

# re•create

rĕc'-rĕ-āte': To impart fresh life to; refresh mentally or physically

*Providing Memorable Recreation Experiences for Our Community*

**Early Bird pricing  
begins May 1!**



**Golden Community Center  
ACTIVITY GUIDE  
Spring/Summer 2020**



# Family. Friends. Community.

## **We're all in this together.**

State Farm® has a long tradition of being there. That's one reason why I'm proud to support Golden.

***Get to a better State®.***



**Scott Bristol, Agent**

112 N Rubey Drive

Golden, CO 80403

Bus: 303-384-0777

[www.scottbristol.com](http://www.scottbristol.com)

Behind Starbucks at Hwy 93 and Washington



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**řĕc' -rĕ-āte'**: To impart fresh life to; refresh mentally or physically



## Features

**SuperTots Sports Academy** .....Page 4  
SuperTots offers FUN sports-based development and fitness programs for ages 18 mos. to 5 years.

**Golden's Front Porch** .....Page 6  
Muppets creator Jim Henson once said, "There's not a word yet, for old friends who've just met." Here at the Golden Community Center (GCC), we think we've found the right words... it's called the Front Porch. Our space in the GCC and programs for active older adults are better than ever, with a variety of ways for people ages 50+ to enjoy the week days. Are you a hiker, quilter, book reader, or just want some good conversation? You'll find it all at the Front Porch. Take advantage of the many health, wellness, active, educational, and fun opportunities that await you.

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Sport-Based Development Programs for Ages 18 Months - 5 Years

*Perfect intro and skill building for any sport! We have done camps for each of my three kids! - Mirium M.*

# SuperTots

## SPORTS ACADEMY



SoccerTots VolleyKats 1stDownTots BaseballTots HoopsterTots CheerTots

**Weekly  
Development  
& Fitness  
Classes!**

- Sports Concepts
- Athletic Skills
- Fitness
- Social Skills
- Coordination
- Fun, Fun, Fun!



**SuperTots**  
SPORTS ACADEMY™

[SuperTotSports.com/colorado](http://SuperTotSports.com/colorado)  
303.384.8100 or 303.222.8039

## Golden Parks and Recreation Mission:

"To promote and provide safe and comprehensive community facilities, programs, and services that will enrich the quality of life for all residents and visitors."



Photography by Noah Bryant and file photos.



### Who Says Work Can't Be Fun?

- The City of Golden offers...
- flexible work schedules
  - an active environment
  - competitive wages

### Named among the Top 10 Places to Work Two Years in a Row!

- Part-time employment opportunities are often available in:
- Aquatics • Climbing Wall
  - Child Care • Fitness (Aerobics)
  - Guest Services • Youth Sports
  - Janitorial/Maintenance
  - Youth Programs

Job Hotline: 303-215-8882, opt 6000  
or on the web at  
[www.cityofgolden.net/work/](http://www.cityofgolden.net/work/)

Look for our guide on the web at  
[www.cityofgolden.net/media/  
RecreateBrochure.pdf](http://www.cityofgolden.net/media/RecreateBrochure.pdf)

Please be advised that participants involved in Parks and Recreation programs are subject to being photographed and the photographs may be used to publicize City programs.



DEFINING  
SUSTAINABLE  
PRINTING

## Parks and Recreation Advisory Board Members

- Craig Middleton - Chair
- Amirah Shahid - Vice-Chair
- Clare Cragan
- Pete Erslev
- Scott Feldman-Peabody
- Cynthia Szymanski
- Jacqueline Winterbottom
- Pam Loebig - Alternate

Meeting Times - 3rd Tuesday of each month,  
7 p.m. Council Chambers

## Parks and Recreation Department Staff

**Rod Tarullo – Director of Parks,  
Recreation and Golf ..... 303-384-8120**  
Stacy Turner, *Parks and Recreation Executive  
Assistant/Department Liaison*  
..... **303-384-8191**

**Recreation/Community Center  
..... 303-384-8100**

- Becky Richmond, *Recreation Manager*
- Julie Adkins, *Supervisor - Education and Dance*
- Beau Bressler, *Recreation Coordinator -  
Athletics*
- Brian Harris, *Recreation Supervisor - Athletics*
- Kristi Marosy, *Recreation Supervisor -  
Guest Services*
- Angela Kohman, *Supervisor - Wellness and  
General Programs*
- Derek Scott, *Facility Coordinator*
- Betsy Sweet, *Recreation Supervisor - Aquatics*
- Katie Tuesta, *Recreation Coordinator - Aquatics*
- Kim Walter, *Recreation Coordinator -  
Data Management*

**Parks Division ..... 303-384-8140**  
Chad Meinert, *Parks, Cemetery and  
Forestry Manager*

**Forestry Division ..... 303-384-8141**

**Municipal Facilities ..... 303-384-8121**  
Keith Isenberger, *Facilities Manager*

**Clear Creek R.V. Park ..... 303-278-1437**

**Golden Cemetery ..... 303-279-1435**

**Golf Course Maintenance..... 303-277-8741**  
Noy Sparks, *Golf Course Superintendent*

**Golf Course Clubhouse..... 303-277-8750**  
Jim Hajek, *PGA Head Golf Professional*

**Golden History Museum & Park**  
Nathan Richie, *Executive Director*  
..... **303-278-3557**



*"Say what you want about aging, it's still the only way to have old friends."*  
- Robert Brault

## Golden's Front Porch

There's an old saying that friends are the pillars on your porch. These words come to life at the Golden Community Center's Front Porch for Active Adults. A place for all ages (but designed for those aged 50+) to enjoy a cup of coffee, meet new friends, catch up with old friends and just enjoy being around others.

The Front Porch supports and provides Golden's 50+ community with a free gathering space for a wide variety of activities and opportunities. There are weekly bridge games, dominoes, Mahjongg, billiards, pinochle and more. New players are always welcome! Don't know how to play? We can help you with that too. Quilting, sewing and knitting groups meet regularly as well.

Looking for something more active? The Rocky Mountain Ramblers hiking club meets for hikes every Tuesday. Some are more strenuous than others; they can help you choose the scheduled hikes that are just right for you. The Front Porch is also the home for Golden's Silver Sneakers® and Renew Active™ programs. Check with your supplemental insurance company to see if you qualify for a free annual pass to the Golden Community Center and enjoy a wide variety of group fitness classes designed just for your needs.

We are here to connect you to educational opportunities too. A Great Decisions discussion group meets regularly in the Front Porch to read about and discuss world affairs. In addition, our partners at the Golden History Museum provide many great lectures, discussions and historical activities. More on these upcoming programs can be found in the Golden History Museum section of this brochure. Goldenites can also stay up to date on the local Town & Gown book club at Colorado School of Mines as well as participate with the Front Porch's own monthly Golden Book Club.

Promoting healthy living habits is always a goal of the Front Porch. Appointments for chair massage and reflexology are on the schedule on the first Friday of each month. Occasionally, potluck lunches provide a great opportunity for connecting with new friends over delicious and nourishing homespun fare. Consider us your hub that connects 50+ adults with local services and resources for support, fun and friendship.

The Front Porch is open Monday through Friday from 8 a.m. to 2 p.m. Come see what it's all about, enjoy the company, and stay awhile. We look forward to seeing you there!

# Golden Community Center

1470 10th St., Golden, CO 80401

Main Desk: 303-384-8100 (please listen for options)

## Facility Hours

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

\*Aquatics area closes ½ hour before the facility closes.

**Limited Hours** Easter, Sunday, April 12.....8 a.m. - 1 p.m.

**Holiday Closures** Memorial Day.....Monday, May 25  
 Independence Day.....Saturday, July 4  
 Buffalo Bill Days.....Saturday, July 25  
 Labor Day.....Monday, Sept. 7

**The Golden Community Center may be subject to a maintenance closure.**

**Dates will be announced in advance.**

### Amenities

Indoor leisure pool with water slide, hot tub, indoor lap pool and dry sauna, indoor running track, cardiovascular area, free weight area, circuit training area, large gymnasium, preschool and child care rooms with tot lot, climbing wall, community room, administrative offices, pottery and dry craft rooms, individual meeting rooms, drop-in older adult area.

### Important

By nature, many Parks and Recreation programs involve body contact, considerable physical exertion, emotional stress, and/or use of equipment, which represents a certain risk to users. It is recommended that you check with your physician prior to participating in recreational activities. Registrants in all programs do assume responsibility for all risk, implicit or direct, by participation in said activity or program.

### The Golden Parks and Recreation Department

We invite you to be active participants in the many recreational and leisure opportunities offered to all age groups

from tots to older adults. Our staff strives to be recognized as a national leader in the provision of high quality parks, trails and recreation facilities.

### Americans with Disabilities Act

The City of Golden does not discriminate on the basis of race, color, national origin, sex, religion, age or disability in the provision of services. For disabled persons needing reasonable accommodation to attend or participate in a City service, program or activity, call 303-384-8100 as far in advance as possible. Disabled access is available from the 8th Street entrance of the Community Center.

### City Residents/Non-residents

The City of Golden Recreation Centers and programs are brought to you in part through the collection of property taxes from those living within the Golden city limits. Resident rates are available to those residing within the incorporated (physical city limit) areas of Golden. Unincorporated areas, although serviced through a Golden post office address, do not qualify as Golden residents for the discounted rates.

## Golden Community Center Admission Fees\*

	Daily Admission		10 Visit Card		20 Visit Card		Annual Pass	
	Resident	Non-resident	Resident	Non-resident	Resident	Non-resident	Resident	Non-resident
Tots: 5 and younger	\$3.00	\$4.50	\$27	\$41	\$51	\$77	\$199	\$219
Youth: 6 - 18 years	\$4.75	\$6.25	\$43	\$56	\$81	\$106	\$387	\$426
Adult: 19 - 59 years	\$6.50	\$8.00	\$59	\$72	\$111	\$136	\$559	\$636
Seniors: 60 and older	\$5.00	\$6.50	\$45	\$59	\$85	\$111	\$399	\$439

\*Annual passes only: Each additional household member is ½ price.



## Facility Guidelines

The recreation staff will enforce all rules and safety policies for the benefit and enjoyment of all.

### General

1. Please review the patron code of conduct when using the facility.
2. All participants are required to check in at the main registration counter. Children ages 11 and under must be accompanied by an adult (18+) at all times.
3. Payment for admission is per visit.
4. Food and drink are permitted in the 10th Street lobby only. No smoking, or chewing tobacco is permitted in the facility.
5. A courtesy phone is located in the lobby for your convenience.
6. The Recreation Department is not responsible for lost or stolen articles. It is strongly recommended that you do not bring valuables into the facility. Bring a lock and keep personal items locked at all times!
7. Changes in the facility schedule may occur without notice. Please check the availability of facilities before paying.
8. Misuse of the facility (foul language, rough housing, unsafe acts) may result in immediate dismissal from the facility.
9. Collateral is required for rental of towels and locks.
10. Occasionally programs, dates, or times change from what is printed in this brochure. We apologize for any inconvenience this may cause, and make every effort to inform participants should this occur.
11. Please help our customers feel comfortable in the locker rooms. Children 6 years and older must use gender appropriate locker rooms OR the family locker room with a parent.
12. Please note that the Golden Community Center public space area at the 10th Street entrance is indeed public space. Please do not utilize this space for organized private gatherings or social outings like birthday parties. We offer room rentals and birthday party packages to assist in meeting the needs of private or social gatherings. Please inquire at the front desk for more information, visit our website, or call 303-384-8100. Thank you for your cooperation.
13. Personal instruction is only permitted by City staff in the Golden Community Center or Splash recreational facilities. Individual cases may be reviewed by appropriate staff.
14. Golden Community Center has a zero tolerance for unapproved commercial

or media photography. This includes all photography devices. To gain approval to take photos please contact a City of Golden staff person. Anyone taking personal photographs must obtain the permission of all subjects or their parents in advance. **Photography devices are strictly prohibited in all locker room areas.**

**Weight Room**

Participants must be 16 or older. Youth 12 to 15 may use the weight room if certified. For the safety of your children, absolutely no children are allowed in this area. Proper workout attire is required. See “Proper Attire” on the next page.

**Gymnasium**

1. Children under 18 years old are not allowed in the gym during drop-in basketball, drop-in volleyball and adult basketball leagues due to safety concerns.
2. Foul and offensive language will not be tolerated and may result in dismissal from the Community Center.
3. Full court basketball is allowed only during specified times. GCC staff reserve the right to change or cancel full court basketball due to building activity.
4. See posted information located in gym for additional rules regarding length of time teams are allowed to play when there is a wait.
5. Only soft-soled, non-marking shoes are allowed. NO EXCEPTIONS!

**Climbing Wall**

1. All climbers must be 4 years old and older.
2. Waivers are not required.
3. Climbing shoes or tennis shoes must be worn (no street shoes, boots, sandals or

Crocs). No wet swimwear allowed.

4. Youth (4-15 years) may climb on the bouldering wall if supervised by an adult. Weight room certified youth ages 12 to 15 may use the bouldering wall without adult supervision with weight room certification card. Youth 16 years and older may boulder unsupervised.
5. Belayers, top rope climbers, and lead climbers must be 12 or older and have attended a Climbing Certification Clinic or have passed a “Test Out” certification in order to use the top rope wall during unsupervised hours. This card must be displayed while using the wall.
6. Adults (18+) may belay youth ages 4 years and older, if they have obtained a certification card. Equipment is available for check out at the front desk.
7. No one is allowed to climb on top of the bouldering wall.
8. No one is allowed to cross to the window above the top rope wall.

**Make Up Classes**

Make up classes *will not* be offered for classes missed by patrons. Patrons will not be permitted to attend any class for which they are not registered.

**Proper Attire**

For the protection of the fitness equipment’s upholstery, we would like to thank you for following the guidelines set for workout attire:

- Workout clothing – sweats, spandex, workout shorts, T-shirts, or warm-ups are required while in the Fitness Areas. No bare chests, cut-offs, jeans, sports bras, swimsuits, or street pants.
- Only tennis shoes, aerobics shoes, and cross-trainers with non-marking soles are acceptable in the workout areas.

**City Phone Numbers**

General City Information .....	303-384-8000	Emergency - Police and Fire .....	911
Business Licenses and Sales Tax .....	303-384-8024	(Non-emergency 303-980-7300)	
Building Permits.....	303-384-8151	Fossil Trace Golf Club Head Professional.....	303-277-8750
City Manager’s Office .....	303-384-8011	Fossil Trace Restaurant .....	303-277-8755
Code Enforcement .....	303-384-8048	Planning and Development .....	303-384-8097
Community Center .....	303-384-8100	Swim Lessons.....	303-384-8131
Community Calendar/ Special Events.....	303-277-8728	Water Billing .....	303-384-8026
email: dtiberi@cityofgolden.net		Water/Sewer Information.....	303-384-8151

# Child Care Schedule



Child care/babysitting is available for ages 6 months to 7 years for persons working out or participating in programs at the Golden Community Center. Children ages 6 and under must be supervised by an adult if they are not signed into child care.

## Morning Hours

Monday - Friday	8:30 a.m. - 1:30 p.m.
Saturday	8:30 a.m. - 12 p.m.
Sunday	Closed

### **The Child Care Center is closed:**

- Memorial Day
- Independence Day
- Buffalo Bill Days Saturday
- Labor Day
- Thanksgiving Day
- Thanksgiving Friday
- Christmas Day
- New Year's Day

**The Golden Community Center may be subject to a late summer maintenance closure. Dates will be announced in advance.**

There is a maximum time limit of two-hours that a child may be left in the child care center.

### **Fees**

- \$4 per child for the first 1 hour
- \$2 per child for each additional ½ hour up to \$8 maximum – please allow for dress time as an additional 10 minutes will be

considered ½ hour.

- \$54 for a 30 punch card at \$2 per ½ hour

The Child Care room may close earlier than scheduled if participation is low. The Child Care Center is not a licensed day care facility. Parents will be called in for diaper changes or potty breaks. *Parents are required to remain in the Community Center throughout their child's stay with us.*

Please understand that we will do our best to accommodate all children, but occasionally our space gets full. We ask that you please be patient and we will allow more children to come in as others leave during these busy times.

Parents are required to sign children in and out of child care. We ask that you please make the check-in and check-out process quick, as our space is limited and others may be waiting to get in. When picking up a child from this area, you may be asked for a form of identification - i.e., facility card or driver's license. This procedure helps ensure the safety of your child.

**REMINDER: You must remain in the building if your child is using our Child Care Center! \*Please do not bring any nut-based foods into our child care center.**



Look for this symbol throughout the brochure. It signifies classes that are held when childcare is available.

# Dance Arts

## *Where dance is a positive & fun experience!*

**G**olden Dance Arts offers a full range of classes for ages 2½ years and up. Our professionally trained teachers, lead by DEA Certified Joy Egan, ensure outstanding training for all students. Joy teaches Royal Academy and Cecchetti Ballet techniques. This allows the student a greater understanding of proper techniques and fun



classes for their appropriate age. We offer strong technical training with many performance opportunities to allow our students to grow and learn in a unique and inspiring environment. We offer recreational classes for the once a week student as well as a variety of level classes for the more serious student taking several classes a week.

There are two annual performances, our **Holiday Show in December** and our **Spring Show on the first weekend in June**, both at Golden High School. These are optional, with separate fees. Performance fees cover entry into the performance for all family members, costumes, props, staff expenses, and auditorium expenses. **The Cost for the shows is \$60.** If the \$60 is not met by the due date, there is a \$15 late charge.

Classes are continuous throughout the school year, but new students are always welcome anytime during the year. If you are not sure which class is right for your child, come take a trial class. All classes are co-ed, and we also offer summer classes for those students who want to attend year round. For more information, contact Julie Adkins, Recreation Supervisor for Youth Programs at [jadkins@cityofgolden.net](mailto:jadkins@cityofgolden.net), or Joy Egan, Coordinator of Dance Program at 303-795-3183.

**Please note: Parents are asked to sit outside the classrooms and enjoy watching their child through the windows. We ask that if you sit outside your class, you are respectful of others in the community center and keep noise level to a minimum as well as watch the safety of siblings.**

### **Required Dress Code:**

Apparel and shoes may be ordered online at <https://discountdance.com>. Our program receives a percentage of the sales that will go toward purchasing costumes. Our teacher ID is TP117974 and must be input into order for our program to get credit.

- **Ballet and Ballet/Tap Combos classes (girls):** solid color leotard (black preferably), pink tights and pink leather ballet shoes. Hair must be put up in a bun for girls. Black tap shoes.
- **Ballet and Ballet/Tap Combo classes (boys):** fitted t-shirt, athletic shorts and black leather ballet shoes. Black tap shoes.
- **Jazz classes (girls):** Jazz shoes, leotard or fitted t-shirt and Jazz or Capri pants.
- **Jazz classes (boys):** Jazz shoes, fitted t-shirt, Jazz or athletic shorts.
- **Jazz/Hip Hop:** Jazz sneakers or converse, black tank leotard, and black sweatpants or leggings.

## 2020 Spring Dance Arts Session Dates

Schedules may change. Check online at [rec.cityofgolden.net](http://rec.cityofgolden.net).

### 2020 Spring Performance - Date: June 6 at Golden High School

Mondays: Jan. 6 - June 1  
 Tuesdays: Jan. 7 - June 2  
 Wednesdays: Jan. 8 - June 3  
 Thursdays: Jan. 9 - June 4  
 Fridays: Jan. 10 - June 5

**No classes during Spring Break week, March 23 - 27 or on Memorial Day, May 25.**

Dress rehearsal and photo shoot the week of June 1 - 5 at the GCC at normal class times.  
(Monday classes will have their rehearsal and photo shoot on Wednesday that week.)

Recital Fee is **\$60 for the Spring Performance** (non-refundable). The due date for the Spring Performance will be communicated via email to all participants in Dance, and a \$15 late charge will be added after the deadline. Performances are optional but students will be learning the performance routines during class time.

#### **COST:**

Min/Max: 4/12 (classes that drop below four during the year will be discontinued)

<b>Paid in Full for 20 classes • Classes: 45 minutes - 1 Hour</b>
\$275 - Resident, \$285 Non-resident
<b>Monthly Payments:</b> Residents - End total payment is \$275 (divided by 5 months is \$55/month) Non-residents - End total payment is \$285 (divided by 5 months is \$57/month)

## GOLDEN DANCE ARTS PROGRAM

### Dance with Your Favorite Guy - #511109

This is a special performance between daughters and their fathers/grandfathers/step-fathers/brothers and/or good male role models in their life. The two will meet for six weeks before the performance to learn a dance routine. So much fun for a special time. Father Figures and child must be present. Cost to be in the Favorite Guys Dance is \$45/family.

Activity #	Description	Dates	Time	Day	Ages
511109-01	Favorite Guy Dance	April 9 - June 4	7 - 8 p.m.	Thursday	5 - 99 years

### Ballet - #511110

***Ballet is the foundation for all dance forms.***

#### **Ballet 2-3, Age: 10-18 years**

Focuses on body awareness, correct posture, alignment, flexibility and musicality as well as a deeper understanding of concepts such as foot turnout done gradually in order to develop muscles correctly. Dancers will also continue to study terminology, movement and head and body positions.

### Ballet/Tap Combo - #511113

#### **Ballet & Tap Combo**

This class introduces the young child to dance in a structured class setting while introducing ballet positions and basic dance terminology. Tap and some tumbling are used to further develop the child's body awareness and promote muscle and motor skills. Fun routines encourage the students to practice and prepare them for performances. Please make sure to sign up for the appropriate age group.



### Ballet/Tap/Jazz/Fusion

This class is for those who have had previous dance classes. Class will still include ballet and tap fundamentals. Fusion Jazz includes poms and techniques of leaps and turns, Hip Hop and video jazz and lots of fun. If this is your child's first time in this age/class, registration must be approved by Ms. Joy (303-795-3183). For those returning, feel free to register without pre-approval. Please make sure to sign up for the appropriate age group.

**\*Pink leather ballet shoes and black tap shoes are required.**

All the below classes are Ms. Joy's unless otherwise stated.

