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
Behind Starbucks at Hwy 93 and Washington
Features

Healthy Kids, Healthy Futures ............Pages 6 - 7
It's never too early to start thinking about your child's future career; and just as important as learning a career is learning how to take care of themselves. With Little Medical School, you get both. Kids ages 4 - 14 have the opportunity to learn about careers in health care in fun and interactive ways. At the same time, they can learn about healthy eating, living, and lifestyles. There are many programs to choose from, all designed to entertain and inspire your children.

Swim to Save a Life ........................................Page 8
Help your kids learn to swim at an early age for their own safety and your peace of mind as a parent. Learn a life-long skill at the Golden Community Center with our highly qualified swim staff.

Class Schedule Listings
Youth & Teen Athletics ..........13
Youth & Teen Activities ..........16
Tykes ........................................20
Adult/Youth Specialty ..........24
Adult Athletics .......................26
Aquatics ................................29
Dance Arts ................................36
Wellness & Fitness ...................42
Creative Arts .........................48
Golden History Museum & Park .................51
Climbing & Adventure ..........54
50 Plus Activities .................57
Fossil Trace Golf Club ..........60

General Information
Facility Hours .........................5
Facility Fees .........................5
Facility Guidelines ..........9 - 11
City Phone Numbers ..........11
Child Care Schedule ..........12
Frequently Requested Phone Numbers ..........64
Facility Rentals ..........65
Birthday Parties ..........65
Registration Details ..........66
Registration Form ........inside back cover

Advertisements
State Farm Insurance ..........inside front cover
Meyer Hardware ..........27
Leonard Law ..........35
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 2 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 cityofgolden.net/jobs/

Look for our guide on the web at 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.

Golden Parks and Recreation Vision:
"Golden will be recognized as a national leader in the provision of high quality parks, trails and recreation facilities.

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."

Parks, Recreation and Museums Advisory Board Members
- Cynthia Szymanski - Chair
- Amirah Shahid – Vice-Chair
- Clare Cragan
- Pete Erselev
- Craig Middleton
- Scott Feldman-Peabody
- Jacqueline Winterbottom
- Pam Loebig - Alternate

Meeting Times - 3rd Tuesday of each month, 7 p.m. City Council Chambers, 911 10th St.

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
Bryan Smith, Recreation Coordinator - Guest Services
Kari Sorvig, Aquatics Specialist
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
Keith Isenberger, Facilities Manager

Municipal Facilities ........................................ 303-384-8121

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
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 leaders in providing activities that are safe, fun, and of the highest quality.

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*

<table>
<thead>
<tr>
<th></th>
<th>Per Visit Admission</th>
<th>10 Visit Stamp Card</th>
<th>20 Visit Stamp Card</th>
<th>Annual Pass</th>
<th>Household Member Discount Prices</th>
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<tr>
<td></td>
<td>Resident/Non-resident</td>
<td>Resident/Non-resident</td>
<td>Resident/Non-resident</td>
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<tr>
<td>Tots: 5 and younger</td>
<td>$2.75</td>
<td>$25/$27</td>
<td>$44/$50</td>
<td>$181.50/$206</td>
<td>$90.75/$103</td>
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<tr>
<td>Youth: 6 - 18 years</td>
<td>$4.50</td>
<td>$43/$45</td>
<td>$72/$81</td>
<td>$352/$400</td>
<td>$176/$200</td>
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<tr>
<td>Adult: 19 - 59 years</td>
<td>$6.25</td>
<td>$60/$62</td>
<td>$100/$112</td>
<td>$508/$578</td>
<td>$254/$289</td>
</tr>
<tr>
<td>Seniors: 60 and older</td>
<td>$4.75</td>
<td>$45/$47</td>
<td>$76/$86</td>
<td>$363/$410</td>
<td>$181.50/$205</td>
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</table>

*Annual passes only: Each additional household member is ½ price.
**Admission Fees are subject to change at the beginning of the year.
Do you remember dreaming about what you wanted to be when you grew up? At Little Medical School®, we inspire young minds by sharing our passion for learning, health and careers in medicine.

Little Medical School (LMS) is deeply rooted in Founder Dr. Mary Mason’s love of family, medicine and education. In 1998, Dr. Mason wrote her first lesson plan and enlisted her medical school colleagues to teach local teenagers. This passion for encouraging careers in healthcare culminated in the creation of LMS in 2010. Today, the company is a pioneer and leading developer of award winning, specialized curriculum and interactive resources for children aged 4-14. With corporate offices in St. Louis, there are approximately 50 franchises in the United States and abroad. All are independently owned by those who share a common goal of inspiring health awareness through education -- one student at a time.

Our educational enrichment programs create an environment where students are able to learn, explore and enjoy while building self-confidence. Through fun activities, role-play and innovative study guides -- students use authentic medical supplies (stethoscope, suture kit, tweezers and more) and dress in white lab coats and latex-free gloves -- an authentic, and engaging experience is created. This role-play and hands-on experience can play a vital role in how students shape their attitudes towards their personal health and wellbeing. Through our specialized and interactive curriculum, children role-play not only healthcare careers but act out the different functions of the human body including digestion, the exchange of air in the lungs and perform a realistic Tommy John Surgery.

Little Medical School offers a wide variety of educational programs focusing on personal health, nutrition, dental care and wilderness medicine. Whether after-school programming, summer camps, birthday parties, in-school field trips, scout badge fulfillment or special events -- we are able to customize to meet specific needs.
Little Medical School believes a curriculum based on STEM (Science, Technology, Engineering, and Math) will provide students with a strong foundation to pursue future careers. Perhaps even a career in medicine: whether utilizing Science to understand anatomy, Technology to better utilize patient information, Engineering to develop solutions to complex medical issues, or Math to calculate the proper dose of medication. Health and STEM are inseparable. Yet, beyond our focus on learning and critical thinking – our most important function is to INSPIRE a greater understanding of health and career options.

We invite you to learn more about our wide variety of programs, resources and educational materials by visiting www.littlemedicalschool.com or calling 720-263-1056.
Swimming can be a lifelong activity enjoyed by all ages and abilities. More importantly, it is a sport that can save your life. Learning to swim at an early age is not just for fun, but for safety. Knowing that a child is safe in and around the water can help a parent rest a little easier, but it does not alleviate the need to keep a close eye on them. Let us at the City of Golden help you and your loved ones learn a skill that will stick with them for life.

Drowning is the leading cause of accidental death to children. The best way to prevent accidental drowning is by teaching children to swim early through learn-to-swim programs like the swimming lessons offered at the Golden Community Center. Our program, based on the American Red Cross Learn-To-Swim program, is focused on teaching kids of all ages to be safe in, on and around the water through a logical progression of skills which builds a foundation of knowledge. From blowing bubbles and learning to float, to improving the butterfly and diving, instructors work with swimmers to continually build skills and become proficient swimmers.

One of the best things about learning to swim is that it's never too late! People of all ages and abilities will enjoy spending time in the water challenging themselves and reaching health and safety goals. The health benefits of swimming are numerous, not only does it help keep your heart and lungs healthy but also helps improve strength, flexibility, and even balance and coordination.

We offer a variety of swimming lessons for swimmers of all ages and abilities, check us out!
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.

Aquatics Area
1. It is required that all infants and toddlers 3 years and under (or any guest that is diaper dependent) wear swim diapers under their swimsuits. (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 6 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 should see hours for Lap Swim.

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, sports bras, jeans, or workout clothing are NOT permitted. Staff reserves the right to deem any questionable attire inappropriate.

6. Patrons 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.
   • Trains are prohibited.
   • You must ride feet first in a seated position.
   • 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.
   • Maximum rider weight of 300 lbs.
   • For safety reasons, pregnant women or individuals with medical concerns should not ride the slide.
   • Warning – Ride at your own risk.

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 16 years old are not allowed in the gym during drop-in basketball, drop-in volleyball and adult basketball leagues due to safety concerns (holidays and school vacation are an exception).

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 if they've obtained a 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
Business Licenses and Sales Tax .........................303-384-8024
Building Permits ..................303-384-8151
City Manager’s Office ...............303-384-8011
Code Enforcement ....................303-384-8048
Community Center ..................303-384-8100
Community Calendar/
Special Events ..................303-277-8728
email: dtiberi@cityofgolden.net

Emergency - Police and Fire ..................911
(Non-emergency is 303-384-8045)
Fossil Trace Golf Club
   Head Professional ............303-277-8750
Fossil Trace Restaurant ............303-277-8755
Planning and Development ......303-384-8097
Swim Lessons ..................303-384-8131
Water Billing ..................303-384-8026
Water/Sewer Information ..........303-384-8151
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**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday - Friday</td>
<td>8:30 a.m. - 1 p.m.</td>
</tr>
<tr>
<td>Saturday</td>
<td>8:30 a.m. - 12 p.m.</td>
</tr>
<tr>
<td>Sunday</td>
<td>Closed</td>
</tr>
</tbody>
</table>

The Child Care Center is closed:
- Memorial Day
- Independence Day
- Labor Day
- Thanksgiving Day
- Christmas Eve
- New Year's Eve

The Golden Community Center will be closed for maintenance August 19 - 25.

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.
Youth Volleyball Training - Winter 2020
The class is for volleyball players 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.

#612200
(01) Grades 2-5, Min/Max: 6/20
Thursdays, 4:30 - 5:45 p.m.
Jan. 9 - Feb. 20, 2020
$50 Resident, $55 Non-resident

(02) Grades 6 - 8, Min/Max: 6/32
Wednesdays & Fridays, 4:30 - 5:45 p.m.
Jan. 8 - Feb. 21, 2020
$90 Resident, $95 Non-resident

(03) Grades 9 - 12, Min/Max: 6/32
Wednesdays & Fridays, 4:30 - 5:45 p.m.
Jan. 8 - Feb. 21, 2020
$90 Resident, $95 Non-resident

Tony Grampsas Gym, 44th Ave. & Salvia St.
** Possibility of some scrimmages on Saturdays.

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 thru 12th grade
Tony Grampsas Gym, 44th Ave. & Salvia St.

#622100 - Spring 2020
(01) Grades 2 to 4, Min/Max: 6/20
Tuesdays & Thursdays, 4:30 - 5:45 p.m.
Feb. 25 - May 16, 2020

(02) Grades 5 to 6, Min/Max: 6/20
Tuesdays & Thursdays, 4:30 - 5:45 p.m.
Feb. 25 - May 16, 2020

(03) Grades 7 to 8, Min/Max 6/30
Wednesdays & Fridays, 4:30 - 5:45 p.m.
Feb. 26 - May 16, 2020

(04) Grades 9 to 12, Min/Max 6/30
Wednesdays & Fridays, 4:30 - 5:45 p.m.
Feb. 26 - May 16, 2020

$105 Resident, $110 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 from 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. 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.

**FALL SPORTS**

*#65300 Volleyball, Min/Max: 6/60*

(01) Girls: Grades 6 - 7  
Oct. 21 - Dec. 18  
Practices: Mondays and Wednesdays  
$135

(02) Girls: Grade 8  
Oct. 22 - Dec. 19  
Practices: Tuesdays and Thursdays  
$135

**WINTER SPORTS**

*#653400 Basketball, Min/Max: 6/40*

(01) Boys: Grades 6 - 7  
Jan. 14 - March 12, 2020  
Practices: Tuesdays and Thursdays  
$145

(02) Boys: Grade 8  
Jan. 14 - March 12, 2020  
Practices: Tuesdays and Thursdays  
$145

(03) Girls: Grades 6 - 7  
Jan. 13 - March 11, 2020  
Practices: Mondays and Wednesdays  
$145

(04) Girls: Grade 8  
Jan. 13 - March 11, 2020  
Practices: Mondays and Wednesdays  
$145

**SPRING SPORTS**

Spring sports will be announced in early 2020. Please visit rec.cityofgolden.net for more information. For scholarship information, please visit rec.cityofgolden.net.

