27/\$37	7592.301	BR



# PARKS & TRAILS



*Commerce City is home to 20 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 that's 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 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://c3gov.com/ParkRules).

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



# YOUTH SPORTS

## FALL YOUTH SPORTS PROGRAMS

### Youth Volleyball

**Grades: 2-4 | 5-6 | 7-8**

This exciting and challenging program develops the basic fundamentals of volleyball, along with promoting teamwork and sportsmanship. Participants meet twice a week for practice (days and times determined by coach). Game days are on Saturdays at various locations throughout the Denver metro area. Participants will be grouped by grades.

<b>Grades: 2-4</b>	<b>5201.301</b>	<b>\$72/\$86</b>
<b>Grades: 5-6</b>	<b>5201.301</b>	<b>\$72/\$86</b>
<b>Grades: 7-8</b>	<b>5201.302</b>	<b>\$72/\$86</b>

- Registration Dates: 8/5 -8/22
- Start Date: Week of 8/25
- Late fee of \$15 for registrations after the deadline

### Youth Basketball

Unleash your inner basketball star! Join one of our introductory leagues this fall and conquer the court with your skills. New this year, our Kindergarten and 1st/2nd Divisions will be playing in the Fall of 2025. For the fall season 1st/2nd teams will be created based on school district enrollment. Schools in each district are centrally located, therefore, we will no longer be building teams based on school location. Coaches will schedule practices based on school availability.

### DIVISION I (Coed Clinic)

#### Kindergarten

Introduce children to the basic skills of basketball with this beginner program. Participants focus on dribbling, passing, shooting and defensive fundamentals during this weekly clinic. There are no scheduled league games for this program; it is primarily an instructional program. We will be offering one session and Bison Ridge Recreation Center and one at Eagle Pointe Recreation Center. T-shirt included. Practice will start the week of Oct. 1.

<b>Registration: 8/4-9/5</b>	<b>\$72/\$86</b>	<b>5001.301</b>
<b>Bison Ridge Thursdays</b>		

<b>Registration: 8/4-9/12</b>	<b>\$72/\$86</b>	<b>5001.303</b>
<b>Eagle Pointe Wednesdays</b>		

### DIVISION II (Coed League Play)

#### Grades 1-2

Increase skills and ability on the court through instruction and league play. Develop the fundamentals of dribbling, passing and shooting. Participants meet once a week for practice, and all games will be played at Eagle Pointe Recreation Center on Saturday mornings and early afternoons. Game shirt included. Practice will start the week of Sept. 29. Additional information can be found on

**[teamsideline.com/CommerceCity](https://teamsideline.com/CommerceCity).**

<b>Registration: 8/4-9/12</b>	<b>\$85/\$98</b>	<b>5001.302</b>
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## WINTER YOUTH SPORTS PROGRAMS

### Youth Basketball w/Junior Nuggets

Elevate your game! Join our Winter Basketball Season to master your skills and become a team player. Hoop it up with Commerce City and the Denver Nuggets! All participants will receive a Denver Nuggets jersey and one free ticket to see a Denver Nuggets game at Ball Arena.

New this season, all teams will be created based on school district enrollment. Schools in each district are centrally located, therefore we will no longer be building teams based on school location. Coaches will schedule practices based off school availability.

#### DIVISION III & IV (Separate Boys and Girls Leagues)

Enhance basketball skills through practice and games in this exciting, challenging and fast-paced program. Players focus on improving the fundamentals of dribbling, passing and shooting while learning the different strategies of playing defense and running offensive plays. Teams meet twice a week in the evening for practice. Games are played on Saturday mornings at the Bison Ridge Recreation Center.

Division III – Grades 3-4	\$96/\$115	5001.103 (Boys)
Division III – Grades 3-4	\$96/\$115	5001.104 (Girls)
Division IV – Grades 5-6	\$96/\$115	5001.105 (Boys)
Division IV – Grades 5-6	\$96/\$115	5001.106 (Girls)

- Practice will start the week of January 5
- Registration: 11/4-12/5

## BASKETBALL “WARM UP” CAMPS

Get ready for the 2026 basketball season! Practice your shooting, dribbling, passing, and more during this two-day mini-camp. Camp will be structured as a supervised, drop in, lightly instructed learn and play opportunity for youth ages 8-13. All participants receive a basketball. Camp will be located at the Bison Ridge Recreation Center.

#### Ages: 8-10 year olds

12/22-12/23	M, Tu	8:30-10 a.m.	\$50/\$60	5501.103
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#### Ages: 11-13 year olds

12/22-12/23	M, Tu	10:30 a.m.-noon	\$50/\$60	5501.104
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Registration: 11/1-12/6

## 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](https://c3gov.com/Sports) to register or learn more about our sports programs.