Activity #	Description	Dates	Times	Days	Ages
511113-01	Ballet/Tap	Jan. 6 - June 1	1:15 - 2 p.m.	Monday	4 - 5.5 years
511113-02	Ballet/Tap	Jan. 6 - June 1	3:30 - 4:15 p.m.	Monday	3.5 - 5.5 years
511113-03	Ballet/Jazz/Tap/ Fusion	Jan. 6 - June 1	4:15 - 5:30 pm.	Monday	7 - 12 years
511113-04	Mom/Tot Combo	Jan. 7 - June 2	10:30 - 11:15 a.m.	Tuesday	2.5 - 3.5 years
511113-05	Ballet/Tap Combo	Jan. 7 - June 2	11:15 a.m. - 12:15 p.m.	Tuesday	4 - 5.5 years
511113-06	Ballet/Tap Combo	Jan. 7 - June 2	12:45 - 1:30 p.m.	Tuesday	3 - 5.5 years
511113-07	Ballet/Tap/Jazz Fusion	Jan. 7 - June 2	4 - 4:55 p.m.	Tuesday	6.5 - 10 years
511113-08	Ballet/Tap Combo	Jan. 7 - June 2	5 - 6 p.m.	Tuesday	7 - 12 years
511113-09	Ballet/Tap/Fusion	Jan. 7 - June 2	6:05 - 7 p.m.	Tuesday	6.5 - 10 years
511113-10	Ballet/Tap Combo	Jan. 8 - June 3	12:45 - 1:45 p.m.	Wednesday	3.5 - 5.5 years
511113-11	Jazz/Tap/Fusion	Jan. 8 - June 3	4:15 - 5:15 p.m.	Wednesday	7 - 12 years
511113-12	Ballet/Tap/Fusion	Jan. 8 - June 3	5:30 - 6:15 p.m.	Wednesday	4.5 - 6 years
511113-13	Ballet 2 & 3 Fusion	Jan. 8 - June 3	6:30 - 7:30 p.m.	Wednesday	7 - 10 years
511113-14	Ballet/Tap Combo	Jan. 9 - June 4	1 - 1:45 p.m.	Thursday	3.5 - 5.5 years



Activity #	Description	Dates	Times	Days	Ages
511113-15	Ballet/Tap Combo	Jan. 9 - June 4	4 - 5 p.m.	Thursday	5.5 - 8 years
511113-16	Ballet/Tap/Fusion/ Jazz	Jan. 9 - June 4	5 - 6 p.m.	Thursday	7 - 12 years
511113-17	Ballet/Tap	Jan. 9 - June 4	6 - 6:45 p.m.	Thursday	3.5 - 6 years
511113-18	Ballet/Tap (Katt)	Jan. 10 - June 5	3:30 - 4:15 p.m.	Friday	3 - 5 years

## Jazz/Hip Hop - #511115

### Jazz/Hip Hop including Fusion and Dance Team Prep

Come and join in on the fun of Jazz and Hip Hop! All classes start with a great warm up to get our bodies ready to dance, followed by combinations across the floor, and then we dance - old school style and modern street dance along with some stunt and floor work. These classes are high energy and fun, and we hope to see you there!

#### Beginner Age: 6 - 9 years

We are offering classes for all skill levels. We invite the little kiddos, or dance newcomers to join our Beginner class. This class focuses on the basics of dance, where we hope to inspire, educate and have fun! Beginners and first time students with no or little dance experience are welcome.

#### \*Teacher Approved Age: 9 - 18+ years

Dancers with experience, confidence and positive attitudes are invited to come try out our Advanced class. Here we will bring our best skills and attitudes to the floor! The focus in this class is to help elevate moves and skills to the next level. Advanced dancers: have you danced for 3, 4 or more years? If so, this maybe the class for you! Come give it a try!

All the below classes are Ms. Katt's unless otherwise stated.

Activity #	Description	Dates	Times	Days	Ages
511115-01	Jazz/Hip Hop	Jan. 9 - June 4	4 - 5 p.m.	Thursday	*9 - 18+ years
511116-01	Dance Team Prep	Jan. 9 - June 4	5 - 6 p.m.	Thursday	11 - 14 years
511115-02	Hip Hop Level 1 Co-ed All are welcome!	Jan. 9 - June 4	6:05 - 6:50 p.m.	Thursday	6 - 10 years
511115-03	Jazz/Hip Hop/ Fusion	Jan. 10 - June 5	4:15 - 5:15 p.m.	Friday	Beginner 6 - 9 years
511115-04	Jazz/Hip Hop/ Fusion	Jan. 10 - June 5	5:30 - 6:30 p.m.	Friday	Beginner 10+ years

# GOLDEN DANCE 2013



Kelly Reilly Photography

## 2020 Summer Dance Arts Session Dates

Schedules may change. Check online at [rec.cityofgolden.net](http://rec.cityofgolden.net).

### **REGISTRATION Opens in March**

Tuesdays: June 16 - July 28

Thursdays: June 18 - July 30

***No classes during 4th of July week.***

**May participate in Buffalo Bill Days Parade.**

*Min/Max: 4/12 (classes that drop below four during the year will be discontinued)*

**Paid in Full for 6 classes • Classes: 45 minutes - 1 Hour**

*\$70 - Resident, \$75 Non-resident*

### **\*Check out our NEW DANCE CAMPS\***

Activity #	Description	Dates	Times	Days	Ages
531110-01	Princess Dance Glamp	June 15 - 17	9:30 - 12:30 p.m.	Monday - Wednesday	5 - 9 years
Come join the fun in learning more about Ballet, Hip/Hop, Contemporary, Singing, and Theater.					
531110-02	Dance Intensive	June 22 - 24	9:30 - 12:30 p.m.	Monday - Wednesday	10+ years
This camp will dive into the techniques and skills of Barre, Ballet, Hip/Hop, Contemporary and Theater.					

Camp cost is \$150; minimum participants of 8 and max of 20.

These camps will be hands-on and dance-on fun for kids and teens.

Activity #	Description	Dates	Times	Days	Ages
531113-01	Ballet/Tap Combo (Joy)	June 16 - July 30	3 - 3:45 p.m.	Tuesday	3 - 5 years
531113-02	Ballet/Tap Combo (Joy)	June 16 - July 30	3:45 - 4:45 p.m.	Tuesday	6 - 8 years
531113-03	Ballet/Tap Combo (Joy)	June 16 - July 30	5 - 5:45 p.m.	Tuesday	3 - 5 years
531113-04	Ballet/Jazz (Joy)	June 16 - July 30	6:05 - 6:50 p.m.	Tuesday	5 - 8 years

531115-01	Jazz/Hip Hop (Katt)	June 18 - July 30	3:30 - 4:15 p.m.	Thursday	5+ years (2 or 3 years or less experience)
531115-02	Jazz/Hip Hop (Katt)	June 18 - July 30	4:15 - 5 p.m.	Thursday	6 - 9 years Beginner
531115-03	Jazz/Hip Hop/ Fusion (Katt)	June 18 - July 30	5:15 - 6 p.m.	Thursday	*9 - 18 years Intermediate
531115-04	Jazz/Hip Hop/ Fusion for Adults	June 18 - July 30	6:10 - 7:10 p.m.	Thursday	*18+ years

If you do not find a time or a class that works for you, let us know. If you have at least 4 people interested and we have a room and an instructor available, we would be happy to add a class. Call Julie at 303-384-8196.

**Class schedule available online at: [rec.cityofgolden.net](http://rec.cityofgolden.net)**

### Golden Triathlon Team - Starting April 18!

Do you want to complete your first sprint triathlon by this summer? The Golden Triathlon Team is an adult triathlon training program for all levels and abilities. This program will include an online training plan and weekly coached group workouts. Learn, train and race with others!

For more information go to:  
[info@lifelongendurance.com](mailto:info@lifelongendurance.com)  
 or contact [stacy@lifelongendurance.com](mailto:stacy@lifelongendurance.com)



### Peak Performance Running

Peak Performance Running is a year-round program that offers weekly trail runs, strength, and track workouts for boys and girls, ages 8 - 18 years-old. Our program focuses on teaching young athletes proper form, technique, with a focus on fun and fitness!

**PEAK.  
PERFORMANCE  
RUNNING**

Contact us at: [www.peakperformrun.com](http://www.peakperformrun.com) or [info@lifelongendurance.com](mailto:info@lifelongendurance.com)

### Summer Camps

Middle School Altitude Overnight Camp | **July 13 - 17**  
 High School Altitude Overnight Camp | **July 17 - 21**

### Summer Run Program

**June through August Running program for athletes ages 8 - 18 years-old.**

## Lap Pool Hours

### January - August\*

Monday - Thursday	5:30 a.m. - 8:30 p.m.
Friday	5:30 a.m. - 6 p.m.
Saturday	7 a.m. - 6:30 p.m.
Sunday	8 a.m. - 5:30 p.m.

## Leisure Pool Hours\*

### January - May\*

Monday - Thursday	5:30 a.m. - 4:30 p.m. 7:40 - 8:30 p.m.
Friday	5:30 a.m. - 6 p.m.
Saturday	7 - 9 a.m. Noon - 6:30 p.m.
Sunday	8 a.m. - 5:30 p.m.

### June - August\*

Monday - Thursday	5:30 - 8:45 a.m. Noon - 4:30 p.m. 7:40 - 8:30 p.m.
Friday	5:30 a.m. - 6 p.m.
Saturday	7 a.m. - 6:30 p.m.
Sunday	8 a.m. - 5:30 p.m.

*\*Not all areas of the pools are available at all times. Our pool schedule changes seasonally. For complete hours, pick up a schedule at the Welcome Desk or online at [www.cityofgolden.net/media/PoolSchedule.pdf](http://www.cityofgolden.net/media/PoolSchedule.pdf). The pool area closes 1/2 hour before the facility.*

## Limited Hours

Easter, Sunday, April 12... 8 a.m. - 12:30 p.m.

## Holiday Closures

Memorial Day.....	Monday, May 25
Independence Day .....	Saturday, July 4
Buffalo Bill Days.....	Saturday, July 25
Labor Day .....	Monday, Sept. 7

## Swimming Pool Guidelines (All Facilities)

1. Swim diapers are required for all infants, toddlers under the age of 3 or any guests that are diaper dependent. Swim diapers may be purchased at the Front Desk. No regular diapers are allowed in the pool.
2. An adult must accompany children under the age of six **INTO THE POOL**. The adult must pay admission, be wearing a swimsuit, and be actively participating in the water with the child.

Maximum ratio of three children under 6 years of age per swimming adult.

3. Children 6 and 7 years of age must be accompanied by an adult **AT POOLSIDE**. The adult may observe from the side of the pool.
4. Adult lap swim is for ages 16 and older. Swimmers must swim continuous lengths in lap lanes. Open swim takes place in the remaining pool area and water features may be operating. Those under the age of 16 interested in lap swimming may inquire with the manager on duty or head lifeguard. Requests will be assessed on a case-by-case basis depending on pool availability.
5. Only bathing suits, swim trunks or board shorts appropriate for a family atmosphere are allowed in the aquatic facility. Street clothes, cut-offs, thongs, jeans, or workout clothing are NOT permitted. Staff reserves the right to deem any questionable attire inappropriate.
6. Guests under the age of 14 are not permitted in the hot tub or sauna.
7. Lifejackets are available for those in need. Please visit the lifejacket area at each facility for guidelines on how to properly fit and wear the lifejacket.
8. Slide Rules:
  - All riders MUST BE 48" (1.22m) tall to ride the slide.
  - Flotation devices are not allowed unless accompanied by an adult.
  - You must ride feet first, in a seated position.
  - Trains are prohibited.
  - For safety reasons, pregnant women or individuals with medical concerns should not ride the slide.
  - Stopping, twisting and turning in the slide is prohibited.
  - No catching riders at the bottom of the slide.
  - You must clear the splashdown area immediately after exiting the slide.
  - Warning – Ride at your own risk.



## Swim Lesson FAQs and Information

### How Can I Register My Child?

- Register online at [rec.cityofgolden.net](http://rec.cityofgolden.net).
- At the front desk of the Golden Community Center.

**\* Registrations WILL NOT be accepted if they are phoned-in, mailed or faxed.**

### Swim Lesson Registration Dates

Lesson registration for the Summer session will begin on Tuesday, May 5 for Golden residents and Wednesday, May 6 for non-residents.

\*No registrations will be accepted after the Wednesday prior to the lesson start date. There will be no registration allowed on the day that the lessons begin.

### After You Have Registered...

Registrations will not be processed until paid in full. No spaces will be guaranteed or held with partial payment. Golden Parks and Recreation Department reserves the right to cancel or combine a class due to insufficient registration or instructor availability.

### Questions

If you have any questions about the swim lesson program, please call the Aquatics Coordinator at 303-384-8131.

### Refunds, Transfers and Cancellations

1. The Recreation Department encourages registrants to carefully plan their schedule before registering. **Refunds** will be issued if the request is received **at least four business**

**days** before the class is scheduled to start.

Choose from these options:

- transfer to another class or session
  - leave money on household account
  - receive a refund
2. **A \$5 service charge (per child, per class) is assessed on all refunds, excluding:**
    - (1) Illness excused by a doctor stating the specific reason the person is unable to participate, received no later than two weeks after the start date of the class.
    - (2) Class cancellations by the Recreation Department.
  3. If you must cancel from a class, call the Aquatics Coordinator at 303-384-8131.
  4. Refunds take 3-4 weeks to process.

### Make-Up Classes

#### (Group and Private Lessons)

Make-up classes **will not** be offered for classes missed by patrons. Patrons will not be permitted to attend any class for which they are not registered. The Community Center may offer to make up a class if the class is canceled by the Aquatics Department, providing staff and facility space are available.

### Wait List Enrollments

Those that are on the wait list will be enrolled by the Aquatics Department when available. You are not enrolled in the class unless you receive communication and confirmation from the Aquatics office.

# GENERAL FLOW CHART FOR SWIM LESSONS

Family Fins ➔ Clownfish ➔ Jellyfish ➔ Swordfish ➔ Stingray ➔ Shark ➔ Marlin ➔ Dolphin

## Swim Class Descriptions

*Not sure which level to sign up for?* Please check with the Aquatics Coordinator or the Aquatics Specialist for level recommendations. It is not uncommon to repeat a level more than once. Swimmers must be at least 3 years of age to participate in group and private/semi private lessons, with the exception of Family Fins.

### Family Fins (6 months - 3 years)

This class is designed for a responsible adult (16 years and older) and child to be in the water together. Children learn water adjustment skills and adults learn about aquatic safety for children. **One adult per child, diapers not allowed, swim diapers are mandatory.**

### Preschool Level 1 - Intro to Water Skills

#### Clownfish (Ages 3 - 5 years)

##### **This a Preschool Level Class.**

Designed for beginners, Preschool Level 1 builds the foundation for lifelong safe swimming. Upon completion, swimmers will be able to enter the water independently, submerge their mouth and eyes, blow bubbles for at least three seconds, learn proper kicking technique, and perform front and back floats while being relaxed in the water with the support of the instructor. 30 minutes in the leisure pool.

*Parent participation in water not necessary.*

### Preschool Level 2 - Fundamental Aquatic Skills

#### Jelly Fish (Ages 3 - 5 years)

##### **This a Preschool Level Class.**

This class reinforces skills learned in Level 1 while building more independence and fundamental aquatic skills. Upon completion, swimmers will be able to glide for at least 2 body lengths, roll from a front float to a back float, swim with combined arm and leg action on their front for 3 body lengths, and recover to a standing position all with the support of the instructor. 30 minutes in the leisure pool.

### Preschool Level 3 - Stroke Development

#### Swordfish (Ages 4 and 5 years)

##### **This a Preschool Level Class.**

Swimmers will begin to add more stroke development and independence to the skills learned already. Upon completion, swimmers will be able to swim on front and back with combined arm and leg action for 5 body lengths without support. Swimmers will also be able to float on back and front for 10 seconds without support. 30 minutes in the leisure pool. **Swimmers must be proficient in all Preschool Level skills to progress to School Age Level classes.**

### Level 2 - Stroke Development\*

#### Stingray (Ages 6 years and older)

**\*Must have passed or shown competency in Level 3 Swordfish skills or be of appropriate age.**

Swimmers begin to learn more stroke technique and further develop their independence as swimmers. Upon completion, swimmers will be able to swim with combined leg and arm action unsupported for 10 yards on front and back utilizing rhythmic breathing. This class is taught in both the leisure pool and lap pool. 30 minutes in the leisure pool and 10 minutes in the lap pool.

### Level 3 - Stroke Development\*

#### Shark (Ages 6 years and older)

**\*Must have passed or shown competency in Level 2 Stingray skills.**

Taught in the lap pool, swimmers will continue to work on stroke technique and independence, while building endurance. Upon completion, swimmers will be able to jump in and tread in deep water, swim front crawl (while using rotary rhythmic breathing), backstroke and elementary backstroke for 1 length of the lap pool each without assistance. 40 minutes in the lap pool.

### Level 4 - Stroke Improvement\*

#### Marlins (Ages 6 years and older)

**\*Must have passed all prerequisite levels or show competency.**

Designed for students who need stroke technique improvement and endurance. Swimmers will work on the finer points of swimming including flip turns, dives, breaststroke, butterfly and stroke rotations. 40 minutes in the lap pool.

**Registration: Residents - May 5 and Non-residents - May 6**

# 2020 Summer Swim Lessons

**Monday - Thursday Mornings**

Session 1: June 1 - 11  
 Session 2: June 15 - 25  
 \*No lessons the week of July 4.  
 Session 3: July 6 - 16  
 Session 4: July 20 - 30

**Monday & Wednesday Evenings**

Session 1: June 1 - 24  
 \*No lessons the week of July 4.  
 Session 2: July 6 - 29

Level	Activity Name	Age	Activity #	Class Days	Class Times	Fees (Resident)	Fees (Non-Res)
Level 1 Parent & Child	Family Fins	6 months - 3 years	131010-0	Mon - Thu	9:45 - 10:15 a.m.	\$45	\$50
		6 months - 3 years	131010-1	Mon/Wed	5:30 - 6 p.m.	\$45	\$50

Preschool Level 1	Clownfish	3 - 5 years	131020-1	Mon-Thu	9:45 - 10:15 a.m.	\$45	\$50
		3 - 5 years	131020-2	Mon-Thu	10:30 - 11 a.m.	\$45	\$50
		3 - 5 years	131020-3	Mon-Thu	11:15 - 11:45 a.m.	\$45	\$50
		3 - 5 years	131020-4	Mon/Wed	4:45 - 5:15 p.m.	\$45	\$50
		3 - 5 years	131020-5	Mon/Wed	5:30 - 6 p.m.	\$45	\$50
		3 - 5 years	131020-6	Mon/Wed	6:15 - 6:45 p.m.	\$45	\$50

Preschool Level 2	Jellyfish	3 - 5 years	131030-0	Mon - Thu	9 - 9:30 a.m.	\$45	\$50
		3 - 5 years	131030-1	Mon - Thu	10:30 - 11 a.m.	\$45	\$50
		3 - 5 years	131030-2	Mon - Thu	11:15 - 11:45 a.m.	\$45	\$50
		3 - 5 years	131030-3	Mon/Wed	4:45 - 5:15 p.m.	\$45	\$50
		3 - 5 years	131030-4	Mon/Wed	6:15 - 6:45 p.m.	\$45	\$50
		3 - 5 years	131030-5	Mon/Wed	7 - 7:30 p.m.	\$45	\$50

Preschool Level 3	Swordfish	4 - 5 years	131040-0	Mon - Thu	9 - 9:30 a.m.	\$45	\$50
		4 - 5 years	131040-1	Mon - Thu	10:30 - 11 a.m.	\$45	\$50
		4 - 5 years	131040-2	Mon/Wed	5:30 - 6 p.m.	\$45	\$50
		4 - 5 years	131040-3	Mon/Wed	6:15 - 6:45 p.m.	\$45	\$50

Level 2	Stingray	6 - 12 years	131050-0	Mon - Thu	9 - 9:40 a.m.	\$45	\$50
		6 - 12 years	131050-1	Mon - Thu	9:45 - 10:25 a.m.	\$45	\$50
		6 - 12 years	131050-2	Mon - Thu	11:15 - 11:55 a.m.	\$45	\$50
		6 - 12 years	131050-3	Mon/Wed	4:45 - 5:25 p.m.	\$45	\$50
		6 - 12 years	131050-4	Mon/Wed	7 - 7:40 p.m.	\$45	\$50

Level 3	Shark	6 - 12 years	131060-0	Mon - Thu	9:45 - 10:25 a.m.	\$45	\$50
		6 - 12 years	131060-1	Mon - Thu	11:15 - 11:55 a.m.	\$45	\$50
		6 - 12 years	131060-2	Mon/Wed	4:45 - 5:25 p.m.	\$45	\$50
		6 - 12 years	131060-3	Mon/Wed	7 - 7:40 p.m.	\$45	\$50

Level 4	Marlins	6 - 12 years	131070-0	Mon - Thu	10:30 - 11:10 a.m.	\$45	\$50
		6 - 12 years	131070-1	Mon/Wed	6:15 - 6:55 p.m.	\$45	\$50

Level 5	Dolphins	6 - 12 years	131080-0	Mon - Thu	9 - 9:40 a.m.	\$45	\$50
		6 - 12 years	131080-0	Mon/Wed	5:30 - 6:10 p.m.	\$45	\$50

Adult	Conditioning	14 years and older	131090-0	Mon/Wed	7 - 7:40 p.m.	\$45	\$50
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## Level 5 - Stroke Refinement\*

### Dolphins (Ages 6 years and older)

**\*Must have passed all prerequisite levels or show competency.**

Taught in swim team style, swimmers work on their endurance, stroke technique, and efficiency. Swimmers will swim up to 50 meters (two lengths of the pool) at a time independently while working on stroke technique for all four competitive strokes. Refinement in flip turns, deep water diving, and treading are also included in this level. 40 minutes in the lap pool.

## Adult Group Lessons

### (Ages 14 years and older)

**No prerequisites required.**

Designed for adults who wish to improve their swimming skills within the group setting. Each class will be tailored to your own personal goals.

## Private Swim Lessons

### Private and Semi-Private Swim Lessons

#### (Ages 3 years and older)

Designed for swimmers who need a little extra attention in order to meet their swimming goals. We offer four 30-minute classes in each session. One to three students may participate. If more than one student is participating, swimmers should be around the same ability. Please register online at [rec.cityofgolden.net](http://rec.cityofgolden.net). In the case of semi-private lessons, one participant will register and submit payment for the session. It is the

participant's responsibility to work out the details regarding financial arrangements with the other participant(s). **Make up lessons will not be offered for classes missed by patrons.** The Community Center may offer to make up classes that have been canceled by the Aquatics Department, providing staff and facility space are available.

*Age: 3 years and older*

*Session includes 4 x 30-minute lessons.*

*Please register online at [rec.cityofgolden.net](http://rec.cityofgolden.net). For more information, contact the Aquatics Coordinator at 303-384-8131.*

*Fee: \$150 Resident, \$170 Non-resident*

## Water Fitness

**The classes described below are inclusive of facility admission, punch card and annual membership.** SilverSneakers® and Renew Active™ members can participate in these classes free of charge. Please swipe your membership card and pick up a current schedule at the Welcome Desk.

### Arthritis Foundation Aquatics Program

This low impact, low intensity class is located in our warmest pool. Students work on continued joint health, balance and mobility. While in waist-deep water, students engage in gentle stretching and repetitive motion that strengthens muscle tone and increases range of motion.



*Monday, Tuesday, Thursday*

**June - August**

*7 - 8 a.m. and 8 - 9 a.m.*

## Water Walking

Located in the shallow end of the lap pool, swimmers engage in low impact, high resistance movements while keeping their hair dry. Swimmers will get a moderate workout while reducing stress on joints. Ideal for anyone who wishes to improve cardiovascular fitness in a low-impact setting.



*Monday, Tuesday, Thursday*  
**June - August, 9 - 10 a.m.**

## Aquacise - Shallow Water

This moderately intense class is located in the shallow end of the lap pool, no need to get your hair wet. Swimmers will work on muscle tone, cardiovascular endurance, and health through a variety of aerobic exercises. This class will get your heart rate up with little impact on joints and the body.



*Tuesday, Thursday*  
**June - August, 8 - 9 a.m.**

## Aqua Aerobics

Our most intense aqua fitness class is designed for swimmers wishing to get a complete workout in a low impact setting. Located in the lap pool, students will participate in aerobics that improve cardiovascular health, muscle tone, and endurance while moving from the shallow end to the deep end.



