



**LEARN ABOUT THE
NEW PIONEER PARK
SPLASH PAD OPENING
THIS SUMMER!**

Details on page 3



Registration opens April 1
c3gov.com/Recreation

59th Annual ★ Memorial Day Parade

★ MONDAY ★
MAY 26

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

c3gov.com/Parade



Commerce City and the Colorado Rapids Present



FRIDAY, JULY 4 | 5-9 P.M.
DICK'S SPORTING GOODS PARK
4TH FEST IS FREE AND OPEN TO
THE GENERAL PUBLIC

- Inflatables
- Beer Garden
- Food Trucks
- DJ
- Rock Wall
- and More!

Tickets to the game are a separate fee. Make sure to secure your tickets to the soccer match before they sell out!

GAME KICK OFF AT 7:30 P.M. • POST GAME FIREWORK SHOW

For more information visit c3gov.com/4thFest





Get ready to make a splash! Pioneer Park's brand-new splash pad, next to Paradise Island, is on track for a grand reopening Memorial Day weekend 2025. Thanks to a generous \$750,000 grant from Adams County Open Space, we're creating an exciting and safe water play experience for everyone. Your input from our 2024 community meetings directly shaped the innovative design, featuring diverse spray options and comfortable shaded seating. Construction is progressing smoothly, and we can't wait to see you enjoying the refreshed splash pad this summer!



Bison Grill

Buffalo Run
Golf Course

GOOD FOOD. GOOD MOOD.

NO MEMBERSHIP NEEDED

**FUEL YOUR MORNING
WITH OUR NEW
BREAKFAST MENU**

VISIT TODAY AT
[BUFFALORUNGOLFCOURSE.COM/
BARANDGRILL](https://buffalorungolfcourse.com/barandgrill)



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
Registration: 303-289-3789

BISON RIDGE AND EAGLE POINTE HOURS

Mon-Fri: 5 a.m.-9:30 p.m.
Sat: 7 a.m.-7 p.m.
Sun: 8 a.m.-6 p.m.

ACTIVE ADULT CENTER AT EAGLE POINTE

Mon-Fri: 8 a.m.-4 p.m.
Adult information: 303-289-3720

ACTIVE ADULT CENTER AT BISON RIDGE

Mon-Fri: 8 a.m.-4 p.m.
Adult Information: 303-289-3764

FACILITY CLOSURE DATES

April 20: Both facilities closed for Easter

April 27: Both facilities closed
Staff Training

May 26: Both facilities closed
Memorial Day

July 4: Both facilities closed
Independence Day

Aug 18-29: Bison Ridge closed
Annual Facility Maintenance

Sept 1-Sept 12: Eagle Pointe closed
Annual Facility Maintenance

IMPORTANT NUMBERS

Athletic Weather Hotline:
303-289-3757

Eagle Pointe Active Adult Center
303-289-3756

Bison Ridge Active Adult Center
303-286-4389

Buffalo Run Golf Course
303-289-1500

DEPARTMENT STAFF

Chad Redin
Parks, Recreation, and Golf Director

Kathleen 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



Park After Dark

FREE OUTDOOR MOVIE NIGHTS

Free Admission • No registration required

FRIDAY, MAY 30	FRIDAY, JUNE 20
The Wild Robot (PG)	The Lorax (PG)
Pioneer Park, 5950 Holly St	Belle Creek Town Square Park 10693 Belle Creek Blvd
FRIDAY, JULY 18	FRIDAY, AUG. 15
Sonic 3 (PG)	Harold and The Purple Crayon (PG)
Rose Hill Grange Park, 4051 East 68th Ave.	Villages East Park 11698 Chambers Rd.

 Commerce City Recreation

2025 SUMMER CONCERT SERIES

MUSIC IN THE PARK

6:30 - 8:30 P.M.



Free!

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

June 12	Veterans Memorial Park 6015 Forest Dr.
June 26	Fronterra Park 10020 Joplin St.
July 10	River Run Park 11515 S. Oswego St.
July 24	Pioneer Park 5950 Holly St.


**Events will also feature an outreach component with a variety of resources from the community*





Questions? Contact Name Last Name at InitialLastName@c3gov.com



 Commerce City
DIVERSITY, EQUITY AND INCLUSION COMMISSION

SAVE THE DATES

JUNETEENTH

RECOGNITION

 <p>Monday, June 16 RAISING OF THE FLAG CEREMONY 4:30 p.m. Civic Center 7887 E. 60th Ave.</p>	 <p>Thursday, June 19 CELEBRATION EVENT 4:30 - 7:30 p.m. Pioneer Park 5950 Holly St.</p>
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For questions contact Melissa Sumner at msumner@c3gov.com



 Commerce City Recreation

A DAY WITH FRIENDS: EMBRACING ACCESSIBILITY

Join the Recreation team for a day dedicated to celebrating inclusivity and accessibility.

A Day With Friends brings together community members of all abilities for fun, learning, and connection. Enjoy interactive activities, connect with a variety of resources, and celebrate National Disability Independence Day!

SATURDAY, JULY 26
10 A.M. - 2 P.M.
**VETERANS MEMORIAL PARK
6015 FOREST DR. COMMERCE CITY**

For more information visit c3gov.com/Recreation



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 given an opportunity 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 accommodations 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 temporary delay of participation and/or registration in our programs or activities.

Personal Release Statement

Users understand that participation in recreation 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.

21	50	100
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



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

- * \$30 fee to add additional qualifying person - refer to household description below
- Military Discount (Active and Disabled Veteran) Free. See p. 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

- * \$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 cousins **do not** fall under the classification of a household.

PUNCH PASSES for Admission and Child Watch expire one year from the date of purchase.

Refunds/Extensions will not be provided for unused punches.

CHILD WATCH

Please contact each center for hours of operation.

Resident Rates

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

Nonresident Rates

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

Child Watch Guidelines

- Parents or guardians must remain in the facility while utilizing Child Watch services.
- Sick children will not be permitted.
- Child Watch is for ages 6 months to 11 years old.
- Space is limited and not guaranteed.
- 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 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:

- Proof of military service and discharge (military identification or DD214)
- 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

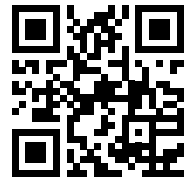
Eagle Pointe: 303-289-3789



ONLINE REGISTRATION WITH ACTIVE NETWORK

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

1. Visit **c3gov.com/Register**.



2. Request an account online or sign-in using existing account information with log-in link in 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 course number or class title. Proceed to checkout and enter 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 E. Parkway Dr.

Bison Ridge Recreation Center
13905 E. 112th Ave.

Mon-Fri: 5 a.m.-9:30 p.m.

Sat: 7 a.m.-7 p.m. | Sun 8 a.m.-6 p.m.

FACILITY INFORMATION



RECREATION CENTER RENTALS

Reservations must be submitted two weeks prior to event date. Visit c3gov.com/rent-or-reserve for more information about facility rentals.



Bison Ridge (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 in all 3 rooms or 250 people seated banquet-style
- Two conference rooms
- Two pool party rooms attached to the aquatic center

Eagle Pointe (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 nonresidents, 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 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 or call 303-289-7700 for more information.

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, 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 upon reservation made in full two weeks before the date requested. 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.

Fairfax Park*	3 shelters	River Run Park*	2 shelters
Pioneer Park*	4 shelters	Villages East Park*	1 shelter
Stampede Park*	1 shelter	Monaco Park*	2 shelters
Freedom Park*	1 shelter	Turnberry Park*	1 shelter
Prairie Gateway Open Space	1 shelter	Veterans Memorial Park*	2 shelters
Fronterra Park*	1 shelter		

*Parks marked with an asterisk are available to rent online at c3gov.com/Register.

Athletic Facility Rentals

Visit page 44 for Athletic Rental Details.



PARADISE ISLAND AT PIONEER PARK



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

HOURS

May 24 -Sept. 1

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

Weekend-only operations: 8/16-17, 8/23-24, and 8/30-9/1.

Paradise Island closes for the season on September 1.

For additional information: c3gov.com/Paradise



DAILY ADMISSION

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

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

RESIDENT RATES

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

Daily Rates	Child 0-2	Child 3-7	Youth 8-17	Adult 18-61	Senior 62+
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Daily Admission*

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

	FREE	\$16	\$24	\$32	\$24
--	------	------	------	------	------

Individual Season Pass*

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

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

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

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

WEATHER POLICY

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

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

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

PROPER SWIM ATTIRE IS REQUIRED

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

AGE AND HEIGHT REQUIREMENTS

- Children ages 5 and younger must be accompanied in the water and within arm's reach by an adult age 18 or over.
- Children between the ages of 6-11 must be actively supervised by a person age 16 or older.
- Children ages 12 and older may swim without adult supervision.
- Children who are not toilet trained must wear swim diapers.
- Guests must be 48" or taller to ride the slides.

PARADISE ISLAND POOL PARTIES AND RENTALS

Reservations for parties and cabana rentals will be taken beginning April 1. Fees are for cabana rentals only. Additional admission rates will apply.

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

*Taxes not included

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

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

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

To reserve a cabana, make a reservation online at recreation.c3gov.com/rent-or-reserve

Day-of reservations are available only in person.

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



CELEBRATE ARBOR DAY WITH US!



THURSDAY, APRIL 17

Pick up a **FREE** set of Colorado blue spruce seeds or flower seeds:

- Eagle Pointe Recreation Center
6060 Parkway Dr.
- Bison Ridge Recreation Center
13905 E. 112th Ave.

**STARTING AT 5 A.M.
UNTIL SUPPLIES
LAST!**

☎ 303-286-6800

☎ 303-289-3760

🔗 c3gov.com/Recreation



PARKS & RECREATION MONTH



**ALL
MONTH
LONG**

**PLAY
OUTSIDE**

JULY IS NATIONAL PARKS AND RECREATION MONTH!

Outdoor games, city wide scavenger hunt, and special events for everyone to enjoy!



FISHING FRENZY DERBY



SAVE THE DATE

**SATURDAY,
SEPT. 13**



Saturday, Sept. 13 | 8 a.m. - noon

Lake Mary at Rocky Mountain Arsenal 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)
- Toddler Pool Fishing (Free)
- Family Fishing (Free)
- Family Friendly Animal Encounters
- And More!



For more information visit c3gov.com/Recreation



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



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

No registration required. Programs are free and open to adults 18+.

	Bison Ridge		Eagle Pointe
Monday	9 a.m.- noon	Poker	Monday Mindful Color Dominos
	Noon-3:30 p.m.	Rummikub	
Tuesday	9 a.m.-noon	Euchre	Cards and Crafts - Craft Group Farkle Dice Game
	Noon-3:30 p.m.	Scrabble	
Wednesday	9 a.m.-noon	Mahjong	Quilting Rummikub
	Noon-3:30 p.m.	Bunco	
Thursday	9 a.m.-noon	Bridge	Player Choice: Card Games Sudoco and Crosswords
	Noon-3:30 p.m.	Backgammon	
Friday	9 a.m.-noon	Crochet and Knitting	Pinochle Player's Choice: Board Games
	Noon-3:30 p.m.	Hand and Foot	

** Drop-in billard's available Monday – Friday at Eagle Pointe 8 a.m.- 4 p.m. from Sept-May. To check out equipment please visit the front desk, staff will exchange the equipment for your ID.

RESOURCES



RESOURCE ROUNDUP

Enjoy light refreshments and snacks in this series where experts share information about answer questions on community resources. These classes are free, but space is limited.

MAY
13

Community Well-Being Division
10 - 11 a.m.
Bison Ridge Recreation Center, 13905 E. 112th Ave.

JUNE
10

Adams County Human Services
10 - 11 a.m.
Eagle Pointe Recreation Center, 6060 Parkway Dr.

JULY
08

Brain Injury Alliance of Colorado
10 - 11 a.m.
Bison Ridge Recreation Center, 13905 E. 112th Ave.

Questions?
Contact
720-769-5772 or
cwb@c3gov.com

Transportation will be available with pickup locations at Madonna Plaza, Kearney Plaza, and alternating recreation centers.

Life Isn't Easy

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

5/5	M	10-11:30 a.m.	Free	EP
5/19	M	10-11:30 a.m.	Free	EP
6/2	M	10-11:30 a.m.	Free	EP
6/16	M	10-11:30 a.m.	Free	EP
7/7	M	10-11:30 a.m.	Free	EP
7/21	M	10-11:30 a.m.	Free	EP
8/4	M	10-11:30 a.m.	Free	EP
8/18	M	10-11:30 a.m.	Free	EP



ADULTS

VNA Wellness Program

The Visiting Nurses Association operates a monthly health clinic for seniors. They check blood pressure and provide nail and foot care for diabetics and others. You must schedule an appointment with the 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 at the Commerce City location at Eagle Pointe Recreation Center.

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



PRESENTED BY THE
COMMERCE CITY SENIOR COMMISSION

SENIOR RESOURCE FAIR

SATURDAY, JUNE 7 | 9 A.M. - 1 P.M.
Eagle Pointe Recreation Center, 6060 Parkway Dr.

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

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



For questions, contact the Senior Commission at SeniorCommission@c3gov.com

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
303-444-3043



PLEASE JOIN US FOR A
REPLENISHING **FREE** COMMUNITY MEAL

THE WELL

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

Second Friday of every month
11 a.m. - 1 p.m.
Templo Gethsemani, 6690 Monaco St.