## Become an Official or Coach

**We are always looking for referees and coaches to help support our youth sports programs. We provide classes and training 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](https://c3gov.com/Sports) and complete the interest form.**

Apply here:



## LOCAL YOUTH SPORTS PROVIDERS

Commerce City provides information on other sports programs in support of its mission of building a Quality Community for a Lifetime. These programs are not affiliated with Commerce City Parks and Recreation.

### Commerce City Youth Athletics (CCYA)

- Raiders Tackle Football (Fall)
  - Daniel Montez – 303.406.3095 or [cc\\_raider@msn.com](mailto:cc_raider@msn.com)
- Lady Raiders Cheerleading Squad (Fall)
  - Sonia Montez – 303.523.2281 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](https://bisonlaxclub.com)
- 303-668-0542
- [info@bisonlaxclub.com](mailto:info@bisonlaxclub.com)

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

- [ravensyouthfootball.com](https://ravensyouthfootball.com)
- Bennie Gallegos
- [ravensyouthfootball7@gmail.com](mailto:ravensyouthfootball7@gmail.com)
- 303-888-1768



# ADULT SPORTS

## ADULT SPORTS LEAGUES

Get your team together and send a representative to the appropriate organizational league meeting. New teams must pay league fees prior to the league meeting at the Commerce City Recreation Centers. Call 303-289-3706 for more information.

### Ages 18 and older

SPORTS LEAGUE	INFO AVAILABLE	LEAGUE BEGINS	LEAGUE ENDS
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Winter Basketball	December	January	March
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Winter Volleyball	December	January	March
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Summer Softball	March	May	July
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Summer Outdoor Volleyball	April	June	August
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Summer Basketball	June	July	September
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Fall Softball	July	August	October
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## 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 signup. 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.

## 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. Games will be played at Pioneer Park.

- Wednesday nights 8/6-10/8

- 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. Games will be played at Pioneer Park.

- Tuesday nights 8/5-10/7

- Men's E-Rec \$675/\$700 (10 Games)

- Thursday nights 8/7-10/9

- Industrial E-Rec \$675/\$700 (10 Games)



## Fall Futsal League – Men’s

Introducing a new and exciting adult sports league in Commerce City. Get a team together and have a great time playing a scaled-down version of outdoor soccer that is enjoyed across the world. Games begin in August and go to October. Games will be played at Fairfax Park.

- Monday nights 8/4-10/6
- Men’s E-Rec \$675/\$700 (10 Games)

## Leagues starting in January at Bison Ridge

- Men’s Adult Basketball League – Wednesday nights
- Coed Volleyball League – Monday nights

## 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, 5950 Holly St. (60th and Holly)

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

#### Fees

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

#### \*\*\* NEW FALL SCHEDULE \*\*\*

#### Fall Operating Hours

- Dates: 8/3-9/3
  - M-F, 4-8 p.m.
- Dates: 9/4-10/5
  - Sa-Su, 11 a.m.-6:30 p.m.
  - Th-F, 4-8 p.m.
  - Closed M-W

Batting cages are open, weather permitting. The temperature must be 45 degrees or higher, and the ground must be dry.

### Tennis Courts

Two tennis courts are available for public use after school hours and on weekends.

Please note that school programs have the first priority for 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, 5950 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.*

August	September
8/3-9/3	9/4-10/5
M-F • 4-8 p.m.	Th, F • 4-8 p.m.
Sa-Su • Noon-5 p.m.	Sa-Su • 11 a.m.-6:30 p.m.

**FOR MORE INFORMATION VISIT [C3GOV.COM/RECREATION](https://c3gov.com/recreation)**



# YOUTH SERVICES

## PRESCHOOL AGED PROGRAMS

### Discovery Kids

**Ages 3-5**

Discovery Kids is an interactive class session with a focus on skill building, independence, and hands-on fun! Different themes and activities each month. All classes are interactive and hands-on fun!

9/9-10/2	Tu-Th	2-4 p.m.	\$120/\$160	7151.301	BR
10/7-10/30	Tu-Th	2-4 p.m.	\$120/\$160	7152.301	BR
11/4-11/20	Tu-Th	2-4 p.m.	\$90/\$120	7153.301	BR
12/2-12/18	Tu-Th	2-4 p.m.	\$90/\$120	7154.301	BR

### Junior Jam

**Ages 3-5**

Enjoy a night out while we keep the kids entertained with games, crafts, music, and Storytime! They'll have a great time in a safe and engaging environment while you take a well-deserved break.

