

GLENWOOD SPRINGS PARKS & RECREATION

Activities Guide



It's Our Way of Life!
www.glenwoodrec.com

Winter 2012
Jan - Apr

What's Inside and.....

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New for 2012! Recreation program rates will be based solely on whether the registrant is a member or a non-member. Rates will no longer be based on resident status. Become a member of the Community Center to receive member discounts on programming as well as use of all the great amenities the Community Center has to offer. See next page for membership prices.

Community Center Hours

Monday - Friday: 6 am - 9 pm

Saturday: 9 am - 5 pm

Sunday: 11 am - 5 pm

Please contact 970-384-6301 or visit www.glenwoodrec.com for hours of specific amenities.

Areas within the center may have varied hours.

Community Center Closures

December 23 - 26, 2011

January 1 & 2, 2012

February 20, 2012

May 28, 2012

Community Center Memberships

The benefits of a membership include reduced rates on recreation programs and full use of all amenities including open swim, water and floor aerobics, ongoing fitness classes, open skate, stick & puck (November - March), internet access, open climbing, tennis, gym, running track, one free fitness orientation and fitness center. KidKare (childcare) is included in the family and youth memberships only.

Membership Fees	Auto Debit	6 Months	1 Year
Resident Student/Senior	\$30	\$215	\$295
Non-Res Student/Senior	\$40	\$265	\$370
Resident Adult	\$40	\$310	\$435
Non-Res Adult	\$50	\$370	\$515
Resident Family	\$65	\$490	\$670
Non-Res Family	\$75	\$570	\$800
Active or Researve Military	\$30	\$215	\$295

Corporate Memberships

The Glenwood Springs Community Center is proud to offer local businesses the opportunity to partner with us in making a commitment toward an employee wellness program . Businesses pay a small annual fee and their employees will benefit from use of the fitness center, ongoing fitness classes, running track, open gym, climbing wall, open swim sessions, tennis courts and on-site child care, if a child is on a family membership. Reduced rates on recreation programs, seasonal public skating (November - March) and reduced rates for drop-in hockey.

Fees	Auto Debit	1 Year
Adult	\$37/month	\$390
Family	\$52/month	\$605

Community Center Passes

Passes include use of the pool during open swim, water and floor aerobics, climbing wall, public skating (November - March), tennis (without reservations), 45 minutes of free internet access, gymnasium, running track, ongoing fitness classes and fitness center. KidKare (childcare) is not a benefit of passes but may be purchased separately on a per session basis.

Passes	Resident	Non-Resident
3 & Under (does not include KidKare)	free	free
Student/Senior Daily Pass	\$8	\$9
Student/Senior 10 Punch Pass	\$70	\$80
Student/Senior Monthly Pass	\$50	\$60
Adult Daily Pass (18-64)	\$10	\$11
Adult 10 Punch Pass	\$90	\$100
Adult Monthly Pass	\$70	\$80
Active or Researve Military Day Pass	\$8	\$8
Active or Researve Military 10 Punch Pass	\$70	\$70
Active or Researve Military Monthly Pass	\$50	\$50
2 Adults & 2 Youth (under 18) Daily Pass	\$26	\$26
Family Monthly Pass	\$120	\$135
Kid Kare (1 & walking thru 7)	\$7/2 hrs	\$10/2 hrs

Preschool Programs

Holiday Celebration

Let's all get together for a festive celebration! We will make and enjoy a delicious treat, create music and sing songs. Remember to bring your lunch and be ready to have a holly jolly good time!

Age: 3 - 6 years
264600/02: Dec 19
Day & Time: Mon, Noon - 2 pm
Fee: \$12 M / \$15 NM
Location: Community Center
Register By: Fri, Dec 16
Min/Max: 7 / 14

Infant Care

Keep your mind and body healthy while we take good care of your wee one. Our kind and caring staff will watch your baby while you use the amenities at the Glenwood Springs Community Center. Three infants will need to be registered to allow this program to run.

Age: 6 weeks - walking
319100: Jan 3 - 31
Day & Time: Tue & Thur, 9 - 10:30 am
Fee: \$108 M / \$135 NM
Location: Community Center
Min/Max: 3/3

Indoor Playground

Get those little bodies moving! Join us once a week during the month of February for some gym fun. We will provide a menagerie of items to encourage large motor play. This is non-structured free play and children must be accompanied by an adult.

Age: 1 - 3 years
311101: Feb 7 - 28
Day & Time: Tue, 11:30 am - 12:15 pm
Fee: \$15 M / \$25 NM for all four tuesdays
Location: Community Center
Register By: Wed, Feb 1
Min/Max: 7 / 20

Sporty Sprouts

Action packed gym play that is full of fun with loads of age-appropriate, non-competitive active games. Kids will learn to play by game rules, follow simple instructions and increase coordination and sport skills.