**Square 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

*#652900-01 Monday - Friday, Aug. 5 - 9  
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
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.

### SOCCERTOTS (*NEW* 6-week session)

<table>
<thead>
<tr>
<th>Code</th>
<th>Dates</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
<th>Location</th>
<th>Instructor</th>
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<tr>
<td>652650-05</td>
<td>09/03 – 10/08 T</td>
<td>9:30am - 10:20am</td>
<td>2 - 3 yrs</td>
<td>$89**</td>
<td>Tony Grampsas Gym</td>
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<tr>
<td>652650-06</td>
<td>09/03 – 10/08 T</td>
<td>10:30am - 11:20am</td>
<td>3 - 5 yrs</td>
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### 1STDOWNTOTS (*NEW* 6-week session)

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<td>10/15 – 12/19 T</td>
<td>9:30am - 10:20am</td>
<td>2 - 3 yrs</td>
<td>$89**</td>
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<td>652650-08</td>
<td>10/15 – 11/19 T</td>
<td>10:30am - 11:20am</td>
<td>3 - 5 yrs</td>
<td>$89**</td>
<td>Tony Grampsas Gym</td>
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### SOCCERTOTS

<table>
<thead>
<tr>
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<th>Time</th>
<th>Ages</th>
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<td>$89**</td>
<td>Tony Grampsas Gym</td>
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<tr>
<td>652650-10</td>
<td>01/07 – 02/11 T</td>
<td>10:30am - 11:20am</td>
<td>3 - 5 yrs</td>
<td>$89**</td>
<td>Tony Grampsas Gym</td>
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### HOOPSTERTOTS

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<th>Time</th>
<th>Ages</th>
<th>Fee</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>652650-11</td>
<td>02/18 – 03/31* T</td>
<td>9:30am - 10:20am</td>
<td>2 - 3 yrs</td>
<td>$89**</td>
<td>Tony Grampsas Gym</td>
<td></td>
</tr>
<tr>
<td>652650-12</td>
<td>02/18 – 03/31* T</td>
<td>10:30am - 11:20am</td>
<td>3 - 5 yrs</td>
<td>$89**</td>
<td>Tony Grampsas Gym</td>
<td></td>
</tr>
</tbody>
</table>

*No Class March 24

### BASEBALLTOTS

<table>
<thead>
<tr>
<th>Code</th>
<th>Dates</th>
<th>Time</th>
<th>Ages</th>
<th>Fee</th>
<th>Location</th>
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<tr>
<td>652650-13</td>
<td>04/07 – 05/12 T</td>
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<tr>
<td>652650-14</td>
<td>04/07 – 05/12 T</td>
<td>10:30am - 11:20am</td>
<td>3 - 5 yrs</td>
<td>$89**</td>
<td>Tony Grampsas Gym</td>
<td></td>
</tr>
</tbody>
</table>

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

FOR MORE INFORMATION AND TO REGISTER CONTACT:
web: supertotssports.com/colorado
phone: 303.222.8039
Space is limited, register today!
Youth & Teen Activities

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.
Age: 11 - 14 years, Min/Max: 5/20
#452410 Saturdays, 9 a.m. - 3 p.m.
(08) Sept. 14
(09) Oct. 19
(10) Nov. 2
(01) Jan. 18, 2020
(02) Feb. 22, 2020
$65 Resident, $70 Non-resident

Home Alone with First Aid
This course is designed for the 10-13 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 Saturdays, 9 a.m. - 1 p.m.
(02) Sept. 7
(03) Nov. 23
(01) Jan. 11, 2020
$50 Resident, $55 Non-resident

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.
(04) Oct. 26
(01) Feb. 1, 2020
$65 Resident, $70 Non-resident

SpaceTime Activities

Star Voyages Workshop
Has your child ever wondered what those little points of light in the night sky actually are? With SpaceTime’s Star Voyages Workshop they will get to explore the stars, galaxies and other cosmic objects shining down on us here on Earth, as well as our own stellar companion, the Sun. And along the way they will get to have some serious outer space fun building their own mini-galaxies, operating real telescopes, putting on their cosmic detective hats in the UV Light Mystery, and more.
Age: 5 - 12 years, Min/Max: 6/16
#455211 Saturdays, 9 - 11 a.m.
(01) Sept. 14
(02) Jan. 25, 2020
2-hour Saturday workshops - $25 Resident, $30 Non-resident

Life in Space Mini-Camp
With SpaceTime’s Life in Space Workshop kids will see, hear and feel some of what it would be like to live, work and play in outer space. You will get to design space missions to destinations around distant stars and then experience some of what those missions would be like. SpaceTime’s “Virtual Voyagers Exploration System” includes feeling the thrill of a gravity “sling shot”, trying out their skills at creating “centrifugal gravity”, building and launching spaceships, and more.
Age: 5 - 10 years, Min/Max: 6/16
#455202 Friday, 9 a.m. - 5 p.m.
(01) Sept. 20 NO SCHOOL FOR JEFFCO!
(02) Oct. 25 NO SCHOOL FOR JEFFCO!
$80 Resident, $85 Non-resident

Deep Space Adventures
Thanksgiving Week Combo Camp
Explore the outer reaches of the solar system and beyond with SpaceTime’s Deep Space
Adventures Camp where kids will take a deep space journey into "The Final Frontier". With this workshop kids will get to take a virtual journey to exotic outer space locations like the Kuiper Belt & the exoplanets of distant stars, hover over a massive black hole to peer inside, orbit on a solar platform in the million-degree heat just above the surface of the Sun, and much more.

Age: 5 - 10 years, Min/Max: 5/12
#455209 Nov. 25, 26, 27, 29
Monday, Tuesday, Wednesday, Friday
- No class Thursday Nov. 28
(01) 9 a.m. - 12 p.m. (half-day)
$135 half-day Resident,
$140 half-day Non-Resident
(02) 9 a.m. - 4 p.m. (full-day)
$195 full-day Resident,
$200 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.

Little Medical School® - Wilderness Medicine 2-day Camp
Does your child love spending time outdoors in the beautiful Colorado wilderness? Little Medical School® - Wilderness Medicine Camp 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 receive a disposable white lab coat, a recipe for all-natural mosquito spray, tornado model, wilderness safety items including a gauze wrap, 4-in-1 compass tool, and a thermal blanket!

Age: 6 - 10 years, Min/Max: 6/16
#455300 Monday and Tuesday
9 - 12 p.m.
(01) Nov. 25 & 26
$116 Resident, $121 Non-resident

Little Medical School® - Sports Medicine 2-day Camp
Come explore the exciting world of sports medicine with Little Medical School. With your disposable white coat and reflex hammer, learn how doctors do an assessment for sports injuries. Learn about common problems from playing sports such as sprains, strains, and athlete's foot and how to diagnosis and treat them. See what it is like to be an orthopedic surgeon and perform Tommy John Surgery. Make a model of the hand and see how the tendons and ligaments work and what can go wrong.

Age: 6 - 10 years, Min/Max: 6/16
#455300 Monday and Tuesday
12:30 - 3:30 p.m.
(02) Nov. 25 & 26
$116 Resident, $121 Non-resident
School-Age Summer Camp

Registration opens in April, 2020
Field Trip Registration opens in May, 2020
(located on the last page of https://rec.cityofgolden.net under “Day Camps”)

The Golden Community Center offers Summer Day Camp for ages 5 years through 12 years and those turning 13 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. We have a fun and experienced staff who love to play games and explore the imaginations and creativity of our campers. We have age- and developmentally-appropriate games. We hike, we read, we sing, we create, we have art, we have large group activities, and small group activities, buddy activities, and quiet time. Socializing and providing a strong and positive social/emotional environment is our goal. The program offers field trips and Splash days every other week. Odd weeks are the field trips and even weeks are the splash weeks. We offer indoor swim every week.

Field trips are an extra $12. We will be using Jefferson County School Buses. Sign up for field trips in May.

Splash days are for all campers.

FIELD TRIPS and INDOOR SWIM

<table>
<thead>
<tr>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY - FIELD TRIPS</th>
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</thead>
<tbody>
<tr>
<td>Field Trips - ages 5 - 7</td>
<td>Indoor Swim - ages 7 - 8</td>
<td>Field Trips - ages 8 - 12</td>
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<tr>
<td>Indoor Swim - ages 9 - 12</td>
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<td>Indoor Swim - ages 5 - 6</td>
</tr>
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</table>

SPLASH DAYS and INDOOR SWIM

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<td>Indoor Swim - ages 9 - 12</td>
<td>Indoor Swim - ages 5 - 6</td>
</tr>
</tbody>
</table>

Camp dates: May 28 - Aug. 7, 2020

Fee: $40/day Residents / $45/day Non-residents
Splash field trips included. Other field trips have an additional $12 fee.
Little Veterinarian School® - Darling Doggies 2-day Camp
This popular 2-day version of our Little Veterinarian School®: Darling Doggies program 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. 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: Performing a Head-to-Tail Exam, Food and Water, Lacerations, Ticks, and the Immune System and Vaccinations (*No live animals are present during this program)

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

#455301 Thursday & Friday
9 a.m. - 12 p.m.
(01) Jan. 2 & 3, 2020
$116 Resident, $121 Non-resident

Little Dental School
Little Dental School®
How many teeth do babies have? Kids? Adults? Have you ever had a cavity? Root canal? Braces? X-rays? Come learn the answers and other cool dental procedures. Enjoy coloring parts of the tooth like enamel, dentin, pulp, and gums. Prepare and fill a tooth cavity! We provide a model of a mouth to experiment on and there are plenty of games, activities, and worksheets along the way.

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

#455302 Thursday & Friday
12:30 – 3:30 p.m.
(01) Jan. 2 & 3, 2020
$116 Resident, $121 Non-resident

Snowball Camp - Winter Break 2019
Don’t sit around during winter 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 Emergency packet is required paperwork 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 under the Day Camps link.

Registration opens - December 2019

#546111
Age: 5 - 12 years, Min/Max: 10/20 per day
Drop-off: 7:30 - 9:30 a.m.
Pick-up: 4 - 6 p.m.
Weekdays: Dec. 23 - Jan. 3, 2020
$15 Registration Fee
$40/day Resident
$45/day Non-resident

Golden Sun Preschool Camp
Registration opens in April 2020
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 for snacks. We try to make snack time an opportunity for learning such as snacks that grow on trees, on a vine, or underground. We love to watch our little brains explore and see their wheels turn in curiosity and discovery.

Register for preschool camp at https://rec.cityofgolden.net under “Preschool Camp”.

<table>
<thead>
<tr>
<th>Weekly Rate 8:30 a.m. - 12:30 p.m.</th>
<th>Monday, Wednesday, Friday ONLY</th>
<th>Tuesday &amp; Thursday ONLY</th>
<th>Monday - Friday</th>
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<tbody>
<tr>
<td>Resident</td>
<td>$72</td>
<td>$48</td>
<td>$120</td>
</tr>
<tr>
<td>Non-resident</td>
<td>$77</td>
<td>$53</td>
<td>$130</td>
</tr>
</tbody>
</table>

Camp dates: May 28 - Aug. 7, 2020 #533209-01 Registration fee - $30 - non-refundable

Camp
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, with the most important being the 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 5 out of 5 diamonds for Colorado Shines Accreditation. Information is available at 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, 2019 in order to register for the 2019-20 school year. Registration opens for 2020-2021 preschool in January and your child must be three by Oct. 1, 2020.