A quick note: If your child isn't toilet-trained, we kindly ask that a parent stay in the recreation center during the program.

### End of Summer Bash

9/12	F	6-8:30 p.m.	\$15/\$20	7171.301	BR
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### All-Star Sports Night- Wear your favorite sport jersey

9/26	F	6-8:30 p.m.	\$15/\$20	7171.302	BR
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### Mini Fall Fest

10/10	F	6-8:30 p.m.	\$15/\$20	7172.301	BR
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### Trick or Treat Street

Wear your Halloween Costume

10/24	F	6-8:30 p.m.	\$15/\$20	7172.302	BR
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### Friendsgiving

11/21	F	6-8:30 p.m.	\$15/\$20	7173.302	BR
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### Giggle & Wiggles

**Ages 6 Months- 2 Years with adult (price is per child)**

A music and movement class for tots & parents to navigate play through music, while building coordination and social skills!

10/7	Tu	9-9:45 a.m.	\$5/\$10	7195.301	BR
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### Chatter & Play

**Ages 6 Months- 2 Years with adult (price is per child)**

Come join us for joyful interactions and enriching conversations that aid your child's growth and development. Let's create cherished moments together!

10/15	W	9-9:45 a.m.	\$5/\$10	7195.302	BR
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### Sight, Sounds & Stories

**Ages 6 Months- 2 Years with adult (price is per child)**

A hands-on class for tots & parents to explore stories through sensory play. This class encourages fine motor skills and curiosity!

10/23	Th	9-9:45 a.m.	\$5/\$10	7195.303	BR
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## Amazing Athletes

### Ages 3-6

Amazing Athletes is the premier year-round developmental physical fitness program empowering children to reach developmental milestones at an individual pace. Classes include: 10 multi-sports, motor skills, body discovery, nutrition and muscle identification.

9/4-9/25	Th	1-1:45 p.m.	\$70/\$75	7164.202	BR
10/2-10/30	Th	1-1:45 p.m.	\$70/\$75	7162.301	BR
11/6-11/20	Th	1-1:45 p.m.	\$60/\$65	7163.301	BR
12/4-12/18	Th	1-1:45 p.m.	\$60/\$65	7164.301	BR

## Amazing Tots

### Ages 18 mos-2.5 yrs

Amazing Tots is a guided, discovery-based program helping children engage in structured physical activities tailored specifically to toddlers. Imaginative fitness activities include: 5 multi-sports, color recognition, shape classification, letter identification, and action vocabulary experiences.

9/4-9/25	Th	2-2:30 p.m.	\$60/\$65	7164.201	BR
10/2-10/30	Th	2-2:30 p.m.	\$60/\$65	7162.302	BR
11/6-11/20	Th	2-2:30 p.m.	\$50/\$55	7163.302	BR
12/4-12/18	Th	2-2:30 p.m.	\$60/\$65	7164.302	BR

## \*NEW\* Tots and Fam

### Ages 2.5- 4 with adult (price is per child)

Laugh, learn, and grow together in this joyful class designed for toddlers and their favorite grown-ups! Whether you're a parent, grandparent, aunt, or uncle, you're invited to join the fun. Each session includes playful games, music, movement, creative activities, and more—all designed to spark curiosity and strengthen bonds. Tot & Fam is the perfect way to connect, explore, and make lasting memories with your little one

9/8-9/22	M	9-9:45 a.m.	\$20/\$25	7191.302	BR
10/6-10/20	M	9-9:45 a.m.	\$20/\$25	7192.302	BR
11/3-11/17	M	9-9:45 a.m.	\$20/\$25	7193.302	BR
12/1-12/15	M	9-9:45 a.m.	\$20/\$25	7194.302	BR

## Kids 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.

9/8-9/22	M	10-10:45 a.m.	\$20/\$25	7181.301	BR
10/6-10/20	M	10-10:45 a.m.	\$20/\$25	7182.301	BR
11/3-11/17	M	10-10:45 a.m.	\$20/\$25	7183.301	BR
12/1-12/15	M	10-10:45 a.m.	\$20/\$25	7184.301	BR

## Little Sparks

### Ages 3-5

Each Friday we will have a different type of enrichment classes for your tot.

**Tiny Chefs** – Stir up some fun with a short Storytime followed by cooking up a yummy snack.

**Book Buddies** – We'll read a book with friends and have a tasty snack.

**Kiddo Lab** – Let's get messy and create!

9/12-9/26	F	10-10:45 a.m.	\$20/\$25	7191.301	BR
10/10-10/24	F	10-10:45 a.m.	\$20/\$25	7192.301	BR
11/7-11/21	F	10-10:45 a.m.	\$20/\$25	7193.301	BR
12/5-12/19	F	10-10:45 a.m.	\$20/\$25	7194.301	BR

Each session meets 3 times, with each class being 1 of the 3 themes listed.