Age: 4 - 6 years
311800: Apr 2 - 23
Day & Time: Mon, 2:15 - 3 pm
Fee: \$30 M / \$40 NM
Location: Community Center
Register By: Fri, Mar 30
Min/Max: 8 / 15



Tumblin' Tots

The Glenwood Recreation Department in conjunction with the Fit Factory is proud to offer gymnastics for young children. Tumblin' Tots will introduce basic tumbling skills (forward and backward rolls, headstands, handstands, cartwheels, etc.) using flat and inclined mats. Basics on the balance beam and vaulting techniques will also be introduced. A short conditioning segment will work on cardiovascular and strength training as well as flexibility.

Age: 4 - 5 years
311900 01: Jan 9 - 30
311900 02: Feb 6 - 27
Day & Time: Mon, 1 - 1:45 pm
Fee: \$45 M / \$55 NM
Location: The Fit Factory, 100 Midland Ave #230
Register By: Wed, Jan 4 / Wed, Feb 1
Min/Max: 6 / 10
Instructor: Lynn Goluba



Lunch Bunch Parents Afternoon Out

For kids only! Dress to make a mess, bring a sack lunch and your imagination for some hands on art and science exploration. AND, be ready to get those bodies moving playing games and sports in the gym. Whether you sign-up for all six or just one, we will have LOTS of fun!

Age: 3 - 6 years (Must be potty trained!)
311100 01: Jan 12
311100 02: Jan 26
311100 03: Feb 9
311100 04: Feb 23
311100 05: Mar 8
311100 06: Mar 22
311100 07: Apr 5
311100 08: Apr 19
311100 09: May 3
311100 10: May 17
Day & Time: Thur, Noon - 2 pm
Fee: \$12 M per day / \$15 NM per day
Location: Community Center
Register By: Mon before each class
Min.Max: 7/14

Mighty Minds Spanish

The perfect time to start learning Spanish is right now! Expose your pre-schoolers to a second language in this stimulating class that combines music and play. Create a special bond between you and your child as you acquire Spanish vocabulary together. Improves kindergarten readiness.

Age: 4 - 6 years & a parent
311801: Jan 17 - Feb 7
Day & Time: Tue, 1:30 - 2:15 pm
Fee: \$45 M / \$55 NM
Location: Community Center
Register By: Fri, Jan 13
Instructor: Courtney Madden

Preschool Programs

Learn 2 Skate Ice Skating Lessons

This year, classes will be separated by skill level and age. Please dress your children appropriately, including gloves and warm pants. Helmets are required for all youth and recommended for all participants. Some helmets are available for use but participants are encouraged to provide their own. Please arrive at the rink at least 15 minutes before class starts. First class attendance is required. Classes may be combined or participants moved based on skill level. Rental skates are included.

Age: 4 yrs - 1st graders
324100 01: Jan 3 - 26
324100 02: Jan 31 - Feb 23
324100 03: Feb 28 - Mar 15
Day & Time: Tue & Thur, 6 - 6:30 pm
Fee: Session 01 or 02: \$64 M / \$80 NM per session
Session 03: \$50 M / \$62 NM per session
(includes skates if needed)
Location: Community Center Ice Rink
Min/Max: 5/20
Register By: One week prior to start date

Mini Mountaineers Step 1 Climbing Class

Watch your little ones climb to new heights in this fun and exciting class that focuses on the basics of rock climbing. You'll be amazed at how much they will learn in 5 short weeks. Parent participation is greatly appreciated! Parent signed waivers must be on file. Equipment is provided.

Age: 5 - 6 years
311300 01 & 02: Jan 9 - Feb 13 (no class Jan 16)
311300 03 & 04: Feb 27 - Apr 9 (no class Mar 26)
311300 05 & 06: Apr 16 - May 20
Day & Time: Mon, 4:30 - 5:15 pm (Sessions 01,03,05)
Day & Time: Mon, 5:15 - 6 pm (Sessions 02,04,06)
Fee: Session 01 or 02: \$40 M / \$50 NM per session
Sessions 03 - 06: \$48 M / \$60 NM per session
Location: Community Center Climbing Wall
Register by: One week before start date
Min/Max: 5 / 5

Mini Mountaineers Step 2 Climbing Class

This class is a follow up to Mini Mountaineers Step 1. Children will learn more in depth techniques and skills while building strength and confidence.

Age: 5 - 6 years
311301 01: Jan 4 - Feb 22
311301 02: Feb 29 - Apr 25 (no class Mar 28)
Day & Time: Wed, 5:15 - 6:15 pm
Fee: \$68 M / \$85 NM per session
Location: Community Center Climbing Wall
Register by: One week before start date
Min/Max: 5 / 5