Commerce City COMMUNITY WELL-BEING one eighty COMMUNITY CHURCH

Questions? Contact 720-769-5772 or visit c3gov.com/CWB

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 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

For specific assistance for Seniors, please contact:

Lizbeth Gomez Estrada
303-593-2009

Walk-in hours are available at Eagle Pointe Rec Center on Wednesdays from 8 a.m. to noon.



ADULTS

ADULT OUTDOOR RECREATION

Hike & Bike

60+

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

South Mesa Trail - Boulder

5/1 Th 9 a.m.-1 p.m. \$9/\$12 4501.201

Wonderland Lake Trail - Boulder

6/5 Th 9 a.m.-1 p.m. \$9/\$12 4501.202

White Ranch Open Space - Golden

7/3 Th 9 a.m.-1 p.m. \$9/\$12 4501.203

Staunton State Park - Conifer

8/7 Th 9 a.m.-1 p.m. \$9/\$12 4501.204

Reel Adventures - Fishing Trip

60+

Whether you're a beginner or an expert, our program offers guided trips, expert tips, and the chance to catch a variety of fish. Enjoy nature, camaraderie, and the thrill of the catch. Dive into adventure with us today!

5/21 Wed 8 a.m.-3 p.m. \$10/\$12 4501.205



White Water Rafting and Lunch

Age 18+

Paddle Through gentle rapids, guided by friendly guides. Enjoy stunning scenery and the thrill of the river, perfect for both beginners and experienced rafters. We will end the day in Idaho Springs with lunch at a nearby restaurant. Great way to make new friends and connect with our community.

6/14 S 8 a.m. - 3pm \$100/\$125 4451.201 BR

Hiking and lunch Adventure

Ages: 18+

We will hike through beautiful, lush forest, while passing amazing waterfalls. We will end at the top where we will be surrounded by breath taking mountain peaks. We will relax on the patio of a pizzeria and brewery. A perfect time to make connections and friendship. This hike will have some climbing. You will hike about 5 miles.

8/16 S 7 a.m. - 2 p.m. \$20/\$25 4451.202 BR

ADULT 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 Silver Sneakers drop-in classes, including Silver Sneakers Classic and Silver Sneakers Circuit. Silver Sneakers classes do not require a Silver Sneakers membership to attend.

Silver Sneakers 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

Silver Sneakers 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



Silver Sneakers 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

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).

Every Tuesday and Thursday	9 a.m.–Noon	EP
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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 teaches both the beginner and the intermediate classes. Resident \$25 (five-visit punch card). Nonresident \$25 (four visit punch card).

Beginner	M	9–10 a.m.	BR
Intermediate	M	10:15–11:15 a.m.	BR

ACTIVE ADULT EVENTS AND PROGRAMS

Pancake Breakfast

The 39th Annual Pancake Breakfast! Enjoy a delicious morning meal and enter our raffle for a chance to win fantastic prizes, including a beautiful quilt. Your participation supports the Good Friends Scholarship. Register in advance or \$12 at the door.

5/3	Sa	8–10 a.m.	\$9/\$12	4601.209	EP
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Hawaiian Luau

Get ready to embrace the spirit of the islands at our Luau! Enjoy a buffet featuring traditional Hawaiian dishes, and participate in exciting games and crafts, including lei-making, hula hoop contests, and more. Dress in your best Hawaiian attire and enjoy festive decorations that will make you feel like you've stepped into paradise.

6/13	F	6–8 p.m.	\$12/\$15	4651.234	BR
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4th of July BBQ

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

7/3	Th	10:30 a.m.–Noon	\$9/\$11	4601.202	EP
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Dog Days of Summer

Celebrate the Dog Days of Summer at Frontera Park! Bring your furry friends and enjoy a fun-filled day with a hot dog bar, pet-friendly activities, and plenty of opportunities to socialize. Don't miss this paw-some celebration!

8/7	Th	11 a.m.–1 p.m.	\$9/\$12	4651.235	
Frontera Park					

Grandparents Day – Ice Cream Social

Ages 6 months and 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.

9/7	Sa	1–3 p.m.	\$12/\$14	7071.301	BR
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NATIONAL DAYS

National Avocado Day

Experience the delight of National Avocado Day with an array of engaging activities that celebrate this beloved fruit. Connect with fellow avocado enthusiasts and enjoy a day filled with fun, flavor, and community.

7/31	Th	2–3 p.m.	\$5/\$7	4651.209	BR
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National Peach Day

Discover the many ways to enjoy this juicy fruit while soaking up the summer sun. Don't miss the sweet fun of National Peach Day at Eagle Pointe!

8/27	W	2–3 p.m.	\$5/\$7	4601.203	EP
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ADULTS

Book Club

Interested in books and meeting new friends? Join the book club through the Eagle Pointe 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. For more information please call Emma Willing (303) 289 - 3764 for questions.

5/3	F	1-2:30 p.m.	Free	BR
6/7	F	1-2:30 p.m.	Free	BR
7/5	F	1-2:30 p.m.	Free	BR
8/2	F	1-2:30 p.m.	Free	BR

Food That Built America

This series will feature a different documentary about a food brand that is synonymous with the United States of America. We will sample the food theme each month.

Baked Snacks

5/29	W	1-3 p.m.	\$6/\$8	4601.218	EP
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I Got Beef

6/26	W	1-3 p.m.	\$6/\$8	4601.219	EP
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American Ice Cream

7/31	W	1-3 p.m.	\$6/\$8	4601.220	EP
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Eggscellent

8/28	W	1-3 p.m.	\$6/\$8	4601.221	EP
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Monthly Birthday Celebration!

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

5/15	Th	1-2 p.m.	\$8/\$10	4601.214	EP
6/19	Th	1-2 p.m.	\$8/\$10	4601.215	EP
7/17	Th	1-2 p.m.	\$8/\$10	4601.216	EP
8/21	Th	1-2 p.m.	\$8/\$10	4601.217	EP

Brunchin' at Bison

Our monthly community brunch is on the second Tuesday of the month! Bring a dish to share with at least six others and enjoy a delicious meal with friends. We'll provide a main dish, along with beverages for everyone to enjoy. Check the On the Move Newsletter for the featured dish each month.

5/3	Tu	10-11:30 a.m.	\$3/\$5	4651.201	BR
6/10	Tu	10-11:30 a.m.	\$3/\$5	4651.202	BR
7/8	Tu	10-11:30 a.m.	\$3/\$5	4651.203	BR
8/12	Tu	10-11:30 a.m.	\$3/\$5	4651.204	BR

Breakfast Burrito Bingo at Bison Ridge

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

5/17	F	9-10:30 a.m.	\$10/\$12	4651.205	BR
6/21	F	9-10:30 a.m.	\$10/\$12	4651.206	BR
7/19	F	9-10:30 a.m.	\$10/\$12	4651.207	BR
8/16	F	9-10:30 a.m.	\$10/\$12	4651.208	BR

Crafty Corner

Put on your creative hat and join in on the fun on the second Friday of the month! Supplies included. One piece of art per person.

Embellished Picture Frames

5/9	F	10 a.m.-noon	\$10/\$11	4601.230	EP
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Summer Fruit Trays

6/13	F	10 a.m.-noon	\$10/\$11	4601.231	EP
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Seashell Coasters

7/11	F	10 a.m.-noon	\$10/\$11	4601.232	EP
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Pressed Flower Lanterns

8/8	F	10 a.m.-noon	\$10/\$11	4601.233	EP
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Maker Monday

Put on your creative hat and join in on the fun on the second Friday of the month! Supplies included. One piece of art per person.

Wind Chimes

5/19	M	10 a.m.-noon	\$10/\$11	4651.210	BR
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Flower Tealights

6/23	M	10 a.m.-noon	\$10/\$11	4651.211	BR
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Dream Catcher

7/28	M	10 a.m.-noon	\$10/\$11	4651.212	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 each month to add to the spread and hot and cold beverages will be provided. See the On the Move for each month's featured dish. Registration is required to ensure we have enough of the monthly main dish.

5/23	F	11 a.m.-12:30 p.m.	\$3/\$5	4601.222	EP
6/27	F	11 a.m.-12:30 p.m.	\$3/\$5	4601.223	EP
7/25	F	11 a.m.-12:30 p.m.	\$3/\$5	4601.224	EP
8/22	F	11 a.m.-12:30 p.m.	\$3/\$5	4601.225	EP

Friday Bingo at Eagle Pointe

B-I-N-G-O! Come try your luck at this game of chance and see if we call your numbers! Registration is required to attend.

5/23	F	1-2:30 p.m.	\$5/\$7	4601.226	EP
6/27	F	1-2:30 p.m.	\$5/\$7	4601.227	EP
7/25	F	1-2:30 p.m.	\$5/\$7	4601.228	EP
8/22	F	1-2:30 p.m.	\$5/\$7	4601.229	EP

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.

5/5	W	11:45 a.m.-1 p.m.	Free	4651.214	BR
5/7	W	10-11 a.m.	Free	4601.205	EP
6/2	W	11:45 a.m.-1 p.m.	Free	4651.215	BR
6/4	W	10-11 a.m.	Free	4601.206	EP
7/2	W	10-11 a.m.	Free	4601.207	EP
7/7	W	11:45 a.m.-1 p.m.	Free	4651.216	BR
8/4	W	11:45 a.m.-1 p.m.	Free	4651.217	BR
8/6	W	10-11 a.m.	Free	4601.208	EP

Spill The Tea

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

5/20	Tu	2-3 p.m.	\$3/\$5	4651.218	BR
6/17	Tu	2-3 p.m.	\$3/\$5	4651.219	BR
7/15	Tu	2-3 p.m.	\$3/\$5	4651.220	BR

Frame by Frame – Film Series

Indulge in a curated film series. This season we will explore the legendary cinematic journey of Steven Spielberg, complete with light snacks and insightful discussions. Immerse yourself in the film industry culture and gain new knowledge about the films that shaped it.

E.T. The Extra Terrestrial					
5/27	Tu	1-3:30 p.m.	\$3/\$5	4601.210	EP
Jaws					
6/24	Tu	1-3:30 p.m.	\$3/\$5	4601.211	EP
Close Encounters of the Third Kind					
7/22	Tu	1-3:30 p.m.	\$3/\$5	4601.212	EP
Empire of the Sun					
8/26	Tu	1-3:30 p.m.	\$3/\$5	4601.213	EP

Global Sips and Savories

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

5/8	Th	10-11 a.m.	\$3/\$5	4651.222	BR
6/12	Th	10-11 a.m.	\$3/\$5	4651.223	BR
7/10	Th	10-11 a.m.	\$3/\$5	4651.224	BR
8/14	Th	10-11 a.m.	\$3/\$5	4651.225	BR

What's the Scoop?

An engaging program that brings our community together with a scoop of ice cream and a sprinkle of conversation! Each month features a notable figure from our city who shares their insights, experiences, and vision for our community while enjoying delicious ice cream. Tune in to satisfy your sweet tooth and get the scoop on the individuals shaping our city!

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

5/15	Th	2-3:30 p.m.	Free	4651.230	BR
6/19	Th	2-3:30 p.m.	Free	4651.231	BR
7/17	Th	2-3:30 p.m.	Free	4651.232	BR



ADULTS



Good Friends Scholarship

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

HOW TO APPLY

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

Bison Ridge - 303-286-6837

Eagle Pointe - 303-289-3789

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

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 cell phones 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 Recreation Center. You will select your pick-up location when registering for the trip, staff will make confirmation calls before trips. The trip time listed (ex. 9 a.m.-3 p.m.) includes pick-up and drop-off from both locations. Departing from both locations will ensure that our trips commence smoothly and efficiently, allowing our community to access the exciting experiences that lie ahead.

ADULTS



Below is a listing of all our Summer trips. For more information about these trips, please check out our On the Move newsletter or call our active adult coordinators at Eagle Pointe at (303) 289-3720 or Bison Ridge at (303) 289-3764

TRIP	Location	DATE	DAY	TIME	CODE	FEE	Level
Museum of the Mines	Golden	5/6	Tu	10 a.m. - 2 p.m.	4501.206	\$9/\$11	L2
Cultural Cuisine Lunch Series: Mountain Tai Kitchen	Broomfield	5/9	F	11 a.m. - 2 p.m.	4501.207	\$8/\$10	L1
Balisteri Wine Tasting, Tour and Lunch	Denver	5/14	W	10:30 a.m. - 2 p.m.	4501.208	\$23/\$25	L3
Documentary Discovery: Hover Trains	Pueblo	5/22	Th	8:30 a.m. - 4 p.m.	4501.209	\$15/\$17	L2
Dinner Out: 3 Margaritas	Broomfield	5/26	M	4 p.m. - 8 p.m.	4501.210	\$8/\$10	L1
Gambling: The Century Casino	Central City	6/3	Tu	8:30 a.m. - 4 p.m.	4501.211	\$12/\$15	L3
Cultural Cuisine Lunch Series: African Grill	Lakewood	6/6	F	11 a.m. - 2 p.m.	4501.212	\$8/\$10	L1
Senior Planet	Denver	6/11	W	10 a.m. - 2 p.m.	4501.213	\$9/\$11	L1
Estes Park Aerial Tram	Estes Park	6/17	Tu	9 a.m. - 4 p.m.	4501.214	\$30/\$35	L3
Documentary Discovery: Glen Eyrie Castle	CO. Springs	6/26	Th	8:30 a.m. - 4 p.m.	4501.215	\$20/\$25	L2
Dinner Out: Wishbone	Westminster	6/30	M	4 p.m. - 8 p.m.	4501.216	\$8/\$10	L1
City Park Picnic	Denver	7/9	W	10 a.m. - 2 p.m.	4501.217	\$9/\$11	L3
Cultural Cuisine Lunch Series: Spice Room	Denver	7/11	F	11 a.m. - 2 p.m.	4501.218	\$8/\$10	L1
Mystery Trip	???	7/16	W	10 a.m. - 3 p.m.	4501.219	\$12/\$15	L3
Chainsaws & Chuckwagons	Fredrick	7/19	Sa	9 a.m. - 4 p.m.	4501.220	\$9/\$11	L3
Documentary Discovery: Lamb Springs	Littleton	7/24	Th	8:30 a.m. - 4 p.m.	4501.221	\$12/\$15	L2
Dinner Out: Black Eye Pea	Westminster	7/28	M	4 p.m. - 8 p.m.	4501.222	\$9/\$11	L1
Edgewater Marketplace	Denver	8/1	F	10:30 a.m. - 3 p.m.	4501.223	\$9/\$11	L2
Gambling: The Lodge Casino	Black Hawk	8/5	Tu	8:30 a.m. - 4 p.m.	4501.224	\$12/\$15	L3
Cultural Cuisine Lunch Series: Cracovia Polish Restaurant	Westminster	8/8	F	11 a.m. - 2 p.m.	4501.225	\$8/\$10	L1
Dinner and Sunset at City Park Golf Course	Denver	8/20	W	5:30 p.m. - 8:30 p.m.	4501.226	\$8/\$10	L1
Dinner Out: Lazy Dog	Westminster	8/25	M	4 p.m. - 8 p.m.	4501.227	\$8/\$10	L1
Documentary Discovery: Imprisonment	Canyon City	8/28	Th	8:30 a.m. - 4 p.m.	4501.228	\$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.