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

REGISTRATION:

Our preschool program is a nine-month program, starting the day after Labor Day and ends the 2nd Friday in May each year. If you are interested in availability for the current season, call 303-384-8124.

**New student registration** - opens from February - March Lottery will spin the second week in March at 9 a.m.

**Returning and sibling student registration** - opens the beginning of January.

**Half-Day Preschool: Tuesday, Thursday**
- Activity #552210-01
  - 8:30 a.m. - 12:30 p.m., Age: 3 - 5 years
  - Monthly: $185 Resident, $195 Non-resident

**Half-Day Preschool: Monday, Wednesday, Friday**
- Activity #552211-02
  - 8:30 a.m. - 12:30 p.m., Age: 3 - 5 years
  - Monthly: $265 Resident, $275 Non-resident

**Half-Day Preschool: Monday - Friday**
- No activity #5 - register for the two sessions above
  - 8:30 a.m. - 12:30 p.m., Age: 3 - 5 years
  - Monthly: $445 Resident, $465 Non-resident

**Full Day Preschool: Tuesday, Thursday**
- Activity #552312-01
  - 8:30 a.m. - 3:30 p.m., Age: 4 - 5 years
  - Monthly: $320 Resident, $330 Non-resident

**Full Day Preschool: Monday, Wednesday, Friday**
- Activity #552313-02
  - 8:30 a.m. - 3:30 p.m., Age: 4 - 5 years
  - Monthly: $465 Resident, $475 Non-resident

**Full Day Preschool: Monday - Friday**
- No activity #5's - register for the two sessions above
  - 8:30 a.m. - 3:30 p.m., Age: 4 - 5 years
  - Monthly: $785 Resident, $805 Non-resident

To check your child's lottery status:
- March - log in online and go to “My Account” and “Re-print Receipt” to check the status of your child’s enrollment
- “Enrolled First” means your child is confirmed in our program
- “Waitlist” means your child did not get in but will remain waitlisted until a spot opens up.

**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.

**REGISTRATION**: $50 (non-refundable) - Activity #552120-98
**Material**: $75 - Activity #552121-98
• If your child is waitlisted, you can request a refund of the material fee and the session fee. You will remain on the waitlist.

Due at registration time - a full month deposit (applied to September, the first month of preschool), the $50 registration fee, and the $75 material fee. Registration fee is non-refundable.

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. (ex. 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.

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.

Classes

Spanish for Preschool
Give your child these proven benefits from learning a second language: better at reading & 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 inspiring kids with Spanish.

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

#455110 Wednesdays, 12:45 - 1:30 p.m.
(11) Sept. 4 - Oct. 9
(12) Oct. 16 - Nov. 20
(01) Jan. 15 - Feb. 19, 2020
(02) Feb. 26 - March 18, 2020 (4 weeks)
$120 Resident, $125 Non-resident
$80 Resident, $85 Non-resident (4 weeks)

#455110 Thursday, 12:45 p.m. - 1:30 p.m.
(06) Sept. 5 - Oct. 10
(07) Oct. 17 - Nov. 21
(03) Jan. 16 - Feb. 20, 2020
(04) Feb. 27 - March 19, 2020 (4 weeks)
$120 Resident, $125 Non-resident
$80 Resident, $85 Non-resident (4 weeks)
JumpBunch® Parent/Tot

Let JumpBunch® help make sports and fitness fun for your toddler and start them on the path to a healthy lifestyle! Our movement-based curriculum is specially designed to help toddlers develop hand-eye coordination, balance, self-confidence, and fine and gross motor skills. This class is great for the busy parent who is looking to spend some quality time with their child, as well as the stay-at-home parent who wants to get their child out of the house and into an educational, social environment. Grandparents, Nannies, and all other adult mentors welcome. 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 refund, credit or transfer requests after 48 hours prior to the start of the class.

Age: 1½ years - 3½ years, Min/Max: 4/12
#455710 Wednesdays, 4 - 4:30 p.m.
(06) Aug. 28 - Sept. 25 (5 weeks)
(07) Oct. 2 - Nov. 6
(08) Nov. 13 - Dec. 18 (5 weeks)
(No Class Nov. 27)
(01) Jan. 8 - Feb. 12, 2020
(02) Feb. 19 - March 18, 2020 (5 weeks)
$54 Resident, $59 Non-resident
$45 Resident, $49 Non-resident (5 weeks)

JumpBunch® PreK - 2nd Grade

JumpBunch® is a national leader in kids sports and fitness for children 15 months and older. With over 75 sports and fitness activities in our curriculum, each week’s proven lesson plan teaches a different sport to play while incorporating critical developmental skills such as balance, hand-eye coordination, fine and gross motor skills, self-confidence and teamwork. Most of all, our program is ideal for allowing your child to expend their energy in a fun and productive way! 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 refund, credit or transfer requests after 48 hours prior to the start of the class.

Age: 3½ - 7 years, Min/Max: 4/15
#455720 Tuesdays, 12:45 - 1:30 p.m.
(11) Aug. 27 - Sept. 24 (5 weeks)
(13) Oct. 1 - Nov. 5
(15) Nov. 12 - Dec. 17 (5 weeks)
(No Class Nov. 26)
(01) Jan. 7 - Feb. 11, 2020
(03) Feb. 18 - March 17, 2020 (5 weeks)
$60 Resident, $65 Non-resident
$50 Resident, $55 Non-resident (5 weeks)
#455720 Wednesdays, 4:30 - 5:15 p.m.
(12) Aug. 28 - Sept. 25 (5 weeks)
(14) Oct. 2 - Nov. 6
(16) Nov. 13 - Dec. 18 (5 weeks)
(No Class Nov. 27)
(02) Jan. 8 - Feb. 12, 2020
Music for Tiny Tots & Toddlers

The Tiny Tots program is designed for children between 12 and 24 months old 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.
(05) Sept. 5 - Oct. 3
(06) Oct. 10 - Nov. 7
(07) Nov. 14 - Dec. 12 (4 weeks)
- No Class Nov. 28
(01) Jan. 9 - Feb. 6, 2020
(02) Feb. 20 - March 19, 2020

$60 Resident, $65 Non-resident
$50 Resident, $55 Non-resident (5 weeks)

$62 Resident, $67 Non-resident
$52 Resident, $57 Non-resident (4 wks)

Age: 2 - 4 years, Min/Max: 6/15
#451304 Thursdays, 10:15 - 11 a.m.
(05) Sept. 5 - Oct. 3
(06) Oct. 10 - Nov. 7
(07) Nov. 14 - Dec. 12 (4 weeks)
- No Class Nov. 28
(01) Jan. 9 - Feb. 6, 2020
(02) Feb. 20 - March 19, 2020

$52 Resident, $57 Non-resident (4 weeks)

Holiday Sing-a-long

Join Miss Stephanie in a fun opportunity for the whole family to sing favorite holiday songs! We will be singing popular family carols and songs about the season while playing along with a variety of instruments and moving to the music. Our family music class is perfect for children of all ages, focusing on ages 1-10. Infants under 6 months free, please still register them.

Age: 6 months - 10 years
Max: 20 kids
(please register children individually)
#451315 Wednesday, 4:30 - 5:15 p.m.
(01) Dec. 11
$10 EACH for first two children
- $7 for each additional child

Save Your Programs! Nothing kills a good program more than last minute registrations! Classes that have a low enrollment are generally cancelled approximately one week before the first meeting date. Please sign up for your programs as early as possible to avoid cancellations!
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.
(08) Sept. 14
(09) Oct. 19
(10) Nov. 2
(01) Jan. 18
(02) Feb. 22, 2020
$65 Resident, $70 Non-resident

Home Alone with First Aid
This course is designed for the 10-13 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 Saturdays, 9 a.m. - 1 p.m.
(02) Sept. 7
(03) Nov. 23
(01) Jan. 11, 2020
$50 Resident, $55 Non-resident

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.  
(04) Oct. 26  
(01) Feb. 1, 2020  
$65 Resident, $70 Non-resident

Rape Aggression Defense System Class
The Rape Aggression Defense System (R.A.D.) is a program of realistic self-defense tactics and techniques for women. The R.A.D. System is a comprehensive, women-only course that begins with awareness, prevention, risk reduction and risk avoidance, while progressing on to the basics of hands-on defense training. R.A.D. is not a Martial Arts program. Our courses are taught by nationally certified R.A.D. instructors and provide each student with a workbook/reference manual. This manual outlines the entire Physical Defense Program for reference and continuous personal growth, and is the key to our free lifetime return and practice policy for R.A.D. graduates. Call Dan Hyde for class dates at 303-277-8746.

Age: 13 years and older, Min/Max: 5/20  
$25 Resident, $35 Non-resident

radKIDS: Making a Difference
Through its program, radKIDS for ages 5-12 years strengthens family, encourages physical fitness, and teaches core safety values to live by. Fun, activity-based programs include discussions for cognitive development and safety drills. These activity-based developmental education and dynamic simulation exercises train and empower the child with their own tools and talents to empower themselves. radKIDS community-based programs have been offered as elementary PE/Health Education (meets core standards in all 50 states), after school programs, day camps, recreation programs, as well as through scouting and religious youth groups. Call Dan Hyde for fee information and class dates at 303-277-8746.

- Over 250,000 children have been trained in the radKIDS personal Empowerment Safety education program.
- 3,500 community-based instructors have been trained in over 44 states and in Canada.
- Over 74 children threatened with abduction used their skills and returned safely to their families.
- Thousands of sexually assaulted and abused children have spoken up and received the help they needed to stop the abuse and thousands more have escaped bullying and peer-to-peer violence.
- Through radKIDS training, children become empowered and learn to replace the fear, confusion, panic or dangerous situations with confidence, personal safety skills, and self-esteem.

Age: 5-12 years
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

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 or contact the Athletic Coordinator at 303-384-8194. The Tony Grampsas 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, please visit our website at rec.cityofgolden.net or call Beau at 303-384-8194.