*Monday, Wednesday, Friday*  
**June - August, 8 - 9:15 a.m.**



**American  
Red Cross**

**The City of Golden is an Authorized  
Provider of the American Red Cross  
Aquatics Training Courses**

This American Red Cross (ARC) designed course is one of the National Standards for Lifeguard Employment. To receive certification, candidates must complete required reading, actively participate in all classes, correctly demonstrate all skills, perform the final skills scenarios satisfactorily, and pass the final written exam with a minimum of 80 percent correct in each of the sections.

Upon successful completion, the candidate will receive certification in ARC Lifeguard Training, First Aid and CPR/AED for the Professional Rescuer.

Candidate must attend ALL classes to be



eligible for certification. No refunds or make-ups due to illness or injury.

*Age: Must be 15 years old by completion of course. Proof of birthday required on the first day of class.*

*Prerequisites: On the first day of class, each candidate must successfully complete the following skills to continue in the course:*

- swim continuously for at least 300 yards
- tread water for 2 minutes using only legs
- complete a timed event where you will swim 20 yards, retrieve a 10 lb. object from a depth of 10 ft., and return it to the starting point.

**#113000-02**

March 23 - 26

9 a.m. - 3 p.m.

\$175 Resident, \$200 Non-resident

## Kayaking

The City of Golden contracts with Colorado River School for classes and instruction. Please call 303-988-2943 or view all dates and book online at [www.coriverschool.org](http://www.coriverschool.org). Classes are held Friday evenings from 5 - 7 p.m. Reservations required.

## Swim Team

### Golden Marlins Swim Team

The Golden Marlins Swim Team is a summer club team based in Golden and welcomes swimmers up to the age of 18. The Marlins focus on fun and fitness as our coaches help swimmers learn and perfect stroke technique with individual goals for personal growth. Learn more at [www.teamunify.com/reccogm](http://www.teamunify.com/reccogm).



*Child Care  
Available*



## The Splash Aquatic Park at Fossil Trace

# Opening Day Saturday, May 23!

### Swim Diapers

Swim diapers are required for all infants, toddlers under the age of 3 or any guests that are diaper dependent. Swim diapers may be purchased at the Front Desk. No regular diapers are allowed in the pool.

For more information, please visit our website at [www.splashinggolden.com](http://www.splashinggolden.com).

### Private Rentals-After Hours Rentals

Looking for a fun place to host your company picnic, end of season banquet or family reunion? Let us help! Splash rentals are available from 6:30 - 9:30 p.m. nightly. So gather your friends, call a caterer, and come race down the slides and jump off the diving board with your friends. For more information and reservation instructions please visit our website [www.splashinggolden.com](http://www.splashinggolden.com). *Subject to availability and reservation deposit is required.*

### Birthday Parties

Celebrate your special day with us at Splash! Birthday parties, sports teams, and special events. The Splash is a great place to cool off and relax with friends and family while you celebrate. Reservations include admission to the Splash – feel free to stay as long as you like after your party, and 2 hours in a covered pavilion with 2 tables. For more information and reservation instructions, please visit our website at [www.splashinggolden.com](http://www.splashinggolden.com). *Subject to availability and payment is required at the time of reservation.*



**T**he Splash will open for the Summer season on Saturday, May 23. Starting May 1, you may purchase your season passes or punch cards at the Golden Community Center or online and receive a 10% discount.\* You may also purchase passes online at [rec.cityofgolden.net](http://rec.cityofgolden.net).

The Splash is open daily from 10 a.m. to 6:30 p.m. The pools will be cleared 15 minutes prior to the facility closing. There will be a safety break daily at 10 minutes to the hour. If the predicted high is 65 degrees or below, The Splash will not open.

### What is The Splash?

The Splash is a fun and exciting outdoor facility with water slides, bubblers, fountains and a 500-gallon dumping bucket in the leisure pool a sandbox play area, a zero-depth spray ground, and an 8-lane lap pool with diving board.

*\*All passes and punch cards must be purchased by **May 22** at The Golden Community Center to receive the 10% discount. Cannot be combined with any other discount.*

### General Park Information

#### Tipper's Grill

Tipper's Grill is a full-service concession stand offering healthier options such as grilled chicken Caesar salad, and veggie burgers, in addition to the traditional menu items. **Outside food is welcome; however alcohol, glass containers and personal grills are prohibited. All coolers are subject to inspection at the park.**

#### Unexpected Closures

In the event that the facility closes for the remainder of the day due to an unexpected closure event, a complimentary pass may be issued to guests on site that present their admission receipt. Guests that have been in attendance at Splash for 3 hours or more, services will be considered rendered and no complimentary pass will be issued. Refunds will not be issued for unexpected closures.

# Golden History Museum & Park



## Hands-on History Summer Day Camp

### Session Themes:

#### **Dirty Jobs (Ages 6-8 or 9-11)**

Try your hand at some of the dirty jobs that kept this town alive and kicking back in the day. Dig into mining, see if you have what it takes to make pottery at a porcelain plant, and seek out a story for the newspaper. We're digging up Golden's history and it's time to grab your work gloves and help out!

#### **Pioneer Kids (Ages 6-8 or 9-11)**

Travel back to the wild and woolly Golden of the mid-1800s. Learn what it was like growing up on a ranch while you work, learn, and play like pioneer kids. Tell a tall tale to entertain your fellow campers, cook on the woodstove, and take care of the chickens. Be sure to mind your manners around our one-room-schoolhouse teacher!

#### **Pastimes in Times Past (Ages 6-8 ONLY)**

Have you ever wondered how people entertained themselves before TVs and iPads? Now you can find out! Travel back in time to explore popular forms of entertainment, including live performances, crafts, and historical outdoor games.

#### **History Mystery (Ages 6-8 ONLY)**

Put on your thinking cap and grab your magnifying glass as you step back in time to

solve history mysteries! Campers will discover the magic of invisible ink, send messages to each other in code, and even hunt for clues. Help us solve the case and win the day!

#### **Art Explorers (Ages 9-11 ONLY)**

Come experience and examine various forms of art from the modern era through centuries past. Experiment with different types of mediums to create your own masterpieces ranging from hand-woven crafts to colorful pottery. What kind of artist will you be?

#### **Settle Down (Ages 9-11 ONLY)**

Colorado has prospered as a territory and state for hundreds of years but what did it take to build a successful settlement? Explore the decisions that ancient and historic Coloradans made to ensure their survival and progress. Decide if the railroad should come through Colorado, make beneficial trades with neighboring communities, and determine which jobs are necessary for your civilization to triumph.

#### **Silent Stars (Ages 9-12)**

Kids will form production teams to write, direct, film, and star in their own silent movie, just like the type shown in theaters in the 1920s. After editing footage and producing the final cut, campers will host a fun premiere and see their work on the big screen with family and friends!

## Summer Camp Schedule

To sign up for the full day, choose both the morning and afternoon sessions. Golden History Museum & Park members at the Household level or above receive discounts. Memberships must be active during camp session. Members have exclusive registration access between Jan. 1 - 14. Early-bird pricing available between Jan. 1 - March 14. Prices are available at [GoldenHistory.org/HOH](http://GoldenHistory.org/HOH).

## 2020 Hands-on History Schedule

	Ages 6 - 8 (Max. 18)		Ages 9 - 11 (Max. 18)		Ages 9 - 12 (max. 12)
	Morning Session (9 a.m. - 12 p.m.)	Afternoon Session (1- 4 p.m.)	Morning Session (9 a.m. - 12 p.m.)	Afternoon Session (1- 4 p.m.)	Full Day (9 a.m. - 4 p.m.)
June 1 - 5	Pioneer Kids	History Mystery	Art Explorers	Pioneer Kids	Silent Stars
June 8 - 12	Dirty Jobs	Pastimes in Times Past	Settle Down	Dirty Jobs	Silent Stars
June 15 - 19	Pioneer Kids	History Mystery	Art Explorers	Pioneer Kids	Silent Stars
June 22 - 26	Dirty Jobs	Pastimes in Times Past	Settle Down	Dirty Jobs	Silent Stars
July 6 - 10	Pioneer Kids	History Mystery	Art Explorers	Pioneer Kids	Silent Stars
July 13 - 17	Dirty Jobs	Pastimes in Times Past	Settle Down	Dirty Jobs	Silent Stars
July 20 - 24	Pioneer Kids	History Mystery	Art Explorers	Pioneer Kids	Silent Stars
July 27 - 31	Dirty Jobs	Pastimes in Times Past	Settle Down	Dirty Jobs	Silent Stars

## Golden History Museum & Park - Events and Programs

Golden History Museum & Park programs explore a wide variety of historic subjects presented by expert instructors. Learn about significant historic events that shaped the world and our community, apply historic skills in a modern way, and be entertained by stories of times past. We continue to provide the majority of our programs as a FREE benefit for museum members! Get more information at [GoldenHistory.org/join](http://GoldenHistory.org/join) today. Registration is required unless otherwise noted.

**Jan. 9**

### **Making Waves: Water in Contemporary Literature and Film**

Water is a symbol of life, wisdom, fertility, purity, and death. But a strain has been put on our water resources as increased energy demands combined with the effects of climate change to create a treacherous environment. In this program, hear author and Colorado School of Mines Professor Paula Farca discuss current water issues in the era of climate change using a wide variety of recent literature and film. At its

core, this lecture demonstrates that water is an immense reservoir of artistic potential and an agent of historical and cultural exchange.

*Golden History Museum, 6 - 7:30 p.m.  
Free for members; \$10 plus online  
Registration fee for non-members*



**Jan. 27**

### **A Golden Crusade: How Colorado Launched a CIA Propaganda Campaign and Helped Eisenhower Win the White House**

Denver provided the launching pad for two historic developments in the 1950s. The city

hosted the 1952 campaign head-quarters of Dwight D. Eisenhower, paving the way for the first Republican to occupy the White House in two decades. Denver also provided the launching pad for the CIA's Crusade for Freedom, a twenty-year advertising campaign to "sell" the Cold War by, remarkably enough, promoting the overthrow of foreign governments in Eastern Europe.

Both campaigns seemed unrelated. But newly declassified documents paint a much more complicated picture. Based on a decade of research, Kenneth Osgood takes you on a tour of the interlocking web that linked Eisenhower, the CIA, and the Centennial State. The campaigns reverberated in large and small communities across the country, including in Golden, Colorado.

*Golden History Museum, 6 - 7:30 p.m.  
Free for members; \$10 plus online  
Registration fee for non-members*

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**Feb. 6**  
**A Campers' Republic: How camping became a national ritual**

At first glance, camping out seems like a simple proposition: a chance to get back to nature and get away from it all. A closer look at how this recreational habit got built into American culture and federal infrastructure reveals a more complex story of dying Sequoia trees, the Great Depression, and hopes for democracy.

*Golden History Museum, 6 - 7:30 p.m.  
Free for members; \$10 plus online  
Registration fee for non-members*



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**Feb. 12**  
**Unconventional Women of the West**

Presented by *The Legendary Ladies, Inc.*, you will meet fascinating women who made unique contributions to the West. In first-person living history, you'll meet five historic characters sharing their struggles and triumphs as they visited and lived in the West.

*The Legendary Ladies, Inc.* celebrates 28 years of "Making History Come Alive". From 12 shows per year in 2006, the volunteers for this non-profit organization appear in 50 shows annually performing their spirited stories in a unique format, remembering and honoring remarkable women who were often forgotten.

*Golden History Museum, 6 - 7 p.m.  
Free for members; \$10 plus online  
Registration fee for non-members*

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**Feb. 24**  
**Suing for Freedom: Slavery and the Law in Early America**

During the eighteenth and early nineteenth centuries, enslaved people challenged their status in court. They devised legal strategies, studied law, and worked with lawyers to gain freedom in jurisdictions throughout the colonial era and early national republic. This presentation by Dr. Honor Sachs follows the story of one extended slave family in Virginia who initiated dozens of freedom suits over multiple generations between the American Revolution and the 1820s, claiming freedom by reason of Native American descent. Although this family worked with some of the nation's most famous lawyers – including Thomas Jefferson and John Marshall – their story has remained largely unknown. This talk reveals hidden stories about slavery, law, and family in early America.

*Golden History Museum, 6 - 7:30 p.m.  
Free for members; \$10 plus online  
Registration fee for non-members*



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**March 4**  
**Pikes Peak: On Common Ground**

On July 14, 1820 Edwin James performed the first documented climb to the summit of Pikes Peak. July 14, 2020 will mark the bicentennial year of Edwin's achievement. Mark James is Edwin's ancestor. The common

ground in the title is based, not on ancestral provenance, but on hiking and standing on the summit of Pikes Peak exactly 200 years after Edwin. Mark has been photographing Pikes Peak and the surrounding area to create a timeless, unspoiled landscape likely encountered by Edwin James and the Major Stephen H. Long Expedition to the Rocky Mountain West. In this program you will relive the adventure of Edwin James and the Major Long Expedition through story and photographs.

*Golden History Museum, 6 - 7:30 p.m.  
Free for members; \$10 plus online  
Registration fee for non-members*



**March 12**  
**From Beets to Bayonets:  
Colorado's War on Migrant Labor**

In the early twentieth century, Colorado led the nation in sugar production, thanks to beets harvested by migrant workers across the state. During the Great Depression, however, some state officials felt that jobs in Colorado should be held by Coloradans rather than outsiders from other states or countries. A campaign to rid the state of migrant workers, predominantly Hispanic, included talk of a state-run concentration camp near Golden and culminated in a blockade of the state boundary with New Mexico. The bitter and often vicious effort failed, but it exposed cultural and economic divisions in Colorado that resonate nearly

a century later. Join Dr. Derek R. Everett of MSU-Denver and Colorado State University to explore the Depression-era war against ethnic migrant labor in Colorado, why it failed, and what lessons it offers for today and tomorrow.

*Golden History Museum, 6 - 7:30 p.m.  
Free for members; \$10 plus online  
Registration fee for non-members*



**March 23**  
**The Dairy Route Through Golden:  
A look at how ten dollar milk cows  
gave us sugar bowls, cream caps,  
soda fountains and mozzarella  
cheese**

Ever wondered what makes cheese so Gouda? Have you ever wanted a shred of knowledge about utterly interesting dairy facts? Learn about Golden's dairy history from our local historian, Dennis Potter. Partnering with Cheese Ranch owner Rich Nichols, Rich will bring a current day look at how cheese is made and used in a host of foods including Italian. Yes, cheese samples will be provided- and how can you be blue when there's cheese around?

*Golden History Museum, 6 - 7:30 p.m.  
Free for members; \$10 plus online  
Registration fee for non-members*

**April 9**

**Wharf Rats from New Orleans**

On May 3, 1855, three mercenaries known as the Immortals, and identified as Edward Chinn, Mark Taylor, and Edgar Vanover, boarded a ship in San Francisco and sailed under the command of William Walker to Nicaragua. The hired guns gave battle to the Nicaraguan nationalistic troops at Rivas and for a short time opened the South American country to slavery. The victory at Rivas was ill conceived, poorly led, and the Immortals were lucky to escape Nicaragua with their lives. Rumors abounded in California that they swam back to the States. Other rumors circulated that they rode stolen horses from California to their destination of Golden City, Colorado Territory.

*Golden History Museum, 6 - 7:30 p.m.  
Free for members; \$10 plus online  
Registration fee for non-members*

**April 20**

**What are we really arguing about?  
Environmentalism in the  
21st Century**

Climate change has emerged as the central environmental problem facing humanity in the 21st century. According to NASA, 97% of climate scientists agree that climate change is occurring. There are daily news items featuring truly stunning facts about hurricanes, melting glaciers, increased turbulence during trans-Atlantic flights, etc. Many Americans, however, remain unpersuaded or even infuriated by this barrage of bad news. This lecture uses philosophical tools to unpack the competing claims that surround environmental issues, and to provide new ways of looking at the arguments that continue to pit us against each other.

*Golden History Museum, 6 - 7:30 p.m.  
Free for members; \$10 plus online  
Registration fee for non-members*

**Advance registration is required for most events.**  
Get details and sign up at [GoldenHistory.org/events](http://GoldenHistory.org/events).

**“Are you ready for your  
healthiest school-year  
EVER?”**

The medical profession and prescription drugs deal only with symptoms, not with the cause of sickness. Chiropractors have dealt with the cause for over 115 years, and have never wavered.



**We Offer Great Care At A Great Fee.**

We have delivered thousands of chiropractic adjustments and have spent years learning and applying a very gentle, highly researched form of chiropractic called *Network Spinal Analysis (NSA)*. We are passionate about families and children becoming HEALTHY, STRONG, and VITAL!

**Are You Ready for the Best Year of Your Life?**

Researched benefits of NSA include less physical pain, improved allergies and eczema, fewer colds and flu, fewer headaches, less menstrual discomfort, improved response to stress, improved mental and emotional state, improved life enjoyment, and improved overall quality of life.

**OUR OFFER:** When you are one of the first **10** people to mention this article, you will receive our entire new patient exam for **\$27**. That’s with a computerized diagnostic test and any other necessary tests. Further care is very affordable and you’ll be happy to know that we have great family plans. **BODY IN BALANCE CHIROPRACTIC, P.C.**, is located at 755 Heritage Rd., Unit 110 in Golden. Our phone number is **303-215-0390**. We can help you. Thank you. [www.bodyinbalancechiropractic.com](http://www.bodyinbalancechiropractic.com)



## Adult Athletics

### How to Register for Adult Athletic Leagues

We no longer accept registrations by mail! Registration is first come, first served.

**Online:** [rec.cityofgolden.net](http://rec.cityofgolden.net)

League payment must be paid in full. Teams are not entered in any league unless full payment is made at the time of registration. For information on payment plans, contact Beau at 303-384-8194. Teams may pay by cash, check or credit card. For more information on any City of Golden adult athletics program, visit us at [rec.cityofgolden.net](http://rec.cityofgolden.net) or contact the Athletic Coordinator at 303-384-8194. The Tony Grampas Sports Complex (TGSC) is located at 4471 Salvia St. The Ulysses Sports Complex is located at the intersection of W. 10th Avenue and Ulysses Street.

For more information on leagues, visit our website at [rec.cityofgolden.net](http://rec.cityofgolden.net) or call Beau at 303-384-8194.

Quickscores is a website that will now hold all of the schedules, standings, rules, and other information for the adult leagues. To find schedules, visit [www.quickscores.com/golden](http://www.quickscores.com/golden).

For more information on leagues, please visit our website at [rec.cityofgolden.net](http://rec.cityofgolden.net) or call Beau at 303-384-8194.

### Spring Adult Softball Leagues

It's time to dust off those gloves and get outside for some softball! The City of Golden will once again offer a full slate of adult softball leagues for the 2020 spring season. All leagues begin the week of March 9. Look for complete details on our website [rec.cityofgolden.net](http://rec.cityofgolden.net) in February!

### Summer Adult Softball Leagues

The City of Golden offers a complete lineup of summer softball leagues for teams of all levels of play. Men's and Co-Rec leagues are available. All leagues begin the week of April 27. For more information: [rec.cityofgolden.net](http://rec.cityofgolden.net) or call Beau at 303-384-8194.

## Summer Adult Co-Rec Kickball League

Activity Number	Division	Day	Time	Location
631300-01	Co-Rec	Wed.	6 - 10 p.m.	Tony Grampas

Age: 18 years and older, Min/Max: 4/12  
 Fees: \$350 - includes player and team fees - 8 guaranteed games  
 Registration Begins: Monday, March 2  
 Registration Deadline: Wednesday, May 25 at 5 p.m. or until filled.  
 League Begins: Wednesday, June 3  
 For more information: [rec.cityofgolden.net](http://rec.cityofgolden.net) or call Beau at 303-384-8194.

## Golden Summer Tennis

All participants should bring a racquet and water to every practice. Additionally, please bring one can of new tennis balls to the first class. Class sizes generally range from four to eight participants and all sessions are conducted in three-week intervals. Private and semi-private lessons are also available.

### #631500

Monday - Wednesday, 5:55 - 6:45 p.m.  
 Age: 16 - 55 years

### Session 1: June 8 - 24

(01) Adult Beginner to Intermediate

### Session 2: July 13 - 29

(02) Adult Beginner to Intermediate

Lions Park Tennis Courts  
 \$70 Resident, \$75 Non-resident

## Cornhole

New Cornhole League!!! Grab a partner and come out to Lions Park and play some Cornhole. Cornhole is a lawn game in which players take turns throwing bags of plastic resin at a raised platform with a hole in the far end. A bag in the hole scores 3 points, while one on the board scores 1 point. Play continues until a team or player reaches or exceeds the score of 21 by means of cancellation scoring. For more information please contact Beau Bressler at 303-384-8194 or [bbressler@cityofgolden.net](mailto:bbressler@cityofgolden.net).

Activity Number	Division	Day	Time	Location
631700-01	Co-Rec	Tues.	6 - 10 p.m.	Lions Park

Age: 18 years and older, Min/Max: 4/12  
 Fees: \$50 - includes player and team fees - 6 guaranteed games



Registration Begins: Monday, March 2  
 Registration Deadline: Monday, April 27 at 5 p.m. or until filled.  
 League Begins: Tuesday, May 5  
 For more information: [rec.cityofgolden.net](http://rec.cityofgolden.net) or call Beau at 303-384-8194.

## Fall Adult Softball Leagues

In Golden, softball doesn't end with the summer months. The City of Golden also offers a complete lineup of fall softball leagues for teams of all levels of play. Men's, Women's and Co-Rec leagues are available. Complete league information will be announced in June. All leagues begin the week of Aug. 10. For more information: [rec.cityofgolden.net](http://rec.cityofgolden.net) or call Beau at 303-384-8194.

## Gym and Field Rental Information

The City of Golden has 10 multi-purpose fields and numerous Pavilions available for rent to the public by contacting 303-384-8125 (Fields/Pavilions).

### 2020 Field Rental Fees:

Tony Grampas Memorial Sports Gym  
 .....\$45/hr. (2 hour minimum required)  
 Tony Grampas Memorial  
 Sports Fields..... \$30/hr.  
 (2 hour minimum required)  
 Field w/lights ..... \$60/hr.  
 (2 hour minimum required)  
 Field by the day (6 hrs. min.) .....\$195/day  
 Ulysses and Lions Fields..... \$30/hr.  
 (2 hour minimum required)  
 Field w/lights ..... \$60/hr.  
 (2 hour minimum required)  
 Field by the day (6 hrs. min.) .....\$195/day  
 Field Prep (dragging, chalk, and bases).....\$30

## Drop-In Basketball

### Pick-up Games

Open gym basketball provides an opportunity for pick-up games for players **18 years and older**.

Days	Time	Location
Monday Wednesday Thursday Friday	11 a.m. - 1:30 p.m.	East and West Gym
Saturday Sunday	7:30 a.m. - 1 p.m.	East and West Gym
Monday Wednesday	6:45 - 8:45 p.m.	West Gym

*Fee: Center Admission.* No children in the gym during this time, adults only. **GCC Staff reserve the right to change or cancel full court basketball due to building activity.**



**Weather Hotline: 303-384-8112**  
**Updated after 4 p.m.**

- Press 1 Ulysses Sports Complex
- Press 2 Tony Grampas Sports Complex
- Press 3 Lions Park Fields
- Press 6 Tony Grampas Gym
- Press 7 Tennis Program
- Press 8 Rooney Road Sports Complex
- Press 9 CARA Track

## City of Golden Parks & Recreation Rooney Road Priority Usage Criteria and Rental Fees

### Priority 1:

- a. Organizations must be located in the Golden region which includes Golden area, Genesee, Evergreen, Applewood, and Conifer.
- b. The organization's primary focus is that of youth sports programs.
- c. The organization is made up of 75 percent of youth from the target areas.
- d. The organization is registered with the State of Colorado and is required to be maintained as a Colorado Nonprofit Corporation as identified by the State of Colorado.
- e. The organization must not be affiliated with, or be a branch or division of, a larger organization which is primarily operating in another community.