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



AQUATICS

POOL INFORMATION

The pools at both Eagle Pointe and Bison Ridge Recreation Center 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 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 ages 16 or older must remain on the pool deck and directly supervise any child between the ages of 6–11 in the pool.
- ✓ Children ages 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.

- **Pool Amenities**

- **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, a balloon bouquet, and a gift bag for each child in attendance.**

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.

Aquafit

Ages 16 and older for all classes.

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

- **Change prices of Private Swimming Lessons**
- **Private (1 person/30 minutes) \$25/\$35**
- **Semi-private (2 people/30 minutes) \$25/\$35**



GROUP LESSONS

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

Swimming Lesson Fees

Tu/Th Sessions

25 min classes \$30/\$42

45 min classes \$45/\$63

Wednesday and Saturday Sessions

25 min classes \$15/\$21

45 min classes \$22.50/\$31.50

SWIM LESSON REGISTRATION DATES FOR BISON RIDGE (BR):

Monday–Friday AM Lessons BR

Session 1: May 20–May 22

Session 2: June 17–June 19

Session 3: July 15–July 17

Tuesday/Thursday PM and Saturday AM Lessons BR

Session 1: May 20–May 22

Session 2: July 1–July 3

SWIM LESSON REGISTRATION DATES FOR EAGLE POINTE (EP):

Monday–Friday AM Lessons EP

Session 1: May 27–May 29

Session 2: June 24–June 26

Session 3: July 22–July 24

Tuesday/Thursday PM and Saturday AM Lessons EP

Session 1: May 27–May 29

Session 2: July 8–July 10

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

StarTots

Ages: 18 mos to 2 yrs

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

StarBabies at BR

Ages 6–17 Months

5/31-6/28	Sa	9-9:25 a.m.	6001.201	BR
7/12-8/9	Sa	9-9:25 a.m.	6002.201	BR

StarTots at BR

Ages 18 Mos–2 Yrs

5/31-6/28	Sa	9:30-9:55 a.m.	6001.202	BR
5/31-6/28	Sa	10-10:25 a.m.	6001.203	BR
7/12-8/9	Sa	9:30-9:55 a.m.	6002.202	BR
7/12-8/9	Sa	10-10:25 a.m.	6002.203	BR

StarBabies at EP

Ages 6–17 Months

6/7-7/5	Sa	9-9:25 a.m.	6011.201	EP
7/19-8/16	Sa	9-9:25 a.m.	6012.201	EP

StarTots at EP

18 Mos–2 Yrs

6/7-7/5	Sa	9:30-9:55 a.m.	6011.202	EP
7/19-8/16	Sa	9:30-9:55 a.m.	6012.202	EP

SWIM SCHOOL AT BISON RIDGE

White

Session 1

5/27-6/6	M-F	9-9:25 a.m.	6101.201	BR
5/27-6/6	M-F	9:30-9:55 a.m.	6101.202	BR
5/27-6/6	M-F	10-10:25 a.m.	6101.203	BR
5/27-6/6	M-F	11-11:25 a.m.	6101.204	BR
5/27-6/26	Tu/Th	5-5:25 p.m.	6101.205	BR
5/27-6/26	Tu/Th	5:30-5:55 p.m.	6101.206	BR
5/27-6/26	Tu/Th	6:30-6:55 p.m.	6101.207	BR
5/31-6/28	Sa	9-9:25 a.m.	6101.208	BR
5/31-6/28	Sa	10-10:25 a.m.	6101.209	BR
5/31-6/28	Sa	11-11:25 a.m.	6101.210	BR

Session 2

6/23-7/3	M-F	9-9:25 a.m.	6102.201	BR
6/23-7/3	M-F	9:30-9:55 a.m.	6102.202	BR
6/23-7/3	M-F	10-10:25 a.m.	6102.203	BR
6/23-7/3	M-F	11-11:25 a.m.	6102.204	BR
7/8-8/7	Tu/Th	5-5:25 p.m.	6102.205	BR



7/8-8/7	Tu/Th	5:30-5:55 p.m.	6102.206	BR
7/8-8/7	Tu/Th	6:30-6:55 p.m.	6102.207	BR
7/12-8/9	Sa	9-9:25 a.m.	6102.208	BR
7/12-8/9	Sa	10-10:25 a.m.	6102.209	BR
7/12-8/9	Sa	11-11:25 a.m.	6102.210	BR

Session 3

7/21-8/1	M-F	9-9:25 a.m.	6103.201	BR
7/21-8/1	M-F	9:30-9:55 a.m.	6103.202	BR
7/21-8/1	M-F	10-10:25 a.m.	6103.203	BR
7/21-8/1	M-F	11-11:25 a.m.	6103.204	BR

Red

Session 1

5/27-6/6	M-F	9-9:25 a.m.	6201.201	BR
5/27-6/6	M-F	10-10:25 a.m.	6201.202	BR
5/27-6/6	M-F	10:30-10:55 a.m.	6201.203	BR
5/27-6/6	M-F	11-11:25 a.m.	6201.204	BR
5/27-6/26	Tu/Th	5-5:25 p.m.	6201.205	BR
5/27-6/26	Tu/Th	6-6:25 p.m.	6201.206	BR
5/27-6/26	Tu/Th	6:30-6:55 p.m.	6201.207	BR
5/31-6/28	Sa	9-9:25 a.m.	6201.208	BR
5/31-6/28	Sa	10:30-10:55 a.m.	6201.209	BR
5/31-6/28	Sa	11-11:25 a.m.	6201.210	BR

Session 2

6/23-7/3	M-F	9-9:25 a.m.	6202.201	BR
6/23-7/3	M-F	10-10:25 a.m.	6202.202	BR
6/23-7/3	M-F	10:30-10:55 a.m.	6202.203	BR
6/23-7/3	M-F	11-11:25 a.m.	6202.204	BR
7/8-8/7	Tu/Th	5-5:25 p.m.	6202.205	BR
7/8-8/7	Tu/Th	6-6:25 p.m.	6202.206	BR
7/8-8/7	Tu/Th	6:30-6:55 p.m.	6202.207	BR
7/12-8/9	Sa	9-9:25 a.m.	6202.208	BR
7/12-8/9	Sa	10:30-10:55 a.m.	6202.209	BR
7/12-8/9	Sa	11-11:25 a.m.	6202.210	BR

Session 3

7/21-8/1	M-F	9-9:25 a.m.	6203.201	BR
7/21-8/1	M-F	10-10:25 a.m.	6203.202	BR
7/21-8/1	M-F	10:30-10:55 a.m.	6203.203	BR
7/21-8/1	M-F	11-11:25 a.m.	6203.204	BR

Yellow

Session 1

5/27-6/6	M-F	9-9:25 a.m.	6301.201	BR
5/27-6/6	M-F	9:30-9:55 a.m.	6301.202	BR
5/27-6/6	M-F	10:30-10:55 a.m.	6301.203	BR
5/27-6/6	M-F	11:30-11:55 a.m.	6301.204	BR
5/27-6/26	Tu/Th	5-5:25 p.m.	6301.205	BR
5/27-6/26	Tu/Th	6-6:25 p.m.	6301.206	BR
5/27-6/26	Tu/Th	7-7:25 p.m.	6301.207	BR
5/31-6/28	Sa	9:30-9:55 a.m.	6301.208	BR
5/31-6/28	Sa	10:30-10:55 a.m.	6301.209	BR
5/31-6/28	Sa	11:30-11:55 a.m.	6301.210	BR

Session 2

6/23-7/3	M-F	9-9:25 a.m.	6302.201	BR
6/23-7/3	M-F	9:30-9:55 a.m.	6302.202	BR
6/23-7/3	M-F	10:30-10:55 a.m.	6302.203	BR
6/23-7/3	M-F	11:30-11:55 a.m.	6302.204	BR
7/8-8/7	Tu/Th	5-5:25 p.m.	6302.205	BR
7/8-8/7	Tu/Th	6-6:25 p.m.	6302.206	BR
7/8-8/7	Tu/Th	7-7:25 p.m.	6302.207	BR
7/12-8/9	Sa	9:30-9:55 a.m.	6302.208	BR
7/12-8/9	Sa	10:30-10:55 a.m.	6302.209	BR
7/12-8/9	Sa	11:30-11:55 a.m.	6302.210	BR

Session 3

7/21-8/1	M-F	9-9:25 a.m.	6303.201	BR
7/21-8/1	M-F	9:30-9:55 a.m.	6303.202	BR
7/21-8/1	M-F	10:30-10:55 a.m.	6303.203	BR
7/21-8/1	M-F	11:30-11:55 a.m.	6303.204	BR

Blue

Session 1

5/27-6/6	M-F	9:30-9:55 a.m.	6401.201	BR
5/27-6/6	M-F	10:30-10:55 a.m.	6401.202	BR
5/27-6/6	M-F	11:30-11:55 a.m.	6401.203	BR
5/27-6/26	Tu/Th	5:30-5:55 p.m.	6401.204	BR
5/27-6/26	Tu/Th	6-6:25 p.m.	6401.205	BR
5/27-6/26	Tu/Th	7-7:25 p.m.	6401.206	BR
5/31-6/28	Sa	9:30-9:55 a.m.	6401.207	BR
5/31-6/28	Sa	10:30-10:55 a.m.	6401.208	BR
5/31-6/28	Sa	11:30-11:55 a.m.	6401.209	BR
5/31-6/28	Sa	11:30-11:55 a.m.	6301.210	BR



AQUATICS

Session 2

6/23-7/3	M-F	9:30-9:55 a.m.	6402.201	BR
6/23-7/3	M-F	10:30-10:55 a.m.	6402.202	BR
6/23-7/3	M-F	11:30-11:55 a.m.	6402.203	BR
7/8-8/7	Tu/Th	5:30-5:55 p.m.	6402.204	BR
7/8-8/7	Tu/Th	6-6:25 p.m.	6402.205	BR
7/8-8/7	Tu/Th	7-7:25 p.m.	6402.206	BR
7/12-8/9	Sa	9:30-9:55 a.m.	6402.207	BR
7/12-8/9	Sa	10:30-10:55 a.m.	6402.208	BR
7/12-8/9	Sa	11:30-11:55 a.m.	6402.209	BR

Session 3

7/21-8/1	M-F	9:30-9:55 a.m.	6403.201	BR
7/21-8/1	M-F	10:30-10:55 a.m.	6403.202	BR
7/21-8/1	M-F	11:30-11:55 a.m.	6403.203	BR

Green

Session 1

5/27-6/6	M-F	10-10:25 a.m.	6501.201	BR
5/27-6/6	M-F	11-11:25 a.m.	6501.202	BR
5/27-6/6	M-F	11:30-11:55 a.m.	6501.203	BR
5/27-6/26	Tu/Th	5:30-5:55 p.m.	6501.204	BR
5/27-6/26	Tu/Th	6:30-6:55 p.m.	6501.205	BR
5/27-6/26	Tu/Th	7-7:25 p.m.	6501.206	BR
5/31-6/28	Sa	10-10:25 a.m.	6501.207	BR
5/31-6/28	Sa	11-11:25 a.m.	6501.208	BR
5/31-6/28	Sa	11:30-11:55 a.m.	6501.209	BR

Session 2

6/23-7/3	M-F	10-10:25 a.m.	6502.201	BR
6/23-7/3	M-F	11-11:25 a.m.	6502.202	BR
6/23-7/3	M-F	11:30-11:55 a.m.	6502.203	BR
7/8-8/7	Tu/Th	5:30-5:55 p.m.	6502.204	BR
7/8-8/7	Tu/Th	6:30-6:55 p.m.	6502.205	BR
7/8-8/7	Tu/Th	7-7:25 p.m.	6502.206	BR
7/12-8/9	Sa	10-10:25 a.m.	6502.207	BR
7/12-8/9	Sa	11-11:25 a.m.	6502.208	BR
7/12-8/9	Sa	11:30-11:55 a.m.	6502.209	BR