## \*NEW\* Story Times Together

### Ages 6 Months- 2 Years old with adult (price is per child)

Story Time and Together Kids, where imagination comes alive, and every story is an adventure waiting to unfold! This engaging course is designed for young learners who are eager to explore the magical world of storytelling while building essential social skills through collaborative reading time.

9/9-9/23	Tu	10-10:45 a.m.	\$20/\$25	7191.303	BR
10/8-10/22	W	10-10:45 a.m.	\$20/\$25	7192.303	BR
11/6-11/20	Th	10-10:45 a.m.	\$20/\$25	7193.303	BR

## \*NEW\* Magic Explorers

### Ages 5-7

Magic Explorers combines arts and crafts with magic, promising an exciting adventure filled with fun characters, engaging games, and the creation of awesome magic tricks. Join us as we solve a magical mystery together, one week at a time, all while learning the traits of a true magician!

9/8-10/27	M	5-6 p.m.	\$50/\$55	7201.301	BR
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# YOUTH SERVICES

## FAMILY PROGRAMS

### Family Sports Jam

#### Ages 8 & up

Cheer on your favorite sports team with the whole family! Admission includes ticket, food, beverage, and transportation to and from the game. Meet at Eagle Pointe Recreation Center.

#### Colorado Rockies vs. Los Angeles Angels

9/21	Su	Noon-5 p.m.	\$40/\$50	7031.302	EP
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### \*\*NEW\*\* Grand Adventures

#### Ages 6-11 with a Grandparent

A heartwarming program that connects grandparents and grandchildren through memorable trips and activities. Together, explore new places, share stories, and create lasting bonds while discovering the joys of adventure and the magic of family.

#### Fishing

9/22	M	9 a.m.-1 p.m.	\$20/\$25	7261.301	BR
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#### Trinity Acres Pumpkin Patch

10/13	M	9 a.m.-1 p.m.	\$20/\$25	7262.301	BR
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#### Gallery on the Go

11/10	M	9-11 a.m.	\$20/\$25	7263.301	BR
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### Parenting for Success: The Courageous Parents Framework

#### Ages 18 & up

Parenting coach and educator Dr. Chrissy Chard will guide parents through the latest in child development, emotion regulation and effective communication skills. Leave with a set of tools and strategies you can apply in your family life right away.

Note: This class offers a childcare option at an additional \$10.

Ages 6 months & up

#### Parenting Through Big Feelings: Releasing Shame, Guilt & Anger with Compassion

9/10	W	6-7:30p.m.	\$20/\$25	7091.301	BR
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#### Understanding Overwhelm: How Your Nervous System Impacts Parenting

11/6	Th	6-7:30 p.m.	\$20/\$25	7091.302	BR
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### Family American Sign Language

#### Ages 6 months & up

This class is designed for families with young children who want to learn American Sign Language (ASL) in a fun and interactive environment. Families will learn basic ASL signs for everyday words and phrases through popular children's songs and stories.

#### Back to School Basics

9/20	Sa	10-11 a.m.	\$5/\$10	7061.301	BR
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#### Halloween Fun

10/18	Sa	10-11 a.m.	\$5/\$10	7062.301	BR
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#### Holiday Madness

11/15	Sa	10-11 a.m.	\$5/\$10	7063.301	BR
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### Family Art Party with Gallery on the Go

#### Ages 6 & up

Discover your artistic side together as a family with a morning of art and fun hosted by Gallery on the Go! Materials and instructions are provided. Create a masterpiece with your loved one that you will be able to take home and cherish.

12/6	Sa	10 a.m.-noon.	\$20/\$25	7051.301	BR
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### Family Fun Fridays

#### Ages 4 & up with an adult

Spend quality time laughing, playing, and learning with your family. Please register each family member per class.

#### Family Game Night

9/19	F	6-7:30 p.m.	\$15/\$20	7081.301	BR
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#### Halloween Bingo Bash

10/17	F	6-7:30 p.m.	\$15/\$20	7082.301	BR
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#### Paint Party Night

11/14	F	6-7:30 p.m.	\$15/\$20	7031.301	EP
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#### Holiday Cake Decorating

12/19	F	6-7:30 p.m.	\$15/\$20	7032.301	EP
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### Family Night Out

#### Ages 6 & up with adult

Strap in for an epic night out as we head to Immersive Gamebox in Denver. Transportation to and from Eagle Pointe recreation center and pizza dinner are included. Price is per person; register each participant separately.