Adult Co-ed Volleyball Leagues

<table>
<thead>
<tr>
<th>Activity Number</th>
<th>Division</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>641300-01</td>
<td>Co-ed</td>
<td>Mon</td>
<td>6 - 10 p.m.</td>
<td>Tony Grampsas</td>
</tr>
</tbody>
</table>

Age: 18 years and older, Min/Max: 4/8
Fees: $275 - includes player and team fees
- 8 guaranteed games
Registration Begins: Tuesday, June 25
Registration Deadline: Tuesday, Sept. 9 at 5 p.m. or until filled.
Leagues Begin: Friday, Sept. 16

<table>
<thead>
<tr>
<th>Activity Number</th>
<th>Division</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>641300-02</td>
<td>Co-ed C</td>
<td>Fri</td>
<td>6 - 10 p.m.</td>
<td>Tony Grampsas</td>
</tr>
</tbody>
</table>

Age: 18 years and older, Min/Max: 4/8
Fees: $300 - includes player and team fees
- 10 guaranteed games

Fall:
Registration Begins: Tuesday, June 25
Registration Deadline: Monday, Sept. 9 at 5 p.m. or until filled.
Leagues Begin: Friday, Sept. 20
Adult Men’s Basketball 3v3 League - 50 Plus

<table>
<thead>
<tr>
<th>Activity Number</th>
<th>Division</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>641400-01</td>
<td>Men’s 50 &amp; Over</td>
<td>Thu</td>
<td>6 - 10 p.m.</td>
<td>Tony Grampsas</td>
</tr>
</tbody>
</table>

Age: 50 years and older, Min/Max: 4/8  
Fees: $250 - includes player and team fees - 8 guaranteed games

Fall:  
Registration Begins: Tuesday, June 25  
Registration Deadline: Monday, Sept. 9 at 5 p.m. or until filled.  
League Begins: Thursday, Sept. 19

Winter:  
Registration Begins: Tuesday, Oct. 8  
Registration Deadline: Monday, Jan. 6 at 5 p.m. or until filled.  
Leagues Begin: Friday, Jan. 17

Adult Cornhole League

<table>
<thead>
<tr>
<th>Activity Number</th>
<th>Division</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>641700-01</td>
<td>Cornhole</td>
<td>Tue</td>
<td>6 - 10 p.m.</td>
<td>Tony Grampsas</td>
</tr>
</tbody>
</table>

Age: 18 years and older, Min/Max: 4/8  
Fees: $50 - includes player and team fees – 6 week session  
Registration Begins: Tuesday, June 25  
Registration Deadline: Monday, Sept. 9 at 5 p.m. or until filled.  
Leagues Begin: Tuesday, Sept. 17

2019 Turkey Bowl Co-ed Softball Tournament
Get your gobble on! Before the hectic holiday season sets in, come out and have some fun in the City of Golden’s 22nd Annual Turkey Bowl Coed Softball Tournament. The tournament is on Saturday, Nov. 9. The Turkey Bowl is a one-pitch tournament where all base runners run the bases backwards (3rd, 2nd, 1st and home). There are divisions for both competitive and recreational coed teams. All teams are guaranteed a minimum of 3 games. Team fee of $210 covers all team and player fees. Registration begins Aug. 26. This tournament will fill and close early. Official registration deadline is Tuesday, Nov. 5 at 5 p.m. Brackets will be announced by noon on Thursday, Nov. 7. Please call Beau at 303-384-8194 for more details.

City of Golden’s Turkey Bowl is partnering with the Christian Action Guild to gather non-perishable food items for people who need assistance throughout the year. More details provided closer to the tournament dates. For more information about the Christian Action Guild, visit their website at www.christianactionguild.org.

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) or 303-384-8133 (Pavilions).

City of Golden Field and Gym Rental Fees:
- Ulysses and Tony Grampsas  
  - Sports Fields: $30/hr  
  - Field by the day (6 hrs. or more) ...$195/day  
  - Lights: $30/hr  
  - Field Prep (drag, chalk and bases): $30  
  *2-hour minimum rental.
GCC Drop-In Basketball

**Pick-up Games**

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

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>11 a.m. -</td>
<td>East and West</td>
</tr>
<tr>
<td>Wednesday</td>
<td>1: 30 p.m.</td>
<td>Gym</td>
</tr>
<tr>
<td>Thursday</td>
<td>7:30 a.m. -</td>
<td>East and West</td>
</tr>
<tr>
<td>Friday</td>
<td>1 p.m.</td>
<td>Gym</td>
</tr>
<tr>
<td>Saturday</td>
<td>6:45 - 8:45</td>
<td>West Gym</td>
</tr>
<tr>
<td>Sunday</td>
<td>p.m.</td>
<td></td>
</tr>
</tbody>
</table>

**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.**

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**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.

**2019-20 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

**Weather Hotline:** 303-384-8112

Updated after 4 p.m.

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

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Location</th>
</tr>
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<tbody>
<tr>
<td>Monday</td>
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<td>East and West</td>
</tr>
<tr>
<td>Friday</td>
<td>1 p.m.</td>
<td>Gym</td>
</tr>
<tr>
<td>Saturday</td>
<td>6:45 - 8:45</td>
<td>West Gym</td>
</tr>
<tr>
<td>Sunday</td>
<td>p.m.</td>
<td></td>
</tr>
</tbody>
</table>

GCC Staff reserve the right to change or cancel full court basketball due to building activity.
Swim Lesson FAQs and Information

How Can I Register My Child?
• Register online at 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 Fall session will begin on Tuesday, Aug. 13 for Golden residents and Wednesday, Aug. 14 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 Specialist at 303-384-8047 or 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 or 303-384-8047.
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 Supervisor or Coordinator.
Lap Pool Hours
September - May *
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*
September - 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.

*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. The pool area closes 1/2 hour before the facility.

The Golden Community Center will be closed for maintenance August 19 - 25.

Limited Hours
Christmas Eve, Dec. 24 .... 8 a.m. - 3:30 p.m.
New Year’s Eve, Dec. 31 .. 8 a.m. - 3:30 p.m.
New Year’s Day, Jan. 1, 2020

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Holiday Closures
Labor Day .........................Monday, Sept. 2
Thanksgiving Day ............ Thursday, Nov. 28
Christmas Day.................Wednesday, Dec. 25

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. Patrons 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.
   - Trains are prohibited.
   - You must ride feet first in a seated position.
   - 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.
   - Maximum rider weight of 300 lbs.
   - For safety reasons, pregnant women or individuals with medical concerns should not ride the slide.
   - Warning – Ride at your own risk.

9. Sauna Rules:
   - The sauna heater is built with a safety shut off. The unit will shut off when the temperature reaches 190 degrees; please do not do anything to manipulate the temperature.
   - No towels or objects are to be placed on or near the heating unit.
   - Do not cover any elements of the sauna - heater, thermometer or thermostat.
   - You must be 14 years old or older to use the sauna.
   - Prolonged use may result in fainting or dizziness.
   - Pregnant women or individuals with medical concerns should consult their physician before using the sauna.
   - Do not use lotions or oils in the sauna.
Swim Class Descriptions

Please check with the Aquatics Supervisor or Aquatics Coordinator for Level Recommendations. It is not uncommon to repeat a level.

**Family Fins (6 months - 3 years)**
This class is designed for a responsible adult (18 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.
This class orients participants and teaches them elementary swimming skills. Skills taught include submersion of face, breath control, supported floating on front and back, basic swimming techniques and water safety skills.

*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 builds on level one skills including teaching floats, stroke motions, glides, and beginning to lay a foundation for independence of those skills. Other skills include submersion and retrieval of objects underwater independently, kicking, combination of stroke on front and back with support, and water safety skills.

**Preschool Level 3 - Stroke Development**
Swordfish (Ages 4 and 5 years)
This a Preschool Level Class.
This class builds on skills from levels one and two. In this level, the student will begin to float independently for a variety of different floating techniques, combine strokes with kicks independently, treading water fundamentals, and water safety skills.

**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.*
This class is designed to introduce independent swimming skills. Skills taught include deep water skills, unsupported floating on front and back, rhythmic breathing, kicking, combined strokes on front and back independently, other swimming techniques and water safety skills.

**Level 3 - Stroke Development**
Shark (Ages 6 years and older)
*Must have passed or shown competency in Level 2 Stingray skills.*
This class is designed to develop independent swimming skills. Skills taught include jumping into deep water, rules of safe diving, combined stroke on front and back, rotary breathing, treading water, diving into deep water, fundamentals of elementary backstroke, and water safety skills.

**Level 4 - Stroke Improvement**
Marlins (Ages 6 years and older)
*Must have passed or shown competency in Level 3 skills.*
This class is designed to improve independent swimming skills. Skills taught include diving from the side of the pool, breaststroke, butterfly, turns, deep-water bobbing and water safety skills.

**Level 5 - Stroke Refinement**
Dolphins (Ages 6 years and older)
*Must have passed or shown competency in Level 4 skills.*
This class is designed to refine independent swimming skills. Skills taught include diving from diving board, front crawl 50 yards, back crawl 50 yards, butterfly 25 yards, breaststroke 25 yards, elementary backstroke 15 yards, deep water treading, flip turns, building endurance and water safety skills.

**Adult (Ages 12 years and older)**
Session One: Beginner - New to the water with limited swimming experience and knowledge.
Session Two & Three: Advanced - Participants have stroke efficiency and need to improve stroke technique and increase endurance.

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**GENERAL FLOW CHART FOR SWIM LESSONS**

Family Fins ➔ Clownfish ➔ Jellyfish ➔ Swordfish ➔ Stingray ➔ Shark ➔ Marlins ➔ Dolphins
### 2019 Fall Swim Lessons

<table>
<thead>
<tr>
<th>Level</th>
<th>Activity Name</th>
<th>Age</th>
<th>Activity #</th>
<th>Class Days</th>
<th>Class Times</th>
<th>Fees (Resident)</th>
<th>Fees (Non-Res)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 1</td>
<td>Parent &amp; Child</td>
<td>6 months - 3 years</td>
<td>141010-0</td>
<td>Tue/Thu</td>
<td>9 - 9:30 a.m.</td>
<td>$45</td>
<td>$50</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6 months - 3 years</td>
<td>141010-1</td>
<td>Mon/Wed</td>
<td>5:30 - 6 p.m.</td>
<td>$45</td>
<td>$50</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6 months - 3 years</td>
<td>141010-2</td>
<td>Saturday</td>
<td>9:45 - 10:15 a.m.</td>
<td>$23</td>
<td>$28</td>
</tr>
<tr>
<td>Preschool</td>
<td>Level 1</td>
<td>3 - 5 years</td>
<td>141020-0</td>
<td>Tue/Thu</td>
<td>9:35 - 10:05 a.m.</td>
<td>$45</td>
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<tr>
<td></td>
<td>Clownfish</td>
<td>3 - 5 years</td>
<td>141020-1</td>
<td>Mon/Wed</td>
<td>4:45 - 5:15 p.m.</td>
<td>$45</td>
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<tr>
<td></td>
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<td>3 - 5 years</td>
<td>141020-2</td>
<td>Mon/Wed</td>
<td>5:30 - 6 p.m.</td>
<td>$45</td>
<td>$50</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3 - 5 years</td>
<td>141020-3</td>
<td>Mon/Wed</td>
<td>6:15 - 6:45 p.m.</td>
<td>$45</td>
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<tr>
<td></td>
<td></td>
<td>3 - 5 years</td>
<td>141020-4</td>
<td>Saturday</td>
<td>9:45 - 10:15 a.m.</td>
<td>$23</td>
<td>$28</td>
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<tr>
<td></td>
<td></td>
<td>3 - 5 years</td>
<td>141020-5</td>
<td>Saturday</td>
<td>10:30 - 11 a.m.</td>
<td>$23</td>
<td>$28</td>
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<tr>
<td>Preschool</td>
<td>Level 2</td>
<td>3 - 5 years</td>
<td>141030-1</td>
<td>Mon/Wed</td>
<td>4:45 - 5:15 p.m.</td>
<td>$45</td>
<td>$50</td>
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<tr>
<td></td>
<td>Jellyfish</td>
<td>3 - 5 years</td>
<td>141030-2</td>
<td>Mon/Wed</td>
<td>5:30 - 6 p.m.</td>
<td>$45</td>
<td>$50</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3 - 5 years</td>
<td>141030-4</td>
<td>Saturday</td>
<td>9 - 9:30 a.m.</td>
<td>$23</td>
<td>$28</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3 - 5 years</td>
<td>141030-5</td>
<td>Saturday</td>
<td>10:30 - 11 a.m.</td>
<td>$23</td>
<td>$28</td>
</tr>
<tr>
<td>Preschool</td>
<td>Level 3</td>
<td>4 - 5 years</td>
<td>141040-0</td>
<td>Mon/Wed</td>
<td>4:45 - 5:15 p.m.</td>
<td>$45</td>
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<tr>
<td></td>
<td>Swordfish</td>
<td>4 - 5 years</td>
<td>141040-2</td>
<td>Saturday</td>
<td>9 - 9:30 a.m.</td>
<td>$23</td>
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<tr>
<td>Level 2</td>
<td>Stingray</td>
<td>6 - 12 years</td>
<td>141050-1</td>
<td>Mon/Wed</td>
<td>6:15 - 6:55 p.m.</td>
<td>$45</td>
<td>$50</td>
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<tr>
<td></td>
<td></td>
<td>6 - 12 years</td>
<td>141050-2</td>
<td>Mon/Wed</td>
<td>7 - 7:40 p.m.</td>
<td>$45</td>
<td>$50</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6 - 12 years</td>
<td>141050-3</td>
<td>Saturday</td>
<td>9:45 - 10:25 a.m.</td>
<td>$23</td>
<td>$28</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6 - 12 years</td>
<td>141050-4</td>
<td>Saturday</td>
<td>11:15 - 11:55 a.m.</td>
<td>$23</td>
<td>$28</td>
</tr>
<tr>
<td>Level 3</td>
<td>Shark</td>
<td>6 - 12 years</td>
<td>141060-1</td>
<td>Mon/Wed</td>
<td>7 - 7:40 p.m.</td>
<td>$45</td>
<td>$50</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6 - 12 years</td>
<td>141060-3</td>
<td>Saturday</td>
<td>11:15 - 11:55 a.m.</td>
<td>$23</td>
<td>$28</td>
</tr>
<tr>
<td>Level 4</td>
<td>Marlins</td>
<td>6 - 12 years</td>
<td>141070-0</td>
<td>Mon/Wed</td>
<td>6:15 - 6:55 p.m.</td>
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<td>$50</td>
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<tr>
<td></td>
<td></td>
<td>6 - 12 years</td>
<td>141070-1</td>
<td>Saturday</td>
<td>10:30 - 11:10 a.m.</td>
<td>$23</td>
<td>$28</td>
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<tr>
<td>Level 5</td>
<td>Dolphins</td>
<td>6 - 12 years</td>
<td>141080-0</td>
<td>Mon/Wed</td>
<td>7 - 7:40 p.m.</td>
<td>$45</td>
<td>$50</td>
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<tr>
<td></td>
<td></td>
<td>6 - 12 years</td>
<td>141080-1</td>
<td>Saturday</td>
<td>11:15 - 11:55 a.m.</td>
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<td>$28</td>
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<tr>
<td>Adult</td>
<td>Session 1: Beginner</td>
<td>12 years and older</td>
<td>141090-0</td>
<td>Saturday</td>
<td>9 - 9:40 a.m.</td>
<td>$23</td>
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<tr>
<td></td>
<td>Session 2: Advanced</td>
<td>12 years and older</td>
<td>141090-0</td>
<td>Saturday</td>
<td>9 - 9:40 a.m.</td>
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<td></td>
<td>Session 3: Advanced</td>
<td>12 years and older</td>
<td>141090-0</td>
<td>Saturday</td>
<td>9 - 9:40 a.m.</td>
<td>$23</td>
<td>$28</td>
</tr>
</tbody>
</table>

