

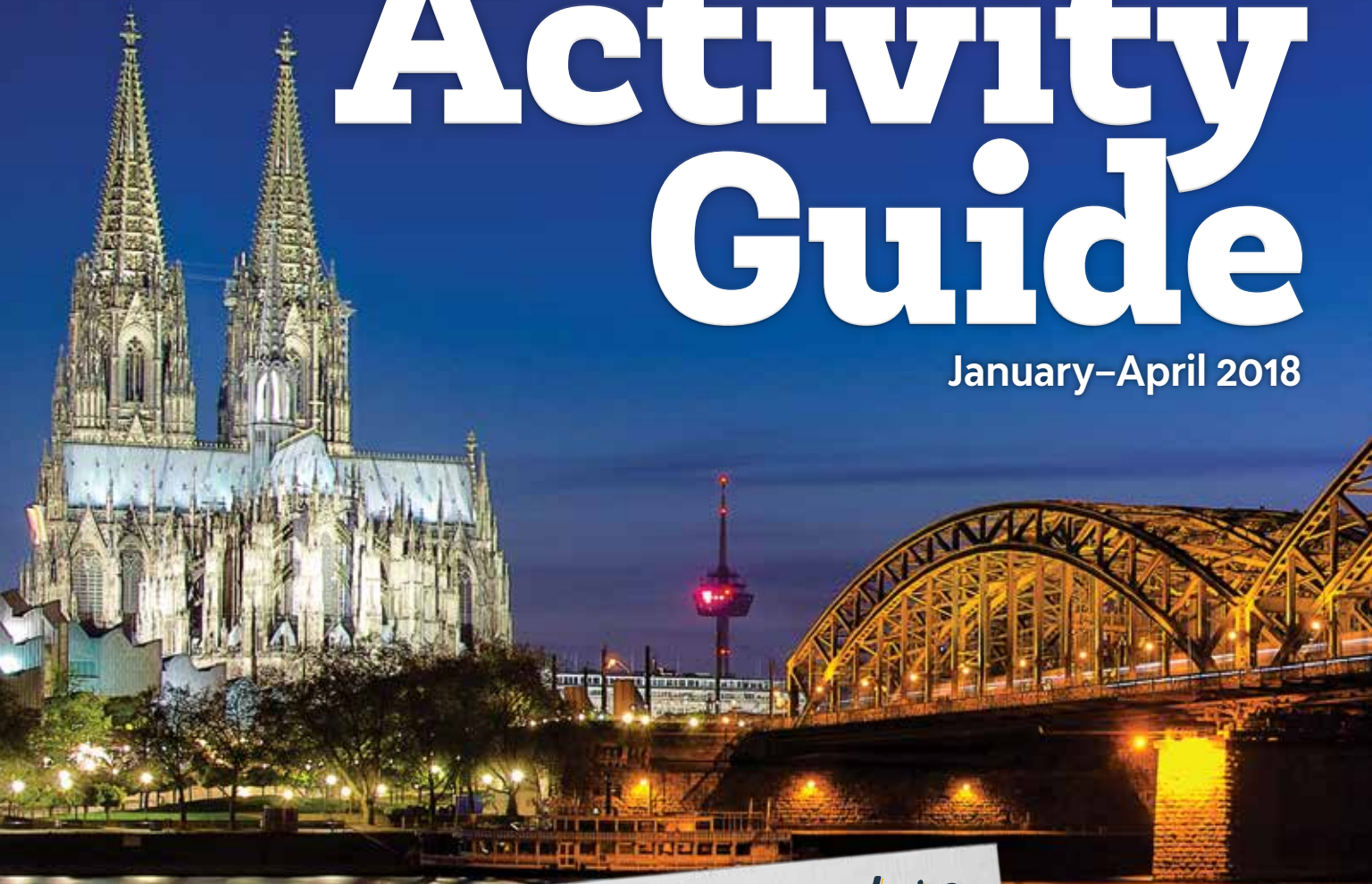


WESTMINSTER

PARKS, RECREATION & LIBRARIES

Activity Guide

January–April 2018



Your Passport to Adventure

**WESTMINSTER
ADULT TRIPS**

SEE PAGE 40 FOR DETAILS

FRANCE 0124
22 SEP 2018
DEPARTED
123

SWITZERLAND
22 SEP 2018
DEPARTED
123

HOLLAND
22 SEP 2018
DEPARTED

GERMANY 0125
22 SEP 2018
DEPARTED

GENERAL INFORMATION

PARKS, RECREATION & LIBRARIES

Administrative Office 303-658-2192

4800 W. 92nd Avenue

HOURS: 7 a.m.-6 p.m., Mon-Thur, Closed Friday

Director

Jason Genck 303-658-2198

Operations Manager

Ryan Hegreness 303-658-2197

Parks and Golf Services Manager

Lance Johnson 303-658-2854

Recreation Services Manager

Justin Cutler 303-658-2211

Library Services Manager

J.R. Clanton 303-658-2640

Open Space Manager

Rod Larsen 303-658-2285

CITY OF WESTMINSTER ADMINISTRATION

Don Tripp, *City Manager*

Jody Andrews, *Deputy City Manager*

Barbara Opie, *Deputy City Manager*

PARKS, RECREATION, LIBRARIES AND OPEN SPACE ADVISORY BOARD

Bernice Aspinwall
Stephanie Bingham
Janet Bruchmann
Dan Dolan
Wayne East
Chris Fowler
Mark Harris