Session 3

7/21-8/1	M-F	10-10:25 a.m.	6503.201	BR
7/21-8/1	M-F	11-11:25 a.m.	6503.202	BR
7/21-8/1	M-F	11:30-11:55 a.m.	6503.203	BR

SWIM SCHOOL AT EAGLE POINTE

White

Session 1

6/2-6/13	M-F	9-9:25 a.m.	6111.201	EP
6/2-6/13	M-F	9:30-9:55 a.m.	6111.202	EP
6/2-6/13	M-F	10-10:25 a.m.	6111.203	EP
6/3-7/3	Tu/Th	5-5:25 p.m.	6111.204	EP
6/3-7/3	Tu/Th	5:30-5:55 p.m.	6111.205	EP
6/3-7/3	Tu/Th	6-6:25 p.m.	6111.206	EP
6/7-7/5	Sa	9-9:25 a.m.	6111.207	EP
6/7-7/5	Sa	10-10:25 a.m.	6111.208	EP
6/7-7/5	Sa	11:30-11:55 a.m.	6111.209	EP

Session 2

6/30-7/11	M-F	9-9:25 a.m.	6112.201	EP
6/30-7/11	M-F	9:30-9:55 a.m.	6112.202	EP
6/30-7/11	M-F	10-10:25 a.m.	6112.203	EP
7/15-8/14	Tu/Th	5-5:25 p.m.	6112.204	EP
7/15-8/14	Tu/Th	5:30-5:55 p.m.	6112.205	EP
7/15-8/14	Tu/Th	6-6:25 p.m.	6112.206	EP
7/19-8/16	Sa	9-9:25 a.m.	6112.207	EP
7/19-8/16	Sa	10-10:25 a.m.	6112.208	EP
7/19-8/16	Sa	11:30-11:55 a.m.	6112.209	EP

Session 3

7/28-8/8	M-F	9-9:25 a.m.	6113.201	EP
7/28-8/8	M-F	9:30-9:55 a.m.	6113.202	EP
7/28-8/8	M-F	10-10:25 a.m.	6113.203	EP

Red

Session 1

6/2-6/13	M-F	9-9:25 a.m.	6211.201	EP
6/2-6/13	M-F	9:30-9:55 a.m.	6211.202	EP
6/2-6/13	M-F	10:30-10:55 a.m.	6211.203	EP
6/2-6/13	M-F	11-11:25 a.m.	6211.204	EP
6/3-7/3	Tu/Th	5-5:25 p.m.	6211.205	EP
6/3-7/3	Tu/Th	5:30-5:55 p.m.	6211.206	EP
6/3-7/3	Tu/Th	6:30-6:55 p.m.	6211.207	EP
6/3-7/3	Tu/Th	7-7:25 p.m.	6211.208	EP
6/7-7/5	Sa	9:30-9:55 a.m.	6211.209	EP
6/7-7/5	Sa	10-10:25 a.m.	6211.210	EP
6/7-7/5	Sa	10:30-10:55 a.m.	6211.211	EP



Session 2

6/30-7/11	M-F	9-9:25 a.m.	6212.201	EP
6/30-7/11	M-F	9:30-9:55 a.m.	6212.202	EP
6/30-7/11	M-F	10:30-10:55 a.m.	6212.203	EP
6/30-7/11	M-F	11-11:25 a.m.	6212.204	EP
7/15-8/14	Tu/Th	5-5:25 p.m.	6212.205	EP
7/15-8/14	Tu/Th	5:30-5:55 p.m.	6212.206	EP
7/15-8/14	Tu/Th	6:30-6:55 p.m.	6212.207	EP
7/15-8/14	Tu/Th	7-7:25 p.m.	6212.208	EP
7/19-8/16	Sa	9:30-9:55 a.m.	6212.209	EP
7/19-8/16	Sa	10-10:25 a.m.	6212.210	EP
7/19-8/16	Sa	10:30-10:55 a.m.	6212.211	EP

Session 3

7/28-8/8	M-F	9-9:25 a.m.	6213.201	EP
7/28-8/8	M-F	9:30-9:55 a.m.	6212.202	EP
7/28-8/8	M-F	10:30-10:55 a.m.	6213.203	EP
7/28-8/8	M-F	11-11:25 a.m.	6213.204	EP

Yellow

Session 1

6/2-6/13	M-F	10-10:25 a.m.	6311.201	EP
6/2-6/13	M-F	10:30-10:55 a.m.	6311.202	EP
6/3-7/3	Tu/Th	6-6:25 p.m.	6311.203	EP
6/3-7/3	Tu/Th	6:30-6:55 p.m.	6311.204	EP
6/7-7/5	Sa	10:30-10:55 a.m.	6311.205	EP
6/7-7/5	Sa	11-11:25 a.m.	6311.206	EP

Session 2

6/30-7/11	M-F	10-10:25 a.m.	6312.201	EP
6/30-7/11	M-F	10:30-10:55 a.m.	6312.202	EP
7/15-8/14	Tu/Th	6-6:25 p.m.	6312.203	EP
7/15-8/14	Tu/Th	6:30-6:55 p.m.	6312.204	EP
7/19-8/16	Sa	10:30-10:55 a.m.	6312.205	EP
7/19-8/16	Sa	11-11:25 a.m.	6312.206	EP

Session 3

7/28-8/8	M-F	10-10:25 a.m.	6313.201	EP
7/28-8/8	M-F	10:30-10:55 a.m.	6313.202	EP

Blue

Session 1

6/2-6/13	M-F	11-11:25 a.m.	6411.201	EP
6/3-7/3	Tu/Th	7-7:25 p.m.	6411.202	EP
6/7-7/5	Sa	11-11:25 a.m.	6411.203	EP
6/7-7/5	Sa	11:30-11:55 a.m.	6411.204	EP

Session 2

6/30-7/11	M-F	11-11:25 a.m.	6412.201	EP
7/15-8/14	Tu/Th	7-7:25 p.m.	6412.202	EP
7/19-8/16	Sa	11-11:25 a.m.	6412.203	EP
7/19-8/16	Sa	11:30-11:55 a.m.	6412.204	EP

Session 3

7/28-8/8	M-F	11-11:25 a.m.	6413.201	EP
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Green

Session 1

6/2-6/13	M-F	11-11:25 a.m.	6511.201	EP
6/3-7/3	Tu/Th	7-7:25 p.m.	6511.202	EP
6/7-7/5	Sa	11-11:25 a.m.	6511.203	EP
6/7-7/5	Sa	11:30-11:55 a.m.	6511.204	EP

Session 2

6/30-7/11	M-F	11-11:25 a.m.	6512.201	EP
7/15-8/14	Tu/Th	7-7:25 p.m.	6512.202	EP
7/19-8/16	Sa	11-11:25 a.m.	6512.203	EP
7/19-8/16	Sa	11:30-11:55 a.m.	6512.204	EP

Session 3

7/28-8/8	M-F	11-11:25 a.m.	6513.201	EP
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AQUATICS

WHAT COLOR 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

5/27-6/6	M-F	9-9:45 a.m.	6601.201	BR
5/27-6/6	M-F	10-10:45 a.m.	6601.202	BR
5/27-6/26	Tu/Th	5-5:45 p.m.	6601.203	BR
5/31-6/28	Sa	9-9:45 a.m.	6601.204	BR
5/31-6/28	Sa	10-10:45 a.m.	6601.205	BR

Session 2

6/23-7/3	M-F	9-9:45 a.m.	6602.201	BR
6/23-7/3	M-F	10-10:45 a.m.	6602.202	BR
7/8-8/7	Tu/Th	5-5:45 p.m.	6602.203	BR
7/12-8/9	Sa	9-9:45 a.m.	6602.204	BR
7/12-8/9	Sa	10-10:45 a.m.	6602.205	BR

Session 3

7/21-8/1	M-F	9-9:45 a.m.	6603.201	BR
7/21-8/1	M-F	10-10:45 a.m.	6603.202	BR

Stroke School 2 (Breaststroke & Butterfly)

Session 1

5/27-6/6	M-F	11-11:45 a.m.	6701.201	BR
5/27-6/26	Tu/Th	6-6:45 p.m.	6701.202	BR
5/31-6/28	Sa	11-11:45 a.m.	6701.203	BR

Session 2

6/23-7/3	M-F	11-11:45 a.m.	6702.201	BR
7/8-8/7	Tu/Th	6-6:45 p.m.	6702.202	BR
7/12-8/9	Sa	11-11:45 a.m.	6702.203	BR

Session 3

7/21-8/1	M-F	11-11:45 a.m.	6703.201	BR
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STROKE SCHOOL AT EAGLE POINTE

Stroke School 1 (Freestyle & Backstroke)

Session 1

6/2-6/13	M-F	9-9:45 a.m.	6611.201	EP
6/3-7/3	Tu/Th	5-5:45 p.m.	6611.202	EP
6/7-7/5	Sa	9-9:45 a.m.	6611.203	EP

Session 2

6/30-7/11	M-F	9-9:45 a.m.	6612.201	EP
7/15-8/14	Tu/Th	5-5:45 p.m.	6612.202	EP
7/19-8/16	Sa	9-9:45 a.m.	6612.203	EP

Session 3

7/28-8/8	M-F	9-9:45 a.m.	6613.201	EP
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Stroke School 2 (Freestyle & Backstroke)

Session 1

6/2-6/13	M-F	10-10:45 a.m.	6711.201	EP
6/3-7/3	Tu/Th	6-6:45 p.m.	6711.202	EP
6/7-7/5	Sa	10-10:45 a.m.	6711.203	EP

Session 2

6/30-7/11	M-F	10-10:45 a.m.	6712.201	EP
7/15-8/14	Tu/Th	6-6:45 p.m.	6712.202	EP
7/19-8/16	Sa	10-10:45 a.m.	6712.203	EP

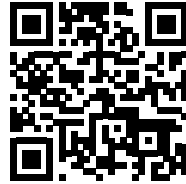
Session 3

7/28-8/8	M-F	10-10:45 a.m.	6713.201	EP
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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, or call 303-286-6837 for more information.





DANCE

The age range included with dance class descriptions is a general guideline. Instructors will recommend the appropriate class level for students based on their skills. Students who start in one class might be asked to move to a different class in an effort to match their abilities. Summer/Fall performance classes will end with a fall performance in November and will have additional costume fees of \$75. Register early to take advantage of discounted class fees. Late registration fees will apply starting June 10 and class fees will increase by \$10. Information listed is subject to change. For the most up to date classes/information please visit c3gov.com/Recreation.

CREATIVE MOVEMENT

This class introduces children to ballet fundamentals, giving participants an increased body awareness and confidence. Coed participants move to music, using their imagination and energy. Ballet shoes are required.

Non-Performance

Age 3

6/18-11/19	W	9:45-10:15 a.m.	\$72/\$82	1001.201	EP
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*No class 7/2, 9/3, 9/10

6/20-11/21	F	9:45-10:15 a.m.	\$72/\$82	1051.201	BR
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*No class 7/4, 8/22, 8/29, 10/31

Non-Performance

Age 4

6/18-11/19	W	10:15-10:45 a.m.	\$72/\$82	1001.203	EP
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*No class 7/2, 9/3, 9/10

6/20-11/21	F	10:15-10:45 a.m.	\$72/\$82	1051.202	BR
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*No class 7/4, 8/22, 8/29, 10/31

Performance

Age 4

6/16-11/17	M	5:30-6 p.m.	\$84/\$94	1051.203	BR
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*No class 6/30, 8/18, 8/25, 9/1

6/17-11/18	Tu	5:30-6 p.m.	\$84/\$94	1001.202	EP
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*No class 7/1, 9/2, 9/9

6/18-11/19	W	4:30-5 p.m.	\$84/\$94	1051.204	EP
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*No class 7/2, 8/20, 8/27

BALLET & TAP

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

Beginning

Ages 5-6

6/16-11/17	M	6-6:45 p.m.	\$93/\$103	1151.201	BR
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*No class 6/30, 8/18, 8/25, 9/1

6/16-11/17	M	6:45-7:30 p.m.	\$93/\$103	1151.202	BR
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*No class 6/30, 8/18, 8/25, 9/1

6/17-11/18	Tu	6-6:45 p.m.	\$93/\$103	1101.201	EP
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*No class 7/1, 9/2, 9/9

6/17-11/18	Tu	6:45-7:30 p.m.	\$93/\$103	1101.202	EP
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*No class 7/1, 9/2, 9/9

6/18-11/19	W	5-5:45 p.m.	\$93/\$103	1151.203	BR
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*No class 7/2, 8/20, 8/27

6/20-11/21	F	5:30-6:15 p.m.	\$93/\$103	1101.204	EP
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*No class 7/4, 9/5, 9/12, 10/31

Advanced Beginning

Ages 5-6

6/21-11/22	S	11-11:45 a.m.	\$93/\$103	1251.201	BR
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*No class 7/5, 9/6, 9/13

Intermediate

Ages 7-8

6/16-11/17	M	6:30-7:15 p.m.	\$93/\$103	1801.201	EP
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*No class 6/30, 9/1, 9/8

6/19-11/20	Th	6:00-7:00 p.m.	\$93/\$103	1801.202	EP
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*No class 7/3, 9/4, 9/11

6/19-11/20	Th	5:30-6:15 a.m.	\$93/\$103	1851.201	BR
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*No class 7/3, 8/21, 8/28

Tap

Performance

Ages 7-11

Tap is a form of dance that uses the sounds of tap shoes striking the floor as a form of percussion. It is often accompanied by music. Tap shoes are required.