### Priority 2:

- a. Jefferson County Schools located in the targeted area as identified in Priority 1a.

### Priority 3:

- a. All other organizations located within Jefferson County whose sole purpose is to provide youth sports experiences to youth in Jefferson County.

### Priority 4:

- a. Youth sports organizations located outside of Jefferson County.

### Priority 5:

- a. Organizations and businesses desiring to secure a venue for special tournaments, sport camps or events. (These permits will be issued on a time/space available basis and will not be long-term.)

General Public Usage: Any time the facility is not in use, the general public will have access to the site. The complex will be treated as an open park.

### 2020 Rental Fees:

- Priority 1: \$30/hr. - \$175 for 6 hrs. or more
- Priority 2: \$30/hr. - \$175 for 6 hrs. or more
- Priority 3: \$40/hr. - \$235 for 6 hrs. or more
- Priority 4: \$40/hr. - \$235 for 6 hrs. or more
- Priority 5: \$60/hr. - \$350 for 6 hrs. or more

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

This Co-Recreation program is offered to youth in grades 2 through 12. Passing, setting, blocking, team strategy and other volleyball skills will be covered, with more advanced techniques for more skilled players. Teams will participate in weekend tournaments against other metro area recreation agency teams. A state tournament will conclude the season. Further details will be available as the season progresses.

*Age: 2nd through 12th grade*

*Min/Max: 6/25 per time slot*

*Tony Grampsas Gym, 44th Ave. & Salvia St.*

#### **#622100 - Spring 2020**

*March 3 - May 16*

*Tuesdays & Thursdays, 4:30 - 5:45 p.m.*

*(01) Grades 2 to 4*

*(02) Grades 5 to 6*

*Wednesdays & Fridays, 4:30 - 5:45 p.m.*

*(03) Grades 7 to 8*

*(04) Grades 9 to 12*

#### **#642100 - Fall 2020**

*Aug. 25 - Oct. 24*

*Tuesdays & Thursdays, 4:30 - 5:45 p.m.*

*(01) Grades 2 to 4*

*(02) Grades 5 to 6*

*Wednesdays & Fridays, 4:30 - 5:45 p.m.*

*(03) Grades 7 to 8*

*(04) Grades 9 to 12*

*\$105 Resident, \$110 Non-resident*

### Youth Volleyball Training - Summer 2020

This Co-Recreation program is offered to participants in grades 2 through 12. The focus of the program is to continue to work on basic skills, conditioning, and drills to keep the participant in volleyball shape.

*Age: 2nd through 12th grades*

*Min/Max: 6/25 per time slot*

#### **#632200 - Summer 2020**

*June 2 - July 30*

**Thursdays, 4:30 - 5:45 p.m.**

*(01) Grades 2 to 4*

*(02) Grades 5 to 6*

*\$80 Resident, \$85 Non-resident*

**Tuesdays & Wednesdays, 4:30 - 5:45 p.m.**

*(03) Grades 7 to 8*

*(04) Grades 9 to 12*

*\$95 Resident, \$100 Non-resident*

*- Practice will be inside at the Tony*

*Grampsas Gym, but may be held outside, weather permitting.*

### C.A.R.A. Youth Track & Field - Summer 2020

Run in to register your child for this track program for kids ages 5 - 16. They will experience a fun atmosphere while learning the fundamentals of track. Practice three times per week and compete in area track meets against other recreation agencies on Saturdays. T-shirt included. Children are encouraged, but not required to participate in every meet.

*Age: 5 - 16 years, Min/Max: 6/100*

#### **#632300-01**

*Monday/Wednesday/Friday, 9 - 10:45 a.m.*

*Monday, June 1 - Saturday, July 18*

*- Practices location TBD.*

*- Track Meets: Saturdays throughout the summer*

*\$90 Resident, \$95 Non-resident*

### Middle School Sports Program (MSSP)

MSSP is a co-ed, recreational, after-school sports league. The league teaches participants the basic rules of the game and sportsmanship. Teams play against other area middle schools. Practices will be held 2:30 to 4 p.m. at Bell Middle School.

#### **Transportation**

Transportation will be provided to games as often as possible, using Jeffco School buses and City of Golden passenger vans. In those instances, transportation will be provided to the game only. There will be no transportation provided back to the school. When neither of these options is available, parents may be asked to assist with carpools for students.

*Age: 6th through 8th grades*

#### **#653100-09 Track**

*March 31 - May 18, Min/Max: 6/50*

*Practices: Tuesdays & Thursdays*

*Fee: \$130*

#### **#653100-01 Flag Football**

*Aug. 18 - Oct. 14, Min/Max: 6/32*

*Practices: Tuesdays & Thursdays*

*Fee: \$145*

#### **#653100-02 Cross Country**

*Aug. 17 - Oct. 14, Min/Max: 6/32*

*Practices: Mondays & Wednesdays*

*Fee: \$125*

## Youth Tennis Lessons

### Morning Sessions

The youth tennis lessons are recreational and instructive to cover the basics and



fundamentals of tennis. All tennis lessons are held at the Lions Parks Tennis Courts. Morning classes are held on Tuesdays, Wednesdays, and Thursdays for each session.

**Age: 6 - 8 years**

The focus will be to learn to rally using a red ball on a 36' x 18' court size using a racket size up to 23". Players will work together both in sending and receiving the ball, play games, develop techniques and simple tactics.

**#632520** Tuesday, Wednesday, Thursday  
8:45 - 9:30 a.m.

- (01) June 9, 10, 11
- (02) June 16, 17, 18
- (03) June 23, 24, 25
- (04) July 14, 15, 16
- (05) July 21, 22, 23

\$40 Resident, \$45 Non-resident

**Age: 8 - 12 years**

Focus again will be learning to rally an orange or green dot ball on a 60' x 21' singles and a 60' x 27' doubles court. Players will improve techniques for basic strokes, use more advanced tactics, and play games.

**#632520** Tuesday, Wednesday, Thursday  
9:30 - 10:30 a.m.

- (06) June 9, 10, 11
- (07) June 16, 17, 18
- (08) June 23, 24, 25
- (09) July 14, 15, 16
- (10) July 21, 22, 23

\$50 Resident, \$55 Non-resident

**Age: 12-18 years**

This class will focus on learning to rally a standard ball using a full-size singles and doubles court. Players will improve techniques for all strokes needed for advanced tactics in playing singles and doubles.

**#632520** Tuesday, Wednesday, Thursday  
10:30 - 11:30 a.m.

- (11) June 9, 10, 11
- (12) June 16, 17, 18
- (13) June 23, 24, 25
- (14) July 14, 15, 16
- (15) July 21, 22, 23

\$50 Resident, \$55 Non-resident

**Afternoon Sessions**

**Age: 5 - 9 years**

Beginner - Class will focus on the most basic tennis skills and techniques.

**#632500** Mondays & Wednesdays  
4 - 4:30 p.m.

- (01) June 8 - 24
- (02) July 13 - 29

\$60 Resident, \$65 Non-resident

**Age: 9 - 15 years**

Advanced Beginners/Intermediate - Class will focus on reinforcement of techniques, rallying and playing tennis.

**#632500** Mondays & Wednesdays  
4:45 - 5:35p.m.

- (03) June 8 - 24
- (04) July 13 - 29

\$90 Resident, \$95 Non-resident

**Skateboarding**

**Square State Skate**

**Full-Day Summer Camp**

Learn how to be safe and have fun on your skateboard while riding some of the best parks in the Front Range. We'll skate the Golden Ulysses Park in the morning before jumping on our Skate Bus to check out different parks in the area, explore a variety of terrain and visit multiple skater-owned skate shops. Explore all the different areas of street and skatepark riding, from safety and etiquette to advanced park riding. We will also go swimming once during the week.



Come make new friends, have fun, and be a part of our active skateboard community.

Age: 5 - 15 years, Min/Max: 3/15  
**#652900-01** Monday - Friday, Aug. 10 - 14  
 8:30 a.m. - 3:30 p.m.  
 Full Week Registration (5-days):  
 \$350 Resident, \$355 Non-resident  
 Fee for Four Days or Less:  
 \$80 per day Resident,  
 \$85 per day Non-resident  
 Ulysses Skate Park

### Square State Skate Saturday Sessions

Come shred with Square State Skate's experienced staff all year round. In our lesson-based program, we set building blocks for safety and learning on a board. We skate together, play skate-related games, work on new skills and tricks, learn about skateboarding history, and just enjoy the unique skateboarding community.

A helmet and a skateboard required (please inform us if a loaner is needed). Also bring some energy and your smile and start your Saturdays with a like-minded community of goofballs!

Age: 5 - 15 years, Min/Max: 3/15  
**#652950** Saturdays, 9 - 10:30 a.m.  
 (01) March 14  
 (02) April 11  
 (03) May 9  
 \$25 per session  
 Ulysses Skate Park



**OPEN 7 DAYS A WEEK**  
 Mon. - Sat. 8 a.m. - 6 p.m.  
 Sunday 10 a.m. - 3 p.m.

We Carry Over 30,000 items in 27,000 Square Feet of Sales Area!

<b>Plumbing</b>	<b>Valspar Paints</b>
<b>Hardware</b>	<b>Automotive</b>
<b>Tools</b>	<b>Electrical</b>
<b>Lawn &amp; Garden</b>	<b>Housewares</b>
	<b>Sporting Goods</b>

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 Free gift wrapping for your Meyer purchases  
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**1103 Arapahoe Street, Golden**  
**MEYER HARDWARE**  
**303-279-3393**  
 SERVING THE WEST METRO AREA



### Square State Skate Summer Skateboard Lessons

Learn how to safely progress while having fun on your skateboard! We welcome skaters of all ages and skill levels to join us as we work on everything from learning how to stand and roll on your skateboard to challenging yourself with tricks. Build up to advanced park riding as we explore all of the different features of the Team Pain-built Ulysses Skatepark. We will skate together, play some skate-related games, learn about skateboarding history, and enjoy the unique and active skateboarding community.

Age: 5 - 15 years, Min/Max: 3/12  
**#652910** Monday - Friday, 8:30 - 10 a.m.  
 (01) June 8 - 12  
 (02) July 13 - 17  
 Fee: \$25/day, \$110/week  
 Ulysses Skate Park



# City of Golden Recreation Dept



is proud to present

## SuperTots Sports for Kids!

Since 2002, **SuperTots** engages kids, ages 2 to 5, in physical activity in a non-competitive environment that is safe and fun above all else. **SuperTots** knows kids are hardwired to learn through play and need to devote time and energy to recreation activities. For that reason, we've designed an engaging, skill-building curriculum in which "tots" learn through a series of fun and beneficial games. They will acquire athletic skills and fitness but also develop an interest and **love of sports**.



### HOOPSTERTOTS

652650-11	02/18 – 03/31*	T	9:30 - 10:20 a.m.	2 – 3 yrs	\$89**	Tony Grampsas - Gym
652650-12	02/18 – 03/31*	T	10:30 - 11:20 a.m.	3 – 5 yrs	\$89**	Tony Grampsas - Gym

\*No Class March 24

### BASEBALLTOTS

652650-13	04/07 – 05/12	T	9:30 - 10:20 a.m.	2 – 3 yrs	\$89**	Tony Grampsas - Gym
652650-14	04/07 – 05/12	T	10:30 - 11:20 a.m.	3 – 5 yrs	\$89**	Tony Grampsas - Gym

### SOCCERTOTS

652650-20	06/08 – 06/12	M-F	9:30 - 10:20 a.m.	2 – 3 yrs	\$74**	Lions Park – East Field
652650-21	06/08 – 06/12	M-F	10:30 - 11:20 a.m.	3 – 5 yrs	\$74**	Lions Park – East Field

### BASEBALLTOTS

652650-22	06/22 – 06/26	M-F	9:30 - 10:20 a.m.	2 – 3 yrs	\$74**	Lions Park – East Field
652650-23	06/22 – 06/26	M-F	10:30 - 11:20 a.m.	3 – 5 yrs	\$74**	Lions Park – East Field

### HOOPSTERTOTS

652650-24	07/13 – 07/17	M-F	9:30 - 10:20 a.m.	2 – 3 yrs	\$74**	Tony Grampsas - Gym
652650-25	07/13 – 07/17	M-F	10:30 - 11:20 a.m.	3 – 5 yrs	\$74**	Tony Grampsas - Gym

\*\*\$5 non-resident fee for participants not living in the City of Golden.  
We reserve the right to combine or cancel classes due to minimum requirements if necessary.

~~FALL 2020 CLASSES WILL START AFTER LABOR DAY~~

FOR MORE INFORMATION AND TO REGISTER CONTACT:

web: [supertotssports.com/colorado](http://supertotssports.com/colorado)

phone: 303.222.8039

Space is limited, register today!



# City of Golden Recreation Dept



is proud to present

## Skyhawks Sports Programs for Kids!

### Teaching Life Skills Through Sports

*Skyhawks provides a safe, fun, non-competitive environment to teach sports to children ages 4 to 14. Our programs are designed to give each child a positive introduction into sports and ensure they walk away with a smile on their face wanting to learn more. Our knowledgeable and patient staff use a variety of games and activities to give each athlete an overview of the sport while building valuable skills. Since 1979, Skyhawks has taught over two million boys and girls **Life Skills through Sports.***



#### BASEBALL

632600-06	6/22 - 6/26	M-F	9am-12pm	6-12	\$129*	Lions Park – East Field
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#### BASKETBALL

632600-02	5/27 - 5/29	W-F	9am-12pm	6-12	\$75*	Tony Grampsas - Gym
632600-18	6/15 - 6/19	M-F	1pm-4pm	6-12	\$129*	Tony Grampsas - Gym
632600-25	8/3 - 8/7	M-F	9am-3pm	6-12	\$190*	Tony Grampsas - Gym

#### BEGINNING GOLF

632600-11	6/8 - 6/12	M-F	9am-12pm	5-8	\$129*	Lions Park – East Field
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#### FLAG FOOTBALL

632600-01	6/15 - 6/19	M-F	9am-12pm	6-12	\$129*	Golden Heights Park
632600-10	7/20 - 7/24	M-F	9am-12pm	6-12	\$129*	White Ash Mine Park

#### MINI-HAWK® (BASEBALL, BASKETBALL, SOCCER)

632600-07	5/27 - 5/29	W-F	9am-12pm	4-7	\$75*	White Ash Mine Park
632500-13	6/22 - 6/26	M-F	9am-12pm	4-7	\$129*	Golden Heights Park
632600-14	7/6 - 7/10	M-F	9am-12pm	4-7	\$129*	Lions Park – East Field
632600-21	7/27 - 7/31	M-F	9am-12pm	4-7	\$129*	Lions Park – East Field

#### LACROSSE

632600-16	7/20 - 7/24	M-F	9am-12pm	6-12	\$129*	Tony Grampsas – West Field
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\*\$5 non-resident fee for participants not living in the City of Golden.

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**Space is Limited – Register Today!**  
[www.skyhawks.com/colorado](http://www.skyhawks.com/colorado) 303.222.8039



# Skyhawks Sports Programs for Kids!

## Teaching Life Skills Through Sports

CONTINUED...

### MULTI-SPORT® (BASKETBALL, SOCCER)

632600-14	7/13 - 7/17	M-F	9am-3pm	6-12	\$190*	Tony Grampsas – West Field/Gym
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### SOCCER

632600-03	6/8 - 6/12	M-F	9am-12pm	6-12	\$129*	Lions Park – East Field
632600-15	7/6 - 7/10	M-F	9am-12pm	6-12	\$129*	Lions Park – East Field

### BEGINNING TENNIS

632600-04	6/1 - 6/5	M-F	9am-12pm	5-9	\$129*	Southridge Park
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### TENNIS

632600-05	6/29 - 7/2	M-Th	9am-12pm	9-14	\$103*	Lions Park – Tennis Courts
632600-20	7/27 - 7/31	M-F	9am-12pm	9-14	\$129*	Southridge Park

### TRACK AND FIELD

632600-23	7/27 - 7/31	M-F	9am-12pm	6-12	\$129*	Ulysses Park - Track
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### VOLLEYBALL

632600-26	6/1 - 6/5	M-F	9am-12pm	7-12	\$129*	Tony Grampsas - Gym
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\*\$5 non-resident fee for participants not living in the City of Golden.

### WHAT TO BRING

- All participants receive a t-shirt and a merit award.
- Participants should bring appropriate clothing, one or two snacks, a water bottle, running shoes and sunscreen.
- Soccer and Mini-Hawk participants may bring shin guards, but not required.
- Baseball and Mini-Hawk participants may bring baseball mitts, but not required.
- Tennis participants may bring a tennis racket, but not required.
- Volleyball participants may bring elbow and knee pads, but not required.
- Lacrosse players should bring a mouthpiece, protective gloves, a helmet with full mask (or goggles for girls) and a lacrosse stick.
  - Lacrosse equipment rental kits are available at [www.skyhawks.com](http://www.skyhawks.com) for \$29.
  - There is a limited amount of kits; reserve early to avoid disappointment.

### FOR MORE INFORMATION AND TO REGISTER CONTACT:

web: [skyhawks.com/colorado](http://skyhawks.com/colorado)      [rec.cityofgolden.net](http://rec.cityofgolden.net)  
 phone: 303.222.8039      303.384.8100



# Tykes (6 years and under)

## Spanish for Preschool

Give your child these proven benefits from learning a second language: better at reading and writing, better language skills, better listening skills, better at problem solving, and better memory. Nancy Varamo is a native speaker from Argentina who has a special gift for inspiring kids with the Spanish language.

*Age: 3 - 6 years, Min/Max: 5/12*

**#451100** Wednesdays, 12:45 - 1:30 p.m.

(03) April 2 - May 6

(04) June 3 - July 8

(05) July 15 - Aug. 12 (5-week prorated)

(06) Sept. 9 - Oct. 14

\$120 Resident, \$125 Non-resident

**#451101** Thursdays, 12:45 - 1:30 p.m.

(05) April 3 - May 7

(06) June 4 - July 9

(07) July 16 - Aug. 13 (5-week prorated)

(08) Sept. 10 - Oct. 15

\$120 Resident, \$125 Non-resident

## JumpBunch® Sports Exploration - Pre-K - 2<sup>nd</sup> Grade

Come see what being fit and having fun is all about! JumpBunch® will get your child moving while building confidence, muscle strength, coordination and more! Each week, we'll introduce the fundamentals of a different sport or fitness activity, providing your child the opportunity to explore, grow, learn and play. Come see what being fit and having fun is all about!

This program is taught by a contractual instructor who plans the program based upon the number of students registered 48 hours prior to the start of the program. Therefore, we cannot grant refunds, credit or transfer requests after 48 hours prior to the start of the class.

*Age: 3½ - 7 years, Min/Max: 4/12*

**#455721** Tuesdays, 12:45 - 1:45 p.m.

(03) March 31 - May 5

(05) May 12 - June 16

(07) June 23 - July 28

(09) Aug. 4 - Sept. 8

No class Aug. 25

(5-week class prorated)

\$66 Resident, \$71 Non-resident

**#455721** Wednesdays, 3:30 - 4:30 p.m.

(04) April 1 - May 6

(06) May 13 - June 17

(08) June 24 - July 29

(10) Aug. 5 - Sept. 9

No class Aug. 26

(5-week class prorated)

\$66 Resident, \$71 Non-resident



## JumpBunch® Intro to Sports - Parent - Tot

Our movement-based curriculum is specially designed to help build self-confidence while developing fine and gross motor skills, hand-eye coordination, balance, and more! JumpBunch® provides your toddler the opportunity to explore a wide range of sports, while also reinforcing the fundamentals like colors, shapes, animals, and counting. JumpBunch® is the ideal way to start your child on the path to a healthy and happy life!

This program is taught by a contractual instructor who plans the program based upon the number of students registered 48 hours prior to the start of the program. Therefore, we cannot grant refunds, credit or transfer requests after 48 hours prior to the start of the class.

*Age: 1½ years - 3½ years, Min/Max: 4/12*

**#455711** Wednesdays, 4:30 - 5 p.m.

(03) April 1 - May 6

(04) May 13 - June 17

(05) June 24 - July 29

(06) Aug. 5 - Sept. 9 No class Aug. 26

(4-week class prorated)

\$54 Resident, \$59 Non-resident

## Music for Tiny Tots & Toddlers

The **Tiny Tots** program is designed for children between 12 and 24 months with a developmental focus including bouncing, massage rhymes, tickling songs and finger plays, while exploring a variety of instruments and movement to music. In the **Tots/Toddler program**, for children between 2 and 4 years of age. Your child will enjoy finger plays, action songs, movement to music, and fun instruments. Classes incorporate following directions, motor skills, social interaction, body awareness, and learning to have fun through music. Children must be accompanied by an adult. **Non-registered children may not remain in the classroom and must be taken to child care.** Make-up classes are not offered.



**Age: 12 - 24 months, Min/Max: 6/15**

**#451302** Thursdays, 9:30 - 10 a.m.

(03) April 9 - May 14

No class April 23

\$62 Resident, \$67 Non-resident

**Age: 2 - 4 years, Min/Max: 6/15**

**#451304** Thursdays, 10:15 - 11 a.m.

(03) April 9 - May 14

No class April 23

\$62 Resident, \$67 Non-resident

**\* Music for Tots will return in the FALL.**



**FIT4MOM**

Offering Strength  
and Sisterhood in  
Motherhood.

**FOR INFO ON CLASS  
LOCATIONS and TIMES  
VISIT US ONLINE AT:  
[denverfoothills.fit4mom.com](http://denverfoothills.fit4mom.com)  
or call 720.956.6FIT.**

**YOUR FIRST CLASS IS  
FREE!!**

**facebook:**  
[www.facebook.com/  
Fit4MomDenverFoothills](https://www.facebook.com/Fit4MomDenverFoothills)

# Enrichment Education

## Medic Pediatric CPR/First Aid

Choose the pediatric emergency care program specifically designed for childcare providers. A great opportunity for young babysitters and parents to renew or learn the basics. Based on national standards including the latest CPR guidelines, this comprehensive program helps meet diverse job requirements for pediatric health and safety training. Covering CPR, choking and AED for infant child and adult applications. First aid prevention and treatment for basic injury/illness, bleeding/shock management, fractures and sprains, burns, eye injuries, medical emergencies such as seizure, stroke and heart-related problems. Refunds will not be given for no-shows. Bring a sack lunch to class.