10/3	F	5:30-7:30 p.m.	\$25/\$30	7033.301	EP
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## Grandparents Day Ice Cream Social

**Ages 6 months & up**

Don't miss our Scoop-tacular afternoon filled with delicious ice cream treats! It's the perfect opportunity for grandparents and grandkids to bond and make unforgettable memories together. Join us for an experience you won't want to pass up! This special event is designed to celebrate the invaluable bond between grandparents and their grandchildren while enjoying a sweet treat together.

9/6	Sa	1-3 p.m.	*\$12/\$14	7071.301	BR
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\*Please register every participant – 2 and under are free

## Touch-a-Truck

**All ages**

Join us for this free event open to all ages! Enjoy vehicles in all shapes and sizes, from police cars to snowplows. Your family will love playing, climbing and touching all the different vehicles. Sensory hour will be from 10-11 a.m.

9/27	Sa	10 a.m.-1 p.m.	FREE		
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Dicks Sporting Goods Park Lot H

## Sweet Child of Mine Dance: Under the Night Sky

**Ages 4 & up with adult female role model**

We are over the moon for this event! Sweet Child of Mine Dance welcomes moms and mother-figures and children ages 4 & up to join us for a very starry night of music, dancing, crafts, and more.

11/7	F	6-9 p.m.	\$20/\$25*	7761.301	BR
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\*Price is per participant. Please register each participant separately.

## Once Upon a Christmas

**Ages 3 & up with adult**

Join us for a magical evening of holiday fun with Mickey's Once Upon a Christmas! Gather the whole family for a cozy night filled with festive crafts, delicious food, and sweet treats as we enjoy this heartwarming Disney classic.

12/5	F	6-8:30 p.m.	\$15/\$20	7072.301	BR
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## YOUTH SERVICES PROGRAMS

### Social Hub: Bison Ridge

**Ages 11-17**

Drop-in activities include a tech lab, PlayStation, Nintendo Switch, crafts and board games. Runs September – May.

M	5:30-8:30 p.m.	FREE
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\*Social Hub will resume on Monday, September 15.

### Drop In: Eagle Pointe

**Ages: 11-17**

Drop-in activities include billiards, PS5, XBOX Series X, Nintendo Switch, crafts and board games. Runs September-May.

Tu, W, Th	5:30-8:30 p.m.	Free
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\*Drop In will resume on Tuesday, September 16.

### \*NEW\* Lyric Lab

**Ages 7-12**

Over the course of our 3 Lyric Lab classes, we will dive into the process of songwriting, music creation, and collaboration. Everyone will have a chance to explore the fun of turning their original ideas into lyrics and melody! No prior experience necessary!

9/15-9/29	M	6-7:30 p.m.	\$25/\$30	7295.302	BR
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### Kidz Only: The Ultimate Night of Fun!

**Ages 6-11**

Need a break from your parents? Join us at Kidz Only, where endless fun and unforgettable adventures await! Every night is packed with exciting theme nights. Dive into awesome games, unleash your creativity with arts and crafts, and connect with new friends in a vibrant space made just for kids. Don't miss out—come and experience the fun!

#### End of Summer Bash

9/12	F	6-8:30 p.m.	\$20/\$25	7251.301	BR
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#### All-Star Sports Night – Wear your favorite sport jersey

9/26	F	6-8:30 p.m.	\$20/\$25	7251.302	BR
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#### Mini Fall Fest

10/10	F	6-8:30 p.m.	\$20/\$25	7252.301	BR
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#### Treat Street! –Wear your Halloween Costume

10/24	F	6-8:30 p.m.	\$20/\$25	7252.302	BR
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#### Friendsgiving

11/21	F	6-8:30 p.m.	\$20/\$25	7253.302	BR
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# YOUTH SERVICES

## Teen Social

**Ages 11-17**

Grab your friends and come join us for an afternoon of fun-filled activities, game and prizes.

### Escape Room

Join us for an afternoon filled of mystery, puzzles and solving an escape room!

9/20	Sa	1-4 p.m.	\$20/\$25	7295.301	EP*
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### Rock Climbing

Come join us for an afternoon of rock climbing at a local climbing gym!

10/18	Sa	1-4 p.m.	\$20/\$25	7295.301	BR*
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### Meow Wolf

Come join us while we get lost in amazement at Meow Wolf!

11/16	Su	1-4 p.m.	\$20/\$25	7243.301	EP*
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\*All trips include transportation and will depart from the recreation center

## Girls Day In

**Ages 11-17**

Grab your girls and join us for a fun-filled afternoon! Let's chat, laugh, and indulge in some much-needed self-care while making new memories and new friends!