6/20-11/21	F	5:30-6:30 p.m.	\$97/\$107	1751.201	BR
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*No class 7/4, 8/22, 8/29, 10/31

JAZZ

Performance

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

Beginning

Ages 7-11

6/16-11/17	M	7:30-8:30 p.m.	\$97/\$107	1551.201	BR
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*No class 6/30, 8/18, 8/25, 9/1

Intermediate

Ages 7-12

6/20-11/21	F	6:30-7:30 p.m.	\$97/\$107	1561.201	BR
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*No class 7/4, 8/22, 8/29, 10/31

Contemporary

Performance

Contemporary dance class explores a fusion of dance styles, including ballet, jazz, modern, and lyrical, emphasizing



versatility, improvisation and emotional expression through movement.

Ages 9-14

6/18-11/19 W 6:00-7:00 p.m. \$97/\$107 1571.201 BR

*No class 7/2, 8/20, 8/27

POMS

Beginning Performance

Ages 8 - 12

The Poms program prepares dancers for high school, college, or professional dance teams. The classes teach sharp, clean motions through floor and pom combinations. These classes also concentrate on the many skills that are required by dance teams such as jumps, leaps, and turns.

6/18-11/19 W 5:30-6:30 p.m. \$97/\$107 1401.201 EP

*No class 7/2, 9/3, 9/10

6/19-11/20 Th 7:30-8:30 p.m. \$97/\$107 1451.201 BR

*No class 7/3, 8/21, 8/28

6/20-11/21 F 6:30-7:30 p.m. \$97/\$107 1401.202 EP

*No class 7/4, 9/5, 9/12, 10/31

Intermediate

6/18-11/19 W 6:30-7:30 p.m. \$97/\$107 1421.201 EP

*No class 7/2, 9/3, 9/10

LYRICAL DANCE

Performance Ages 9 and older

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

6/19-11/20 Th 6:30-7:30 p.m. \$97/\$107 1391.201 BR

*No class 7/3, 8/21, 8/28

6/16-11/17 M 5:30-6:30 p.m. \$97/\$107 1301.202 EP

*No class 6/30, 9/1, 9/8

HIP HOP

Performance

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

Beginning Ages 7-10

6/18-11/19 W 5:30-6:30 p.m. \$97/\$107 1251.201 BR

*No class 7/2, 8/20, 8/27

6/19-11/20 Th 5:30-6:30 p.m. \$97/\$107 1201.201 EP

*No class 7/3, 9/4, 9/11

Intermediate Level

By Instructor Invitation

6/19-11/20 Th 6:30-7:30 p.m. \$97/\$107 1211.201 EP

*No class 7/3, 9/4, 9/11

6/18-11/19 W 6:30-7:30 p.m. \$97/\$107 1261.201 BR

*No class 7/2, 8/20, 8/27

Advanced Level

By instructor invitation only

6/18-11/19 W 7:30-8:30 p.m. \$97/\$107 1291.201 BR

*No class 7/2, 8/20, 8/27

6/19-11/20 Th 7:30-8:30 p.m. \$97/\$107 1241.201 EP

*No class 7/3, 9/4, 9/11

BALLET BASICS

Performance

Age 4

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

6/17-11/18 Tu 4:30-5 p.m. \$84/\$94 1651.202 BR

*No class 7/1, 8/19, 8/26

INTRODUCTION TO BALLET

Performance

Ages 5-6

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

6/17-11/18 Tu 5-5:45 p.m. \$93/\$103 1661.201 BR

*No class 7/1, 8/19, 8/26

INTERMEDIATE BALLET

Performance

Ages 7-8

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

6/17-11/18 Tu 5:45-6:45 p.m. \$97/\$107 1671.201 BR

*No class 7/1, 8/19, 8/26

ADVANCED BALLET

Performance

By Instructor Invitation Only

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

6/17-11/18 Tu 6:45-7:45 p.m. \$97/\$107 1691.201 BR

*No class 7/1, 8/19, 8/26



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. Silver Sneakers classes do not require a Silver Sneakers membership to attend. The most up-to-date information about classes can be found online at 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 for building muscle and strength, as well as increasing 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 intervals. 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

Dance-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.

Silver Sneakers



Geared to older Active Adults, but open to everyone. We offer a variety of classes at both facilities including Silver Sneakers Classic, Silver Sneakers Circuit, or Silver Sneakers Boom. Silver Sneakers classes do not require a Silver Sneakers membership to attend.

Look for this Silver Sneakers symbol  next to classes that are appropriate for our older adults.

Strength Training

We have a variety of strength-based classes from toning with bands and dumbbells to barbells.

Yoga/Pilates

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

ACTIVE ADULT DROP-IN FITNESS CLASSES

Below is a listing of some of our classes that are suitable for older active adults interested in maintaining an active lifestyle. Please visit c3gov.com/Fitness or call 303-289-6835 for the most up-to-date schedule.

Silver Sneakers Strength & Balance



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

M	9:30-10:15 a.m.	Studio #1	BR
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Silver Sneakers 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 if needed.

Tu	8-9 a.m.	Fitness Studio	EP
Th	9:30-10:30 a.m.	Fitness Studio	EP

Silver Sneakers 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.

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
Tu/Th	9-10 a.m.	Pool	EP
M/W	6-7 p.m.	Pool	EP



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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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 chore to help students feel confident and strong.

M	5:30-6:30 p.m.	Studio #1	BR
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Silver Sneakers 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 lower body workout AND dumbbells for upper body toning and muscular endurance!

Tu	8:45-9:45 a.m.	Studio #1	BR
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W	6-7 p.m.	Studio #1	BR
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Th	8:45-9:45 a.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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PERSONAL TRAINING SERVICES

BISON RIDGE & EAGLE POINTE

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 sets of 3, 6, and 10. Fill out an intake packet at the front desk. After review, a trainer will contact you. View trainer bios on our website at 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.

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 Assessments

Ages 14+

Measurements include BMI, blood pressure, body fat, strength, endurance, and flexibility. Consultation and analysis of results are included. To schedule an appointment, call 303-286-6835. Cost: \$25/\$30.

FITNESS & WELLNESS PROGRAMS

Register for Paid Classes at c3gov.com/Register

TRX + Kettlebells

Ages 16+

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.

6/4-7/9	W	6:45-7:45 p.m.	\$75/\$80	3151.201	BR
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Women on Weights

Ages 16+

Women on weights use dumbbells, barbells, bands, steps, and more. This class is perfect for women who would like to learn the proper mechanics of weight training. You will gain muscular strength and endurance.

6/7-6/28	Sa	9-10 a.m.	\$50/\$55	3161.201	BR
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7/12-8/2	Sa	9-10 a.m.	\$50/\$55	3162.201	BR
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FITNESS

Advanced Women on Weights

Ages 16+

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

6/9-6/30	M	6:45-7:45 p.m.	\$50/\$55	3171.201	BR
7/7-7/28	M	6:45-7:45 p.m.	\$50/\$55	3173.201	BR

BODY BLITZ BOOT CAMP

16+

Our progressive boot camps include exercise testing at the beginning and end of the course to assess improvement. 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 hold you accountable for your workout to help you see results. Open to all fitness levels!

6/9-7/16	M/F	5:30-6:30 p.m.	\$120/\$125	3452.201	BR
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HIIT the DECK SUMMER CHALLENGE

16+

Join our summer fitness challenge and meet your fitness goals. The class will be led by a certified personal trainer who will help you meet your conditioning, strength, muscle growth, and weight loss goals. Twice weekly workouts will be held on the Bison Ridge outdoor deck to enjoy the summer weather! Program follows pool policy for delays and closures.

6/16-7/24	M/Th	9-10 a.m.	\$120/\$125	3453.201	BR
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*Outdoor policy follows pool policy for weather

KETTLEBELLS & JUMP

16+

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

6/17-6/26	Tu	5:45-6:30 p.m.	\$75/80	3553.201	BR
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Yoga Peace & Restore

16+

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

6/5-6/26	Th	7-8 p.m.	\$50/55	3351.201	BR
7/10-7/31	Th	7-8 p.m.	\$50/55	3352.201	BR

Taekwondo

8+

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.

6/3-7/8	Tu	6:30-8 p.m.	\$45/\$50	3901.201	EP
6/3-7/10	Tu/Th	6:30-8 p.m.	\$90/\$95	3201.202	EP
6/5-7/10	Th	6:30-8 p.m.	\$45/\$50	3901.203	EP
7/15-8/19	Tu	6:30-8 p.m.	\$45/\$50	3902.201	EP
7/15-8/21	Tu/Th	6:30-8 p.m.	\$90/\$95	3902.202	EP
7/17-8/21	Th	6:30-8 p.m.	\$45/\$50	3902.203	EP





BOOK A TEE TIME

BOOK A TEE TIME

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

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

LOCATION

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

Golf Course Hours*

Sunrise–Sunset

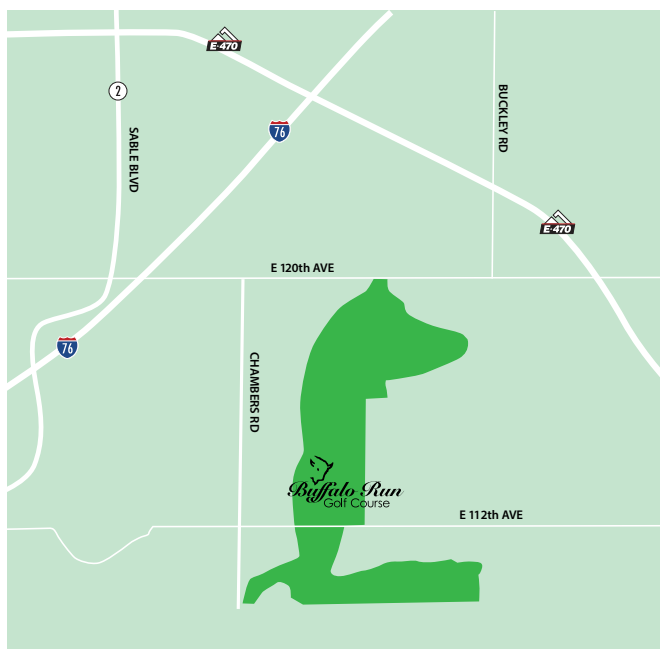
Driving Range Hours*

Sunrise–One hour prior to sunset

*Weather permitting

BUFFALO RUN NOW OFFERS AN ANNUAL PASS!

You'll love the great benefits such as unlimited green fees and a reduced cart fee of \$10 plus tax. Visit BuffaloRunGolfCourse.com or call 303-289-1500 for more information.



SUMMER RATES

March 9 – November 3

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
Range balls	\$4 small	\$6 large

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.

JUNIOR PROGRAMS

FIRST TEE

By integrating the game of golf with a life skills curriculum, the FIRST TEE program creates active learning experiences that build inner strength, self-confidence, and resilience that kids can carry to everything they do. To register, please visit firstteegreenvallयरanch.org.

Dates:

Session 1 – 6/2–6/30

Session 2 – 7/7–8/4*

*No Instruction on 7/21





GOLF

Junior Golf Camp

Junior Golf Mini Camp for Beginners

Ages 10-12

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

Session 1: June 11-13 **Ages 10-12 8 a.m. - noon**
\$200 (Space is Limited)

Session 2: July 9-11 **Ages 10-12 8 a.m. - noon**
\$200 (Space is Limited)

Buffalo Run Men's and Women's Club

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

Golf Divas

4/29	Tu	5 p.m.	\$65	4-Player Scramble
5/27	Tu	5 p.m.	\$65	4-Player Scramble
6/24	Tu	5 p.m.	\$65	4-Player Scramble
7/29	Tu	5 p.m.	\$65	4-Player Scramble
8/26	Tu	5 p.m.	\$65	4-Player Scramble

Nine and Dine

5/3	Sat	5 p.m.	\$130/couple	I Love the 80's
6/14	Sat	5 p.m.	\$130/couple	Disney Party
7/12	Sat	5 p.m.	\$130/couple	Christmas in July
8/9	Sat	5 p.m.	\$130/couple	Beach Party
9/13	Sat	5 p.m.	\$130/couple	Sports Fan

Get Golf Ready

\$125 per session

Whether you are a beginner at golf or returning to the game, the 4-week Get Golf Ready program is designed to teach you everything you'll need to know to step onto a golf course and play with confidence. Space is limited.

Session 1: 5/18 - 6/8 **Sun 4.-5:30 p.m. \$125 per session**

Session 2: 5/18-6/8 **Sun 6 7:30 p.m. \$125 per session**

Session 3: 7/6 - 7/27 **Sun 4.-5:30 p.m. \$125 per session**

Session 4: 7/6 - 7/27 **Sun 6 -7:30 p.m. \$125 per session**

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.

PGA Hope at Buffalo Run

Free 6-week Golf Program

Buffalo Run, in partnership with the PGA HOPE Program (Helping Our Patriots Everywhere), provides veterans, retirees and active-duty service members the opportunity to attend FREE golf clinics. Veterans can learn the game of golf in a fun and interactive 6-week training program led by Buffalo Run's PGA professionals. Participants will receive basic training in the game of golf, covering everything from the flat stick to the boomstick. Visit pgahope.com to register.

5/28-7/2 **W 4 -5:30 p.m.**

5/28-7/2 **W 6 -7:30 p.m.**

7/16 - 8/20 **W 4 -5:30 p.m.**

7/16 - 8/20 **W 6 -7:30 p.m.**

9/10 - 10/15 **W 4 -5:30 p.m.**

9/10-10/15 **W 6 -7:30 p.m.**

PGA Family Golf

\$175 per Family (2-4 players)

PGA Family Golf teams consist of 2-4 players, with at least one adult and one junior (17 & under). Fun, team-based game play ensures that everyone plays, and everyone contributes.