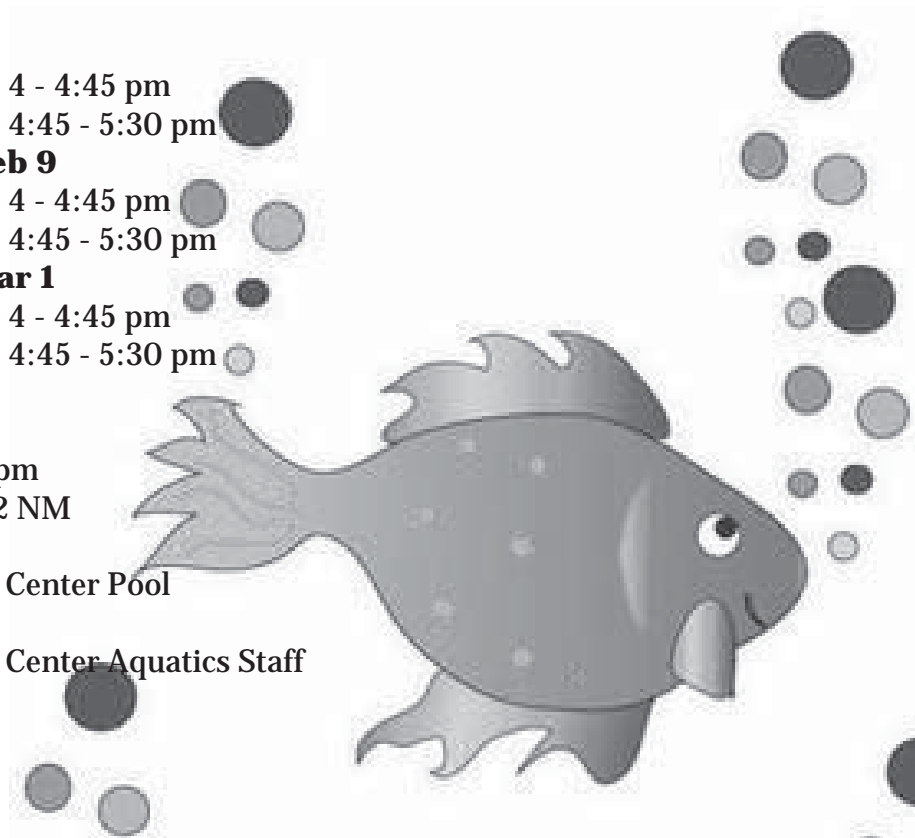
Tadpole & Parent Tot

Early swim lessons set a positive foundation towards a lifetime of participation and enjoyment in a variety of water sports and aquatic venues on, in and under the water. Preschool-age children will gain basic aquatic safety, water skills and independence. Lessons will highlight water safety through on-deck discussion and in-water skill practice. This year during introductory swim lessons (Tuesdays and Thursday afternoons from 4:00-5:30) the aquatic center will have limited access to the general public. The Activity Pool itself will be closed except for those enrolled in swim lessons. The Lap Pool will be restricted to lap swimmers, lessons, and Sopris Barracudas swim team. This partial closing should remove a lot of the distractions, thus providing better quality instruction.

Age: 6 months - 2 yrs
Date: Jan 5 - 26
311201/01: Thur, 11:45 am - 12:15 pm
Date: Feb 2 - 23
311201/02: Thur, 11:45 am - 12:15 pm
Date: Mar 1 - 22
311201/03: Thur, 11:45 am - 12:15 pm
Fee: \$30 M / \$40 NM

Age: 3 - 5 years
Date: Jan 3 - 19
311200/01: Tue & Thur, 4 - 4:45 pm
311200/02: Tue & Thur, 4:45 - 5:30 pm
Date: Jan 24 - Feb 9
311200/03: Tue & Thur, 4 - 4:45 pm
311200/04: Tue & Thur, 4:45 - 5:30 pm
Date: Feb 14 - Mar 1
311200/05: Tue & Thur, 4 - 4:45 pm
311200/06: Tue & Thur, 4:45 - 5:30 pm
Date: Mar 6 - 22
311200/07: 4 - 4:45 pm
311200/08: 4:45 - 5:30 pm
Fee: \$50 M / \$62 NM

Location: Community Center Pool
Min/ Max: 3 / 10
Instructor: Community Center Aquatics Staff



Youth Programs

Winter Break

School is out for the holiday season! Let's get together and have some fun! This camp is action packed with ice skating, swimming, climbing, gym games, crafts, cooking and more. Please bring a snack, water bottle, gym shoes, hats, gloves, winter coats, snow pants, a swimsuit and a towel.

Age: K - 5th graders
211701: Full Days: Dec 19 - 22 (Bring a lunch)
Time: 9 am - 4 pm
Fee: \$30 M / \$35 NM per full day
211701: Half Days: Dec 27 - 29
Time: 9 am - Noon
Fee: \$15 M / \$25 NM per half day
Location: Community Center
Register by: Fr, Dec 16 for all dates
Min/Max: 10/25



SCHOOL'S OUT!

School Days Off Club

Out of school and need something to do? This is the club for you! Crafts, organized games and physical activity along with local field trips guarantee an exciting day filled with fun. Bring a sack lunch, two snacks and water bottle with your name clearly marked. Field trips that may include bowling, snowshoeing and sledding will be announced two weeks before date of class.