*Age: 11 - Adult, Min/Max: 5/20*

**#452430** Saturdays, 9 a.m. - 3 p.m.

(01) Feb. 1

(02) April 18

(03) June 13

\$75 Resident, \$80 Non-resident

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## Babysitting Course

This course is designed for the pre-teen and helps them to prepare for those first babysitting opportunities. Students will learn to identify their own responsibilities such as routine child care duties (feeding, bathing, and diapering). They will also learn basic child development and be able to provide activities for the developmental stages. Also stressed will be home and fire safety, infant and child CPR, rescue breathing and choking procedures. Certification provided. Bring a sack lunch to class. Refunds will not be given for no-shows. Bring a sack lunch to class.

*Age: 11 - 14 years, Min/Max: 5/20*

**#452410** Saturdays, 9 a.m. - 3 p.m.

(02) Feb. 22

(03) March 23 (MONDAY CLASS)

(04) May 23

(05) June 20

(06) Aug. 1

\$75 Resident, \$80 Non-resident

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## Home Alone with First Aid

This course is designed for the 10 to 13-year-olds who will be left home alone for short periods of time. Outlined in the course is safe decision making, constructive time

management and personal safety. The basics of first aid treatment and prevention for burns, cuts, fractures/sprains and choking. Refunds will not be given for no-shows. Bring a sack lunch to class.

*Age: 10 - 13 years, Min/Max: 5/20*

**#452420** 9 a.m. - 1 p.m.

(01) Jan. 11

(02) March 14

(03) May 16

\$75 Resident, \$80 Non-resident

## SpaceTime Activities

### Alien Invasion Workshop

THE ALIENS ARE COMING, THE ALIENS ARE COMING!! SpaceTime's Alien Invasion Workshop takes kids on a virtual space mission to search for alien life on some of the new worlds that have been discovered outside our solar system as well as on a few of the worlds INSIDE our solar system. They will get to do science fly-bys over the moons Titan, Enceladus, and Europa and then take an interstellar voyage to a distant star to see if its worlds may contain extraterrestrial life.

*Age: 5 - 12 years, Min/Max: 6/16*

**#455202** Saturdays, 9:30 - 11:30 a.m.

(01) May 9

(02) July 18

2-hour Saturday workshops -

\$25 Resident, \$30 Non-resident

**#455202** Friday, 1 - 5 p.m.

(Jeffco Early Release Day workshops)

(03) April 10

Early Release Day workshops -

\$25 Resident, \$30 Non-resident

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### Other Earths Workshop

With SpaceTime's Other Earths Workshop, kids get to take a deep space journey to some of the exciting new worlds recently discovered around distant stars including the seven exoplanets that scientists believe are similar enough to earth to possibly be habitable by humans. They will get to do virtual fly-overs and landings on these earth cousins to search for alien life, learn how to design and build exoplanet bases and go hands-on to see how we can find more of these other earths.

*Age: 5 - 10 years, Min/Max: 6/16*

**#455211** Saturday, 9:30 - 11:30 a.m.

(01) March 7



(02) June 13  
 2-hour Saturday workshops -  
 \$25 Resident, \$30 Non-resident

(04) 9 a.m. - 4 p.m. (full-day)  
 \$80 full-day Resident,  
 \$85 full-day Non-resident  
 NOTE: The half-day and full-day sessions  
 take place concurrently in the same  
 classroom for the length of the half-day  
 session.

## I Want to be an Astronaut Combo Mini-Camp

With SpaceTime's I Want to be an Astronaut Mini-Camp, kids get to see and feel what it is like to train for launching into space and exploring the planets, moons, comets and asteroids of our Solar System. They will learn about the programs that NASA uses to get astronauts ready for space travel, design their own space missions, try planet walking in our Micro Gravity Boots, ex-perience a simulated rocket launch and more. **Full-day children are required to bring a peanut-free sack lunch.**

Age: 5 - 10 years, Min/Max: 6/16  
**#455206** Saturday April 18  
 (01) 9 a.m. - 12 p.m. (half-day)  
 \$45 half-day Resident,  
 \$50 half-day Non-Resident  
 (02) 9 a.m. - 4 p.m. (full-day)  
 \$80 full-day Resident,  
 \$85 full-day Non-resident  
 NOTE: The half-day & full-day sessions  
 take place concurrently in the same  
 classroom for the length of the half-day  
 session.

**#455206** Saturday June 27  
 (03) 9 a.m. - 12 p.m. (half-day)  
 \$45 half-day Resident,  
 \$50 half-day Non-Resident

## Little Medical/Veterinarian School



### 2-Day Little Veterinarian School: Fantastic Felines Camp

Little Veterinarian School® - Fantastic Felines focuses on basic cat care and what it is like to be a veterinarian who cares for kittens. Students will learn how to complete a proper Tip-to-Tail exam, understand cat body language, how to maintain a stress-free environment for cats, and more! Each child will adopt a new stuffed furry friend that will be used throughout the camp. Children will take home their new feline companion, disposable white lab coat, food bowl, handmade cat toys, a graduation diploma, and more! (\*No live animals are present during this program)

Age: 6-10 years, Min/Max: 6/12  
**#455301** Monday & Tuesday



9 a.m. - 12 p.m.  
 (03) June 29 - 30  
 \$116 Resident, \$121 Non-resident  
 10% discount if registered for #455300  
 (02), instructor will eat lunch with kids  
 enrolled in both



## 2-Day Little Medical School: Wilderness Medicine Camp

Little Medical School® - Wilderness Medicine focuses on some of the most common outdoor emergencies and how to handle them with confidence. Come explore with us as we role-play and learn about water safety, tourniquets and broken bones, snake bites, the dangers of hypothermia, weather-related emergencies, and more. Each child will take home a disposable white lab coat, a 5-in-1 safety compass, survival blanket, Ace bandage and other things to start a home



### Wilderness Safety kit.

Age: 6-10 years, Min/Max: 6/12  
**#455300** Monday & Tuesday  
 12:30 - 3:30 p.m.  
 (02) June 29 - 30  
 \$116 Resident, \$121 Non-resident  
 10% discount if registered for  
 #455301(03), instructor will eat lunch with  
 kids enrolled in both

# Wellness & Fitness

## Fitness Center

### Personal Training

Looking for personal exercise guidance? Sign up for a professional Personal Trainer and receive a personal fitness routine created just for you! Meet once a week, a few times a week, or regularly. Sessions are one hour in duration. Our trainers are certified by a national, professionally recognized certifying agency and are CPR/First Aid certified. Sign up today and we will help you meet your goals! **No refunds after 6 months from date of purchase.**

Health History and Physical Activity Readiness Questionnaire (PAR Q) are required to be filled out completely and turned in when you request a Personal Trainer. Please pick one up at the front desk or download it at [www.cityofgolden.net/city-services/personal-training](http://www.cityofgolden.net/city-services/personal-training). Please be aware that in some cases, you may need to obtain a physician's release.

*Age: 12 years and older*

#### **One-Hour Session**

*\$44 Resident, \$49 Non-resident*

#### **3 (One-Hour) Sessions**

*\$122 Resident, \$138 Non-resident*

#### **6 (One-Hour) Sessions**

*\$234 Resident, \$275 Non-resident*

#### **12 (One-Hour) Sessions**

*\$440 Resident, \$503 Non-resident*

#### **24 (One-Hour) Sessions -**

**Save at least \$224!**

*\$832 Resident, \$926 Non-resident*

#### **36 (One-Hour) Sessions -**

**Save at least \$413!**

*\$1,171 Resident, \$1,298 Non-resident*

### Train with a Friend

Do you have a workout partner or a friend who has your same goals? Train with one other person in a semi-private session! Each session is one hour in duration. **Price is per person. No refunds after 6 months from date of purchase.**

#### **One-Hour Session**

*\$29 Resident, \$34 Non-resident*

#### **3 (One-Hour) Sessions**

*\$79 Resident, \$95 Non-resident*

#### **6 (One-Hour) Sessions**

*\$145 Resident, \$176 Non-resident*

#### **12 (One-Hour) Sessions**

*\$264 Resident, \$328 Non-resident*

#### **24 (One-Hour) Sessions**

*\$478 Resident, \$573 Non-resident*

#### **36 (One-Hour) Sessions**

*\$642 Resident, \$768 Non-resident*

### Group Personal Training

Working in small groups brings accountability and support to everyone involved. If you feel like a group would help you with your fitness and wellness goals, then this is a great option for you. Groups of **3 to 5 people** are welcome to participate; you must organize your own group. All personal training paperwork for each person in the group must be turned in and paid before the trainer will organize the session(s). Each session is one hour. **Price is per person. No refunds after 6 months from date of purchase.**

#### **One-Hour Session**

*\$19 Resident, \$24 Non-resident*

#### **3 (One-Hour) Sessions**

*\$48 Resident, \$53 Non-resident*

#### **6 (One-Hour) Sessions**

*\$82 Resident, \$88 Non-resident*

#### **12 (One-Hour) Sessions**

*\$151 Resident, \$156 Non-resident*

#### **When will my trainer call?**

We will make every attempt to meet with you as soon as possible. Sometimes, getting a physician's release may take some extra time. Please allow at least three working days after you turn in your request for us to contact you.

#### **What if I have to cancel my appointment?**

Your Personal Trainer will schedule your appointment into their time. If you need to cancel, please give them a courtesy call, **24 hours in advance**, at the number they give you to contact them. This enables them to plan their day and fill the time if necessary. If you do not have their number, please call 303-384-8100 at least 24 hours before your appointment, so that we may contact your trainer with the cancellation. Thank you for your consideration.

*For the safety of your children, PLEASE, no children allowed in fitness room or weight room areas while classes are in session.*

## Health and Wellness Coaching with Jessey Smithwick

### Health and Wellness Coaching

Private, one-on-one Health and Wellness Coaching offered in-person at the Golden Rec Center. Coaching starts with an exploratory session where we will have the opportunity to get to know one another and start addressing some of your goals. After the initial meeting, sessions will focus on the achievement of personalized wellness goals. Together, we will create a plan that addresses your wellness needs and goals and outlines steps and tools unique to you. Individual coaching sessions can be scheduled to accommodate your needs, either weekly, biweekly, or monthly. Please request a session at [rec.cityofgolden.net](http://rec.cityofgolden.net) under the Wellness and Fitness Tab, or contact Jessey Smithwick at 303-210-3524 or email at [jessey@thewellbeingpath.com](mailto:jessey@thewellbeingpath.com).

#### One-On-One Wellness Coaching

1 Hr. - \$45 Resident, \$50 Non-resident  
3 Hrs. - \$125 Resident, \$130 Non-resident  
6 Hrs. - \$235 Resident, \$240 Non-resident  
12 Hrs. - \$450 Resident, \$455 Non-resident

#### Wellness Coaching with a Friend

(Cost per Person)

1 Hr. - \$25 Resident, \$50 Non-resident  
3 Hrs. - \$65 Resident, \$70 Non-resident  
6 Hrs. - \$140 Resident, \$145 Non-resident  
12 Hrs. - \$250 Resident, \$255 Non-resident

### Group Wellness Coaching

Wellness is an active process of becoming aware of and making choices towards a healthy and fulfilling life. It is a way of life that takes into account physical, mental, emotional, and spiritual wellbeing. Wellness Coaching supports, encourages, and empowers clients to make healthy lifestyle choices to optimize their health and wellbeing while working with an individual's belief systems, particularly about themselves, and their way of living to encourage healthy mindset and change. In the group coaching setting, each individual has the benefit of not only the wellness coach, but a group of like-minded people who are ready to encourage and support them on their journey. This is a 6-week session

Age: 16 years and older, Min/Max: 2/7

**#456200** Wednesdays, 10 - 11 a.m.

(03) Feb. 12 - March 18

(05) April 1 - May 6

(07) May 13 - June 17

(09) June 24 - July 29

**#456200** Fridays, 10 - 11 a.m.

(02) Feb. 14 - March 20

(04) April 3 - May 8

(06) May 15 - June 19

(08) June 26 - July 31

\$120 Resident, \$125 Non-resident

### Wellness Workshop Series

Wellness is being healthy in body and mind, particularly as the result of an actively pursued goal. But how do we know exactly where to start? Explore wellness and many of its topics in an informative, engaging, and participatory workshop series. Information in each session will vary slightly.

Age: 16 years and older, Min/Max: 3/18

**#456201** Wednesdays

11:30 a.m. - 12:30 p.m.

(03) Feb. 12 - March 18

(05) April 1 - May 6

(07) May 13 - June 17

(09) June 24 - July 29

**#456201** Fridays, 11:30 a.m. - 12:30 p.m.

(02) Feb. 14 - March 20

(04) April 3 - May 8

(06) May 15 - June 19

(08) June 26 - July 31

\$75 Resident, \$80 Non-resident

## Using the Weight Room

### Adult Weight Room Orientation

This orientation is for Adults 16 and older. For 12-15 yr. olds, please refer to Teen Weight Room Orientations.

New to the weight room or just needing a refresher? Learn how to correctly set yourself up on the weight machines, how to use them, as well as weight room etiquette and safety. These orientations are provided at no charge by a Certified Personal Trainer. Trainers will not be able to build you a program with in this orientation. Registration is required.

Age: 16 years and older

**#456000**

**Please check this activity number at [rec.cityofgolden.net](http://rec.cityofgolden.net) for days and times to register.**

### TEEN Weight Room Orientation (Required for 12 - 15 yr. olds)

Teen Weight Room Orientations are required for teens 12 - 15 yrs. of age. This orientation includes demonstrations on proper use of equipment, gym etiquette and safety. Provided at no charge, registration is required.

Age: 12 - 15 years

**#456100**



***Please check this activity number for days and times at [rec.cityofgolden.net](http://rec.cityofgolden.net) for days and times to register.***

- **PLEASE, no children allowed in aerobics rooms while classes are in session.**

## Body Composition Testing

Body Composition (lean tissue vs. fat tissue) is essential to monitor your weight loss progress. A certified Personal Trainer will help you to find your lean-to-fat ratio. Composition sessions take approximately 30 minutes and include a private discussion with your certified Personal Trainer afterwards to discuss your goals and what direction you can go to achieve them.

Please wear shorts and a short-sleeved shirt to your appointment, eat and drink as usual. For better results it is recommended not to exercise beforehand.

Please fill out a request at the front desk and we will contact you for your appointment.

*Age: 18 years and older*

*\$10 Resident, \$15 Non-resident*

## Group Fitness Classes

These classes are for all fitness levels and are designed to improve and maintain overall body condition. Classes are structured to provide a safe workout; however, it is your responsibility to go at your own pace keeping your personal safety in mind. You can get the most current schedule at [rec.cityofgolden.net](http://rec.cityofgolden.net).

- Fitness classes are designed for adult participation, ages 16 years and older. **12 to 15-year-olds may participate ONLY if accompanied in the class by their parent.**

## Continuous Classes - No Registration Required

- Continuous classes are inclusive of facility admission, punch card, and annual membership.
- These classes run continuously through each week.
- Classes and instructors are subject to change without notice.

Check the schedule at [rec.cityofgolden.net](http://rec.cityofgolden.net) on a regular basis for days, times, location, changes or cancellations of classes. Register online at [rec.cityofgolden.net](http://rec.cityofgolden.net).

Class offerings range from:

- SilverSneakers® / Renew Active™
- Lifting
- Cardio
- Cycling
- Easy Yoga
- Zumba
- And many more!!!

## Specialty Registration Classes

- **You must register for these classes.**
- Check the schedule at the front desk for location, changes, or cancellations of classes on a regular basis. **If the minimum amount for a class is not met it will be canceled.**
- If you are signed up for a class that is offered twice a week but as separate sessions, you may only attend the session

that you signed up for. Please make note of the days you have class when you register. Thank you for your cooperation.

- Fitness classes are designed for adult participation, ages 16 and older. **12 to 15-year-olds may participate ONLY if accompanied in the class by their parent.**
- It is recommended you bring your own yoga "sticky" mat and blanket for any yoga class. These will not be provided.
- You can get the most current schedule and register at [rec.cityofgolden.net](http://rec.cityofgolden.net).

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## Lifestyle Boot Camp

Circuits, High Intensity Interval Training (HIIT), partner exercise and much more. This is 2x a week for 6-weeks, 12 classes.

Age: 18 years and older, Min/Max: 4/20

**#456120** Tuesdays & Thursdays, 6 - 7 a.m.

(02) Feb. 18 - March 19 (5 weeks prorated)

(03) March 31 - May 7

(04) May 12 - June 18

(05) June 23 - July 30

\$120 Resident, \$125 Non-resident

\$15 drop-in if min. is met for registration.

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## Intro to Pilates

Pilates is a way of connecting and conditioning the whole body. Pilates strengthens all the muscles and helps to develop visible changes in posture, balance, muscle awareness, and muscular strength. Connect your mind with your body, workout, and learn the basics of the Pilates movements.

Age: 12 years and older, Min/Max: 4/20

**#456101** Mondays, 6:35 - 7:35 p.m.

(02) Feb. 3 - 24

(03) March 2 - 30 (No class March 23)

(04) April 6 - 27

(05) May 4 - June 1 (No class May 25)

(06) June 8 - 29

(07) July 6 - 27

(08) Aug 3 - 17 \*3-week class prorated

\$32 Resident, \$37 Non-resident

\$12 drop-in if min. is met for registration.

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## Intermediate A.M. Yoga

Not a beginner yoga class - explore what your body and mind can do together.

Age: 12 years and older, Min/Max: 4/20

**#456102** Tuesdays, 9 - 10 a.m.

(02) Feb. 4 - 25

(03) March 3 - 31 (No class March 23)

(04) April 7 - 28

(05) May 5 - 26

(06) June 2 - 23

(07) June 30 - July 21

(08) July 28 - Aug. 18

\$32 Resident, \$37 Non-resident

\$12 drop-in if min. is met for registration.

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## Continuing Yoga

This yoga class is for all levels, except the first-timer. You should have had a little exposure to yoga in order to enjoy this class. If you have had a lot of experience, you will also enjoy this class.

Age: 12 years and older, Min/Max: 4/20

**#456106** Saturdays, 7:15 - 8:25 a.m.

(02) Feb. 1 - 22

(03) Feb. 29 - March 21

(04) April 4 - 25

(05) May 2 - 23

(06) June 6 - 27

(07) July 11 - Aug. 8 (No class July 25)

\$32 Resident, \$37 Non-resident

\$12 drop-in if min. is met for registration.

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## Zumba® with Kelly

Ditch the workout, join the party! Zumba® is a Latin dance-based cardio class that gets you moving and soon forgetting you are burning calories!

- Call the front desk at 303-384-8100 for times and days.

- \$8/drop-in, \$15 for 2 people, or \$60 for a 10-pass punch card.

- Fee paid to instructor. -

(\*Do not pay admission to the front desk.)

- For more information, please contact Kelly Collins at [kellycollinsemc@gmail.com](mailto:kellycollinsemc@gmail.com) or 303-870-7701.

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## Belly Dance Fusion for All Levels

Learn to belly dance! Based on American Tribal Style® & Fusion Belly Dance, this casual class is a fun way to work out and learn the dance vocabulary! Beginners and intermediate students welcome. All sizes, shapes and abilities welcomed and encouraged!

Age: 12 years and older, Min/Max: 4/20

**#45108** Tuesdays, 7-8 p.m.

(02) Feb. 4 - March 3 (4 weeks)

No Class Feb. 11

(03) March 10 - 31 (4 weeks)

(04) April 7 - 28 (4 weeks)

(05) May 5 - June 16 (7 weeks)

June 23 - Aug. 25: Drop-in only (no registrations)

\$85 Resident, \$90 Non-resident (7 weeks)

\$50 Residents, \$55 Non-resident (4 weeks)

\$15 drop-in if min. is met for registration.

## Jazzercise

Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you results...fast. It's a calorie-torching, hip-swiveling, Shakira'd-be-proud dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. Incinerate up to 800cph (that's calories per hour) in one 60-minute class. Our classes — Dance Mixx, Interval, Fusion, Core, Strike, and Strength — will leave you breathless, toned and coming back for more. Stop working out. Start working it...with Jazzercise.

Monday, Wednesday, Friday

9:30 - 10:30 a.m.

Tuesday/Thursday, 6-7 p.m.

Saturday, 8:30 - 9:30 a.m.

- Fee paid to instructor.

- \$15/drop-in, \$60 for 6 punch pass or

\$45 unlimited monthly EFT.

*Fitness classes are designed for adult participation; participants younger than the minimum age (12 years and under) may register for an adult class with instructor permission and when accompanied to class by an adult – call 303-384-8100.*

## Celebrate Health!

**Celebrate Health!** is a monthly wellness program featuring a variety of healthy living opportunities for adults of all ages. The first Friday of each month, we offer refreshments and appointments for chair massages and hand and foot reflexology for nominal fees. Celebrate Health! is held upstairs at the Front Porch of the Golden Community Center. For more information or to make an appointment for one of our services, please call 303-384-8130.

### Celebrate Health Dates - Spring/Summer

**March 6, April 3, May 1, June 5, July 3, Aug. 7**

9 a.m. - 12 p.m. (By appointment only) • \$13 for 15 minutes

For appointments, call 303-384-8130

### Chair Massage

A Certified massage therapist will be available to reduce your stress levels, increase circulation, ease back and neck tension, and increase your energy level.

### Hand and Foot Reflexology

With Debbie Zalman, RN, BSN

Reflexology is an ancient healing art that feels like a combination of massage and acupressure. It is safe, gentle and beneficial for everyone. Come enjoy!

FREE Weight Room Orientation  
SilverSneakers® Classic  
SilverSneakers® Circuit  
Strength and Cardio  
Easy Yoga for 60+  
Get It Started Low Impact Aerobics  
Aqua Aerobics  
Water Walking  
Arthritis Foundation  
Aquacise  
Line Dancing

Body Fit

Tai Chi

#### Intermediate Wellness Classes:

Body Power Plus

Total Body Fitness

Muscle Plus

Core Conditioning

Boot Camp

Power Training

Cycling

**SPECIAL EVENTS** SilverSneakers® & Renew Active™ members can participate in any special events that do NOT require registration or a drop-in fee. These can include:

- **Celebrate Health!** • Seminars and potlucks
- Golden Tones, conversation and volunteer events
- All games and clubs - including Bridge, Dominoes, Mah Jongg, and Billiards

**For more information, call the Front Desk at 303-384-8100 or the Front Porch at 303-384-8130.**

# Pottery



## Kid's Pottery

### Mud Makers

Together, parents and preschoolers will explore and experiment with shaping and forming, rolling and pinching as they create with clay. Finished projects will be glazed and ready to take home the following week. All glazes are non-toxic and food safe. All materials will be provided. An adult must attend with child. This is a 4-week class.

*Age: 3 - 6 years, Min/Max: 3/6*

**#453600** Tuesdays, 12:45 - 1:30 p.m.

*(02) March 24 - April 14*

*(03) June 2 - 23*

**#453601** Tuesdays, 4:15 - 5 p.m.

*(02) Feb. 18 - March 10*

*(03) May 5 - 26*

*(04) July 7 - 28*

*\$50 Resident, \$55 Non-resident*

### Clay Creations

This class will give the younger generation an opportunity to experience the tactile qualities of clay. Students will learn how to create with clay using pinch, coil and slab techniques. Projects will be painted the same day then fired and ready to take home the following week. All materials will be provided and are non-toxic and food safe. This is a 4-week class.