### Self-Care

10/12	Su	1-2:30 p.m.	\$10/\$15	7293.301	BR
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## Guys Day In

**Ages 11-17**

Ready for some fun? Come meet new friends, dive into epic guy talk, and enjoy an afternoon full of laughs and good vibes!

### Video Game Extravaganza

11/9	Su	1-2:30 p.m.	\$10/\$15	7242.301	EP
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## Kidz Day Out

**Ages 6-11**

Get ready for an exciting day of adventure at Kidz Day Out—just for kids! We're heading out on some thrilling trips to discover amazing new places together. After our adventures, we'll return to the recreation center for a fun-filled afternoon packed with games, creative crafts, and all kinds of awesome activities just for you. And remember to bring along a yummy sack lunch to keep your energy up for all the fun ahead!

### Butterfly Pavilion

9/8	M	9 a.m.-4 p.m.	\$30/\$40	7281.301	BR
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## Trinity Acres Pumpkin Patch

10/6	M	9 a.m.-4 p.m.	\$30/\$40	7282.301	BR
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## Denver Aquarium/Swim

11/3	M	9 a.m.-4 p.m.	\$30/\$40	7283.301	BR
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## Denver Museum of Nature & Science

12/1	M	9 a.m.-4 p.m.	\$30/\$40	7284.301	BR
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## The Art Garage: Me and My Monster

**Ages 6-11**

If you had your very own monster, what would it look like? Would it be soft and cuddly or scaly and spiky? Would it be silly and goofy or maybe a little ferocious? In this class artists will design and then create their very own monster pals using large paper bags and a "MONSTERRIFIC" assortment of materials!

10/6-10/27	M	4:30-6 p.m.	\$30/\$35	7357.301	BR
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## The Art Garage: DIY Stuffie

**Ages 6-11**

We'll go above and beyond plain old teddy bears as participants create their own unique stuffies! Students will design their own stuffed animal, make and cut their own patterns, then learn how to sew and stuff their own huggable "soft sculptures" and bring them to life with detail and decoration.

11/3-11/17	M	1:30-3 p.m.	\$30/\$35	7356.301	BR
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## \*NEW\* Cake Bakers Club

**Ages 7-14**

Come on this cake-making adventure where you'll learn how to bake from scratch, layer like a pro, and decorate with style. Each week we will focus on a new skill from mixing batter and crafting fillings to mastering piping techniques and creating stunning designs. The final class will be a special celebration where you'll showcase your finished cake and share your sweet success with family!

10/1-10/29	W	5-7 p.m.	\$50/\$55	7375.301	BR
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## \*NEW\* Discover Magic

**Ages 8-13**

Discover Magic combines the art of magic with essential communication skills, confidence building, and creativity. Each week, students will put down their devices and master exciting magic tricks, while also developing the valuable traits of a true magician. With custom props, secret files, and bonus materials, every session is filled with fun, mystery, and excitement.

9/8-10/27	M	6:15-7:15 p.m.	\$50/\$55	7296.301	BR
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## \*NEW\* Nerf Battles with Nerf Terf

**Ages 7-11**

We're going into nerf war territory and we need your help. This will be an evening of ducking, dodging, aiming and playing different variations of nerf games. All materials provided.

9/18	Th	5-7 p.m.	\$20/25	7297.301	BR
10/8	W	5-7 p.m.	\$20/25	7231.301	EP

\*Do not bring your own nerf materials.

## Boxing

**Ages 11-17**

Boxing builds self-confidence and teaches self-discipline. Transportation to and from the gym is provided from Eagle Pointe and Bison Ridge Recreation Center. This class is off-site at DCO MMA & Fitness in Denver.

**5:15 p.m. pick-up at Bison Ridge**

9/2-9/30	Tu	5:15-8:30 p.m.	\$10/\$15	7901.303	BR
10/7-10/28	Tu	5:15-8:30 p.m.	\$10/\$15	7902.303	BR
11/4-11/18	Tu	5:15-8:30 p.m.	\$10/\$15	7903.303	BR
12/2-12/16	Tu	5:15-8:30 p.m.	\$10/\$15	7904.303	BR

**5:30 p.m. pick-up at Eagle Pointe**

9/2-9/30	Tu	5:30-8:15 p.m.	\$10/\$15	7901.302	EP
10/7-10/28	Tu	5:30-8:15 p.m.	\$10/\$15	7902.302	EP
11/4-11/18	Tu	5:30-8:15 p.m.	\$10/\$15	7903.302	EP
12/2-12/16	Tu	5:30-8:15 p.m.	\$10/\$15	7904.302	EP

## ZTAG: Tag your it!

**Ages 6-10**

ZTAG is a wearable video game that gets kids off screens and back into playing! Come join us in the gym for some fun tag games, in a new cool way!