Jon Herrmann
Sarada Krishnan
Mary Litwiler
Terrance Ramirez
Marley Steele-Inama
Dennis White

DIRECTOR'S MESSAGE

Dear Patrons,

As we transition to a new calendar year, many of us make New Year's resolutions. Some of us want to lose the weight we gained from all those irresistible holiday treats. Others want to spend more time living "in the moment." Still others wish to learn new skills or obtain new knowledge. Whatever your goals for 2018, the City of Westminster is ready to support your efforts through our Department of Parks, Recreation, and Libraries where our mission has always focused on helping our residents live healthier, happier lives through nature, wellness, and literacy.

If your New Year's goal is to be more fit, take advantage of our annual FREE Fitness Week. From January 1-7, you and your family can enjoy unlimited free access to four of our celebrated facilities: City Park Fitness Center, West View Recreation Center, Swim & Fitness Center, and The MAC. You'll receive more than just free facility access—you'll also enjoy free tours, free fitness classes, free child care, and discounted annual passes. If you've ever wanted to visit one of our award-winning centers, the first week in January is the perfect time to check us out!

Perhaps your goal is to be more conscious of living in the present. If you're looking for solitude and quiet reflection, you live in the right place. Our 57 parks, 145 miles of trails, and 3,143 acres of open space provide an abundance of locations for peaceful winter hikes.

Maybe you want to learn a new skill or perhaps a new language in 2018. Or maybe your goal is to exercise your mind by reading more books. If learning or literary escape are high on your list of priorities, turn to the outstanding resources available to you free of charge at College Hill or Irving Street libraries.

Here's to a happy, healthy 2018! As always, please don't ever hesitate to contact me to let me know how we can serve you better.

Jason Genck

Director of Parks, Recreation & Libraries

WESTMINSTER CITY COUNCIL



Herb Atchison,
Mayor
herb.atchison@
netzero.com



Maria De Cambra,
Mayor pro-tem
mdcambra@
cityofwestminster.us



Shannon Bird
sbird@
CityofWestminster.us



David De Mott
ddemott@
CityofWestminster.us



Emma Pinter
emma.pinter@
gmail.com



Anita Seitz
aseitz@
CityofWestminster.us



Kathryn Skulley
kskulley@
CityofWestminster.us

GENERAL INFORMATION

FACILITY INFORMATION

<i>City Park Fitness Center (CPFC)</i>	303-460-9691
<i>City Park Recreation Center (CPRC)</i>	303-460-9690
<i>College Hill Library (CH)</i>	303-658-2601
<i>Countyside Outdoor Pool (CS)</i>	303-466-1738
<i>Walnut Creek Golf Preserve (WCP)</i>	303-469-2974
<i>Ice Centre at the Promenade</i>	303-469-2100
<i>Irving Street Library (IR)</i>	303-658-2301
<i>Legacy Ridge Golf Course (LGC)</i>	303-438-8997
<i>MAC (MAC)</i>	303-426-4310
<i>Standley Lake Regional Park (SL)</i>	303-425-1097
<i>Swim & Fitness Center (SFC)</i>	303-427-2217
<i>Westminster Sports Center (WSC)</i>	303-658-2393
<i>West View Recreation Center (WV)</i>	303-460-9530

PROGRAM INFORMATION

<i>Adult Activities</i> , Rita Gaddis	303-658-2292
<i>Adult Sports</i> , Kim Chrisman	303-658-2207
<i>Adult Trips</i> , Jennifer Jensen	303-658-2294
<i>Arts and Crafts</i> , Melinda Fiscus	303-658-2213
<i>Aquatics</i> , Joe Harris	303-658-2967
<i>Child & Teen Activities</i> Cindy McDonald	303-658-2219
<i>City Park Aquatics</i> , Taylor Lawrence	303-658-2915
<i>Fitness and Wellness</i> , Becky Stafford	303-658-2941
<i>Outdoor Recreation</i> , Patti Wright	303-658-2201
<i>Preschool Activities & TaeKwon-Do</i> Matt Hess	303-658-2215
<i>Special Events</i> , Rich Neumann	303-658-2185
<i>Swim & Fitness Center Aquatics</i> Joe LeDuc	303-658-2956
<i>Youth Sports</i> , Stephanie Musella	303-658-2217

CENTER HOLIDAY CLOSURES

New Year's Day

Libraries closed, City Park Recreation Center and The MAC closed.

Easter

All facilities closed.

MAINTENANCE CLOSURES

The MAC

April 23 - 27

HYLAND HILLS/WESTMINSTER JOINT USE AGREEMENT

Westminster and Hyland Hills Park and Recreation District residents receive resident rates at all City of Westminster facilities with a valid discount/ID card.