*Age: 6 - 10 years, Min/Max: 3/7*

**#453602** Thursdays, 4:30 - 5:30 p.m.

*(02) Feb. 20 - March 12*

*(03) March 26 - April 16*

*(04) May 7 - 28*

*(05) June 4 - 25*

*(06) July 9 - 30*

*\$55 Resident, \$60 Non-resident*

## Adult Pottery Programs

**Please refer to the 50+ section for the 50+ pottery class listing.**

### Beginning Pottery

This class will introduce students to the many facets of creating with clay. Starting with hand building then moving to the potter's wheel, a variety of methods of working will be explored. Students will learn about all aspects of the ceramic process from forming to firing to glazing. This class is also great for those who've had some experience with clay in the past and are looking to get reacquainted with the medium. Come to class prepared to get messy! All clay and supplies will be provided. All glazes are non-toxic and food-safe. This is an 8-week class unless otherwise noted.

*Age: 18 years and older, Min/Max: 4/7*

**#453620** Mondays, 6 - 8:30 p.m.

*(02) March 2 - April 20*

*(03) May 4 - June 22 (7-weeks)*

*- No class May 25*

*(04) June 29 - Aug. 17*

*\$130 Resident, \$135 Non-resident*

*(7 weeks) \$114 Resident, \$119 Non-resident*



### All Levels Pottery

This class is for anyone looking to experience the joy of working with clay. Whether you've never touched clay before, or are an experienced professional, you are welcome here. Beginners will be introduced to hand building with slabs and coils as well as wheel throwing; while more advanced students will be free to work independently. Working in an environment with a variety of levels can be encouraging and inspirational to all students. First bag of clay is included in the cost of the class, each additional bag is \$19. All glazes are non-toxic and food-safe. This is an 8-week class.

*Age: 18 years and older, Min/Max: 5/8*

**#453621** Tuesdays, 9 - 11:30 a.m.

(02) March 3 - April 21

(03) May 5 - June 23

(04) June 30 - Aug. 18

\$130 Resident, \$135 Non-resident

### Intermediate Pottery

This class is for potters with some experience to explore any areas of interest at their own pace. Whether focusing on improving a thrown form or experimenting with new glazing techniques, all ideas are welcome and encouraged. Instructor is available to provide guidance, but students are expected to be able to work independently. First bag of clay is included and each additional bag is \$19. All glazes are non-toxic and food-safe. This is an 8-week class.

*Age: 18 years and older, Min/Max: 5/8*

**#453630** Tuesdays, 6 - 8:30 p.m.

(02) March 3 - April 21

(03) May 5 - June 23

(04) June 30 - Aug. 18

**#453631** Wednesdays, 6 - 8:30 p.m.

(02) March 4 - April 22

(03) May 6 - June 24

(04) July 1 - Aug. 19

\$130 Resident, \$135 Non-resident

### Advanced Pottery

This class is for the advanced student who wants to work independently on their own projects. An instructor will be present but will not be teaching any lessons. In addition, students wishing to have more time in the studio outside of their other class time may, with instructor permission, come in during Advanced Pottery times by purchasing drop-in time for \$17. This class, as well as drop-in time, has a prerequisite of any other pottery class at the Golden Community Center. Clay, glazing, and firing is \$19 per 25 lbs. All glazes are non-toxic and food safe. This is an 8-week class unless otherwise noted.

*Age: 18 years and older, Min/Max: 5/7*

**#453650** Thursdays, 6 - 8:30 p.m.

(02) March 5 - April 23

(03) May 7 - June 25

(04) July 2 - Aug. 20

**#453651** Saturdays, 9 - 11:30 a.m.

(02) March 7 - April 25

(03) May 9 - June 27

(04) July 11 - Aug. 22 (6-weeks)

- No class July 25

\$105 Resident, \$110 Non-resident

(6-weeks) \$79 Resident, \$84 Non-resident

# Climbing

We provide rope climbing and a bouldering wall for all skill levels. Adults 18 years and older may bring in youth ages 4 years and older and supervise them while they use the **bouldering wall**. You also have the option to get **belay certified (ages 12 or older)** and belay others (ages 4 and older) during unsupervised hours with **adult 18+ supervision**. Dry clothes and closed-toe shoes are required.

If you are 12 and over and want to boulder on your own during unsupervised hours, you must obtain a weight room orientation, register for free at [rec.cityofgolden.net](http://rec.cityofgolden.net) under Fitness and Wellness.

Climbing equipment may be checked out at the front desk. This includes harnesses, belay devices and carabineers. Please provide collateral to check out these items. You must be belay certified before you can check out equipment and have an adult 18+ supervising.

## Belay Clinics and Certification

Sign up for the Belay Clinic and learn how to tie in with a figure-8 knot, belay safely, learn basic climbing commands, and understand the difficulty rating system. Certification is included in the cost of a Belay Clinic. Experienced climbers who already know how to belay may register for the "test out only" dates and times. After successfully passing our belay test, climbers may belay during unsupervised hours, and can check out climbing equipment at the front desk. Certifications last one year. Must be 12 or older to belay with adult 18+ supervision during unsupervised hours. Youth under the age of 16 **MUST** also possess a valid Weight Room Certification. **Certification does not allow free entry into the facility. Gear provided.**

### #454700

Clinics: Wednesdays, 5 - 5:30 p.m.

(03) March 4

(04) April 8

(05) May 6

(06) June 3

(07) July 1

(08) Sept. 9

Belay Clinic: \$10 Resident, \$15 Non-resident

### #454701

Test Outs ONLY: Wednesdays 5:30 - 6 p.m.

(9) Sept. 4

(03) March 4

(04) April 8

(05) May 6

(06) June 3

(07) July 1

(08) Sept. 9

Test Out Fee: \$5 Resident, \$10 Non-resident

## Private Lessons

These lessons, tailored toward your individual needs, are set up to be one-on-one sessions between the climber(s) and instructor. Do you have a friend or family member who would like to learn to climb with you? Each session is one hour in length and fees depend on number of participants. Call 303-384-8159 to schedule or inquire more information.

Age: 12 years and older

\$25 per hour (Base Price)

## Climbing Wall Classes

### Billy Goats

Climb like a Billy Goat! This class is designed for kids with little or no climbing experience. Lessons will include: safety, knots, basic climbing techniques, climbing commands, basic climbing terms, and basic hand and foot holds. Tennis shoes required. **Gear provided.**

Age: 4 - 6 years, Min/Max: 4/6

#454811 Wednesdays, 6 - 7 p.m.

(03) March 4 - April 1 (No class March 25)

(04) April 8 - 29

(05) May 6 - 27

(06) June 3 - 24

(07) July 1 - 22

(08) Sept. 9 - 30

\$40 Resident, \$45 Non-resident

### Mountain Goats

This course is mainly hands-on, with some instruction and lots of encouragement. We'll talk about route interpretation, how to problem solve, more advanced climbing techniques, advanced climbing terminology, spotting, importance of balance and breathing, how to focus while climbing, and much more! This is a great course for kids who have never climbed, for those who have climbed but need some instruction, or those who have completed the Billy Goat class and have reached the age of 7 years. Tennis shoes required. **Gear provided.**

Age: 7 - 12 years, Min/Max: 4/6



**#454812** Wednesdays, 7 - 8 p.m.  
(03) March 4 - April 1 (No class March 25)  
(04) April 8 - 29  
(05) May 6 - 27  
(06) June 3 - 24  
(07) July 1 - 22  
(08) Sept. 9 - 30  
\$40 Resident, \$45 Non-resident

### Climbing Wall Classes

#### Golden's Climbing Club

Climbing Club focuses on building strength, flexibility, and fitness through fun climbing-related games and exercises. Learn respect for self and others, enhance self-confidence,

develop relationships, and set goals while learning anything from basic climbing skills to more advanced techniques in order to work toward improvement. Classes are tailored to the climbers' ages, abilities, and goals. Tennis shoes or climbing shoes required. **Gear provided.** 6-week sessions.

Thursdays, Min/Max: 4/12

**#454801** Age 10 - 14 years: 5:30 - 6:30 p.m.

**#454800** Age 15 - 18 years: 6:30 - 7:30 p.m.

(03) April 2 - May 7

(04) May 14 - June 18

(05) June 25 - July 30

(06) Sept. 10 - Oct. 15

\$60 Resident, \$65 Non-resident



## Supervised Climbing Wall Hours

Looking for a good time to bring your kids or friends for some stress-free climbing? Come visit us at the wall during the following supervised Open Hour sessions. We will have a staff member belaying and giving advice on boulder problems (times are subject to change and admission fees do apply). Looking for a good time to bring your kids or friends for some stress-free climbing? Come visit us at the wall during the following supervised Open Hour sessions. We will have a staff member belaying and giving advice on boulder problems (times are subject to change and admission fees do apply).

Saturdays & Sundays ..... 12 - 3 p.m.

## Climbing Wall Rules

- Belay certifications from other facilities are NOT accepted at the Golden Community Center.
- **ALL** climbers **MUST** be 4 years or older.
- Climbing shoes or closed-toe shoes **MUST** be worn while climbing; **NO** sandals or Crocs.
- **NO** wet swimwear will be permitted while climbing.
- Youth (4 to 11 years old) may use the bouldering wall if supervised by an adult (18 years and older). Ages 12 and older may use the bouldering wall without adult supervision **ONLY** if they have a valid Weight Room Certification.
- Belayers **MUST** be 12 years or older and have passed the City of Golden Belay Test **BEFORE** doing **ANY** roped climbs! Certifications must be renewed each year.
- Climbers (12 years and older) may belay youth (4 years and older) during unsupervised hours if they have

obtained a certification. Equipment is available for check out at the front desk.

- **NO ONE** is allowed to climb **ON TOP** of the bouldering wall or above the bouldering line on the top rope wall.

## Rent the Wall

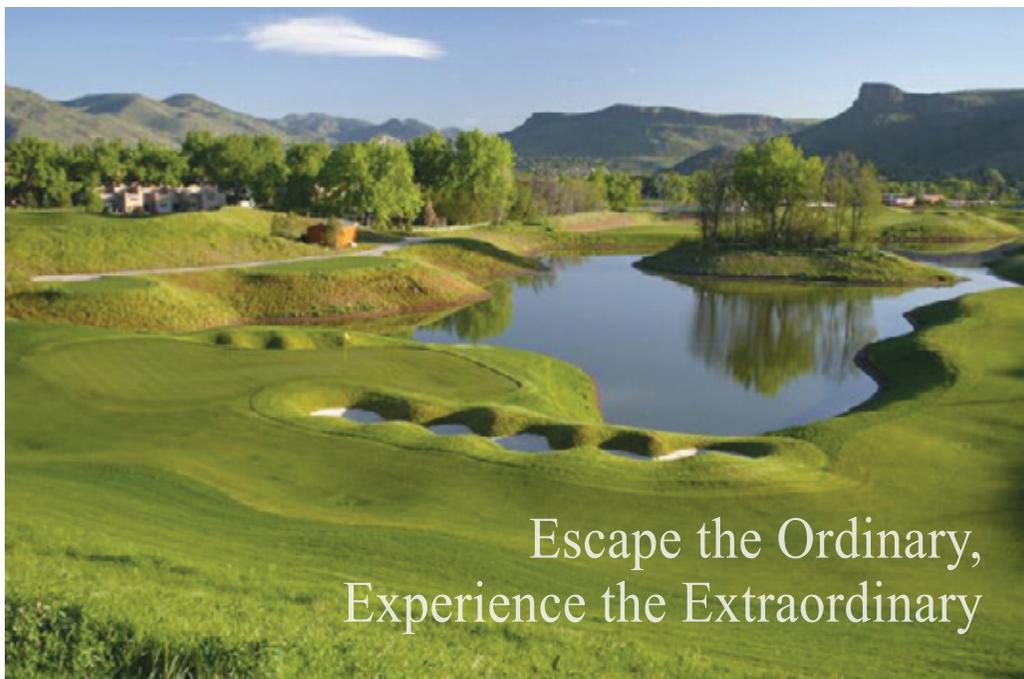
Share an exciting climbing experience with your favorite group: camps, scout troops, school groups, work groups, church groups, friends, corporate team building, or birthday parties.

You put the group together and we will provide the top rope wall and one instructor/belayer (\$25 for an additional staff member: required for groups over 8 unless the 1½ hour option is chosen). Patrons 12 and older may get certified and help belay during your group reservation to avoid the additional belayer fee. The wall is not available for groups during open/supervised hours or classes/club times. Reservation does not include private climbing time on the **bouldering** section of the wall. To schedule, call 303-384-8159. Children must be at least 4 years old.

## Indoor Group Rates

- \$50 - 1 hour of instructional/ private climbing.
  - Fee includes up to 8 participants.
- \$70 - 1½ hours of instructional/private climbing.
  - Fee includes 9 to 15 participants.
- Additional belayer \$25; an additional belayer is required for groups exceeding 8 participants unless a participant 12 years or older has been certified at our center.

# Fossil Trace Golf Club



Escape the Ordinary,  
Experience the Extraordinary



**F**ossil Trace Golf Club is one of the Denver metro area's most popular and premier public golf courses designed by renowned golf course architect Jim Engh. Fossil Trace not only serves the community of Golden, CO, but continues to serve guests nationally and world-wide - (all 50 states, 45 countries, and counting). Fossil Trace Golf Club is nestled adjacent to the foothills of the Rocky Mountain Front Range and only 15 minutes from downtown Denver. In its short history, the golf course has enjoyed tremendous success and is considered one of the finest golf courses and golf experiences available in the Denver area and all of Colorado. From the day that Fossil Trace Golf Club opened in 2003, both local and national golf course awards and accolades have featured the course - 4½ Star "Places to Play" from 2006 through 2015 and Top 50 Course for Women by Golf Digest. Also, Golf Week Magazine has featured Fossil Trace Golf Club on their annual Best Municipal Courses list.

## **Practice Facilities**

Fossil Trace Golf Club has a diverse practice area. The anchor of the Fossil Trace practice facility is the 10,000 square ft., multi-tiered putting green. The three-tiered putting green provides a uniquely entertaining challenge for golfers to work on their putting. The target holes offer an endless variety of putts to attempt. Also, the undulation of surface mimics the greens on the course so that you can properly prepare for your round.

The 2,600 square ft. short game area adjacent to the putting green features target flags, a greenside practice bunker, and rough and manicured chipping/pitching areas.

The Fossil Trace practice facility is over 300 yards long and consists of approximately 20 hitting stations and multiple targets ranging from 75 yards to 250 yards. Fossil Trace uses high-quality TaylorMade range balls that offer a great feel and accurate distance feedback.

## **Merchandise**

The award-winning Golf Shop at Fossil Trace (home to the 2015 PGA National Merchandiser of the Year, Jim Hajek, PGA) is well stocked and the best place to purchase gifts for the golfer in your family. In addition, we also have gift cards available in any denomination. We are proud to be the premier custom club fitting location in the west. Certified fitters will fit you right with a choice of the finest brands in the game; Callaway, Cobra, TaylorMade,

Titleist, PING and Mizuno. If we don't have what you are looking for, please ask and we will do our best to get it for you - Fossil Trace is a full-service golf shop, we have what you need for the golfer in your life.

### **Tournaments and Golf Outings**

As one of the premier destination golf course experiences in Colorado, Fossil Trace Golf Club will assist you in the planning and setup of your group golf outing. Groups requiring consecutive tee times are welcome seven days a week, subject to availability, time of day and day of the week.

Golf outings may be booked up to 60 days in advance.

For groups of 28 or more, tee times may be made directly with Adam Finch, PGA Professional [afinch@cityofgolden.net](mailto:afinch@cityofgolden.net) or call 303-277-8751.

### **The Fossil Trace Golf School**

The Fossil Trace Golf School offers many types of instruction that can accommodate all types of golfers. Private and semi-private (group) lessons are offered to juniors, beginners, and experienced golfers. Each lesson is tailored to a student's ability and goals. In addition to private and semi-private lessons, a series of lessons are also available for students or groups of students interested in improving all areas of the game. Fossil Trace Professionals are equipped with the latest technologies and equipment to best serve students, including a single bay indoor learning and fitting area, FORESIGHT GCQuad Launch Monitor, V1 video technology and mobile devices.

The program recognizes that every student learns in a different way, therefore we offer a variety of group clinics and learning opportunities, including Get Golf Ready Coaching, Junior Camps, Player Development Programs, PGA Junior League and more.

**Visit [fossiltrace.com](http://fossiltrace.com) for more information about the Fossil Trace Golf School.**

## **THE FOSSIL TRACE GOLF SCHOOL TEACHING AND COACHING PROFESSIONALS**

### **Adam Finch, PGA Certified PGA Professional, Teaching and Coaching First Assistant Golf Professional**

Adam Finch has been at Fossil Trace Golf Club since June 2006. He has a simple teaching philosophy that there is no

specific philosophy or technique applied to each student, rather, he focuses on the individuality of each student and their respective skills. Adam fosters a relationship with his students, built on patience from his coaching experience (and having 3 young boys at home), positive messaging and creating a pathway for each of his students to fulfill their goals in golf. Adam's teaching experience extends to students of all skill levels, but he has a particular passion for working with recreational players to simplify a complex game and with young golfers who aspire to play competitive golf. Adam has been a golf professional/instructor for over 15 years and prior to becoming the 1st Assistant at Fossil Trace Golf Club in 2006, Adam worked as a golf professional at the award-winning Grand View Lodge and Minnesota Valley Country Club; both in his home state of Minnesota. He has also worked at private facilities in Naples, FL. Adam has been a PGA member since 2007. As a result of his dedication to Fossil Trace guests and his students, Adam was awarded the 2014 PGA Assistant Golf Professional of the Year Award by the Colorado Section PGA. Contact Adam at [afinch@cityofgolden.net](mailto:afinch@cityofgolden.net) or at 303-277-8751.

### **Nick Borgeson, PGA Assistant Golf Professional**

Nick has been at Fossil Trace Golf Club since 2004. He is dedicated to helping each student get the most enjoyment possible out of the game of golf. Each student Nick works with has differing aspirations and goals, and he is able to create a lesson plan that is specifically designed for each student. He is happy to work with hundreds of different swings and realizes that not every person should have the same swing.

Nick has a true passion for the game of golf garnered through years of learning and playing the game with his family. When Nick is teaching women's clinics, it is apparent that he learned his demeanor and respect for the game from his grandmother, aunts, sister and mother, all of whom he enjoys golfing with regularly. Fly fishing and the patience that comes with it, as well as having a father that was a sports psychologist, allows Nick to delve into the mental aspects of the game when he's teaching. Contact Nick at [nborgeson@cityofgolden.net](mailto:nborgeson@cityofgolden.net) or at 303-277-8767.



**Katie Johnson, PGA**  
**Assistant Golf Professional**

Assistant Professional Katie Johnson, PGA has been at Fossil Trace Golf Club since March 2018. With 10 years of teaching experience, her goal as an instructor is to help every golfer reach their personal goals in the game. She uses each student’s physical capabilities, previous sports involvement, time commitment, and desired outcome to drive the focus of each lesson. As a former college athlete, Katie possesses a strong knowledge of physical fitness, its application to golf, and the importance of technique in all sports.

While Katie enjoys teaching golfers of all abilities and ages, her favorite lessons are with juniors, women, and beginners. She finds fulfillment in helping a brand-new golfer transition from the practice range to the golf course - all while making the game fun. Her dedication to growing the game earned her in the Dakota Chapter 2016 Assistant of the Year award.

**ADULT INSTRUCTION RATES:**  
**ALL INSTRUCTORS**

- Private Lessons:**
- 45 minutes.....\$80
  - 45 minutes (Series of 3 lessons).....\$225
  - 45 minutes (Series of 5 lessons).....\$375

- Semi-Private Lessons (2-6 Students):**
- 60 minutes.....\$125
  - 60 minutes (Series of 3 lessons).....\$350
  - 60 minutes (Series of 5 lessons).....\$600

**JUNIOR INSTRUCTION RATES:**  
**ALL INSTRUCTORS**

- Private Lessons:**
- 45 minutes.....\$50
  - 45 minutes (Series of 3 lessons).....\$135
  - 45 minutes (Series of 5 lessons).....\$225

- Semi-Private Lessons (2-6 Students):**
- 60 minutes.....\$75
  - 60 minutes (Series of 3 lessons).....\$210
  - 60 minutes (Series of 5 lessons).....\$350

**Lesson Scheduling and Availability**

Lessons may be scheduled in person, on the phone or via our online lesson scheduler, Acquity (March through October). By booking online, you are able to see the availability of your instructor 24-hours a day and book up to a month in advance during the season. If you choose to book your lesson by phone, call your selected professional or instructor directly to arrange your lesson day and time. It’s simple; create an Acquity login and password. You will receive email confirmations, and text notifications of lesson bookings and cancellations.

We can also customize any kind of instructional program for you, your company or group by creating a whole or half-day learning experience including breakfast, lunch or dinner options. For more information please call our PGA Professional Adam Finch at 303-277-8751 or connect via email at [afinch@cityofgolden.net](mailto:afinch@cityofgolden.net).

## Junior Golf at Fossil Trace Golf Club

### Junior Golf Camp

**Recommended skill level:**

**Beginner/Intermediate**

**Ages: 4 - 13**

The Junior Golf Development path to success begins here with either HALF-DAY or FULL-DAY camp opportunities. **FOSSIL TRACE JUNIOR GOLF CAMP** is designed to introduce and teach the young golfer skills needed to play and enjoy the game of golf. We take pride in offering an engaging and organized camp experience for **junior golfers, ages 4-13 years old**. Our camps combine instruction, fun and fitness. Each day during the camp, students will be introduced to basic swing mechanics including grip, alignment, and posture along with basic rules and etiquette. Other features of the Junior Golf Camp; limited registrations per week, creating more coaching and a focused learning environment, junior clubs available for use during camp with no additional fee, exclusive camp discounts on US Kids Golf clubs and equipment and experience on the award-winning Fossil Trace Golf Club for full-day campers.

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### HALF-DAY CAMPS - 3 Days (Weekday)

**8:30 - 11 a.m.**

**Recommended skill level:**

**Beginner/Intermediate**

**Ages: 7 - 13**

Juniors will learn, practice, and develop skills and athletic abilities. While they will learn on-course application, the half day camp does not experience actual on-course play. Consider the Full-Day with Play Camp if your junior is ready for that step to learn.

[Learn | Practice | Skill and Athletic Development | Play Golf | Learn | Practice | Skill and Athletic Development | 8:1 Camper/Coach Ratio](#)

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### FULL-DAY CAMPS - 3 Days (Weekday)

**12 - 5 p.m.**

**Recommended skill level: Intermediate**

**Ages: 8 - 13**

Juniors will learn and develop skills all three days. They will also play golf in the style of the PGA Junior League (team golf/scramble format) on the course to apply what they have practiced and learned. A box lunch is provided each day.

[Play Golf | Learn | Practice | Skill and Athletic Development | 6:1 Camper/Coach Ratio](#)

### 4-WEEK CAMPS - 4 Days (Weekend)

**9 - 10:30 a.m.**

**Recommended skill level:**

**Beginner/Intermediate**

**Ages: 6 - 11**

Juniors will learn, practice, and develop skills and athletic abilities. This camp covers the same concepts as the Half-Day Camps but over the course of 90-minute sessions on Saturdays for 4 weeks. While they will learn on-course application, the half-day camp does not experience actual on-course play. Consider the Full-Day with Play Camp if your junior is ready for that step to learn.