Age: K - 5th graders
326800: Jan 13, Jan 16, Feb 20, Feb 27, May 10, May 11, May 14
Time: 9 am - 4 pm
Fee: \$30 M / \$40 NM
Location: Community Center
Register by: 3 days before date
Min/Max: 10/20

School Days Off Club - Extended Care

Need additional care? The School Days Off Club also offers Extended Care that is ideal for the working parent.

Times: 6:45 - 9 am & 4 - 6:30 pm
Fee: \$12 M / \$15 NM per time frame

Spring Break Camp

School's out and the fun is at the Glenwood Springs Community Center! We'll play the day away with dodgeball, kickball, scooter races, climbing, swimming and more! Bring your friends and see what the fun is all about.

Age: K - 5th graders
Dates: Mar 26 - 30
Time: 9 am - 4 pm
Fee: Early bird: Full Week: \$150 M / \$185 NM
Mon/Wed: \$70 M / \$80 NM
Tue/Thur/Fri: \$105 M / \$115 NM
After Mar 19: Full Week: \$160 M / \$200 NM
Mon/Wed: \$80 M / \$100 NM
Tue/Thur/Fri: \$115 M / \$145 NM

2012 Summer KidKamp

Kid Kamp Open Registration Night will be **Wed, Apr 11 from 5:30 - 8 pm** at the Community Center. Kid Kamp is our community's premier summer day camp destination and is proud to provide a safe, interactive, experiential and creative experience for your child(ren). We boast a caring, well trained, fun and experienced staff that welcomes spending active summer days with your Kid Kamper!

Due to the popularity of Kid Kamp a lottery system has been implemented to provide all families with an equal opportunity to obtain a spot for their child. Although registrations will not be accepted until 5:30 pm on Apr 11, you may put your name in the lottery at any time during business hours only on the 11th. If any positions are available following our registration night, walk-in and mail-in registrations will be accepted beginning, Fri, Apr 13. Walk-in and mail-in registrations will be accepted until Kid Kamp is full or until Wed, May 25. Payment is due in full at the time of registration.

For a guide of required documentation and paperwork required at time of registration please log on to the Glenwood Springs Parks and Recreation Department's website, www.glenwoodrec.com, and use the Kid Kamp tab, or you may contact our Front Desk with questions, 384-6301. There is a \$10 processing fee for each Kid Kamp registration.

The Recreation Department's fee schedule has changed. All recreational activity fees are now based on Membership status. For member status, you must have a current 6 month or 1 year membership. The residential status of a participant is no longer considered for registration purposes. For more information about membership benefits or costs, please contact our Front Desk, 384-6301. **Get your membership soon as an increase in membership rates occurs Jan 1, 2012.**

Age:	5 - 12 years (must have completed Kindergarten)	
Dates:	June 18 - Aug 10	
Time:	Mon - Fri, 7:30 am - 6 pm	
Early Bird Fees:	Full Summer:	\$1280 M / \$1600 NM
	Weekly:	\$200 M / \$250 NM
	3 Days per Week:	\$120 M / \$150 NM
	2 Days per Week:	\$80 M / \$100 NM
After May 25 Fees:	Weekly:	\$250 M / \$300 NM
	3 Days per Week:	\$150 M / \$190 NM
	2 Days per Week:	\$100 M / \$125 NM
	Location:	Sopris Elementary School



SCHOOL'S OUT!

Youth Programs

Youth Programs

Beginning Guitar

Be a real Guitar Hero- learn to play! Budding guitarists are introduced to guitar basics - care and tuning, chords, strum patterns and progressions with the final goal being a short group recital for family and friends. Lessons given by Erik MacPherson of the "Missing Link Band". Participants must have their own guitar to participate in the class.

Age: 6 years & up
Date: Jan 4 - Feb 1
Session 01: Age 6 - 8 years: Wed, 3:45 - 4:30 pm
Session 02: Age 9 years & up: Wed, 4:45 - 5:30 pm
Fee: \$55 M / \$68 NM
Register By: Wed, Dec 28
Min/Max: 4 / 6
Instructor: Erik MacPherson



Tumblin' Too

The Glenwood Recreation Department in conjunction with the Fit Factory is proud to offer gymnastics for elementary aged children. Tumblin' Too will introduce basic tumbling skills (forward and backward rolls, headstands, handstands, cartwheels, etc.) using flat and inclined mats. Basics on the balance beam and vaulting techniques will also be introduced. A short conditioning segment will work on cardiovascular and strength training as well as flexibility.

Age: Kindergarten - 7 years
221900 01: Jan 4 - 25
221900 02: Feb 1 - 22
Day & Time: Wed, 4:15 - 5 pm
Fee: \$45 M / \$55 NM
Location: The Fit Factory, 100 Midland Ave, #230
Instructor: Lynn Goluba

Daddy Daughter Dance

Hey dads! Show your daughter how a gentleman treats a lady. Your little girl will jump at the chance to spend a fun night out with her daddy. The Glenwood Springs Recreation Department invites every father (uncle, grandfather, family friend) to take their little girls out on a date they will never forget. Join us for a magical evening of dining and dancing that will create memories to last a lifetime. A delicious pasta buffet will be catered by Rob Fishman of Chomps Deli.