6/17 **Tue 5 p.m.**

7/22 **Tue 5 p.m.**



GYMNASTICS

The information listed is subject to change. For the most up to date information, please visit our website at

c3gov.com/Recreation

Registration for parent-taught and pre-gymnastics starts April 1 for residents and April 3 for non-residents. Starting on May 6, late registration fees will apply and class fees will increase by \$10. Please register early to secure your spot and enjoy the discounted class rates.

Parent-Taught

Ages 2-4 with parent

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

*5/12-6/16	M	9-9:45 a.m.	\$21/\$31	2101.201	BR
*5/12-6/16	M	10-10:45 a.m.	\$21/\$31	2101.202	BR
*5/12-6/16	M	2-2:45 p.m.	\$21/\$31	2101.203	BR
5/14-6/18	W	9-9:45 a.m.	\$24/\$34	2101.204	BR
5/14-6/18	W	10-10:45 a.m.	\$24/\$34	2101.205	BR
5/16-6/20	F	9:30-10:15 a.m.	\$24/\$34	2101.206	BR
5/17-6/21	Sa	9-9:45 a.m.	\$24/\$34	2101.207	BR
7/7-8/11	M	9-9:45 a.m.	\$29/\$39	2102.201	BR
7/7-8/11	M	10-10:45 a.m.	\$29/\$39	2102.202	BR
7/7-8/11	M	2-2:45 p.m.	\$29/\$39	2102.203	BR
7/9-8/13	W	9-9:45 a.m.	\$29/\$39	2102.204	BR
7/9-8/13	W	10-10:45 a.m.	\$29/\$39	2102.205	BR
7/11-8/15	F	9:30-10:15 a.m.	\$29/\$39	2102.206	BR
7/12-8/16	Sa	9-9:45 a.m.	\$29/\$39	2102.207	BR

*No class 5/26

Pre-Gymnastics

Ages 4-5

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

*5/12-6/16	M	11-11:45 a.m.	\$21/\$31	2201.201	BR
*5/12-6/16	M	Noon-12:45 p.m.	\$21/\$31	2201.202	BR
*5/12-6/16	M	3-3:45 p.m.	\$21/\$31	2201.203	BR
5/14-6/18	W	11-11:45 a.m.	\$24/\$34	2201.204	BR
5/16-6/20	F	10:30-11:15 a.m.	\$24/\$34	2201.205	BR
5/16-6/20	F	11:30 a.m.-12:15 p.m.	\$24/\$34	2201.206	BR
5/17-6/21	Sa	10-10:45 a.m.	\$24/\$34	2201.207	BR
5/17-6/21	Sa	11-11:45 a.m.	\$24/\$34	2201.208	BR
7/7-8/11	M	11-11:45 a.m.	\$29/\$39	2202.201	BR
7/7-8/11	M	Noon-12:45 p.m.	\$29/\$39	2202.202	BR
7/7-8/11	M	3-3:45 p.m.	\$29/\$39	2202.203	BR
7/9-8/13	W	11-11:45 a.m.	\$29/\$39	2202.204	BR
7/11-8/15	F	10:30-11:15 a.m.	\$29/\$39	2202.205	BR
7/11-8/15	F	11:30-12:15 p.m.	\$29/\$39	2202.206	BR
7/12-8/16	Sa	10-10:45 a.m.	\$29/\$39	2202.207	BR
7/12-8/16	Sa	11-11:45 a.m.	\$29/\$39	2202.208	BR

*No class 5/26



GYMNASTICS

Adaptive Gymnastics

Ages 4-17

The SOAR program was created to be all inclusive and provide a recreational outlet for children with neurological or physical disabilities. SOAR stands for Success and Opportunity Achieved through Recreation. This program allows children with disabilities to participate in gymnastics. An IEP is required to register for this class. Registration for this class will be held on April 15 starting at 2 p.m. Please call 303-286-6814 to sign up.

5/17-6/21	Sa	4-4:45 p.m.	\$24/\$34	2601.201	BR
7/12-8/16	Sa	4-4:45 p.m.	\$29/\$39	2602.201	BR

EARLY REGISTRATION

Early registration for beginning, advanced beginning, and intermediate class levels starts April 29 for residents and May 1 for non-residents for session 1, ending on May 6. Starting May 7, 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 June 24 for residents and June 26 for non-residents, ending on July 1. Starting on July 2, 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.

*5/12-6/16	M	4:30-5:30 p.m.	\$24/\$34	2301.201	BR
*5/12-6/16	M	5:30-6:30 p.m.	\$24/\$34	2301.202	BR
*5/12-6/16	M	7:30-8:30 p.m.	\$24/\$34	2301.203	BR
*5/12-6/16	M	7:30-8:30 p.m.	\$24/\$34	2301.204	BR
5/14-6/18	W	4:30-5:30 p.m.	\$29/\$39	2301.205	BR
5/14-6/18	W	6:30-7:30 p.m.	\$29/\$39	2301.206	BR
5/14-6/18	W	7:30-8:30 p.m.	\$29/\$39	2301.207	BR
5/14-6/18	W	7:30-8:30 p.m.	\$29/\$39	2301.208	BR
5/17-6/21	Sa	1-2 p.m.	\$29/\$39	2301.209	BR
7/7-8/11	M	4:30-5:30 p.m.	\$34/\$44	2302.201	BR
7/7-8/11	M	5:30-6:30 p.m.	\$34/\$44	2302.202	BR
7/7-8/11	M	7:30-8:30 p.m.	\$34/\$44	2302.203	BR
7/7-8/11	M	7:30-8:30 p.m.	\$34/\$44	2302.204	BR
7/9-8/13	W	4:30-5:30 p.m.	\$34/\$44	2302.205	BR
7/9-8/13	W	6:30-7:30 p.m.	\$34/\$44	2302.206	BR
7/9-8/13	W	7:30-8:30 p.m.	\$34/\$44	2302.207	BR

7/9-8/13	W	7:30-8:30 p.m.	\$34/\$44	2302.208	BR
7/12-8/16	Sa	1-2 p.m.	\$34/\$44	2302.209	BR

*No class 5/26

GO BEYOND BASICS

Advanced Beginning Gymnastics

Ages 6-17

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

*5/12-6/16	M	4:30-5:30 p.m.	\$24/\$34	2311.201	BR
*5/12-6/16	M	6:30-7:30 p.m.	\$24/\$34	2311.202	BR
5/14-6/18	W	5:30-6:30 p.m.	\$29/\$39	2311.203	BR
5/17-6/21	Sa	1-2 p.m.	\$29/\$39	2311.204	BR
5/17-6/21	Sa	2-3 p.m.	\$29/\$39	2311.205	BR
7/7-8/11	M	4:30-5:30 p.m.	\$34/\$44	2312.201	BR
7/7-8/11	M	6:30-7:30 p.m.	\$34/\$44	2312.202	BR
7/9-8/13	W	5:30-6:30 p.m.	\$34/\$44	2312.203	BR
7/12-8/16	Sa	1-2 p.m.	\$34/\$44	2312.204	BR
7/12-8/16	Sa	2-3 p.m.	\$34/\$44	2312.205	BR

*No class 5/26

Intermediate Gymnastics

Ages 6-17

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

*5/12-6/16	M	6-7:30 p.m.	\$30/\$40	2321.201	BR
5/14-6/18	W	6-7:30 p.m.	\$36/\$46	2321.202	BR
5/17-6/21	Sa	2-3:30 p.m.	\$36/\$46	2321.203	BR
7/7-8/11	M	6-7:30 p.m.	\$42/\$52	2322.201	BR
7/9-8/13	W	6-7:30 p.m.	\$42/\$52	2322.202	BR
7/12-8/16	Sa	2-3:30 p.m.	\$42/\$52	2322.203	BR

*No class 5/26

Boys Beginning

Ages 6-17

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

5/16-6/20	F	4:30-5:30 p.m.	\$29/\$39	2351.201	BR
5/16-6/20	F	4:30-5:30 p.m.	\$29/\$39	2351.202	BR



7/11-8/15	F	4:30-5:30 p.m.	\$34/\$44	2352.201	BR
7/11-8/15	F	4:30-5:30 p.m.	\$34/\$44	2352.202	BR

CARA TEAMS OFFER CHANCE TO COMPETE IN GYMNASTICS

Registration for all CARA team level programs start April 1 for residents and April 3 for non-residents. There is an additional \$10 charge to register for classes within one week of the start date. To enjoy the fees listed below, register early.

CARA Boys Team Gymnastics

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.

5/14-6/18	W	7:30-9:30 p.m.	\$45/\$55	2361.201	BR
5/16-6/20	F	5:30-7:30 p.m.	\$45/\$55	2361.202	BR
7/9-8/13	W	7:30-9:30 p.m.	\$52/\$62	2362.201	BR
7/11-8/15	F	5:30-7:30 p.m.	\$52/\$62	2362.202	BR

CARA Girls Gymnastics 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.

5/16-6/20	F	5:30-7:30 p.m.	\$45/\$55	2441.201	BR
5/17-6/21	Sa	2-4 p.m.	\$45/\$55	2441.202	BR
7/11-8/15	F	5:30-7:30 p.m.	\$43/\$53	2442.201	BR
7/12-8/16	Sa	2-4 p.m.	\$43/\$53	2442.202	BR

CARA Girls Gymnastics Team Compulsory Level 3 and 4

Ages 6-17

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

4/29-5/29	Tu/Th	5-7 p.m.	\$150/\$160	2401.201	BR
6/3-6/26	Tu/Th	5-7 p.m.	\$120/\$130	2402.201	BR
7/1-7/24	Tu/Th	5-7 p.m.	\$120/\$130	2403.201	BR
7/29-8/14	Tu/Th	5-7 p.m.	\$90/\$100	2404.201	BR

CARA Girls Gymnastics Team Optional Levels

Ages 6-17

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

4/29-5/29	Tu/Th	7-9:30 p.m.	\$164/\$174	2411.201	BR
6/3-6/26	Tu/Th	7-9:30 p.m.	\$131/\$141	2412.201	BR
7/1-7/24	Tu/Th	7-9:30 p.m.	\$131/\$141	2413.201	BR
7/29-8/14	Tu/Th	7-9:30 p.m.	\$98/\$108	2414.201	BR

WHAT TO WEAR AND LESSON INFORMATION

Clothing

Girls should wear leotards and spandex shorts; boys and all children ages 2-4 should wear sweatpants and T-shirt. Participants should tie their 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 303-289-3789.

Competitive Team-Level Coach

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

Class-Level Coach

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



ADAPTIVE: S.O.A.R.

SPECIAL OPPORTUNITIES IN ADAPTIVE RECREATION

Commerce City's SOAR program is designed to assist individuals in the community who have physical or intellectual differences or disabilities. The programs offered below have been adapted to accommodate SOAR participants. If an individual would like to participate in any programs within this guide and may require adaptive assistance to do so, please contact the staff below.

Zach Venn, Recreation Supervisor – Community Connections and Inclusion Services

Zvenn@c3gov.com 303-289-3761

Patty Nisbet, Recreation Coordinator – Outdoor and Adaptive Programs

pnisbet@c3gov.com 303-289-3674

Family Adaptive Fishing

Ages 6 and up

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

6/7	Sa	9 a.m. - 11 a.m.	\$5/\$10	7501.201	EP
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Family Prairie Safari

Ages 6 and up

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

6/21	Sa	9 a.m. - 2 p.m.	\$5/10	7551.201	BR
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Family Paddleboarding and Picnic

Ages 7 and up

We will partner with National Sports Center for the Disabled paddle sports program is dedicated to providing an educational, therapeutic, and fun experience for everyone. All equipment and adaptations are provided. We will end with a picnic potluck.

8/15	F	9 a.m. to 1 p.m.	\$15/\$20	7552.201	BR
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FITNESS TRAINING

Ages 14 and up

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

SWIMMING LESSONS AT EAGLE POINTE

Ages 4-7 and 8-14

These learn-to-swim classes are specifically designed to accommodate adaptive needs and help participants achieve water safety goals.

Ages 4-7

6/7-7/5	Sa	8-8:25 a.m.	\$10/\$14	6701.201	EP
7/19 - 8/16	Sa	8-8:25 a.m.	\$10/\$14	6702.201	EP

Ages 8-14

6/7-7/5	Sa	8:30-8:55 a.m.	\$10/\$14	6701.202	EP
7/19 - 8/16	Sa	8:30-8:55 a.m.	\$10/\$14	6701.202	EP

ADAPTIVE GYMNASTICS

Ages 4-17

Adaptive gymnastics are part of Commerce City's SOAR (Special Opportunities in Adaptive Recreation) Program. This program allows children with disabilities to participate in the sport of gymnastics.

5/17-6/21	Sa	4-4:45 p.m.	\$27/\$37	2601.201	BR
7/12-8/16	Sa	4-4:45 p.m.	\$27/\$37	2602.201	BR

Registration for this class will be held on April 15 starting at 2 p.m. Please call 303-286-6814 to sign up.

Commerce City Recreation

A DAY WITH FRIENDS: EMBRACING ACCESSIBILITY

Join the Recreation team for a day dedicated to celebrating inclusivity and accessibility.

SATURDAY, JULY 26

10 A.M. - 2 P.M.

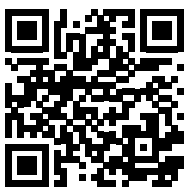
A Day With Friends brings together community members of all abilities for fun, learning, and connection. Enjoy interactive activities, connect with a variety of resources, and celebrate National Disability Independence Day!