**Registration:** Residents - Aug. 13 and Non-residents - Aug. 14
The City of Golden is an Authorized Provider of the American Red Cross Aquatics Training Courses

Private Swim Lessons
Do you or your child need additional help learning a stroke or refining a skill? Is your child struggling to get through a level? Private lessons could be the answer for you. Choose from private or semi-private lessons. Please register online at rec.cityofgolden.net. For more information please contact the Aquatics Coordinator at 303-384-8131. 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.

Private Lessons (1 participant)
Age: 3 years and older
Session includes 4 x 30-minute lessons.
Fee: $150 Resident, $170 Non-resident

Semi-Private Lessons (2-3 participants)
These lessons are designed for two or three participants at or near the same skill level, who are looking for a smaller teacher-to-student ratio. One participant will register and submit payment for the session. It is this participant’s responsibility to work out the details regarding time of lessons and financial arrangements with the other participant(s). 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.

Age: 3 years and older
Session includes 4 x 30-minute lessons.
Fee: $150 Resident, $170 Non-resident (total for all participants)

Kayaking
The City of Golden contracts with the Colorado River School for classes and instruction. Please call 303-988-2943 or view all dates and book online at http://coriverschool.org/. Classes held Friday evenings from 5:15 - 7:15 p.m. Reservations required.

Water Fitness
The classes described below are inclusive of facility admission, punch card and annual membership. SilverSneakers® 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
Open to anyone with arthritis. This program is designed to help relieve pain and joint stiffness caused by arthritis. Non-swimmers are welcome. This class is located in the shallow area of the leisure pool.

Monday, Tuesday, Thursday
August - May
8 - 9 a.m. and 9 - 10 a.m.

Water Walking
One of the best forms of exercise you can do just gets better in the pool! A great class for anyone wanting a low-impact, high resistance workout. Non-swimmers are welcome. This class is conducted in the lap pool.

Monday, Tuesday, Thursday
August - May, 10 - 11 a.m.
### 2020 Spring Swim Lessons

**Monday & Wednesday - Mornings**  
Session 1: Jan. 6 - 29  
Session 2: Feb. 3 - 26  
Session 3: March 2 - April 1  
*No lessons on March 23 & 25*

**Tuesday & Thursday - Afternoons**  
Session 1: Jan. 7 - 30  
Session 2: Feb. 4 - 27  
Session 3: March 3 - April 2  
*No lessons on March 24 & 26*

**Saturday - Mornings**  
Session 1: Jan. 11 - Feb. 1  
Session 2: Feb. 8 - 29  
Session 3: March 7 - April 4  
*No lessons on March 28*

<table>
<thead>
<tr>
<th>Level</th>
<th>Activity Name</th>
<th>Age</th>
<th>Activity #</th>
<th>Class Days</th>
<th>Class Times</th>
<th>Fees (Resident)</th>
<th>Fees (Non-Res)</th>
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<tbody>
<tr>
<td><strong>Level 1</strong></td>
<td>Parent &amp; Child</td>
<td>6 months - 3 years</td>
<td>121010-0</td>
<td>Tue/Thu</td>
<td>9 - 9:35 a.m.</td>
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<td>6 months - 3 years</td>
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<td>Shark</td>
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<td>Mon/Wed</td>
<td>7 - 7:40 p.m.</td>
<td>$45</td>
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<td>6 - 12 years</td>
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<td>11:15 - 11:55 a.m.</td>
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<td><strong>Level 4</strong></td>
<td>Marlins</td>
<td>6 - 12 years</td>
<td>121070-0</td>
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<td>6:15 - 6:55 p.m.</td>
<td>$45</td>
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<td></td>
<td>6 - 12 years</td>
<td>121070-1</td>
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<td>10:30 - 11:10 a.m.</td>
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<td><strong>Level 5</strong></td>
<td>Dolphins</td>
<td>6 - 12 years</td>
<td>121080-0</td>
<td>Mon/Wed</td>
<td>7 - 7:40 p.m.</td>
<td>$45</td>
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<tr>
<td></td>
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<td>6 - 12 years</td>
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<td>Saturday</td>
<td>11:15 - 11:55 a.m.</td>
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<tr>
<td>Session 1: Beginner</td>
<td>12 years and older</td>
<td>121090-0</td>
<td>Saturday</td>
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<td>12 years and older</td>
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<td>Saturday</td>
<td>9 - 9:40 a.m.</td>
<td>$23</td>
<td>$28</td>
<td></td>
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</tbody>
</table>

**Registration:** Residents - Dec. 10 and Non-residents - Dec. 11
**Aqua Aerobics**
An aerobic exercise class designed to improve cardiovascular endurance, strength, and muscle tone. No swimming skill required. Non-swimmers are encouraged to work in water depth where they are most comfortable. A great exercise program for all levels of fitness. All necessary equipment provided. This class is conducted in the lap pool.

*Monday, Wednesday, Friday*
*August - May, 9 - 10:15 a.m.*

**Aquacise**
An aerobic exercise class using music and an assortment of tools to increase strength and cardiovascular endurance while in the water. No swimming skill required. Aquacise is a great exercise program for all levels of fitness. This class is conducted in the lap pool.

*Tuesday, Thursday*
*August - May, 9 - 10 a.m.*

**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.

**Lifeguard Training**
This course designed by the American Red Cross (ARC) 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.

#113000-01
Dec. 30 - Jan. 3 * No class on Jan. 1 (Jefferson County Winter Break)
Monday, Tuesday, Thursday, Friday
9 a.m. - 3 p.m.
$175 Resident, $200 Non-resident

**Child Care Available**
Golden 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.

Our two annual performances of our Holiday Show on Dec. 14, 2019 and our Spring Show on June 6, 2020 both at Golden High School 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 Holiday Show is $35 and the cost for the Spring Show is $75.

The Nutcracker portion of the Holiday Show is taught by our ballet instructor Dani Hicks. For more information, feel free to ask your dance teacher. The Nutcracker performance will be part of the Holiday Show at Golden High School on Dec. 14, 2019.

Kids who are 8 years and older can register for the Saturday classes if they are interested in specific parts of the performance. Younger kids below 8 years of age will learn their part in the Nutcracker performance in their regular classes.

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, or Joy Egan, Coordinator of Dance Program at 303-921-3323.

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:
- 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.

Class schedule available at guest services or online at rec.cityofgolden.net under Dance.

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.
Ballet & Tap Combo
Teachers: Ms. Joy & Ms. Katt
A creative and fun way to learn dance moves for your little ones. Introducing ballet and tap with basic positions and basic dance terminology.

Mom/Tot Ballet & Tap Combo
Teacher: Ms. Joy
A great way to build your child’s confidence, learning basic steps and having fun dancing with other families.

Ballet
Teachers: Ms. Joy, Ms. Lisa & Ms. Dani
A bridge from a creative class to a more formal ballet class. Working on coordination and still having fun while learning to be graceful.

Adult Tap Beginners
Teacher: Ms. Joy
Now is the time to get a great work out and make some noise! The warm and friendly atmosphere makes this a fun and memorable experience. Tap your way to better health and happiness!

Ballet/Tap/Jazz/Fusion
Teachers: Ms. Joy & Ms. Katt
Fusion and Jazz classes includes poms and techniques of leaps and turns, hip hop and video jazz and remember we have lots of fun!

Jazz
Teachers: Ms. Lisa & Ms. Katt
Students will be exposed to various styles of jazz while developing complex patterns in dance and styles which will express their personality. Enjoy learning complex rhythms and isolation of the body.

Hip Hop
Teacher: Ms. Katt
All classes start with a great warm up to get our body’s ready to dance, followed by combinations across the floor...then it’s on “old school” style and modern street dance. These classes are high energy and fun!

Homeschool Performing Arts
Teacher: Ms. Dani
Day class for kids who are homeschooled. Fun way to learn dance, theater and arts, and different artists of the week. Networking with other families who are homeschooled while having fun with the arts.

Vocal Music
Teachers: Ms. Stephanie & Ms. Eileen
Discover a love of singing, refine your vocal skills, and enjoy the fun and community of singing as a group. Students will explore self-expression, creativity, and build self-confidence through music.
2019 Fall Dance Arts Session Dates

Schedules may change. Check online at rec.cityofgolden.net under “Dance”.

2019 Holiday Show - Date: Dec. 14 at Golden High School

Mondays: Sept. 9 - Dec. 9
Tuesdays: Sept. 10 - Dec. 10
Wednesdays: Sept. 11 - Dec. 11
Thursdays: Sept. 12 - Dec. 12 (No class Oct. 31)
Fridays: Sept. 13 - Dec. 13

No classes during Thanksgiving week, Nov. 25 - 29.