[Learn | Practice | Skill and Athletic Development | 8:1 Camper/Coach Ratio](#)

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### LITTLE TYKES CAMPS - 4 Days (Weekend)

**11 a.m. - 12 p.m.**

**Recommended skill level: Beginner**

**Ages: 4 - 7**

Saturday Little Tykes Camp is designed for young golfers to have a fun, social, and positive experience in a golf setting. Fossil Trace will teach little tykes the fundamentals of golf (and sports), all while having fun in an appropriate time frame for their age. No skill is required - little tykes must be able to listen, follow rules, and handle separation from their parent.

[Learn | Practice | Skill and Athletic Development | 8:1 Camper/Coach Ratio](#)

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Half-day, Spring and Fall camps are Tuesday through Thursday, Full-day camps are Monday through Wednesday. 4-Week and Little Tykes Camps are consecutive weekend days. Full-day campers will enjoy on-course learning and playing opportunities as well as a boxed lunch each day of camp week.

All Fossil Trace Junior Camps feature the following amenities:

- Fossil Trace Junior Camp gift (TBD for 2020)
- Fossil Trace Junior Golf Camp achievement certificate
- 4-Bucket Practice Range Pass

All camps will take place at Fossil Trace Golf Club; check in at the east end of the Clubhouse by the practice range or in the Fossil Trace Golf Shop.

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### PGA Junior League at Fossil Trace (13 and under)

**Recommended Skill Level: Intermediate**

**(If you can drive, chip or putt - then you can play PGA Junior League)**

\$375



The **PGA Junior League at Fossil Trace Golf Club** is an opportunity to play the great game of golf in a team atmosphere. Teams are comprised of boys and girls ages 13 and under. PGA Junior League (PGAJLG) provides a structured league environment, similar to Little League Baseball; PGAJLG provides competitive team golf opportunities with friends and peers, but students also receive guidance and instruction from the Fossil Trace professional staff. A scramble format is utilized for all PGA Junior League matches, creating a fun, inclusive playing environment.

PGA Junior League begins May 15 and concludes July 31 unless player qualifies for PGA Junior League Post-Season.

[Learn](#) | [Compete](#) | [Play Golf](#) | [Practice](#) | [Skill Development](#)

For more information on **PGA Junior League at Fossil Trace Golf Club** visit [fossiltrace.com](http://fossiltrace.com) or [pgajrleague.com](http://pgajrleague.com).

### Get Golf Ready Coaching at Fossil Trace Golf Club

#### Get Golf Ready at Fossil Trace Golf Club

**Recommended Skill Level:**

**Beginner/Recreational**

**Ages: 18+**

Students will have the opportunity to learn to play golf side-by-side with other adult recreational golfers in a no-pressure learning environment focused on having fun. Each

session will feature basic swing mechanics and skill development, grip, alignment and posture, basic rules, etiquette, and tips that will help improve your comfort level on any course.

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#### **GET GOLF READY WOMEN & ADULT MIXED EVENING COACHING – 3 days (6 - 8 p.m.)**

Designed for those golfers who are just taking up the game for the first time or those who play 1 to 2 times annually. Fossil Trace offers Get Golf Ready for mixed gender adult groups, and women-only groups, taught by instructors Nick Borgeson and Katie Johnson, PGA. The 3-Day Evening Clinic starts with learning and skill development the first two days, and the final day will incorporate on-course play. Every participant will receive a drink ticket for each night.

[On-Course Experience](#) | [Learn](#) | [Practice](#) | [Skill Development](#) | **8:1 Student/Coach Ratio**

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#### **READY FOR 6 - BEGINNER GOLF LEAGUE (Every Tuesday evening, June 5 - Aug. 28)**

Fossil Trace offers a transitional golf league for beginners ready to apply their newfound knowledge to the golf course. The RF6 (Ready For 6) League is open to all Get Golf Ready graduates, past Six Shooters participants, and any beginner students taking private lessons at FTGC. The RF6 League pairs beginner golfers together to play 6 holes in a low-pressure learning environment. Various games, tee prizes, and clinics take place each week.



### **Play | Learn | Practice | Skill Development**

Visit [fossiltrace.com](https://fossiltrace.com) for more information about Ready for 6.

All Fossil Trace Get Golf Ready Clinics feature the following amenities:

- Golf clubs available for use during clinics, coaches will provide recommendations on equipment (no additional fee)
- Limited registration per clinic with more 1:1 coaching (8 students total)
- 4-Bucket Practice Range Pass

All camps will take place at Fossil Trace Golf Club, check in at the east end of the Clubhouse by the practice range or in the Fossil Trace Golf Shop.

For more information or to sign up for Get Golf Ready at Fossil Trace Golf Club, visit [fossiltrace.com](https://fossiltrace.com).

### **Fossil Trace Performance Club-fitting**

Fossil Trace Golf Club is proud to offer you our expertise in custom-fitted golf clubs. We are one of very few golf facilities that offer custom fittings of woods, irons and hybrids using the latest in fitting systems from Titleist, PING, Mizuno, Callaway and Cobra. In addition to state-of-the-art fitting systems and experienced professional staff,

our FORESIGHT GCQuad Launch Monitor technology provides feedback that further ensures that the clubs you play have been properly fitted, thus making club-fitting at Fossil Trace a truly valuable experience.

A club fitting by a Fossil Trace Golf Club Certified Fitter involves creating a marriage of a club to how a player moves during their swing. The better the marriage, the better the golf shot - it is that simple. If you wear a size 11 shoe, would you buy a size 9? Of course not, yet the majority of players have done just this with golf equipment that doesn't fit them. The Fossil Trace fitting experience will forever change the way you select your equipment. You deserve to play your best and we are here to help. Ask those who have been fit by a Fossil Trace Certified Club Fitter and you will quickly hear why you must consider it before making any equipment decisions.

### **THE FOSSIL TRACE FITTING PHILOSOPHY - THE WEST'S BEST**

Our intent is to provide you the best equipment options - personalized to your game. We will not sell you equipment you don't need or that may not fit. Our team of certified fitters, led by PGA Head Golf Professional Jim Hajek, will listen to your needs and offer expertise on how to best improve your game through a club fitting. Fitting systems from the finest club manufacturers, our GC Quad

Launch Monitor and software technologies provide feedback that allows for the optimization of launch conditions, distances and spin rates throughout the makeup of your set. This process further ensures that the clubs you play with have been fit properly, thus making a fitting experience at Fossil Trace a truly valuable one. Speaking of feedback, we offer the ability of visual feedback as all club fittings are conducted outside on the practice range.

- Trust - we will listen to you and your needs, evaluate your current equipment and provide you the best option for game improvement, even if it means sticking with your current equipment.
- We are one of very few public golf facilities that offer fittings for all club categories, including woods, irons, hybrids and wedges using the latest in fitting systems from Titleist, PING, Mizuno, Callaway, Cobra and TaylorMade. Just need a wedge - we will fit you for a wedge. Need a new fairway wood and hybrid - we will fit you for a fairway and hybrid.



## SCHNEPF'S RESTAURANT

Nestled against the foothills of Colorado's Rocky Mountains, Schnepf's is a locally owned and operated neighborhood restaurant serving the highest quality food and drink in an elegant yet comfortable setting. Schnepf's is dedicated in creating a new category of neighborhood restaurant that maintains the classic attributes of warmth and affordability while delivering superior food and service. All this accompanied by dramatic views of the hills and valleys where dinosaurs once roamed. Located only 15 minutes from downtown Denver in Golden, we are one of the metro area's full-service dining experiences - a place that is more than a restaurant and bar. It is a place that will bring people together and is a reflection of our community.

Enjoy a family dinner in our dining room, take in the fresh air and scenery from our patio, or relax with a cold brew in our pub. When you reserve one of our meeting rooms for your special event, party or wedding, we'll bring our 30-plus years of award-winning catering experience to create a special menu just for you. Whether you're enjoying lunch after a round of golf, indulging in one of our chef-inspired dinners, or celebrating your wedding in our garden, a unique experience awaits you all year-round at Schnepf's.

# Preschool

At the Golden Community Preschool, we strive to offer a creative place where children learn through play. Our program is designed to encourage the intellectual, social, emotional and physical development of each child. We continually strive to provide an enriched environment with activities that promote experimentation, inspire creativity, and stimulate curiosity at every developmental level. Our goal is to help children reach their greatest potential; most importantly, development of their social/emotional skills. Our highly qualified staff works collaboratively to provide a safe, nurturing, and enjoyable learning place for our community and families. The Golden Community Preschool is licensed by the State of Colorado Department of Human Services.

Our quality program is rated a Level 4 out of 5 diamonds for Colorado Shines Accreditation. We were the first program in Jefferson County to receive a perfect 5 ranking. Information is available at [www.coloradoshines.com](http://www.coloradoshines.com). This is a quality rating and improvement system that monitors and supports early learning programs. It guides our program to develop and maintain our skills as professionals, with families and the community, through assessments, trainings, and developmentally appropriate practices for early childhood education. We are thrilled about our LEVEL 5

accomplishment with this accreditation!

We offer a Full-Day and Half-Day Preschool. Half-day preschoolers must be three years old by Oct. 1, 2020 in order to register.

If you are interested in being a part of our preschool community, you are welcome to call either of the following people: Julie Adkins, Recreation Supervisor - Youth Programs at 303-384-8196, [jadkins@cityofgolden.net](mailto:jadkins@cityofgolden.net) or Connie Kelly, Preschool and Camp at 303-384-8124, [ckelly@cityofgolden.net](mailto:ckelly@cityofgolden.net).

**All registration is online at <https://rec.cityofgolden.net> under "Preschool Program"** - scroll down until you see 'Activity Search Results'. Find the registration fee and the material fee and put both in your cart. Find the session(s) you would like for your child and put it in your cart.

**REGISTER online at <https://rec.cityofgolden.net> under "Preschool Program"**  
**You will need to pay September's payment, registration and material fee when you register.**

Our preschool program is a nine-month program, starting the day after Labor Day and ends the second Friday in May each year. If you are interested in availability for the current season, call 303-384-8124.





• **Registration \$50 (non-refundable) - Activity #552120-97**

• **Material \$75 - Activity #552121-97**

**Half-Day Preschool: Tuesday, Thursday - Activity #552122-01**

8:30 a.m. - 12:30 p.m., Age: 3 - 5 years

Monthly: \$195 Resident, \$205 Non-resident

**Half-Day Preschool: Monday, Wednesday, Friday - Activity #552122-02**

8:30 a.m. - 12:30 p.m., Age: 3 - 5 years

Monthly: \$280 Resident, \$290 Non-resident

**Half-Day Preschool: Monday - Friday - No activity #'s - register for the two sessions above**

8:30 a.m. - 12:30 p.m., Age: 3 - 5 years

Monthly: \$470 Resident, \$490 Non-resident

**Full Day Preschool: Tuesday, Thursday - Activity #552122-03**

8:30 a.m. - 3:30 p.m. Age: 4 - 5 years

Monthly: \$335 Resident, \$345 Non-resident

**Full Day Preschool: Monday, Wednesday, Friday - Activity #552122-04**

8:30 a.m. - 3:30 p.m. Age: 4 - 5 years

Monthly: \$490 Resident, \$500 Non-resident

**Full Day Preschool: Monday - Friday - No activity #'s - register for the two sessions above**

8:30 a.m. - 3:30 p.m., Age: 4 - 5 years

Monthly: \$820 Resident, \$840 Non-resident

**Payments/Deposits: Tuition is broken down into nine equal monthly payments for convenience.** Full pay is available, but no discount is offered. Payment is due on the 15th of the previous month for each upcoming month to avoid late charges. (i.e. October payment is due Sept. 15.) The material fee is a one-time fee for consumable items the preschool goes through at a fast pace such as glue, paint, paper, glitter, sequins, and other supplies.

**Cancellations:** Must be received in writing 30 days in advance to avoid additional monthly charges. Registration fee is non-refundable.

**Non-School Days:** Most Jeffco Public Schools holidays and breaks will be observed, including spring break and snow days.



## Golden Sun Preschool Camp

Come join us for preschool-age summer camp fun! Your child will enjoy a variety of activities including arts/crafts, circle time, stories, interactive play and outdoor play. Each week will be a different theme your child is sure to enjoy. Bring your own lunch, and we have [SignUpGenius.com](http://SignUpGenius.com) for snacks. We try to make snack time an opportunity for learning such as snacks that grow on trees, on a vine, or underground. Our preschool camp is fun and busy, we love to watch their little brains explore and see their wheels turn in curiosity and discovery.

**Camp Dates: May 26 - Aug. 14**

**REGISTRATION - OPENS March 2**

Registration opens to everyone including current students, siblings, and the public on March 2 for all camp ages.

**Due at registration time**

The \$35 registration fee, and all the sessions you have registered your child for summer.

**Cancellations or changes**

Must be made five business days in advance. A \$10 service charge (per child, per week) is assessed on all cancellations. In your correspondence to cancel/change, please note if you want a direct refund or if you would like it added as a credit to your household. The \$35 registration fee is non-refundable.

**All registration is online at <https://rec.cityofgolden.net> under "Preschool Program"**

Scroll down until you see 'Activity Search Results'. Find the registration fee and put in your cart. Find the session(s) you would like for your child and put those in your cart.

**Before the first day of Camp**

The entire Emergency Packet will be due

before your child's first day of camp. You can find this information on our website as an online fillable form. We also need your child's health statement signed by their pediatrician and immunization records. This form is also available online.

Immunizations needed at time before camp starts. If we locate your child's immunization records in the Colorado Immunization database, you will not need to provide a copy. If we cannot locate the records, we will ask for a copy. If you have immunization exemptions, please email [ckelly@cityofgolden.net](mailto:ckelly@cityofgolden.net) to obtain the Exemption Form.

**Any questions or concerns**

Please feel free to contact Connie Kelly, Preschool Director at 303-384-8124 or [ckelly@cityofgolden.net](mailto:ckelly@cityofgolden.net).

**#533209-01**

*Registration fee: \$35 (non-refundable)*

Weekly Rate	Mon, Wed, Fri only	Tue, Thu only	Mon-Fri
Resident	\$72	\$48	\$120
Non-resident	\$77	\$53	\$130

*Age: 3 - 5 years, Min/Max: 8/18*

**#533210** Monday, Wednesday, Friday

**#533212** Tuesday/Thursday

*\* For Monday - Friday classes, register for both activity numbers.*

*8:30 a.m. - 12:30 p.m.*

*- NO Camp: Friday, July 3 and Monday, July 6*

**REGISTER online at <https://rec.cityofgolden.net> under "Preschool Program"**

**You will need to pay the registration fee AND for the days per week that your child is registered.**

# Day Camps



## Specialty Day Camps

### Under the Sea Art Camp!

Make a big splash and join us for adventures in our Under the Sea Art Camp. Campers will learn all about jellyfish, octopuses, dolphins, whales and even mermaids! There's nothing fishy about using tools and materials to create fun paintings, collages, sculptures and more. Campers will have oceans of fun designing cool art projects, playing games, reading stories, learning about ecology, and examining underwater habitats. So, dive in! You won't get wet, but you'll make some new friends and have tons of FUN under the sea! Bring a lunch, snacks and a water bottle. Pick and choose your days, discount for all 5 days registered.

Age: 5 - 10 years, Min/Max: 7/12

**#453522** Monday - Friday, March 23 - 27

(01) 9 a.m. - 4 p.m. **FULL-DAY**

\$65 Resident/day, \$70 Non-resident/day

(02) 9 a.m. - 12 p.m. **Morning Half-Day**

\$35 Resident/day, \$40 Non-resident/day

(03) 1 p.m. - 4 p.m. **Afternoon Half-Day**

\$35 Resident/day, \$40 Non-resident/day

### Artosaurus! STEAM Camp

Explore the wild world of dinosaurs and other

reptiles. Learn about prehistoric animals, make dinosaur eggs, create fossils and habitats. Dig into the life of dinosaurs and your creativity! Experiment with a variety of art techniques while you learn about science, technology, engineering, and math concepts used to study extinct animals. Play games, make new friends and have a ferociously fun time! Bring a snack and a water bottle.

Age: 4 - 8 years, Min/Max: 7/12

**#453523-01** Monday - Friday

9 a.m. - 12 p.m.

(01) June 15 - 19 (\$100 discount if registered for #453524 (01))

(02) Aug. 10 - 14 (\$100 discount if registered for #453537 (01))

\$220 Resident, \$225 Non-resident

### Jurassic Art Camp

Travel back in time to when dinosaurs ruled the earth. Uncover fossils and learn about bones, create dino eggs and cave paintings! This camp will be an adventure everyday! We will have to out-run giant bugs, watch volcanos erupt, and learn about different dinosaurs. Bring a lunch, snacks and a water bottle.

Age: 4 - 8 years, Min/Max: 7/12

**#453524** Monday - Friday, 1 - 4 p.m.

(01) June 15 - 19 (\$100 discount if registered for #453523 (01))  
\$220 Resident, \$225 Non-resident

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**#453537** Monday - Friday, 1 p.m. - 4 p.m.  
(01) Aug. 10 - 14 (\$100 discount if registered for #453523 (02))  
\$220 Resident, \$225 Non-resident

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## **BIG Abrakadoodle® CIRCUS CAMP!**

Ladies and gentlemen, boys and girls... welcome to the greatest camp on earth! The circus is coming to town, Abrakadoodle style. Stretch your creative muscles as you design out of this world costumes. Clown around with circus paintings and circus faces. Tame clever circus animal sculptures. Swing along to create a balancing trapeze artist. Be the ringmaster of your own imagination at the Big Abrakadoodle Circus complete with carnival games, costumes, laughter, oohs and aahs, and spectacular fun! Bring a lunch, snacks and a water bottle.

*Age: 4 - 8 years, Min/Max: 7/12*

**#453525** Monday, Wednesday, Friday  
(01) July 13, 15, 17, 9 a.m. - 4 p.m. (full-day)  
\$242 Resident, \$247 Non-resident  
(02) July 13, 15, 17, 9 a.m. - 12 p.m. (half-day)  
\$126 Resident, \$131 Non-resident

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## **Adventure Park! Art Camp**

Give your creativity a whirl and create a theme park with a roller coaster, a Ferris wheel and much more. Ride along with us and explore different art materials and art techniques to create your dream amusement park. Unleash your imagination and join us on this fun adventure while you play with your new friends and have an outrageously fun time! Bring a lunch, snacks and a water bottle.

*Age: 4 - 8 years, Min/Max: 7/12*

**#453526** Monday, Wednesday, Friday  
(01) July 20, 22, 24, 9 a.m. - 4 p.m. (full-day)  
\$242 Resident, \$247 Non-resident  
(02) July 20, 22, 24, 9 a.m. - 12 p.m. (half-day)  
\$126 Resident, \$131 Non-resident

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## **EXTREME STEAM ART CAMP!**

Boys and girls climb aboard this creative experience to become a 21st-century innovator! In this camp, you will translate Science, Technology, Engineering and Math concepts into Art creations. Using a variety of art techniques, we will make a flying machine like Da Vinci, build a rocket ship, create an aerial view drone map and much more. Challenge your imagination and creativity and become an EXTREME artist while you play games, make new friends and have extreme fun! Bring a snack and a water bottle.

*Age: 4 - 8 years, Min/Max: 7/12*

## **Space Chase Combo Camp**

SpaceTime's Space Chase Camp is a hands-on, minds-on outer space adventure where kids get to work individually and in teams to try and track down an alien mad scientist determined to turn off the Sun. It's non-stop fun and learning as they test out their spaceship and rover piloting skills, go hands-on for some out-of-this-world classroom space science experiments and put on their space detective hats to try and figure out how to catch this crafty extraterrestrial. Full day children are required to bring a peanut-free sack lunch each day.

*Age: 5 - 10 years, Min/Max: 5/12*

**#455201** June 1 - 5  
Monday - Friday  
(01) 9 a.m. - 12 p.m. (half-day)  
\$165 half-day Resident,  
\$170 half-day Non-Resident  
(02) 9 a.m. - 4 p.m. (full-day)  
\$245 full-day Resident,  
\$250 full-day Non-resident  
NOTE: The half-day & full-day sessions take place concurrently in the same classroom for the length of the half-day session.

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## **Sailing the Solar System Combo Camp**

Set sail on an amazing journey through our cosmic neighborhood with SpaceTime's Sailing the Solar System. This camp program will take kids on a hands-on and minds-on adventure through the Solar System where they will get to explore the moons of Jupiter and Saturn, search for signs of life on distant worlds, build their very own SpaceTime Cosmic Cruisers, pilot a remote controlled planetary crawler, test out their astronaut skills in our micro-gravity boots, and much more. Full day children are required to bring a peanut-free sack lunch each day.

*Age: 5 - 10 years, Min/Max: 5/12*

**#455209** July 20 - 24  
Monday - Friday  
(01) 9 a.m. - 12 p.m. (half-day)  
\$165 half-day Resident,  
\$170 half-day Non-resident  
(02) 9 a.m. - 4 p.m. (full-day)  
\$245 full-day Resident,  
\$250 full-day Non-resident

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*NOTE: The half-day & full-day sessions take place concurrently in the same classroom for the length of the half-day session.*

### **5-Day Little Veterinarian School: Darling Doggies Camp**

Little Veterinarian School® encourages children to explore the exciting world of veterinarians and one of our favorite canine companions, Dogs! Using role-playing, interactive demonstrations, crafts and games, kids learn how to take care of a pet and perform tasks that real veterinarians do in this fun-filled 5-Day camp. Each child will adopt a new stuffed furry friend that will be used throughout the camp. Children will take home their new canine companion, disposable white lab coat, water bowl, dog-friendly treat recipes, a graduation diploma, and more! Topics include: Roles and responsibilities in the Veterinarian's Office, Food and Water, Lacerations, Ticks, Radiology, the Immune System and Vaccinations, Canine Body Language, and more! (No live animals are present during this program)

*Age: 6-10 years, Min/Max: 6/12*  
**#455301** Monday - Friday, 9 a.m. - 12 p.m.  
 (02) June 15-19  
 \$249 Resident, \$254 Non-resident

### **5-Day Little Medical School: Med School for Teens Camp**

Little Medical School® - Med School for Teens introduces kids to the exciting world of medicine utilizing more advanced topics and techniques. Understand what an EKG is, how to tie suture knots, understand how blood functions and about common blood abnormalities, make a model of human skin, discuss preparation for getting into medical school, and more. Note: This program may include a simple age-appropriate dissection.

*Age: 10-14 years, Min/Max: 6/12*  
**#455300** Monday - Friday, 1 - 4 p.m.  
 (01) July 20 - 24  
 \$249 Resident, \$254 Non-resident

### **Creature Creator Robotics**

In Snapology's Creature Creator Robotics class, your animal lover will create their own animal inspired robotic models. Students will learn about gear ratio, sensors, simple machines, and programming as they build insects, dolphins, gorillas, and much more. Your child is sure to have a wild time as they build, learn, and play.

*Age: 7-14 years, Min/Max: 6/20*  
**#455120** Monday - Friday, 9 a.m. - 12 p.m.  
 (01) June 22 - 26  
 \$215 Resident, \$220 Non-resident

## Amusement Park Adventures

Every child loves to go to the amusement park and ride their favorite rides, but have they ever thought about how to build one and the people who design them? In Snapology's Amusement Park Adventure, students get to become designers of their own amusement park rides. While designing, they will learn physics and engineering concepts as well as problem solving skills, all while having a blast!