Age: All dads and daughters 12 years & under
327800: Feb 10
Day & Time: Fri, 6 - 8 pm
Fee: \$35 M / \$45 NM
Additional daughters: \$10 each
Location: Community Center
Register by: Fri, Feb 3

After School Spanish

Start something new in 2012. Come right after school and begin to learn about Spanish, the language that is all around us. We will be learning through Total Physical Response (TPR) instruction, games and skits. TPR has students up and moving around the room (no notes to take), and speaking from the very first day. Sign up with a friend so you can practice together. By the end of 6 weeks each student will know a basic 100 word vocabulary and gain valuable confidence in pronunciation and academic risk-taking.

Age: 3rd - 5th grade
321800 03: Feb 15 - Mar 21
Day & Time: Wed, 3:30 - 4:30 pm
Fee: \$45 M / \$55 NM
Location: GSES
Min/Max: 5 / 10
Instructor: Courtney Madden

Bike Basics

Want to know more about how to take care of your bike? Join the Glenwood Springs Recreation Department for hands on experience fixing "your own bike". Basics will include how to patch your tire tube, proper bicycle and helmet fit, and more. Bring your bicycle and helmet with you.

Age: 10 years & up
321901 01: May 10
Day & Time: Thur, 4:30 - 6:30 pm
Fee: \$3 for tire lever and patch kit to be used in class
Location: Community Center
Instructor: Staci Williams



Mountain Bike Adventure

Take a trip to Grand Junction, and learn simple mountain bike techniques. We will ride Rustlers Loop which is one of the best beginner rides in the area. The BLM has signed this area at intervals to teach ecology and MTB etiquette. The trail is short with minimal elevations gain. The single-track provides a good introduction to mountain biking. Please bring a mountain bike, helmet, lunch and water bottle.

Age: 3rd - 5th grade
321901 02: May 11
Day & Time: Fri, 8:30 am - 4:30 pm
Fee: \$45 M / \$55 NM
Location: Drop off & Pick up at the Community Center
Min/Max: 5 / 10
Instructor: Staci Williams

Youth Programs

Dinky Dunkers

It's time to hit the gym for some basketball! Bring your friends and join staff from the Glenwood Springs Recreation Department to develop your skills. Along with the spirit of fun, teamwork and sportsmanship the focus will be on game fundamentals including dribbling, passing, and shooting. This is a non-competitive program. Students may choose to participate at either or both locations. Athletic shoes, snack and water bottles are suggested.

Age: 1st - 2nd grade
324900 01: SES Gym: Tue & Thur, Jan 3 - 26 (no class Jan 12)
324900 02: GSES Gym: Mon & Wed, Jan 23 - Feb 13
Time: 3:30 - 5 pm
Fee: \$40 M / \$50 NM



Kids POWER with Kerri Powell

Kids will get moving; whether it is an organized game, partner activity or a hike around the school, core strengthening and cardio exercises will be developed into fun and games! Please send your child with a healthy snack to POWER up their bodies at the beginning of class.

Age: K - 5th grade
321900 03: Feb 7 - Mar 20
Day & Time: Tue, 3:30 - 4:30 pm
Fee: \$30 M / \$40 NM
Location: SES Gymnasium
Register by: Thur, Feb 2
Min/Max: 10 / 25
Instructor: Kerri Powell

Adrenaline Action Activities

This after-school program explores traditional and non-traditional games that are guaranteed to get your adrenaline pumping. The program is designed for group and individual oriented athletes. The emphasis is on fun and friendly play, while enjoying the physical benefits of using your mind and body.

Age: 1st - 3rd grade
324901: Apr 3 - 26 (no class Apr 12)
Day & Time: Tue & Thur, 3:30 - 4:45 pm
Fee: \$40 M / \$50 NM
Location: SES Gymnasium
Min/Max: 10 / 25
Instructor: Recreation Staff

Learn to Swim

Early swim lessons set a positive foundation towards a lifetime of participation and enjoyment in a variety of water sports and aquatic venues on, in and under the water. The American Red Cross Learn-to-Swim program provides instruction to help children develop their swimming and water safety skills, especially how to be safe in, on and around the water. Program levels are as follows:

- 1-Introduction to Water Skill
- 2-Fundamental Aquatic Skills
- 3-Stroke Development
- 4-Stroke Improvement

Participants will be assessed on the first class day for proper skill level placement. Level advancement is not automatic and can take several seasons or sessions to progress. Swimmers will be assigned accordingly to the small or big pool. This year during introductory swim lessons (Tuesdays and Thursday afternoons from 4:00-5:30) the aquatic center will have limited access to the public. The Activity Pool itself will be closed except for those enrolled in swim lessons. The Lap Pool will be restricted to lap swimmers only, this includes patrons, lessons, and Sopris Barracudas swim team. This partial closing should remove a lot of the distractions, thus providing better quality instruction.