9/17	W	6-7:30 p.m.	\$15/\$20	7286.301	BR
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## Kids Crafty Corner

**Ages 6-10**

Come get creative and have some fun with friends. We will be doing a DIY craft, and all materials are provided!

10/15	W	6-7:30 p.m.	\$15/\$20	7287.301	EP
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## Bricks-A-Mania

**Ages 6-10**

Have some fun building creations with Legos, blocks, and magna-tiles. All materials provided.

11/12	W	6-7:30 p.m.	\$15/\$20	7288.301	BR
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## \*NEW\* Let's get MESSY!

**Ages 6-10**

Join us for a night of getting messy, we will be making slime and other fun things! All materials provided!

12/3	W	6-7:30 p.m.	\$15/\$20	7289.301	EP
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## American Sign Language - Beginner

**Ages 7-12**

Designed for children interested in learning American Sign Language (ASL). Students will learn the basics of ASL, including the alphabet, numbers, and common signs for everyday words and phrases. Through interactive activities and games, students will practice their signing skills and develop their ability to communicate using ASL.

9/9-10/28	Tu	4:30-5:30 p.m.	\$30/\$35	7281.302	BR
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## American Sign Language - Intermediate

**Ages 7-12**

Designed for children who have already learned the basics of ASL and are ready to expand their signing skills and vocabulary. Students will improve their conversational fluency and learn more advanced grammar and sentence structure in ASL. Through interactive activities and projects, students will develop their signing proficiency and gain a deeper understanding of Deaf culture.

9/11-10/30	Th	4:30-5:30 p.m.	\$30/\$35	7281.303	BR
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## Gallery on the Go Paint Party

**Ages 6-14**

Create beautiful works of art with instruction and materials provided by Gallery on the Go!

9/18	Th	5:30-7 p.m.	\$20/\$25	7353.301	BR
10/27	M	10 a.m.-noon	\$20/\$25	7354.301	BR
11/20	Th	5:30-7 p.m.	\$20/\$25	7355.301	BR

## \*NEW\* Poetry Power: Exploring Your Voice Through Words

**Ages 9-14**

In this creative and supportive class, students will explore the art of poetry through themed lessons, engaging prompts, and thoughtful revision. Learners will discover different types of poems and use their experiences and observations as inspiration. Each session will include a mix of instruction, writing time, and opportunities to share and reflect. The class concludes with a celebratory showcase of student work.

9/11-10/16	Th	6-7 p.m.	\$20/\$25	7281.304	BR
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# YOUTH SERVICES

## Noon Year's Eve

Ages 6-10

Countdown to Noon Year's Eve with your friends! Beat the clock with Minute-to-Win-It style games and dip into the New Year with our snack bar.

12/31 W 11 a.m.-12:30 p.m. \$10/\$15 7751.301 BR

## YOUTH COMMISSION

The youth commission is an advisory body to City Council on issues affecting youth in Commerce City. Commissioners serve for two years (one term). During their term, commissioners will attend conferences and trainings, implement projects that benefit the community, provide feedback to recreation programs for youth and teens, and create lifelong bonds with youth across the city. The youth commission meets twice monthly at 6:30 p.m. during the school year and members are responsible for their own transportation.

Want to get involved? Now accepting applications for 2025/2026 School Year! Apply online at [c3gov.com/youth](https://c3gov.com/youth). Please call 303-289-3659 with any questions.

## School Breaks

Ages 6-10

### Thanksgiving Break

Enjoy some fun outside the classroom! Each day offers your child something new and exciting to do. Transportation provided for all off-site trips.

## Bounce Empire

Come enjoy the day with us, climbing and trying out a fun obstacle course.

11/24 M 9 a.m.-4 p.m. \$30/\$40 7651.301 BR

## Mad Science

Do you love to build, design and fix things? Are you curious about how a reaction happens? What is the true nature of birds and beasts? Campers will explore activities in engineering, math, chemistry, and biology that they could encounter in their daily life. Instruction by MadScience.

11/25 T 9 a.m.-4 p.m. \$30/\$40 7651.302 BR

## Frozen Broadway Musical

Come join us for a magical afternoon at the theater. We're heading to the Arvada Center to see the beloved Broadway musical Frozen — a spectacular show full of music, adventure, and Disney magic. You won't want to miss it!

11/26 W 9 a.m.-4 p.m. \$30/\$40 7651.303 BR

## OUTDOOR RECREATION

### NATURE BASED PROGRAMMING



## 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! We will also have a toddler fishing pool and family fishing. 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.