*Age: 7-14 years, Min/Max: 6/20*

**#455121** Monday - Friday, 1 - 4 p.m.

*(01) June 22 - 26*

*\$215 Resident, \$220 Non-resident*

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## GameBots Coding

Calling all gamers! Have a blast creating robotic games each week while learning about robotics. Students will learn about gear ratio, sensors, programming, and pulleys as they create fun-to-play games. Whether creating a robotic hockey player, pinball machine, or a ring toss, your child is sure to have fun building, learning, and playing.

*Age: 7-14 years, Min/Max: 6/20*

**#455122** Monday - Friday, 9 a.m. - 12 p.m.

*(01) July 13 - 17*

*\$215 Resident, \$220 Non-resident*

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## Animation Studio

Who doesn't love an action-packed animation movie that brings our favorite toys to life? In Snapology's Animation Studio pro-gram, students get to do more than just enjoy those movies, they get to create them! In this technical program, children will work in teams to learn the fundamentals of stop motion animation and develop their own animated movie starring some of their favorite LEGO® mini-figures. Students will go through the entire movie making process with their filming partner, from plot development and set design to detailed visual and audio editing. The best part, their movie will move beyond the classroom and be uploaded to Snapology's YouTube channel so they can share their film with friends and family for years to come!

*Age: 7-14 years, Min/Max: 6/20*

**#455123** Monday - Friday, 1 - 4 p.m.

*(01) July 13 - 17*

*\$215 Resident, \$220 Non-resident*

## School-Age Coconut Camp (Spring Break)

Don't sit around during spring break! This state licensed day camp is guaranteed to keep your child busy. Activities include a field trip, arts & crafts, gym/sports, cooking, swimming, climbing and more. All campers are required to bring a sack lunch and an afternoon snack. A completed Summer Camp Emergency packet is required before attending camp. If your child attended our summer camp this past summer, the same forms will be retained for this camp. Forms are available at [rec.cityofgolden.net](http://rec.cityofgolden.net) under the Day Camps link.

*Age: 5 - 12 years, Min/Max: 10/20 per day*

**#527111**

*Drop-off: 7:30 - 9:30 a.m.*

*Pick-up: 4 - 6 p.m.*

*(06) \$35 Registration Fee*

*(07) Monday, March 23*

*(08) Tuesday, March 24*

*(09) Wednesday, March 25*

*(10) Thursday, March 26*

*(11) Friday, March 27*

*\$40/day Resident, \$45/day Non-resident*

## School-Age Summer Camp

The Golden Community Center offers Summer Day Camp for ages 5 - 12 years old and those turning 13 yrs. old during the summer months. Our state licensed summer camp programs are full days with drop-off between 7:30 to 9:30 a.m. and pick up between 4 to 6 p.m. The program utilizes the Red, Green, Beaver Brook and Windy Saddle Rooms with the oldest 23 campers in the Beaver Brook Room, the next oldest 20 kids in the Windy Saddle Room and the remaining campers in the Red & Green Rooms. **Campers cannot be guaranteed a specific room.**

9 to 12 year-olds will participate in Snapology Monday, Tuesday, and Wednesday of each week from 8:30 a.m. to 12:30 p.m. Snapology is a program where education meets fun in the world. It is developmentally appropriate, designed specifically for this age group.

**Camp dates: May 26 - Aug. 14**

**(No camp July 3)**

**We will be taking lower numbers the week of Aug. 10 - 14 to ensure appropriate staffing.**

**Fees:** *Ages 9 - 12 years (Monday - Thursday)*

*\$50 per day Residents,*

*\$55 per day Non-residents*



*Fridays are our in-house day: \$40 day Residents, \$45 Non-residents.*

**Fees:** *Ages 5 - 8 years*

*(Mondays, Wednesdays, Fridays): \$40 per day Residents, \$45 per day Non-residents*

**Tuesdays** *(Field Trip or Splash): \$50 per day Residents/\$55 per day Non-residents.*

**Activity #'s:**

**#534011-01** - Registration Fee (\$35)

**#534011-02** - Sunscreen Fee (\$15)

**#534011-(03-61)** 9 - 12 year-olds, each day in the summer

**#534013-(01-58)** 5 - 8 year-olds, each day in the summer

*ALL CANCELLATIONS ARE DUE IN WRITING BY NOON, Friday, May 22.*

**Remember:** *click on + for Camp Registration Fee before clicking on the + for the individual camp days.*

**When is the field trip lottery?**

- **There will not be a separate registration for field trips. All students will go on field trips or SPLASH on their designated days. Ages 5-7 year olds will go on Tuesdays, 8-12 year olds will go on Thursdays. The fee for those days is higher to offset the cost of school bus transportation. There are no field trip or SPLASH days the first week of camp, May 26 - 29.**

### **How to Register**

Your child will not be able to attend camp without a completed Emergency Packet on file. Addresses and phone numbers must be provided in the Emergency Packet or the child's registration will be on hold. The electronic form is available at [rec.cityofgolden.net](http://rec.cityofgolden.net) under Day Camps. If you do not receive an emailed confirmation, please call 303-384-8124.

Immunizations needed before camp starts. If we locate your child's immunization records in the Colorado Immunization database, you will not need to provide a copy. If we cannot locate the records, we will ask for a copy. If you have immunization exemptions, please email [ckelly@cityofgolden.net](mailto:ckelly@cityofgolden.net) to obtain the Exemption Form.

When registering, click the + for the **\$35 registration fee** and then click the + each individual day you would like. After clicking all the days for all children in your household, click Enroll and pay for the May and June days. We will bill you for July on June 15 and August days are billed on July 15.

***The month of May and June plus the registration fee is due at registration time.***

**Registration closes on the Thursday before each upcoming week, so registrations are not accepted after Thursday for the camp the following week.** Late registrants are encouraged to register for the waitlist, as



spots still may open up later in the summer. Call Julie with questions at 303-384-8196 or email [jadkins@cityofgolden.net](mailto:jadkins@cityofgolden.net).

#### Waitlist

- If your child is waitlisted for June days that have already been paid, we will credit your household.
- **It is important** that you check your email for "ENROLLED FROM WAITLIST" receipts - because we charge for those days.
- It is the parent's responsibility to remove their child from the waitlist if they no longer need the spot by emailing [jadkins@cityofgolden.net](mailto:jadkins@cityofgolden.net).

#### Cancellation Policy:

- Cancellations must be made by noon on May 22 in writing to [jadkins@cityofgolden.net](mailto:jadkins@cityofgolden.net).

- No full refund will be offered for cancellations after the deadline and future monthly payments will be expected.

- *If we can fill the spot with someone on the waitlist, then a refund will be provided minus the \$10 admin fee. If there is not someone on the waitlist, the daily fee will be retained.*
- Email cancellations and changes to [jadkins@cityofgolden.net](mailto:jadkins@cityofgolden.net). Do not call with cancellations. A cancellation receipt will be emailed. No refund will be offered for cancellations after the deadline and future monthly payments will be expected. ***It is the parent's responsibility to ensure they get a cancellation confirmation receipt.***  
***\*There are no refunds for missed days \****



The Golden Community Center

## FRONT PORCH

The Front Porch of the Golden Community Center is a space for adults to gather, have coffee, engage in discussion and just enjoy "being." Located on the upper floor of the Center, just off 8th Street, the Front Porch offers outdoor adventures, friendships, health programs and special events. New activities are always being added to our calendar, so check in with us often for a complete list of upcoming events.

### Wellness

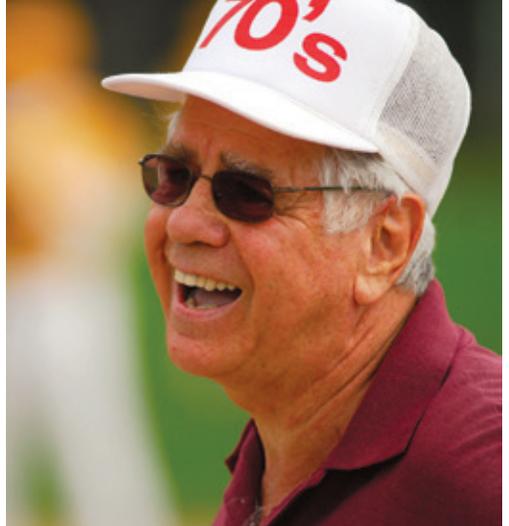
The Golden Community Center is a proud member of the SilverSneakers® and Renew Active™ networks. These are fun, energizing programs that help older adults take greater control of their health by encouraging physical activity and offering social events. Health plans around the country offer these programs to people who are eligible for Medicare or to group retirees. Visit us at the Front Porch, or call your health plan provider to see if you are eligible for a free membership to the Golden Community Center! The following classes are included in the SilverSneakers® Membership, Renew Active™ Membership, facility membership, punch card and daily admissions and are specially designed for the 50+ population.

#### Silver Sneakers® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

#### Silver Sneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a



SilverSneakers® ball are offered for resistance. A chair is available if needed for seated or standing support.

#### Easy Yoga 50+

Designed for the older adult who wishes to improve their general health and wellbeing through stretching and balance exercises. In this class we will use the chair and wall, as well as mat work – to help build strength, increase mobility and improve lifestyle.

*Mondays 10 a.m. & 11 a.m.*

*Tuesdays 12 p.m.*

*Wednesdays 11 a.m.*

*Thursdays 10 a.m.*

*Fridays 11 a.m.*

#### T'ai Chi

This class is a moving meditation of different low impact moves consisting of mainly T'ai Chi Chih and T'ai Chi Moving for Better Balance along with a different variety of Qigongs. We may also do standing meditation and you can have the option to sit during the meditation. We will be doing slow and gentle movements to circulate the Chi. T'ai Chi is good for many things like stress reduction and helps with many health related elements. It is appropriate for any age or ability.

*Mondays & Wednesdays 7:45 a.m.*

#### Kimodo for Balance

The art of Healing using Ki or Chi. It is similar to Tai-Chi and Yoga. It teaches the correct breathing technique, balance, and directs Ki

energy to various organs in your body thus promoting wellness. The art uses imitations of various animal forms (as in Kung Fu). It can be practiced standing, sitting on the floor, or sitting in a chair. People of all ages can participate. Every session ends with stretching and meditation.

*Fridays 7:30 a.m.*

For more information about these and other Wellness classes, visit us at <https://www.cityofgolden.net/media/GroupFitnessSchedule.pdf> or by coming in to the Golden Community Center.

Are you looking for something in the pool? Water Fitness classes such as the Arthritis Foundation Aquatics Program, Water Walking and Aquacise are also available. More information on these and other water fitness opportunities can be found in the Aquatics section.

## Games and Clubs

**Stop by and check out our offerings.  
New participants are always welcome!**

Day of the Week	Game/Club	Meeting Times
Monday	Pinochle	12 - 4:30 p.m.
Monday	Bridge* Chicago Style	5 - 8 p.m.
Tuesday	Mah Jongg**	10:30 a.m. - 4 p.m.
Tuesday	Rocky Mtn Ramblers	8 or 9 a.m. (contact Front Porch for Schedule)
1st & 3rd Tuesdays	Golden Tones	11 a.m. - 1 p.m. 1st & 3rd Tuesdays of each month
Tuesday	Hands & Hearts	11 a.m. - 1:30 p.m. 1st & 3rd Tuesdays of each month
Tuesday	Golden Book Club	6:30 p.m. - 4th Tuesday of each month
Wednesday	Beginners Bridge	1 - 4:30 p.m.
Wednesday	Golden Needlecrafters	1 - 2:30 p.m.
Thursday	Ladies Billiards	10 a.m. - 12 p.m.
Thursday	Mah Jongg**	12 - 4 p.m.
Thursday	Dominoes	12 - 4:30 p.m.
Friday	Dominoes	12 - 4:30 p.m.
Friday	Beginners Bridge	1 - 4:30 p.m.

\*For Bridge or Mah Jongg lessons and inquiries - Please call 303-384-8130 for information.

## Adult Dance

Do you want to dance your way to better balance, strength and flexibility? The Adult Ballet and Adult Tap Dance classes may be just what you're looking for!

### Adult Ballet - #511110

#### Adult Ballet, Age: 18+ years

Ballet for adults. A class great for working on muscle isolation, strengthening, balance, and stretch while utilizing the stability of the bar. Looking for a ballet workout with other adults to build strength, endurance, flexibility and balance? Emphasis on ballet techniques.

#### #511110-03 Adult Ballet (Dani)

*Age: 18 - 99 years*

*Mondays, 10:30 - 11:30 a.m.*

*Jan. 6 - June 1*

### Adult Tap Dance - #511111

#### Adult Tap Beginners, Age: Adult

This class is designed for everyone who danced as a kid or never had the opportunity to participate in a class. Now is the time to get a great workout and make some noise. The warm and friendly atmosphere makes this a fun and memorable experience for all participants. Classes are ongoing and can be joined any time. Tap shoes required. Performance opportunities are available for this class. There are also optional performance opportunities such as the Holiday Show, Olde Golden Christmas, Buffalo Bill Days, National Tap Day and the spring recital. Tap your way to better health and happiness.

#### #511111-01 Adult /Senior Tap (Joy)

*Age: 50 - 99 years*

*Mondays, 2 - 3 p.m.*

*Jan. 6 - June 1*

## Adult Pottery

### 50+ Pottery

This class provides a supportive environment for students over 50 that are interested in learning about ceramics, surrounded by their peers. All levels of experience are welcome and encouraged to join the fun. Beginners will be introduced to clay through introductory projects before moving to the potter's wheel; while more experienced students will find support while exploring their own ideas. The first bag of clay is included in the cost of the class; each additional bag is \$19; outside clay will not be allowed. All glazes are non-toxic and food-safe. This is an 8-week class unless otherwise noted.

*Age: 50 years and older, Min/Max: 5/8*

**#453640** Thursdays, 9 - 11:30 a.m.

(02) March 5 - April 23

(03) May 7 - June 25

(04) July 2 - Aug. 20

\$130 Resident, \$135 Non-resident

**For more adult pottery classes, refer to the Creative Arts section.**

## Education and Enrichment

Our partners at the Golden History Museum & Park offer programs that explore a wide variety of historic subjects presented by expert instructors. Learn about significant historic events that shaped the world and our community, apply historic skills in a modern way, and be entertained by stories of times past. We continue to provide the majority of our programs as a FREE benefit for museum members! Get more information on upcoming programs in the Golden History Museums & Parks section.

## Get Active!

### Ladies Basketball

We are looking for women who are 50+, or who will turn 50 this year. Play three-on-three half-court basketball with your age group. We offer a 45-minute skills clinic on Sunday mornings. For those who are interested, we attend out-of-state basketball tournaments several times a year. A discounted Ladies Basketball Pass is offered for those who play but drop-ins are welcome by paying the general admission fee. For more information, call Cathy Stokan at 303-933-8509 or Joy Kaylor at 303-582-5815.

*Practice sessions run on:*

*Fridays, 9 - 11 a.m.*

*Sundays, 9:30 - 11:30 a.m.*

### Rocky Mountain Ramblers Hiking Group

Be a part of an active, outdoorsy group! We hike in different locations throughout Colorado. Detailed schedules including dates, locations, fees and carpooling information are available in the Front Porch. Please wear comfortable and supportive shoes/hiking boots, bring snacks and a full water bottle.

**Please note: walks are strenuous - three to five miles over rocky paths and at high altitude. Always be prepared for changes in weather.**

## First Fridays

The first Friday of each month, we offer refreshments and appointments for chair massages and hand and foot reflexology for nominal fees. First Fridays is held upstairs at the Front Porch of the Golden Community Center. For more information or to make an appointment for one of our services, please call 303-384-8130.

### Chair Massage

A Certified Massage Therapist will be available to reduce your stress levels, increase circulation, ease back and neck tension, and increase your energy level!

*9 a.m. - 1 p.m. (By appointment only)*

*\$13 for 15 minutes*

*For appointments, call 303-384-8130.*

### Hand and Foot Reflexology

Reflexology is an ancient healing art that feels like a combination of massage and acupressure. It is safe, gentle and beneficial for everyone. Come enjoy!

*With Karol Paul, RN, BSN, NBCR*

*9 a.m. - 12 p.m. (By appointment only)*

*\$13 for 15 minutes*

*For appointments, call 303-384-8130.*

## Resources and Services

### Lions Club Glasses Donations

Please donate your old specs – we have a box in the Front Porch for your contributions.

### SilverSneakers®

[www.silversneakers.com](http://www.silversneakers.com)

### Renew Active™

[www.UHCRenewActive.com](http://www.UHCRenewActive.com)

### Benefits Check-Up

Find information about Medicare and financial pharmaceutical help:

[www.benefitscheckup.org](http://www.benefitscheckup.org)

For information about housing, transportation, in-home care services, respite, job training, legal referral, tax help, and care management, contact:

### Senior's Resource Center

303-238-8151

[www.srcaging.org](http://www.srcaging.org)

### Seniors Inc.

1-866-432-9696

[www.seniorsinc.org](http://www.seniorsinc.org)

### Senior Reach

Emotional support, Community Resources Referral and Education

1-866-217-5808

[www.seniorreach.org](http://www.seniorreach.org)

# Frequently Requested Phone Numbers

**Archery** .....720-536-0840  
[www.ghcarchers.org](http://www.ghcarchers.org)

**Golden Swim Lessons** .....303-384-8131  
[rec.cityofgolden.net](http://rec.cityofgolden.net)

**Golden Applewood Football Association**  
.....303-961-4545  
email: [demondefense@hotmail.com](mailto:demondefense@hotmail.com)  
[www.gamfa.org.leag1.com](http://www.gamfa.org.leag1.com)

**Inclement Weather  
Information Line** .....303-384-8112  
(Outdoor Programs)

**Golden Applewood  
Youth Basketball Association**  
Information Line .....303-384-0902  
[www.goldenyouthbasketball.com](http://www.goldenyouthbasketball.com)

**The Splash** .....303-277-8700  
[www.splashinggolden.com](http://www.splashinggolden.com)

**Golden C.A.R.A. Youth Sports**  
Volleyball, Tennis and Track  
Beau Bressler,  
Athletics Coordinator... .....303-384-8194

**Colorado Ice Soccer Club**  
Information Line .....303-279-3686  
[www.coloradoice.org](http://www.coloradoice.org)

**Golden Girls Softball  
Association** .....720-879-8172  
[www.goldengirlssoftball.org](http://www.goldengirlssoftball.org)

**Tony Grampsas Memorial  
Sports Complex** .....303-279-6034

**Golden Marlins Swim Team**  
[www.teamunify.com/reccogm](http://www.teamunify.com/reccogm)

**Ulysses Ballfield Complex** .....303-278-4154  
(April - November)

**Golden Junior Baseball Association/  
Youth Baseball and T-ball**  
Fax .....303-838-7578  
P.O. Box 598 Golden, CO 80402  
Email: [gjba@gjba.net](mailto:gjba@gjba.net)  
[www.gjba.net](http://www.gjba.net)





## Facility Rentals

Located at the base of the foothills, the Golden Community Center is a venue with a view! Perfect for weddings, graduations and other events. Put your mind at ease with the support of professional staff members and the convenience of an adjoining caterer's kitchen. **Call 303-384-8133** for availability, facility tours and rates. Make your event special – have it at the Golden Community Center.

### We Also Rent...

**Sports Fields** The City of Golden operates and maintains many lit and unlit ball and sports fields. These facilities are available for rental for tournaments and special events. Please email Brian Harris at [bharris@cityofgolden.net](mailto:bharris@cityofgolden.net) - for rates and availability.

### Pavilion Rental

Reservations for park pavilions located at Lions Park, Tony Grampsas Memorial Sports Complex and Golden Heights Park may be reserved online via [rec.cityofgolden.net](http://rec.cityofgolden.net).

## Birthday Parties

**Can you imagine a worry-free birthday party for your child?**

**We can make it happen!** Saturdays and Sundays Only

All packages include exclusive use of one of our party rooms and swimming pool admittance. Guests may bring food, drinks and decorations. No glass containers allowed. Availability is limited to the following time slots: Saturdays and Sundays, 12 - 2 p.m. and 3 - 5 p.m. All facility guidelines, including all pool regulations and normal facility schedules are in effect.

#### Party Room – 2 Hour Reservation

- Up to 15 guests including adults and children
- Additional guests must pay the general admission fee
  - Cost: \$90

#### Windy Saddle Room – 2 Hour Reservation

- Up to 25 guests including adults and children
- Additional guests must pay the general admission fee
  - Cost: \$150

**For birthday party information or to set up your party, please call 303-384-8100.**



# Registration Details

## Online Registration

**Registration processing begins upon receiving the Activity Brochure**, excluding swim lessons, athletic leagues, and preschool. Refer to specific program sections for registration details. Liability waiver as seen on the Registration Form is implied.

**Online Registration** – [rec.cityofgolden.net](http://rec.cityofgolden.net)  
When you are ready to register for a class, you will need to log in to our system. To ensure your eligibility for age-specific classes and to allow us to locate you in our database, we'll need the date of birth of at least one household member, in addition to your household number. If you don't know your household number, give us a call at 303-384-8100 and we'll find it for you!

## Confirmation Policy

If you would like a receipt for other classes, please enclose a self-addressed stamped envelope with your registration form. Otherwise, call the Golden Community Center at 303-384-8100 if you are concerned about enrollment.

## General Policies

1. Please check your dates and plan your schedule carefully.
2. We are not responsible for mail-in registrations that are not delivered by the post office. If you would like a receipt, please send a self-addressed stamped envelope.
3. A \$20 charge is assessed on all returned checks.
4. The City of Golden Parks and Recreation Department reserves the right to cancel a class due to insufficient registration or causes beyond our control.
5. Some classes may have an element of hazard or danger. Please take full responsibility for your actions and physical condition when participating in these types of classes.
6. Continuing classes paid on a monthly basis will incur a \$5 late fee if payment is not received on or before the first day of class.
7. The City of Golden Parks and Recreation Department reserves the right to increase fees without advance notice.

## Refunds, Transfers and Cancellations

1. The Recreation Department encourages registrants to carefully plan their schedule before registering for a class. **No refunds** will be issued if cancellation is received less than four business days before the class is scheduled to start.
2. If you must cancel from a class, call 303-384-8100 at least four days before the class starts. Choose from these options:
  - transfer to another class
  - leave money on household account
  - receive a refund (refund will be via check or credit card; **NO CASH REFUNDS!**)
3. **A \$5 service charge (per child, per class) is assessed on all refunds, excluding:**
  - (1) Illnesses excused by a doctor stating the specific reason the person is unable to participate, received no later than two weeks after the start date of the class.
  - (2) Class cancellations by the Recreation Department.
4. Refunds take three to four weeks to process.

## Fees and Charges

1. Fees do not include materials and supplies unless indicated.
2. Fees are payable at the time of registration.
3. Activities canceled due to holidays and circumstances beyond our control will not be made up or refunded unless otherwise specified.
4. All classes will carry an additional fee for non-residents.
5. Concerning continuing classes paid on a monthly basis: fees are due on or before the first day of class to avoid paying late charges.







# City of Golden

**PARKS AND RECREATION DEPARTMENT**  
GOLDEN COMMUNITY CENTER  
1470 10<sup>TH</sup> ST. GOLDEN, CO 80401  
303-384-8100 • REC.CITYOFGOLDEN.NET

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