Age:	4 - 12 years
Date:	Jan 3 - 19
321201:	Levels 1 & 2: Tue & Thur, 4 - 4:45 pm
321201:	Levels 1 & 2: Tue & Thur, 4:45 - 5:30 pm
321201:	Levels 3 & 4: Tue & Thur, 5:45 - 6:30 pm
Date:	Jan 24 - Feb 9
321202:	Levels 1 & 2: Tue & Thur, 4 - 4:45 pm
321202:	Levels 1 & 2: Tue & Thur, 4:45 - 5:30 pm
321202:	Levels 3 & 4: Tue & Thur, 5:45 - 6:30 pm
Date:	Feb 14 - Mar 1
321203:	Levels 1 & 2: Tue & Thur, 4 - 4:45 pm
321203:	Levels 1 & 2: Tue & Thur, 4:45 - 5:30 pm
321203:	Levels 3 & 4: Tue & Thur, 5:45 - 6:30 pm
Date:	Mar 6 - 22
321204:	Levels 1 & 2: Tue & Thur, 4 - 4:45 pm
321204:	Levels 1 & 2: Tue & Thur, 4:45 - 5:30 pm
321204:	Levels 3 & 4: Tue & Thur, 5:45 - 6:30 pm

Fee:	\$50 M / \$62 NM
Location:	Community Center Pool
Min/ Max:	3 / 10
Instructor:	Community Center Aquatics Staff



Youth Programs and.....

Learn 2 Skate

Skate classes will be separated by skill level, age and abilities. Please dress your children appropriately. Helmets are required for all participants. Please arrive at the rink at least 15 minutes before class starts. First class attendance is required. **Rental skates are included in lesson price.**

Age: 2nd - 4th grade
321100 01: Jan 3 - 26
321100 02: Jan 31 - Feb 23
321100 03: Feb 28 - Mar 15
Day & Time: Tue & Thur, 6:30 - 7 pm
Fee: Session 01 or 02: \$64 M / \$80 NM per session
Session 03: \$50 M / \$62 NM per session

Age: 5th grade - Adult
342100 01: Jan 3 - 26
342100 02: Jan 31 - Feb 23
321300 03: Feb 28 - Mar 15
Day & Time: Tue & Thur, 7 - 7:30 pm
Fee: Session 01 or 02: \$64 M / \$80 NM per session
Session 03: \$50 M / \$62 NM per session
Location: Community Center Ice Rink
Register by: One week prior to start date
Min/Max: 4 / 20

Youth Climbing Class - Level 1

An introduction to basic rock climbing techniques for 7-12 year olds. This course is focused on helping your child build confidences and skill on the rock in a fun and exciting atmosphere. Parent signed waiver must be on file. Equipment is provided.

Age: 7 - 12 years
321300 01: Jan 9 - Feb 13 (no class Jan 16)
321300 02: Feb 27 - Apr 9 (no class Mar 26)
321300 03: Apr 16 - May 21
Day & Time: Mon, 6 - 7:15 pm
Fee: Session 01: \$40 M / \$50 NM per session
Sessions 02 or 03: \$48 M / \$60 NM per session
Location: Community Center Climbing Wall
Register by: One week prior to class start date



Youth Climbing Class - Level 2

This class is a follow up to Rock Climbing level 1. Children will learn more in depth techniques and skills while building strength and confidence on the rock

Age: 7 - 12 years
321301 01: Jan 4 - Feb 22
321301 02: Feb 29 - Apr 25 (no class Mar 28)
Day & Time: Wed, 6:15 - 7:45 pm
Fee: \$68 M / \$85 NM per session
Location: Community Center Climbing Wall
Register by: One week prior to start date

Youth Baseball/Softball

Summer is on its way and it's time to register for youth baseball and softball! These eight-week (approx.) programs are designed to teach fundamentals, skills, sportsmanship and team unity. The goal of these programs is to provide each participant the opportunity to enjoy the game of baseball or softball by learning, playing and having fun. Some age divisions will require a more involved commitment on the part of the player and parent due to travel, practice time, and game time. Practices start the week of June 4th. **SPOTS WILL FILL UP FAST!** Deadline to register is May 18.

Section#	Divisions	Ages	Days	Location	(M) (NM)	After May 1st	Dates
322200/01	T-ball	5-6 yrs	Mon & Wed	Sayre	\$25/\$30	\$45/\$50	June 4 - July 27
322200/02	Bball	7-8 yrs	Mon-Thurs	Vogelaar	\$35/\$40	\$55/\$62	June 4 - July 27
322200/03	Bball	9-10 yrs	Mon-Thurs	Sopris	\$35/\$40	\$55/\$62	June 4 - July 27
322200/05	Softball	7-8 yrs	Mon-Thurs	Sopris	\$40/\$48	\$60/\$68	June 4 - July 27
322200/06	Softball	9-10 yrs	Mon-Thurs	Sopris	\$40/\$48	\$60/\$68	June 4 - July 27



Private Swim Lessons

The aquatic center offers private swim lessons for individuals or groups of up to 4 students who may want more specific instructions or cannot make the scheduled group lessons. Private lessons offer more one on one time with the instructor, and are great for working on specific skills while working around your schedule. Call Craig for details at 384-6305.