**VETERANS MEMORIAL PARK
6015 FOREST DR, COMMERCE CITY**

For more information visit c3gov.com/Recreation



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 newly 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 Avenue 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.

For more information on the Park Ranger program, visit our webpage at 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	VETERANS MEMORIAL PARK 6015 Forest Dr.											✓	✓	✓	✓	✓		
	FAIRFAX PARK 6850 Fairfax Dr.			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
	MONACO PARK 5790 Monaco St.				✓	✓						✓	✓	✓	✓	✓		✓
	PIONEER PARK 5950 Holly St.	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
NEIGHBORHOOD PARKS	FREEDOM PARK 6330 Oneida St.											✓	✓	✓	✓	✓		
	FRONTERRA PARK 10020 Joplin St.	✓				✓	✓					✓	✓	✓	✓	✓	✓	
	FIRST CREEK DOG PARK 10100 Havana St.														✓			
	LOS VALIENTES PARK 7300 Magnolia St.											✓	✓	✓	✓	✓		
	RIVER RUN PARK 11515 Oswego St.				✓		✓			✓	✓	✓	✓	✓	✓	✓		
	STAMPEDE PARK 11755 Fairplay St.						✓					✓	✓	✓	✓	✓		
	TURNBERRY PARK 10725 Wheeling St.	✓				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
	VILLAGES EAST PARK 11698 Chambers Rd.					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
POCKET PARKS	GIFFORD PARK 6120 Monaco St.											✓	✓			✓		
	JOE REILLY PARK 6401 E. 72nd Pl.												✓					
	LEYDEN PARK 5430 Leyden St.											✓	✓			✓		
	MONACO VISTA 6250 Monaco St.					✓						✓						
	OLIVE PARK 6275 Olive St.											✓	✓	✓		✓		
	ROSE HILL GRANGE PARK 4051 E. 68th Ave.												✓	✓		✓		
	ADAMS HEIGHTS PARK 6625 Brighton Blvd.											✓	✓					
	URQUIDEZ-CENTENNIAL PARK 7735 Monaco St.											✓	✓			✓		

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



YOUTH SPORTS

**DEVELOP TEAMWORK, LEARN SPORTSMANSHIP
BUILD FRIENDSHIPS AND GET ACTIVE!**

SUMMER YOUTH SPORTS PROGRAMS

YOUTH BASEBALL

T-BALL

5-6 years

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

Registration: 4/1-5/5 **\$60/\$70** **5001.201**

Practice Start Date: Week of 5/19

COACH PITCH

7-8 years

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

Registration: 4/1-5/5 **\$65/\$75** **5101.201**

Start Date: Week of 5/19

PEE WEE

9-10 years

This exciting and challenging program develops the fundamentals of baseball and promotes teamwork and sportsmanship. The program focuses on improving the basic skills of hitting and fielding, along with players' pitching. Teams

meet twice a week for practice; games are scheduled on Tuesday and Thursday evenings at Pioneer Park. A late fee of \$10 for registrations after deadline.

Registration: 4/1-5/5 **\$70/\$80** **5201.201**

Practice Start Date: Week of 5/19

JUNIOR DIVISION

11-12 years

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

Registration: 4/1-5/5 **\$75/\$85** **5301.201**

Practice Start Date: Week of 5/19

SENIOR DIVISION

13-14 years

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

Registration: 4/1-5/5 **\$80/\$90** **5401.201**

Practice Start Date: Week of 5/19



YOUTH SPORTS



COLORADO ROCKIES SKILLS CHALLENGE

6-13 years

The Colorado Rockies Skills Challenge is a baseball competition that allows youth to showcase their talents in base running, batting, and throwing. Scores will be based on speed, distance, and accuracy. The top scores from each age group will advance to a sectional competition. Top sectional scores from each age group will advance to the state championship. No registrations will be taken after the start of the competition.

- Participation cost: FREE
- Registrations will be held on the day of the event. Please arrive 30 minutes prior to the start time to register.
- Date: TBD
- Location: Pioneer or Fairfax Park in Commerce City
- Start Times: TBD

For additional information contact Matt Darby, youth sports coordinator at mdarby@c3gov.com

UMPIRES

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

WEATHER HOTLINE (shaded box)

Please call 303-289-3757 after 5 p.m. to stay up to date on the weather.

You can also visit teamsideline.com/CommerceCity

SUMMER CAMP SERIES - ELEVATE YOUR GAME!

VOLLEYBALL DEVELOPMENT CAMP

Ages 9-11 and 12-14

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

7/21-8/1	\$40/\$50	5021.204	BR
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- Registration: 4/1-7/5
- Ages: 9-11: 5:30-6:45 p.m. each day
- Ages: 12-14: 7:00-8:15 p.m. each day

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 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 trainings to ensure that each child participating in a sports program has fun, shows progress in the sport and wants to play again. Please visit c3gov.com/Sports and complete interest form.

Apply here:



2025 Skyhawks Sports Programs

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

Soccer Camp

Ages: 6-12

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

6/9-6/13	M-F	9 a.m.-noon	\$175	5501.206
Fronterra Park				

7/7-7/11	M-F	9 a.m.-noon	\$175	5501.210
Pioneer Park				

- Registration deadline for 6/9-6/13 Camp - 6/8
- Registration deadline for 7/7-7/11 Camp - 7/6
- Late fee of \$10 for registrations after deadline

Flag Football Camp

Ages: 6-12

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

6/23-6/27	M-F	9 a.m.-noon	\$175	5501.213
Pioneer Park				

7/21-7/25	M-F	9 a.m.-noon	\$175	5501.207
Fronterra Park				

- Registration Deadline for 6/23-6/27 Camp - 6/22
- Registration Deadline for 7/21-7/25 Camp - 7/20
- Late fee of \$10 for registrations after deadline.

Volleyball Camp

Ages: 8-14

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

6/16-6/20	M-F	9 a.m.-noon	\$175	5501.208
Eagle Point				

7/14-7/18	M-F	9 a.m.-noon	\$175	5501.209
Bison Ridge				

- Registration Deadline for 6/16-6/20 Camp - 6/15
- Registration Deadline for 7/14-7/18 Camp - 7/14
- Late fee of \$15 for registrations after the deadline.

Basketball Camp

Ages: 6-12

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

6/2-6/6	M-F	9 a.m.-noon	\$175	5501.211
Bison Ridge				

7/28-8/1	M-F	9 a.m.-noon	\$175	5501.212
Eagle Pointe				

- Registration Deadline for 6/2-6/6 Camp - 6/1
- Registration Deadline for 7/28-8/1 Camp - 7/27
- Late fee of \$10 for registrations after deadline.

2025 SKYHAWKS SUPER TOTS SPORTS PROGRAMS

Super Tots Sports programs are a great opportunity for kids ages 2-5 to get out and play in a fun, preschool-based sports environment. We focus on preschool skills like listening, following directions, sharing, and waiting turns, as well as colors, numbers, shapes, sizes, and more. Give your little superstar an awesome first step into sports with SuperTots! For more information, visit skyhawks.com.

Note - All SuperTots programs are progression-based with a goal of having participants "graduate" to the next level as they grow. Our curriculum is designed to provide age-appropriate challenges and skill development at each offering level.



YOUTH SPORTS

Hoopster Tots

Ages: 2-5

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

6/6-6/27	F	9 a.m.-noon	\$75	Fronterra Park
2yrs to 2yrs 6m		9 a.m.-9:50 a.m.		5501.228
2yrs 7m to 3yrs		6m 10 a.m.-10:50 a.m.		5501.229
3yrs 7m to 4 yrs 11m		11 a.m.-11:50 a.m.		5501.230

- Registration Deadline: 6/5
- Late fee of \$10 for registrations after deadline

Soccer Tots

Ages: 2-5

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

6/3-6/24	Tu	9 a.m.-noon	\$75	Fronterra Park
2yrs to 2yrs 6m		9 a.m.-9:50 a.m.		5501.234
2yrs 7m to 3yrs		6 a.m. 10 a.m.-10:50 a.m.		5501.235
3yrs 7m to 4 yrs		11 a.m. 11 a.m.-11:50 a.m.		5501.236

7/11-8/1	F	9 a.m.-noon	\$75	Fronterra Park
2yrs to 2yrs 6m		9 a.m.-9:50 a.m.		5501.225
2yrs 7m to 3yrs 6m		10 a.m.-10:50 a.m.		5501.226
3yrs 7m to 4 yrs 11m		11 a.m.-11:50 a.m.		5501.227

- Registration Deadline for 6/3-6/24 Camp - 6/2
- Registration Deadline for 7/11-7/18 Camp - 7/10
- Late fee of \$10 for registrations after deadline.



WEATHER HOTLINE

Please call after 5 p.m. 303-289-3757 or visit teamsideline.com/commercecity

1st Down Tots

Ages: 2-5

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

7/8-7/29	Tu	Fronterra Park	\$75
2yrs to 2yrs 6m		9 a.m.-9:50 a.m.	5501.231
2yrs 7m to 3yrs 6m		10 a.m.-10:50 a.m.	5501.232
3yrs 7m to 4 yrs 11m		11 a.m.-11:50 a.m.	5501.233

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

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
- Lady Raiders Cheerleading Squad (Fall)
 - Sonia Montez - 303.523.2281 or ccyacheer@hotmail.com
- Girls' Softball (Spring)
 - Denise Kaza - 720.434.6559 or dcd204@msn.com

Adams City Wrestling Club

- Tim Lucero - 970-381-5020
- Adamscityyouthwrestling@gmail.com
- elena.adamscity@yahoo.com

Bison Lacrosse Club (Spring/Summer/Fall)

- bisonlaxclub.com
- 303-668-0542
- info@bisonlaxclub.com

Ravens Youth Football Organization - Pop Warner (Fall)

- ravensyouthfootball.com
- Bennie Gallegos 303-288-1768
- bgallegos15416@gmail.com



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 16 and older.

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

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. A team representative must attend the league meeting, 6 p.m. Wednesday, July 16, at the Eagle Pointe Recreation Center. Games will be played at Pioneer Park.

- Wednesday Coed League Begins 8/6
- 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 beginning in August. A team representative must attend the league meeting at 6 p.m. Wednesday, July 16, at the Eagle Pointe Recreation Center. Games will be played at Pioneer Park.

- Tuesday E-Rec League Begins Aug 5th
- Men's E-Rec \$675/\$700 (10 Games)
- Thursday Industrial League Begins Aug 7th
- Industrial E-Rec \$675/\$700 (10 Games)

Summer Softball League – COED

Get a team of five men and five women together for an adult coed softball league beginning in May. A team representative must attend the league meeting at the Eagle Pointe Recreation Center on Wednesday, April 16 at 6 p.m. Games will be played at Pioneer Park. Call 303-289-3706 for information.

- Wednesday Coed League Begins May 7
- \$675/\$700 (10 Games)



SPORTS FACILITIES

Summer Softball League – Men’s

Join the fun of adult men’s evening softball beginning in April. A team representative must attend the league meeting at the Eagle Pointe Recreation Center on Wednesday, April 16 at 6 p.m. Games will be played at Pioneer Park. Call 303-289-3706 for information.

- Tuesday E-Rec League Begins May 6
- Thursday Industrial League Begins May 8
- \$675/\$700 (10 Games)

FACILITIES

Batting Cages

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

Pioneer Park, 5902 Holly St. (60th and Holly)

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

Fees

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

Spring hours, 4/5–5/24

- M–F, 4–8 p.m.
- Sa–Su, Noon–5 p.m.

Summer hours, 5/25–8/2

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

Fall 1 hours, 8/3–9/3

- M–F, 4–8 p.m.
- Sa–Su, Noon–5 p.m.

Fall 2 hours, 9/4–10/5

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

Safety equipment

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

Tennis Courts

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

Please note that school programs have the first priority use of the courts.

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

Athletic Facility Rentals

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

Pioneer Park, 5902 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 volleyball sand courts with lights

Turnberry Park, 10725 Wheeling St.

Three Multipurpose football/soccer fields (Practice Fields)

Villages East Park, 11698 Chambers Rd.

One multipurpose baseball/softball field (Practice field).

\$1.75
15 pitches

BATting CAGES AT PIONEER PARK

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

Spring Hours	Summer Hours
4/5–5/24	5/25–8/2
M–F • 4–8 p.m.	M–F • 3–8:30 p.m.
Sa–Su • Noon–5 p.m.	Sa–Su • Noon–8 p.m.

FOR MORE INFORMATION VISIT C3GOV.COM/RECREATION



YOUTH SERVICES

PRESCHOOL-AGED PROGRAMS



PRESCHOOL AGED PROGRAMS

Discovery Kids Ages 3-5

Discovery Kids offers an engaging and interactive class session designed to foster skill-building, promote independence, and provide hands-on fun! Join us for an unforgettable learning experience that inspires creativity and confidence in every child!

5/6-5/22	Tu-Th	2-4 p.m.	\$120/\$160	7155.101	BR
6/3-6/26	Tu-Th	2-4 p.m.	\$120/\$160	7151.201	BR
7/8-8/31	Tu-Th	2-4 p.m.	\$120/\$160	7152.201	BR

PARENT/TOT ENRICHMENT

Let's Fly Away

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

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

6/10-6/24	Tu	10-11 a.m.	\$20/25	7101.201	
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RMANWR

Park Palooza

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

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

7/8-7/22	Tu	10-11 a.m.	\$20/\$25	7102.201	
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*Various Parks

*7/8 - Monaco Park, 7/16 - Veteran's Memorial Park, 7/22 - Fairfax Park

PRESCHOOL AGED ENRICHMENT

Kids Corner Ages 3-5

Kids' Corner allows students to explore their creativity through hands-on activities and crafts. This class offers something enjoyable for every preschooler.