Teacher’s approval means your child must be able to perform required steps for the class. Evaluations will be conducted by the teacher and the child may be moved depending on skill level.

Recital Fee is $60 for the Holiday Show (non-refundable). The due date for the Holiday Show will be Oct. 1. A $10 late fee will be added after the registration deadline of Oct. 1. 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)

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<tr>
<th>Paid in Full for 13 classes</th>
<th>Paid in Full for 13 classes</th>
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<tbody>
<tr>
<td>Classes: 45 minutes - 1 Hour</td>
<td>Classes: Over 1 Hour</td>
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<tr>
<td>$180 Resident, $195 Non-resident</td>
<td>$240 Resident, $255 Non-resident</td>
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Monthly Payments:
Residents - End total payment is $180 divided by 3 months is $60 per month.
Non-residents - End total payment is $195 divided by 3 months is $65 per month.

Monthly Payments:
Residents - End total payment is $240 divided by 3 months is $80 per month.
Non-residents - End total payment is $255 divided by 3 months is $85 per month.
### Ms. Joy

<table>
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<tr>
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<th>Activity Number</th>
<th>Age</th>
<th>Time</th>
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<td>541113-01</td>
<td>4 - 5½ years</td>
<td>1:15 - 2 p.m.</td>
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<td>Adult Tap</td>
<td>541111-01</td>
<td>18+ years</td>
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<td>541113-02</td>
<td>3½ - 5 years</td>
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<td>541113-03</td>
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### Ms. Lisa

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<td>18+ years</td>
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<td>Ballet 1</td>
<td>541110-04</td>
<td>5-9 years</td>
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### Ms. Eileen

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<td>Music Theater</td>
<td>541118-01</td>
<td>5 - 7 years</td>
<td>4 - 5 p.m.</td>
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<tr>
<td></td>
<td>Music Theater</td>
<td>541118-02</td>
<td>8+ years</td>
<td>5 - 6 p.m.</td>
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<tr>
<td>Day</td>
<td>Activity Name</td>
<td>Activity Number</td>
<td>Age</td>
<td>Time</td>
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<tr>
<td>Friday</td>
<td>Jazz/Hip Hop (Teacher Approval)</td>
<td>541115-03</td>
<td>9-16 years</td>
<td>4:15 - 5:45 p.m.</td>
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<tr>
<td></td>
<td>Ballet/Tap Combo</td>
<td>541113-17</td>
<td>5½ - 8 years</td>
<td>5 - 5:55 p.m.</td>
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<tr>
<td></td>
<td>Hip/Hop Beginner</td>
<td>541115-04</td>
<td>5½ - 8 years</td>
<td>6 - 6:45 p.m.</td>
</tr>
<tr>
<td>Friday</td>
<td>Ballet/Tap</td>
<td>541113-18</td>
<td>3 - 5 years</td>
<td>3:30 - 4:15 p.m.</td>
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<tr>
<td></td>
<td>Jazz/Hip Hop/ Fusion</td>
<td>541115-05</td>
<td>6 - 9 years</td>
<td>4:15 - 5 p.m.</td>
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<tr>
<td></td>
<td>Intermediate - elementary ages</td>
<td>541115-06</td>
<td></td>
<td>5 - 5:45 p.m.</td>
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<tr>
<td></td>
<td>Jazz/Hip Hop Fusion</td>
<td>541115-07</td>
<td>Intermediate - middle school ages</td>
<td>5:45 - 6:30 p.m.</td>
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<tr>
<td>Monday</td>
<td>Adult Ballet</td>
<td>541110-01</td>
<td>18+ years</td>
<td>10:30 - 11:30 a.m.</td>
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<tr>
<td></td>
<td>Homeschool Performing Arts</td>
<td>541117-01</td>
<td>8 - 14 years (3rd - 8th grade)</td>
<td>11:30 a.m. - 12:30 p.m.</td>
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<tr>
<td>Saturday</td>
<td>Ballet 2 -3</td>
<td>541110-05</td>
<td>10 - 18 years</td>
<td>9 - 10 a.m.</td>
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<td>Nutcracker Ballet</td>
<td>541110-06</td>
<td>8+ years</td>
<td>10 - 11 a.m.</td>
</tr>
<tr>
<td></td>
<td>Holiday Show</td>
<td>541110-99</td>
<td>8+ years</td>
<td>10 - 11 a.m.</td>
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</tbody>
</table>
2020 Winter/Spring Dance Arts Session Dates

Schedules may change. Check online at rec.cityofgolden.net under “Dance”.

2020 Spring Show - Date: June 6 at Golden High School
Mondays: Jan. 6 - June 1, 2020
Tuesdays: Jan. 7 - June 2, 2020
Wednesdays: Jan. 8 - June 3, 2020
Thursdays: Jan. 9 - June 4, 2020
Fridays: Jan. 10 - June 5, 2020


Teacher’s approval means your child must be able to perform required steps for the class. Evaluations will be conducted by the teacher and the child may be moved depending on skill level.

Recital Fee is $60 for the Spring Show (non-refundable). This fee will be assessed at the time of class registration if you choose to participate in the show. The due date for the Spring Show will be Feb. 28. A $10 late fee will be added after the registration deadline of Feb. 28. Performances are optional but students will be learning the performance routines during class time.
## 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.

### One-Hour Session
- **Age:** 12 years and older
- **3 (One-Hour) Sessions**
  - $44 Resident, $49 Non-resident
- **6 (One-Hour) Sessions**
  - $122 Resident, $138 Non-resident
- **12 (One-Hour) Sessions**
  - $234 Resident, $275 Non-resident
- **24 (One-Hour) Sessions**
  - $440 Resident, $503 Non-resident
- **36 (One-Hour) Sessions**
  - $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**

---

## 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
- **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 takes 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 The Wellbeing Path

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 under the Wellness and Fitness Tab, or contact Jessey Smithwick at 303-210-3524 or email at jessey@thewellbeingpath.com.

45-minute sessions for Golden Community Center participants, $45 each session.

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 one’s physical, mental, emotional, and spiritual wellbeing. Wellness Coaching 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. A Wellness Coach supports, encourages, and empowers their clients on their path to health and wellness. 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 Fridays, 10 - 11 a.m.
(06) Sept. 20 - Oct. 25
(07) Nov. 1 - Dec. 13 (no class Nov. 29)
(01) Jan. 3 - Feb. 7, 2020
(02) Feb. 14 - March 20, 2020
$125 Resident, $130 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.
**Using the Weight Room**

**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

#456201

Check this activity number for days and times at rec.cityofgolden.net.

**Body Composition Testing**

Body Composition (lean tissue vs. fatty 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 co-ed classes are for all fitness levels and are designed to improve and maintain overall body condition. Classes are structured

**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 - Fall 2019/Winter 2020**

Sept. 6, Oct. 4, Nov. 1, Dec. 6 • Jan. 3, Feb. 7, 2020

**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 Debbie Zalman, RN, BSN

9 a.m. - 12 p.m. (By appointment only)
$13 for 15 minutes
For appointments, call 303-384-8130.
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.

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

**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 on a regular basis for days, times, location, changes or cancellations of classes or register online at rec.cityofgolden.net.

Class offerings range from:
- SilverSneakers®
- 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.

**LifeStyle Boot Camp**

Circuits, High Intensity Interval Training (HIIT), partner exercise and much more. This 6-week boot camp includes a Body Composition test.

Age: 18 years and older, Min/Max: 4/20 #456120 Tuesdays/Thursdays
6:15 - 7:15 a.m.
(05) Oct. 1 - Nov. 7
(06) Nov. 12 - Dec. 19 (5 weeks)
- No class on Nov. 26 or 28
(01) Jan. 6 - Feb. 13, 2020
$189 Resident, $194 Non-resident
$17 drop-in if min. is met for registration.
Intro to Pilates
Pilates is much more than a list of exercises. It 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 - 7:30 p.m.
(09) Sept. 9 - 30
(10) Oct. 7 - 28
(11) Nov. 4 - Dec. 2 (no class Nov. 25)
(01) Jan. 6 - 27, 2020
(02) Feb. 3 - 24, 2020

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.
(09) Sept. 3 - 24
(10) Oct. 1 - 22
(11) Oct. 29 - Nov. 19
(12) Nov. 26 - Dec. 17
(01) Jan. 7 - 28, 2020
(02) Feb. 4 - 25, 2020

$32 Resident, $37 Non-resident
$12 drop-in if min. is met for registration.

SilverSneakers® Members can participate in the following for FREE!

Please remember to swipe your SilverSneakers® Membership card every time you participate in a class, social event or trip. We get reimbursed for your visits.

Wellness and Exercise*
SilverSneakers® members can participate in any exercise class that does NOT require registration or a drop-in fee. *Please note class offerings may change. Check with the Front Desk for current information and class descriptions.

<table>
<thead>
<tr>
<th>FREE Weight Room Orientation</th>
<th>Body Fit</th>
</tr>
</thead>
<tbody>
<tr>
<td>SilverSneakers® Classic</td>
<td>Tai Chi</td>
</tr>
<tr>
<td>SilverSneakers® Circuit</td>
<td></td>
</tr>
<tr>
<td>Strength and Cardio</td>
<td></td>
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<tr>
<td>Easy Yoga for 60+</td>
<td></td>
</tr>
<tr>
<td>Get It Started Low Impact Aerobics</td>
<td>Intermediate Wellness Classes:</td>
</tr>
<tr>
<td>Aqua Aerobics</td>
<td>Body Power Plus</td>
</tr>
<tr>
<td>Water Walking</td>
<td>Total Body Fitness</td>
</tr>
<tr>
<td>Arthritis Foundation</td>
<td>Muscle Plus</td>
</tr>
<tr>
<td>Aquatics Foundation</td>
<td>Core Conditioning</td>
</tr>
<tr>
<td>Line Dancing</td>
<td>Boot Camp</td>
</tr>
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<td></td>
<td>Power Training</td>
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<tr>
<td></td>
<td>Cycling</td>
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</tbody>
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SPECIAL EVENTS
SilverSneakers’ 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, Dominos, Mah Jongg, and Billiards

For more information, call the Front Desk at 303-384-8100 or the Front Porch at 303-384-8130.
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.
(09) Sept. 7 - 28
(10) Oct. 5 - 26
(11) Nov. 2 - 23
(12) Nov. 30 - Dec. 21
(01) Jan. 4 - 25, 2020
(02) Feb. 1 - 22, 2020
$32 Resident, $37 Non-resident
$12 drop-in if min. is met for registration

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 or 303-870-7701.

All sizes, shapes and abilities welcomed and encouraged!

Age: 12 years and older, Min/Max: 4/20
#45108 Tuesdays, 7-8 p.m.
(06) Sept. 10 - Oct. 15
(07) Oct. 22 - Nov. 12 (4 weeks-prorated)
(08) Nov. 19 - Dec. 10 (4 weeks-prorated)
(01) Jan. 14 - 28, 2020 (3 weeks-prorated)
(02) Feb. 4 - 25, 2020 (4 weeks-prorated)
$75 Resident, $80 Non-resident
$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. 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.
- $10/drop-in, $35 for 6 punch pass or $40 unlimited monthly EFT.

Fitness classes are designed for adult participation; participants younger than the minimum age (11 years and under) may register for an adult class with instructor permission and when accompanied to class by an adult – call 303-384-8100.