Age: All ages
 Fee: one lesson: \$30 M / \$35 NM
 five lessons: \$125 M / \$150 NM
 five group lessons: \$200 M / \$250 NM (group can be up to 4 persons)

Personal Training

A certified Personal Trainer will help you develop and improve your exercise routine, while providing you with the motivation and guidance to achieve your fitness goals. Contact the front desk about scheduling an appointment.

Age: 18 & Up
 Fee: one session: \$40 M / \$45 NM
 two sessions: \$75 M / \$85 NM
 four sessions: \$150 M / \$170 NM
 ten sessions: \$350 M / \$400 NM

Programs for ALL Ages

Adult Programs

Speaking Spanish

Learn Spanish naturally and easily without pressure. This six week class will get you moving, laughing, and learning Spanish fast. Class will be taught in an oral/hands-on format. If you have “always wanted to learn Spanish”, this is the class for you. No previous experience expected. No tests, no pressure, just fun!

Age: Adult
341800: Jan 10 - Feb 16
Day & Time: Tue & Thur, 10 am - 11:15 am
Fee: \$65 M / \$80 NM
Location: Community Center
Register by: Thur, Jan 5
Min/Max: 6 / 20
Instructor: Courtney Madden



The Art of Mosaic for the Novitiate

Mosaic is the art of texture, light, color, and composition. It is tactile and hands on. In this beginning class all materials and tools are provided. You will leave this class having worked with multiple materials finishing three small projects. The first hour of every class is demonstration and guidance, the studio is open for two more hours for students to work on their mosaic projects with instructor guidance and peer input. This is a 5 week session.

Age: 16 years & up
341900: Jan 12 - Feb 9
Day & Time: Thur, 6 - 9 pm
Fee: \$195 M / \$245 NM
Location: 1015 School St, Glenwood Springs

The Art of Mosaic II

In this second level class, students will design and order their own tile to create their own piece; all tools are provided. The first class will be instruction on design consideration, and where to get materials. The rest of this 5 week session we will review and apply the knowledge from the first class. The studio is open for three hours for students to work on their projects with instructor guidance and peer input.

Age: 16 years & up
341901 02: Feb 23 - Mar 22
Day & Time: Thur, 6 - 9 pm
Fee: \$150 M / \$190 NM
Location: 1015 School St, Glenwood Springs

Learn 2 Play Hockey

Here is your chance to learn the basics of Ice Hockey without the intimidation of jumping right into a game. Classes cover all the basics of skating, stick handling, game play and the rules of hockey. Participants provide all equipment and a hockey helmet is required. Full equipment is highly recommended. Come discover the joy of hockey in a relaxed atmosphere.

Age: Adult
344400 02: Jan 9 - Feb 6
344400 03: Feb 13 - Mar 19 (no class Feb 20)
Day & Time: Mon, Noon - 1:30 pm
Fee: \$40 M / \$50 NM
Location: Community Center Ice Rink

Ladies on the Rocks

Calling all Ladies! Have you ever wanted to try rock climbing in a comfortable and non-threatening atmosphere? This is your chance to get in a great workout, meet some cool ladies, and increase your strength and skills. All ability levels are welcome!

Age: Adult
341300 01: Jan 9 - Feb 13 (no class Jan 16)
341300 02: Feb 27 - Apr 9 (no class Mar 26)
341300 03: Apr 16 - May 21
Day & Time: Mon, 7:15 - 8:30 pm
Fee: Session 01: \$40 M / \$50 NM
Sessions 02 or 03: \$48 M / \$60 NM per session
Location: Community Center Climbing Wall
Register by: One week before start date

Beginning Guitar for Adults

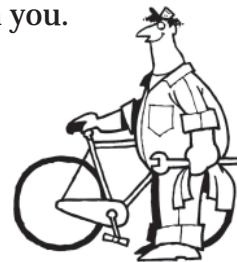
Learn to play guitar with local musician Erik MacPherson of the "Missing Link Band". Learn tuning, fingering, strumming, practice exercises, simple chords and songs. Playing guitar brings out that inner musician you never knew you had. Must provide own guitar.

Age: Adult
341800 02: Jan 9 - Feb 13
Day & Time: Mon, 6:30 - 7:30 pm
Fee: \$90 M / \$115 NM
Location: Community Center
Register by: Tue, Jan 3
Min/Max: 4 / 6
Instructor: Erik MacPherson

Bike Basics

Want to know more about how to take care of your bike? Join the Glenwood Springs Recreation Department for hands on experience fixing "your own bike". Learn how to patch your tire tube, proper bicycle and helmet fit, and more. Bring your bicycle and helmet with you.