6/4-6/18	W	10-10:45 a.m.	\$20/\$25	7111.201	EP
7/9-7/23	W	10-10:45 a.m.	\$20/\$25	7112.201	EP

Amazing Tots

Ages 18 mos-3yrs

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

6/5-6/19	Th	2-2:30 p.m.	\$52/\$56	7162.202	BR
7/3-7/24	Th	2-2:30 p.m.	\$52/\$56	7163.202	BR
9/4-9/25	Th	2-2:30 p.m.	\$52/\$56	7164.202	BR

Amazing Athletes

Ages 3-7

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

6/5-6/19	Th	1-1:45 p.m.	\$52/\$56	7162.201	BR
7/10-7/31	Th	1-1:45 p.m.	\$52/\$56	7163.201	BR
9/4-9/25	Th	1-1:45 p.m.	\$52/\$56	7164.201	BR

Little Sparks

Ages 3-5

Each Friday, we will have different enrichment classes for your tot.

Tiny Chefs

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

Book Buddies

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

Kiddo Lab

Let's get messy and create!

6/6-6/20	F	10-10:45 a.m.	\$20/\$25	7151.202	BR
7/11-7/25	F	10-10:45 a.m.	\$20/\$25	7152.202	BR



YOUTH SERVICES

FAMILY PROGRAMS

NEW Chatter & Play

Ages 6-18 mos + w/adult

Join us at Chatter & Play, an engaging program specially crafted for children aged 6 to 18 months and their parents. Experience joyful interactions and enriching conversations that support your child's growth and development while fostering strong bonds and encouraging exploration. Join us in creating cherished moments together!

6/16	M	10 a.m.-10:30 p.m.	\$3/\$5	7151.203
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FAMILY FUN IN THE PARKS

Ages 6+ w/adult

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

W	11 a.m.-4 p.m.	FREE
Date	Location	Activity
6/4	Turnberry Park	Human Bowling
6/18	Veterans Memorial Park	Climbing Tiki Island
7/9	Fronterra Park	Hamster Balls
7/16	Monaco Park	Inflatable Obstacle Course
7/30	River Run Park	Slippery Slope Rock Climbing Slide

Grandparents Day Ice Cream Social

Ages 6 mos and 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

Fishing Frenzy

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

Toddler Fishing

Ages 1-4

9/13	Sa	10 a.m. -11 a.m.	FREE
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Youth Fishing Derby

Ages 5-15

9/13	Sa	8 a.m. - 10 a.m.	\$5/\$7	7711.301
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Family Fishing

All Ages*

9/13	Sa	10 a.m. - 11 a.m.	FREE
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*Fishing fee is waived. However, fishing licenses are required for anyone 16 and over.

Kids to Parks Day

Bring your family and come learn about your local park, make crafts, beat an obstacle course, participate in a scavenger hunt and more!

5/17	Sa	2 p.m. - 4 p.m.	Free
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Monoco Park

TOUCH-A-TRUCK

Join us for this free event for all ages to enjoy vehicles in all their shapes and sizes. From police cars to snowplows your family will love playing, climbing, and touching all different vehicles.

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

YOUTH SERVICES PROGRAMS

Teen Night In

Ages 11-17

Welcome to all teens! Join in for a party at your local recreation center with music, food, games, and fun tournaments with the chance to win awesome prizes!

Th	5-7:30 p.m.	FREE
6/5	Mario Kart Tournament	Bison Ridge
6/19	Pool Tournament	Eagle Pointe
7/17	Madden Football(eSports) Tournament	Bison Ridge
7/31	Ping Pong Tournament	Eagle Pointe
8/7	Smash Bros Tournament	Bison Ridge
8/21	FIFA (eSports) Tournament	Eagle Pointe

YOUTH COMMISSION

The Youth Commission is an advisory body to the city Council on issues affecting youth in Commerce City. Commissioners attend conferences and trainings, implement projects that benefit the community. The youth meet at Eagle Pointe Recreation center at 6:30 p.m. once a month. Transportation not provided.

Want to get involved? Apply online today at c3gov.com/Youth. Please call 303-289-3659 with any questions.



OUTDOOR RECREATION

SUMMER OUTDOOR RECREATION PROGRAMS

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

Outdoor Odyssey

Ages 11-15

Unleash your teen's spirit for adventure where they will have an opportunity to go water skiing, tubing and windsurfing. They will keep it dry on a rock-climbing day.

6/2-6/5	M-Th	9 a.m.-4 p.m.	\$150/\$165	7661.201	BR
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Nature's Edge

Ages 11-15

Experience the thrilling adventure of zip-lining through amazing canyons, white water rafting, and ending the week hiking to a mountain peak.

6/9-6/12	M-Th	9 a.m.-4 p.m.	\$150/\$165	7661.202	BR
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Adventure Quest

Ages 11-15

Enjoy the great outdoors, hike to a scenic glacier lake, feel the exhilaration of white-water rafting and so much more. It's a perfect blend of adventure and skill-building!

6/16-6/19	M-Th	9 a.m.-4 p.m.	\$150/\$165	7662.201	BR
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Mountain Adventure Crew Ages 12-16

An unforgettable 3-night and 4 day adventure where participants will immerse themselves in outdoor exploration. Participate in trail hikes horseback riding, summer tubing, and swimming. Drop off at BR at 8:30 a.m. on Monday, 6/23 and return to BR on Thursday, 6/26 at 3:30 p.m. Transportation, meals, and lodging are included.

6/23-6/26	M-Th		\$175/\$225	7663.201	BR
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Sail, Surf, and Explore

Ages 11-15

Explore nature, build friendships, and learn to sail and windsurf with expert instructors. We will end the week with a beautiful hike!

7/7-7/10	M-Th	9 a.m.-4 p.m.	\$150/\$165	7664.201	BR
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Epic Multi-Adventure Overnight

Ages 12-15

A thrilling 3-night 4-day exploration featuring whitewater rafting, rock climbing, and a challenge course. Hike to a breath-taking summit and unwind in soothing Mount Princeton Hot springs. End the evening at the stocked camp pond fishing and enjoying a fire.. Enjoy the evenings stargazing.

7/14-7/17*	M-Th	9 a.m.-4 p.m.	\$175/\$225	7665.201	BR
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Fly Fish, Water and Mountain Bike Adventures

Ages 11-15

Explore the serene world of fly fishing. Learn the art of flyfish at the lake and take the skills on the river. We will enjoy the rest of the time trying out new water sports and Mountain Biking.

7/28-8/31	M-Th	9 a.m.-4 p.m.	\$150/\$165	7665.202	BR
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*Trips subject to change.

CAREER CAMPS

Female First Responder Camp

June 2-4

9 a.m.-4 p.m.

Ages 12-18	\$40/\$45	7672.201	BR
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South Adams Indoor Training & Wellness Facility*

Female First Responder Optional CPR Certification

June 5

9 a.m.-1 p.m.

Ages 12-18	\$15/\$20	7672.202	BR
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South Adams Indoor Training & Wellness Facility"

Mini Police Camp

June 24-26

8 a.m.-noon

Ages 9-11	\$35/\$40	7673.201	BR
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*Police Camp

July 21-24

*Parent Meeting

7/15/25	5:30-6:30p.m.	Bison Ridge
Ages 11-15	\$175/\$225	7674.201

Meet at Bison Ridge. Transportation provided to YMCA Snow Mountain Ranch in Granby, Colorado. *This is an overnight trip. A packet will be emailed out to registered participants at the beginning of July.

*Address of South Adams Training & Wellness Facility is 0705 Fulton St. Brighton, CO 80601



YOUTH SERVICES

SUMMER CAMPS

Summer Enrichment Programs at Bison Ridge Recreation Center

Ages 6–10 M–TH

Our Summer Enrichment Programs offers innovative, challenging, and fun summer classes in a variety of topics. Providing an opportunity for every child to explore new subjects, learn new skills, and discover new interests in a positive and engaging environment. Please visit c3gov.com/Camp for a complete program description. Registration is open.

	Week	9–10:30 a.m.	10:30 a.m.–noon	Noon–12:30 p.m.	12:30 p.m.–2 p.m.	2 p.m.–4 p.m.
1	6/2–6/5	Board Games Galore \$25/\$30 7651.201	Omniform Martial Arts \$40/45 7651.202	Lunch Bunch 1 \$5/\$10 7651.203	Gallery on the Go \$25/\$30 7651.204	Basketball with Skyhawks Sports \$30/\$35 7651.205
2	6/9–6/12	Mystical Wizards \$25/\$30 7652.201	Breaking Bread \$25/\$30 7652.202	Lunch Bunch 2 \$5/\$10 7652.203	Beginner American Sign Language \$35/\$40 7652.204	Nutrition & Cooking with Nexlore \$45/50 7652.205
3	6/16–6/19	Rockin' and Poppin \$25/\$30 7653.201	Spineless Superheroes with Butterfly Pavillion \$40/45 7653.202	Lunch Bunch 3 \$5/\$10 7653.203	Camp CSI with Science Matters \$40/45 7653.204	Volleyball with Skyhawks Sports \$30/35 7653.205
4	6/23–6/26	All Around the World \$25/\$30 7654.201	Mix it Up Cooking \$25/\$30 7654.202	Lunch Bunch 4 \$5/\$10 7654.203	Coding Camp with Nexlore \$45/50 7654.204	Intro to Ukelele \$30/35 7654.205
X	6/30–7/2	NO ENRICHMENT CAMP				
5	7/7–7/10	Squishy and Icky \$25/\$30 7655.201	Squishy and Icky \$25/\$30 7655.201	Lunch Bunch 5 \$5/\$10 7655.203	Standing Ovation with Nexlore \$65/70 7655.204	
6	7/14–7/17	Outdoor Summer Fun \$25/\$30 7656.201	Oh So Many Cookies \$25/\$30 7656.202	Lunch Bunch 6 \$5/\$10 7656.203	Science Adventures with Science Matters \$40/\$45 7656.204	Gallery on the Go \$25/\$30 7656.205
7	7/21–7/24	Paint Away \$25/\$30 7657.201	The Science of Buggy Art with Butterfly Pavillion \$40/45 7657.202	Lunch Bunch 7 \$5/\$10 7657.203	Beginner American Sign Language \$35/40 7657.204	Pickleball with Skyhawks Sports \$30/35 7657.205
8	7/28–7/31	Jr. Fire Academy \$35/40 7658.201		Lunch Bunch 8 \$5/\$10 7658.202	Day of Crafts \$25/\$30 7658.203	The Art Garage \$25/30 7658.204



YOUTH CAMP VENTURE (LICENSED) AT EAGLE POINTE RECREATION CENTER

This traditional camp for children ages 6-10 offers arts and crafts, STEAM, active play, swimming and weekly field trips.

Enrollment Packets for Licensed Programs

All children attending a licensed camp are required to complete an enrollment packet before registration. Enrollment packets can be downloaded at c3gov.com/Camp.

Camp Registration

Registration is open. Parents and guardians should submit their completed camp registration packets via email to youthservices@c3gov.com.

If you have any questions or need further information, please don't hesitate to contact our team email at youthservices@c3gov.com. We look forward to a fantastic summer camp experience!

IMPORTANT DATES

Pre-Camp Information Meeting for All Registered Families

Tue., May 8, 6 p.m. Eagle Pointe Rec Center

Pre-Camp Swim lessons information meeting for All Registered Families

Tue., May 8, 5:30pm Eagle Pointe Rec Center

Ages 6-10

6/2-8/1	M-F	7 a.m.-6 p.m.
\$145/\$170 per week		
Week	Theme	Field Trip**
June 2- June 6	Fly into Summer	Defy& Splash Pad
June 9- June 13	Where the Wild things are	Denver Zoo
June 16 - June 20	Tag! You're It	Loveland Laser tag
June 23- June 27	Holiday in June	Dions
June 30- July 4	Party in the USA!	Pirates Cove
July 7- July 11	Colors of the Rainbow	Color me Mine & Splash Pad
July 14- July 18	Blowing off STEAM	Children's Museum
July 21- July 25	Under the Sea	Apex Swimming
July 28 - Aug 1*	Slide into the School Year	Slick City* Spirit Week

**Trips subject to change

Modified YOUTH CAMP VENTURE Summer Camp – ***NEW***

Week	Field Trip**	M-F.	8 a.m-5 p.m
Aug 4-Aug 8	Colorado Adventure Point		
Aug 11- Aug 15	Cheyenne Mountain Zoo		

*Hours will be modified, and space is limited

Adventure Trek (Licensed) at Eagle Pointe Recreation Center

Ages 11-15

This field trip-based camp provides a new adventure every day. Teens will travel off site for hiking, amusement parks, and water activities. Drop off and pick up at Eagle Pointe Recreation Center.

7a.m.-6 p.m.	\$145/\$170 per week	M-Th	EP
Week	Main Field Trip**		
June 2-June 5	Slick City		
June 9-June 13	Paddle board		
June 16-June 20	Cheyenne Mountain		
June 23-June 26	Whitewater Rafting		
June 30-July 3	Stanley Hotel Tour		
July 7-July 10	Water World		
July 14-July 17	Rock Climbing		
July 21-July 24	Elitch Gardens		
July 28-July 31	Treehouse Adventure Park		

**Trips subject to change



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The official Website of City of Commerce City
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RECREATION QUESTIONS

Have a specific question or comment?

askrecreation@c3gov.com



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