Belly Dance Fusion for All Levels
Learn to belly dance! Based on American Tribal Style® & Fusion Belly Dance, this unintimidating class is a fun way to work out and learn the dance vocabulary! Beginners and intermediate students welcome.
Kid's Art Classes

**My First Abrakadoodle Art Class**
This class introduces new art experiences to the youngest of doodlers. The focus is on exploration! Experiment with a wide variety of art materials designed to provide opportunities to touch, feel, hear, see and explore while building fine motor, language, creativity and cognitive skills. Activities are designed to provide opportunities to help prepare children for school, explore new materials, learn about artists and art technique and foster their creativity! Lessons never repeat! Parent attendance is required.

**Age:** 1 - 4 years, **Min/Max:** 7/12

**#453510**

**Wednesdays, 9:30 - 10:15 a.m.**

(07) Sept. 25 - Oct. 16
(08) Oct. 23 - Nov. 13
(09) Nov. 20 - Dec. 18
(01) Jan. 18 - 29, 2020
(02) Feb. 5 - 26, 2020

$67 Resident, $72 Non-resident
PLUS a $10 materials fee

**Thanksgiving Art Camp**
Let's create faux food art that looks good enough to eat in anticipation of America's favorite food holiday.

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

**#453533**

**Monday - Wednesday**

9 a.m. - 4 p.m.

(03) Nov. 25 - 27

Resident: $60 per Full Day or $170 for all 3 Full Days
Non-resident: $65 per Full Day or $175 for all 3 Full Days

Plus $5/day material fee

**#453533**

**Monday - Wednesday**

9 a.m. - 12 p.m.

(04) Nov. 25 - 27

Resident: $35 per Half Day or $100 for all 3 Half Days
Non-resident: $40 per Full Day or $105 for all 3 Half Days

Plus $2.50/day material fee

**The Art of Giving Family Art Night**
Bring the whole family along for a night of great artsy fun! Create one-of-a-kind projects that you can also give as a gift! We will be making seasonal art in this class. All materials provided. Each person in family attending must register.

**Age:** 4 years and older, **Min/Max:** 7/20

**#453531**

**Thursday, 6 - 7:30 p.m.**

(01) Dec. 5

$20 Resident, $25 Non-resident
Let’s Have an Artsy New Year Camp
Ring in the New Year with fun and engaging Winter craft projects. No class Jan. 1.
Age: 5 - 10 years, Min/Max: 7/12
#453521
Monday, Tuesday, Thursday, Friday
9 a.m. - 4 p.m.
*No class Jan. 1
Resident: $60 per Full Day or $230 for all 4 Full Days
Non-resident: $65 per Full Day or $235 for all 4 Full Days
Plus $5/day material fee
#453521
Monday, Tuesday, Thursday, Friday
9 a.m. - 12 p.m.
*No class Jan. 1
Resident: $35 per Half Day or $135 for all 4 Half Days
Non-resident: $40 per Full Day or $140 for all 4 Half Days
Plus $2.50/day material fee

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.
(04) Oct. 1 - 22
(01) Jan. 14 - Feb. 4, 2020
#453601 Tuesdays, 4:15-5 p.m.
(04) Sept. 3 - 24
(05) Nov. 5 - Dec. 3 * No Class Nov. 26
(01) Feb. 18 - March 10, 2020
$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.

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, outside clay will not be allowed. All glazes are non-toxic and food-safe. This is an 8-week class.
Age: 18 years and older, Min/Max: 4/7
#453620 Mondays, 6 - 8:30 p.m.
(05) Sept. 9 - Oct. 21 (7 wks)
(06) Oct. 28 - Dec. 16
(01) Jan. 6 - Feb. 24, 2020
$130 Resident, $135 Non-resident
(7 wks) $114 Resident, $119 Non-resident

Intermediate Pottery
This class is designed for potters with some experience who wish 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. This class is not recommended for anyone who hasn’t worked in a ceramics studio in the past 5 years. Introductory throwing will not be covered. First bag of clay is included and 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: 18 years and older, Min/Max: 5/8 #453630 Tuesdays, 6 - 8:30 p.m.
(05) Sept. 3 - Oct. 22
(06) Oct. 29 - Dec. 17
(01) Jan. 7 - Feb. 25, 2020

#453631 Wednesdays, 6 - 8:30 p.m.
(05) Oct. 30 - Dec. 18 (7 wks)
- No class Nov. 27
(01) Jan. 8 - Feb. 26
$130 Resident, $135 Non-resident
(7 wks) $114 Resident, $119 Non-resident

NEW! Exploring Glaze Chemistry
Come see where art and science collide by delving into the exciting world of glaze chemistry! Students will be introduced to the ins and outs of mixing glazes before embarking on developing their own recipes. We will discuss the composition of the various ingredients that go into making a glaze as well as their effect on the final outcome. Glaze formulation will be approached from a number of different angles from the cursory to the analytical. An emphasis will be placed on materials safety. **All students are required to provide their own SILICA GRADE RESPIRATOR and bring it to the first class.** Students should not expect to have time to work on other projects during class time.

Age: 18 years and older, Min/Max: 5/7 #453650 Thursdays, 6 - 8:30 p.m.
(05) Sept. 5 - Oct. 24
(06) Oct. 31 - Dec. 19 (7 wks)
- No class Nov. 28
(01) Jan. 9 - Feb. 27, 2020

#453651 Saturdays, 9 - 11:30 a.m.
(05) Sept. 7 - Oct. 26
(06) Nov. 2 - Dec. 21
(01) Jan. 11 - Feb. 29, 2020
$105 Resident, $110 Non-resident
(7 wks) $92 Resident, $97 Non-resident

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 welcomed 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.
(05) Sept. 5 - Oct. 24
(06) Oct. 31 - Dec. 19 (7 wks)
- No class Nov. 28
(01) Jan. 9 - Feb. 27, 2020
$130 Resident, $135 Non-resident
(7 wks) $114 Resident, $119 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.
(05) Sept. 5 - Oct. 24
(06) Oct. 31 - Dec. 19 (7 wks)
- No class Nov. 28
(01) Jan. 9 - Feb. 27, 2020

#453651 Saturdays, 9 - 11:30 a.m.
(05) Sept. 7 - Oct. 26
(06) Nov. 2 - Dec. 21
(01) Jan. 11 - Feb. 29, 2020
$105 Resident, $110 Non-resident
(7 wks) $92 Resident, $97 Non-resident
Golden History Museum & Park - Events and Programs

Golden History Museum & Park events and programming explore a wide variety of historic subjects presented by expert instructors. We continue to provide the majority of our programs as a FREE benefit for museum members! Join online at GoldenHistory.org/join today.

August 14
Your Family Came from Where?
Where did all of these other folks come from? This program will look at the history of immigration in the Denver-metro area and provide some answers to common questions. Ethnic diversity has always been part of our past, as it is part of our present and future.

Golden History Museum
6 - 7:30 p.m.
Free for members, $10 non-members

August 31
Homesteaders’ Day
Experience 19th century homesteading, explore the historic cabins, try woodstove cooking, learn about blacksmithing, and take a lesson at the one-room schoolhouse.

Golden History Park
10 a.m. - 2 p.m.
Free

August 17
Crafts at the Coop
Ever wonder what our History Park chickens are up to? Come pay them a visit while you create your own chick to take home!

Meet at Golden History Park’s chicken coop.
Golden History Park
10 - 11 a.m.
Free for museum members only

September 4
Tourism, Make-Believe, and the Built Environment: Colorado’s Mid-Century Tourist Parks
Join our panel as we take a visual journey to

Advance registration is required for most events.
Get details and sign up at GoldenHistory.org/events.
Colorado’s historic theme parks, featuring those built around the mid-century hey-day of American tourism and family road trips (envision wood-paneled station wagon and no seatbelts!). Design, kitsch, and make-believe all merge in these creative, nostalgic and visually rich set designs that have become part of our historic Colorado fabric. Presented by Michelle Slaughter, Abigail Christman, Jane Watkins, and Cindy Nasky.

*Golden History Museum*
6 - 7:30 p.m.
*Free for members, $10 non-members*

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**September 12**

**Randi-Samuelson Brown: Sex and Drugs in the 1890s**

Join us for a boisterous look at the 1890s world of prostitution, licit and illicit drugs, bad whiskey recipes, and the saloon and brothel culture that flourished in Colorado.


*Golden History Museum*
6 - 7:30 p.m.
*Free for members, $10 non-members*

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**September 24**

**Senior “Summer” Camp**

Do you have what it takes to build a colorful tangram? Have you ever swung a blacksmith’s hammer? When is the last time you shaped something with clay? You’ll learn all these skills and more from experienced tradespeople at three Golden cultural organizations: Rocky Mountain Quilt Museum, Foothills Art Center, and Golden History Museum & Park. Come relive the days of your youth at summer camp (even if you never went) and experience these rare arts and unusual crafts from local masters.

Meet at Rocky Mountain Quilt Museum and the program starts at 10 a.m. Please bring your lunch as there will be a lunch break from 12 - 12:30 p.m.

*Rocky Mountain Quilt Museum*
10 a.m. - 3 p.m.
*$160 members, $200 non-members*

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**September 25**

**Senior “Summer” Camp**

Do you have what it takes to build a colorful tangram? Have you ever swung a blacksmith’s hammer? When is the last time you shaped something with clay? You’ll learn all these skills and more from experienced tradespeople at three Golden cultural organizations: Rocky Mountain Quilt Museum, Foothills Art Center, and Golden History Museum & Park. Come relive the days of your youth at summer camp (even if you never went) and experience these rare arts and unusual crafts from local masters.

Meet at Golden History Museum and the program starts at 10 a.m. Please bring your lunch as there will be a lunch break from 1 - 1:30 p.m.

*Golden History Museum*
10 a.m. - 4:30 p.m.
*Free for members, $10 non-members*

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**September 26**

**Senior “Summer” Camp**

Do you have what it takes to build a colorful tangram? Have you ever swung a blacksmith’s hammer? When is the last time you shaped something with clay? You’ll learn all these skills and more from experienced tradespeople at three Golden cultural organizations: Rocky Mountain Quilt Museum, Foothills Art Center, and Golden History Museum & Park. Come relive the days of your youth at summer camp (even if you never went) and experience these rare arts and unusual crafts from local masters.

Meet at Foothills Art Center and the program starts at 10 a.m. Please bring your lunch as there will be a lunch break from 1 - 1:30 p.m.

*Foothills Art Center*
10 a.m. - 3 p.m.
*$160 members, $200 non-members*

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To commemorate your days at camp, please invite your family or friends to join us for a closing party at Golden History Museum. Light refreshments will be served.

*Golden History Museum*
10 a.m. - 4:30 p.m.
*$160 members, $200 non-members*
October 21

Wild Things in Ancient Places: The Archaeology of the National Wildlife Refuges

Somewhere beneath the tracks of the bison, the nests of the piping plover, and the burrows of the black-footed ferret are the tools and fires of earlier peoples. These animals and their habitats are protected on our National Wildlife Refuges - a system of public lands that also offers a rare opportunity to preserve archaeological sites and historic places (and the occasional dinosaur). The eight states that comprise the Mountain - Prairie Region of the U.S. Fish and Wildlife Service's National Wildlife Refuge system extend from the Canadian border to the desert southwest. The cultural resources of the region span 12,000 years from Paleoindian camp sites to Depression-era fire towers. The paleontological remains, archaeological sites, and historic structures found on the Refuges are diverse and wonderful and provide some unique challenges.

Presented by Meg Van Ness, Regional Historic Preservation Officer for the U.S. Fish and Wildlife Service.