### Youth Fishing Derby - Ages 5-15

9/13 Sa 8-11 a.m. \$5/\$7 7711.301

### Family Fishing - All Ages\*

9/13 Sa 11 a.m.-noon FREE

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

## 100 Things to do Before You're 12

Ages 6-11

There are a million fun things to do outside when you're a kid. Maybe more. But where do you start? How about with Generation Wild's list of 100 things every kid absolutely needs to do outside before they're 12.

### August - Intro to Camping

8/24-8/25 Su-M 9 a.m.-3 p.m. \$30/\$45 7461.301 BR



## September – Bird Detectives

9/15	M	10 a.m. – 3 p.m.	\$10/\$15	7471.301	BR
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## October – Farm to tabletop Chef

10/20	M	10 a.m. – 3 p.m.	\$20/\$25	7472.301	BR
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## November – Roots to Wings (Butterfly Pavilion)

11/17	M	10 a.m. – 3 p.m.	\$15/\$20	7473.301	BR
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## December – Snow Tubing Echo Mountain

12/15	M	10 a.m. – 3 p.m.	\$20/\$25	7473.302	BR
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## Archery

### Ages 8–13

Learn safety, form, shot sequence, and focus. Bows are available to all participants. Pick up and drop off at Eagle Pointe Recreation Center.

9/8–9/22	M	5–6:30 p.m.	\$30/\$40	7411.301	EP
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10/6–10/20	M	5–6:30 p.m.	\$30/\$40	7412.301	EP
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11/3–11/17	M	5–6:30 p.m.	\$30/\$40	7413.301	EP
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12/1–12/15	M	5–6:30 p.m.	\$30/\$40	7414.301	EP
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## Learn to Snowboard/Ski (Indoor)

### Ages 8–13

We will head to Snowbahn, an indoor adventure park with revolving slopes, a skate park and a freestyle zone. The revolving slopes have a snow-like surface that moves up towards the user, allowing for perpetual skiing. After the lesson youth will have time to explore the indoor adventure park.

10/13, 10/27, 11/10, 12/1, 12/08

M	10 a.m. – 2 p.m.	\$100/\$115	7451.301	BR
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## Horse Trek

### Ages 12–16

Our horseback riding for kids offers an exciting adventure where they can explore nature by crossing creeks, riding the trails and having the opportunity to make new friends. It is a fun-filled experience that combines outdoor exploration, horseback riding, and social interaction. Transportation provided from Eagle Pointe.

9/6	Sa	10 a.m. – 1 p.m.	\$50/\$60	7423.301	EP
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10/18	Sa	10 a.m. – 1 p.m.	\$50/\$60	7424.301	EP
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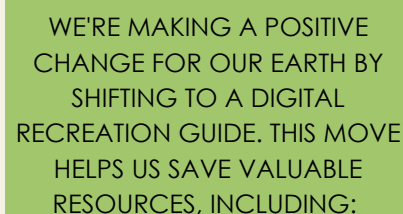
## Family Sleigh Ride

### All ages

Take a scenic sleigh ride with beautiful views of the Ten Mile Range and the Continental Divide in Breckenridge. After the ride, we'll retreat to the clubhouse for a buffet style dinner and live entertainment. All family members attending must be registered.

12/13	Sa	3–10 p.m.	\$60/\$70	7432.301	EP
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**10,483,200**  
gallons of water



**967** trees

 **29,080**  
kilowatt hours  
of energy

 **8,064,000**  
**pieces of**  
**paper**

**COMING SUMMER 2026**

# FROM PAGE TO PIXEL

## YOUR GUIDE, ANYTIME, ANYWHERE!

Switching from mailing copies of the recreation guide to all residents is one step in Commerce City's commitment to a greener future, and we're thrilled to have YOU join us on this journey towards sustainability! Printed copies will still be available for pickup at the recreation centers for those who want them.

# STAY CONNECTED



## PARKS, RECREATION AND GOLF

**c3gov.com/Recreation**

The official Website of City of Commerce City  
Parks, Recreation and Golf



## RECREATION QUESTIONS

Have a specific question or comment?

askrecreation@c3gov.com



## FOLLOW US AND STAY INFORMED

 [Facebook.com/commercecityparksrecgolf](https://www.facebook.com/commercecityparksrecgolf)

Instagram.com/commercecitiyparksrecgolf



**CITY OF COMMERCE CITY**

**c3gov.com/MyC3**

Find the latest information about spreading community pride and keeping Commerce City looking its best.



## CITY ALERTS

**c3gov.com/Subscribe**

Get updates on city-wide alerts, emergencies, and important information.



## ATHLETIC WEATHER HOTLINE

303-289-3757