Age: 10 years & up
321901: May 10
Day & Time: Thur, 4:30 - 6:30 pm
Fee: \$3 for tire lever and patch kit to be used in class
Location: Community Center
Instructor: Staci Williams



Black Hawk Casino Trip

Enjoy a day of gambling and exploring the towns of Central City and Black Hawk. Bring your own lunch or try one of the many affordable buffets! Pick up and drop off will take place at the Community Center. However, additional pick up and drop off will be considered.

Age: Adult
353900 02: May 25
Day & Time: Fri, 8 - 7:30 pm
Fee: \$35 M / \$45 NM
Location: Pick up and drop off at the Community Center
Register by: Mon, May 21
Min/Max: 8 / 11

Adult Programs

Community Fitness Challenge

This program challenges you to achieve your optimal personal wellness. During this challenge, you will explore all seven dimensions of wellness. Free fitness assessments, seminar series and a healthy potluck awards ceremony are included. For more information, please visit our website at www.glenwoodrec.com so you're prepared to begin on New Year's Day!

Age: Adult
348000 01: Jan 1 - Mar 31, Awards Ceremony Apr 9
Fee: \$10 M / \$15 NM
Location: Community Center
Register by: Fri, Dec 23

Seminar Series

Looking for ways to improve your overall personal wellness? Join us for this free series of informational classes covering various topics relevant to wellness. No pre-registration required. Please visit our web site for specific dates and speakers.

Age: Adult
Dates: Jan - March 2012
Fee: Free
Location: Community Center
Register by: No registration Required

Indoor Triathlon

Stay fit for your summer competitions by competing in the Winter Indoor Triathlon! Participants will race the clock to accumulate the most distance. The event will consist of 10 minutes of swim, 30 minutes of biking and 20 minutes of running! There will be a men's and women's division and prizes provided for top female and top male. Visit our website for more information.

Age: Adult
348000 02: Feb 11
Day & Time: Sat, 8:30 am - 1:30 pm
Fee: \$25 M / \$30 NM
Location: Community Center
Register by: Fri, Feb 3
Min/Max: 10 / 20 women & 10 / 20 men



F4 Group Fitness Challenge

Think you can handle this? Join us for a day of fun, food and fitness! The program consists of 4 consecutive group fitness classes followed by a healthy potluck and recipe exchange!

Age: Adult
348000 04: Feb 26
Day & Time: Classes: Sun, 11 am - 3 pm
Potluck: Sun, 3 - 4 pm
Fee: \$15 M / \$20 NM
Location: Community Center
Register by: Mon, Feb 20
Min/Max: 8 / 20

30 Days of Fitness

Earn prizes for attending fitness classes! Starting in April, grab a fitness class sign-in card from the dance studio or download one from our website. Have an instructor sign it each time you attend a class. After 15 classes you will receive a prize, after 30 classes you will receive a prize AND you will be entered in a drawing to win additional prizes. You can earn additional signatures if you invite other participants! More information regarding this fitness challenge will be available on our website, www.glenwoodrec.com, in March.

Age: Adult
Dates: Apr 1 - 30
Fee: Free with membership or Valid drop-in fee
Location: Community Center

Adult Co-ed Volleyball League

Come out and join the fun! This is coed recreational volleyball for beginners to intermediate levels. The league format will consist of an 8 week regular season followed by a single elimination tournament.

Age: Adult
345502: Begins Jan 11
Day & Time: Wed, 6:30 - 7:30 pm
Fee: Earlybird: \$250
After Dec 27: \$300
Location: Community Center Gym
Register by: Wed, Jan 4
Min/Max: 6 / 8



Summer Softball League

NEW: ONE EXTENDED SEASON WITH LOWER TEAM FEES IN 2012! Get your team ready and sign up for another great season of softball! Based on feedback from managers and weather related issues, the leagues will run for consecutive weeks, no mid-summer break. Registration will be limited to 8 teams per division in the Men's and Coed leagues, and 6 teams in the Women's division, so sign up by April 6 and get the Early Bird discount for even greater savings! Games are played at Two Rivers or Sayre Park. **ALSO NEW THIS YEAR, THE COED "D" LEAGUE WILL BE REQUIRED TO USE THE CITY OF GWS PROVIDED 31" BAT TO ENSURE THE LEAGUE REMAINS AT A LOWER COMPETITION LEVEL.**

Age: Adult
Date: Mens "B" & "C": May 7 - Aug 10
Fee: Earlybird: \$650
After Apr 6: \$725
Date: Co-ed "C" & "D": May 7 - Aug 10
Fee: Earlybird: \$575
After Apr 6: \$650
Date: Womens: May 30 - Aug 8
Fee: Earlybird: \$500
After Apr 6: \$575
Register by: Fri, Apr 27

* Tournaments: Single elimination tournaments will be played on a Saturday or Sunday in mid-August after regular season play

Adult Programs

Glenwood Springs Community Center



Available for:

Meetings, Weddings, Quinceaneras, Family Reunions, Office Parties, Special Events, Birthday Parties & more!

Book your next event today! Please contact Yvette at 970-384-6310.

**Packages
starting
@ \$48**



www.glenwoodrec.com



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