Golden History Museum
6 - 7:30 p.m.
Free for members, $10 non-members

October 26

Golden Cemetery Tour

Visit the graves of legendary Golden characters. Hear stories about their lives from storyteller and guide, Dennis Potter. Meet at the Golden Cemetery.

Golden Cemetery
(1) 10 - 11:30 a.m.
(2) 12 - 1:30 p.m.
Free for members, $10 non-members

Advance registration is required for most events. Get details and sign up at GoldenHistory.org/events.
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 under Fitness and Wellness.

Climbing equipment may be checked out at the front desk. This includes harnesses, belay devices and carabiners. 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.

Certification does not allow free entry into the facility. **Gear provided.**

**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)

**Girl Scout / Cub Scout Badges**

If your troop would like to set up a private time to work on a climbing/bouldering badge, we would be happy to help you meet your needs. Sessions are tailored to your requirements and could include climbing movement, safety, belaying, or top-roping. Call 303-384-8159 for more information.

**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

**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.  
(09) Sept. 4 - 25  
(10) Oct. 2 - 23  
(11) Nov. 6 - Dec. 4 No class Nov. 27  
(01) Jan. 8 - 29  
(02) Feb. 5 - 26  
$40 Resident, $45 Non-resident

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**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.

**Age:** 10 - 14 years: 5:30 - 6:30 p.m.  
**#454801** Thursdays, **Min/Max:** 4/12  
(09) Sept. 5 - Oct. 10  
(10) Oct. 17 - Dec. 5  
(No class Oct. 31 or Nov. 28)  
(01) Jan. 9 - Feb. 13, 2020  
(02) Feb. 20 - March 19, 2020 (5 weeks)  
$60 Resident, $65 Non-resident  
(5-week session): $50 Resident, $55 Non-resident

**Age:** 15 - 18 years: 6:30 - 7:30 p.m.  
**#454800** Thursdays, **Min/Max:** 4/6  
(09) Sept. 5 - Oct. 10  
(10) Oct. 17 - Dec. 5  
(No class Oct. 31 or Nov. 28)  
(01) Jan. 9 - Feb. 13, 2020  
(02) Feb. 20 - March 19, 2020 (5 weeks)  
$60 Resident, $65 Non-resident  
(5-week session): $50 Resident, $55 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.
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, day trips, 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® network. SilverSneakers® is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events. Unlock the door to greater independence and a healthier life with SilverSneakers®. Health plans around the country offer this award-winning program 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, facility membership, punch card and daily admissions and are specially designed for the 50+ population.

- SilverSneakers® Classic
- SilverSneakers® Cardio Circuit
- Easy Yoga for 60+

Games and Clubs

Stop by and check out our offerings. New participants are always welcome!

<table>
<thead>
<tr>
<th>Day of the Week</th>
<th>Game/Club</th>
<th>Meeting Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Pinochle</td>
<td>12 - 4:30 p.m.</td>
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<tr>
<td>Monday</td>
<td>Bridge* Chicago Style</td>
<td>5 - 8 p.m.</td>
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<tr>
<td>Tuesday</td>
<td>Mah Jongg**</td>
<td>10:30 a.m. - 4 p.m.</td>
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<tr>
<td>1st &amp; 3rd Tuesdays</td>
<td>Golden Tones</td>
<td>11 a.m. - 1 p.m. 1st &amp; 3rd Tuesdays of each month</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Hands &amp; Hearts</td>
<td>11 a.m. - 1:30 p.m. 1st &amp; 3rd Tuesdays of each month</td>
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<tr>
<td>Tuesday</td>
<td>Golden Book Club</td>
<td>6:30 p.m. 4th Tuesday of each month</td>
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<tr>
<td>Wednesday</td>
<td>Golden Needlecrafters</td>
<td>1 - 2:30 p.m.</td>
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<tr>
<td>Thursday</td>
<td>Ladies Billiards</td>
<td>10 a.m. - 12 p.m.</td>
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<tr>
<td>Thursday</td>
<td>Mah Jongg**</td>
<td>12 - 4 p.m.</td>
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<tr>
<td>Friday</td>
<td>Dominoes</td>
<td>12 - 4 p.m.</td>
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</table>

*For Bridge or Mah Jongg lessons and inquiries - Please call 303-384-8130 for information.
• Arthritis Foundation Aquatics Program
• Aqua Aerobics & Water Walking
• And many more!

For more information about these and other Wellness classes, visit us at rec.cityofgolden.net or by coming in to the Golden Community Center.

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:
Friday, 9 - 11 a.m.
Sunday, 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.

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:
Fall 2019/Winter 2020
2019 - Sept. 6, Oct. 4, Nov. 1, Dec. 6
2020 - Jan. 3, Feb. 7

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 Debbie Zalman, RN, BSN
9 a.m. - 12 p.m. (By appointment only)
$13 for 15 minutes
For appointments, call 303-384-8130.

Volunteer Opportunities
The Front Porch is delighted to provide meeting space for three very talented
groups who provide valuable handmade items to those in need. Over the years, thousands of individuals have benefitted from the warmth and love created by their talents. Bedding, lap robes, knit caps, baby blankets, scarves, dolls; you name it, they make it! Benefitting from all of it are a variety of organizations including Jefferson County Social Services, patients at Craig Hospital and other local healthcare facilities, residents at local nursing homes, and shelters among others. Donations of fabric material, dolls, yarn, thread, bed sheets and other related items must be arranged through the individuals listed below. Additional volunteers to help cut, assemble, sew or deliver finished products are always needed! For more information on how you can get involved, contact the Front Porch or call the individuals listed below.

**The Golden Needlecrafters**  
303-384-8130

**Hands and Hearts**  
Willetta Beaty 303-279-7097

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**Resources and Services**

**Lions Club Glasses Donations**
Please donate your old specs – we have a box in the Front Porch for your contributions.

**Golden VOA Meal Site**
Weekly meals at the Golden Presbyterian Church, 17707 W. 16th Ave. – Wednesdays between 11:30 a.m. to 12 p.m. 10 Cent Bingo from 11 to 11:30 a.m. Meal fee is on a donation basis for people aged 60 and over. Please contact Irene Obermeyer for more information, 303-279-2094. Community Wheels transports folks to this VOA site – also on a donation basis. To schedule a ride, call 303-235-6972.

**SilverSneakers®**  
www.silversneakers.com

**Benefits Check-Up**
Find information about Medicare and financial pharmaceutical help:  
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

**Seniors Inc.**  
1-866-432-9696  
www.seniorsinc.org

**Senior Reach**
Emotional support, Community Resources Referral and Education  
1-866-217-5808  
www.seniorreach.org
Fossil 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 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 Srixon 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 Escape the Ordinary, Experience the Extraordinary
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 25 or more, tee times may be made directly with Adam Finch, PGA Professional afinch@cityofgolden.net or call 303-277-8751.

**The Fossil Trace Trace Golf School**

The Fossil Trace Golf Instructional Program 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 FORESIGHT GC Quad Launch Monitor, Blast Motion Game Improvement 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 Coaching, Junior Camps, Player Development Programs, PGA Junior League and more.

**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 or at 303-277-8751.

INSTRUCTION RATES: ADAM FINCH
Private Lessons:
- 45 minutes ................................................... $75
- Series of 3 lessons ......................................... $210
- Series of 5 lessons ........................................ $350

Group Lessons:
- Single (1 hour) .............................................. $125
- Series of 3 lessons ......................................... $350
- Series of 5 lessons ........................................ $600

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 or at 303-277-8753.

INSTRUCTION RATES: NICK BORGESON
Private Lessons:
- 45 minutes ................................................... $75
- Series of 3 lessons ......................................... $210
- Series of 5 lessons ........................................ $350

Group Lessons:
- Single (1 hour) .............................................. $125
- Series of 3 lessons ......................................... $350
- Series of 5 lessons ........................................ $600

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 the Dakota Chapter 2016 Assistant of the Year award.

INSTRUCTION RATES: KATIE JOHNSON
Private Lessons:
- 45 minutes ................................................... $75
- Series of 3 lessons ......................................... $210
- Series of 5 lessons ........................................ $350

Semi-Private Lessons:
- Single (1 hour) .............................................. $125
- Series of 3 lessons ......................................... $350
- Series of 5 lessons ........................................ $600

Lesson Scheduling and Availability
Lessons may be scheduled in person, on the phone or via our online lesson scheduler at fossiltrace.com. By booking online, you are able to see the availability of your instructor 24 hours a day and book up to 2 weeks 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. You will receive email confirmations 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

The West’s Best Club Fitting at Fossil Trace Golf Club
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 newest full-service dining experience - a place that is more than a restaurant and bar. 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.
**Frequently Requested Phone Numbers**

**Archery** .............................................. 720-536-0840  
www.ghcarchers.org

**Golden Applewood Football Association**  
.................................................... 303-961-4545  
email: demondefense@hotmail.com  
www.gamfa.org.leag1.com

**Golden Applewood Youth Basketball Association**  
Information Line ........................... 303-384-0902  
www.goldenyouthbasketball.com

**Golden C.A.R.A. Youth Sports**  
Volleyball, Tennis and Track  
Beau Bressler,  
Athletics Coordinator… … 303-384-8194

**Golden Girls Softball Association**  
.................................................... 720-879-8172  
www.goldengirlssoftball.org

**Golden Marlins Swim Team**  
www.teamunify.com/reccogm

**Golden Swim Lessons** .................. 303-384-8131  
rec.cityofgolden.net

**Inclement Weather Information Line** 303-384-8112  
(Outdoor Programs)

**The Splash** ................................. 303-277-8700  
www.splashingolden.com

**Colorado Ice Soccer Club**  
Information Line ............................. 303-279-3686  
www.coloradoice.org

**Golden Junior Baseball Association/Youth Baseball and T-ball**  
Fax .................................................. 303-838-7578  
P.O. Box 598 Golden, CO 80402  
Email: gjba@gjba.net  
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 - 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.

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 from 12 - 2 p.m. or 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
Cost: $90

Windy Saddle Room – 2 Hour Reservation
Up to 25 guests including adults and children
Cost: $150

For birthday party information or to set up your party, please call 303-384-8100.

Happy Birthday!
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
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.
<table>
<thead>
<tr>
<th>Activity Name</th>
<th>Activity #</th>
<th>Session #</th>
<th>Dates</th>
<th>Time</th>
<th>M/F</th>
<th>Birthdate</th>
<th>Fee</th>
<th>Particpant Full Name</th>
<th>Other Phone</th>
<th>Cell Phone</th>
<th>Zip</th>
<th>State</th>
<th>Email Address</th>
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**LIABILITY WAIVER:**
By completing this registration I do hereby agree to allow the individual(s) named herein to participate in the aforementioned activity(s). Further, my family and I agree to indemnify and hold Golden Parks and Recreation Department harmless from and against any and all liability for any injury, including death, which may be suffered by the aforementioned individual(s), arising out of or in any way connected with the individual(s) participation in the aforementioned activity(s) of the Golden Informer, including but not limited to the activity(s) named herein to which I consent.

**PHOTOGRAPHY:** 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.

**Make check payable to:** City of Golden

**Cardholder Name:** ____________________________________________________________

**Signature:** ________________________________________________________________

**Card #:** _________________________________________________________________

**Exp.:** __________

(visa, MC, AMEX, Discover)

**Where did you learn about this class?**

- The Golden Informer
- Online
- Word of mouth
- Activity Guide
- Other

**The Golden Informer?**

- Yes
- No

**TOTAL:**
RESIDENTIAL PATRON