Hyland Hills Facilities

<i>Administrative Office</i>	303-428-7488
<i>Adventure Golf & Raceway</i>	303-650-7588
<i>The Greg Mastriona Golf Courses at Hyland Hills</i>	303-428-6526
<i>Ice Centre at the Promenade</i>	303-469-2100
<i>Perl Mack Community Center</i>	303-650-7581
<i>Water World</i>	303-427-SURF (7873)
<i>Donald E. VanArsdale Gymnastic Center</i>	303-650-7626

FACILITY FREE DAYS

March 2018

Wednesday, March 14th - City Park Fitness Center

April 2018

Monday, April 12th - West View

May 2018

Thursday, May 17th - Swim & Fitness Center

SPECIAL EVENTS

CHILI BOWL LUNCHEON

Friday, March 2, 11 am–1 p.m.

City Park Recreation Center
10455 Sheridan Blvd.

\$15 for adults and \$10 for children

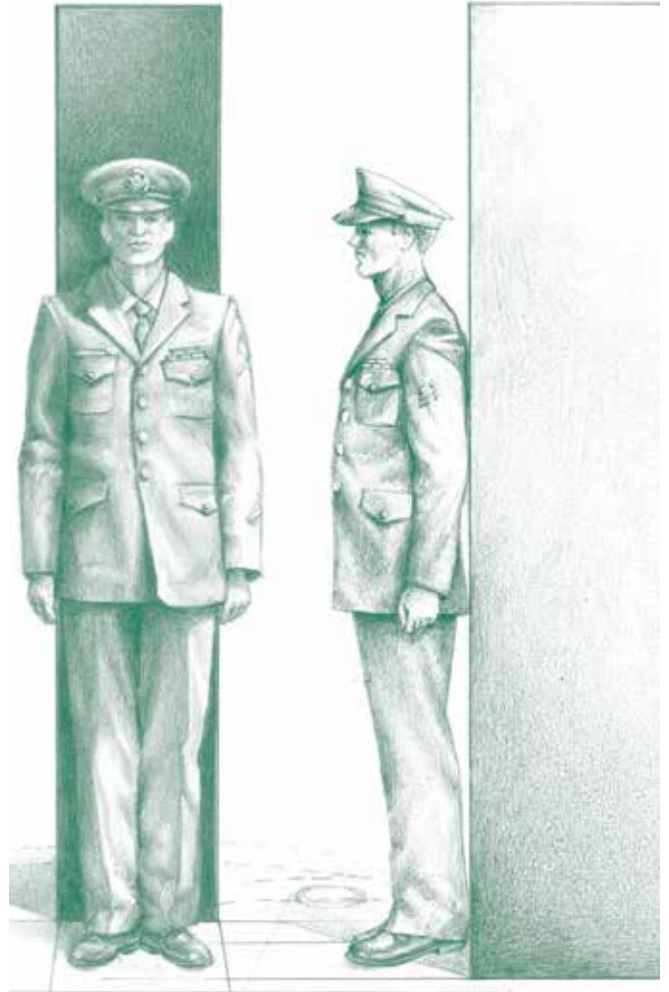


RSVP to 303-658-2900 by February 26

Armed Forces Day Ceremony

Saturday, May 19, 10 a.m.

6001 W. 104th Ave.



*In Honor of Those Who Serve
Our Country In The United
States Military*

SPRING POTTERY SALE

Saturday & Sunday

May 5-6

10 a.m.–3 p.m.

City Park Recreation Center

10455 Sheridan Blvd.

Studio work at affordable prices is waiting for you! Choose from a variety of functional and decorative pieces. Admission is a donation of a non-perishable item for the Westminster Food Bank.

BACK BY POPULAR DEMAND!

AGES 21+

Adult Egg Hunt

\$35
individual

Saturday, March 24
4-7 p.m.

\$60
pair

Includes one
drink ticket per
person



SPONSORED BY:



RE/MAX
ALLIANCE

Walnut Creek Golf Preserve
10555 Westmoor Dr., Westminster

SPECIAL EVENTS



FATHER DAUGHTER BALL

Saturday, June 16
6-9 p.m.

Denver Marriott Westminster

Fathers and daughters enjoy dancing, desserts, a carriage ride, and a photo to commemorate their journey. Registration is required.

\$35/\$40



Follow us on **FACEBOOK**

Stay up to date on special events, exclusive offerings, and local happenings!

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

FREE FITNESS WEEK JAN. 1-7

Start the new year off right!
Westminster's recreation centers*
are free of charge, including
FREE FITNESS CLASSES, during
the first week of the year!
** City Park Rec Center is not included*

**Don't Miss Our
Open House
with Free Raffle
Prizes on Jan. 1!**

**CITY PARK FITNESS CENTER
8 a.m.-noon**

**WEST VIEW RECREATION
CENTER
10 a.m.-2 p.m.**

**SWIM & FITNESS CENTER
12-4 p.m.**

PLUS DISCOUNTED ANNUAL PASSES!

- \$100 off All-Facility Annual Pass
 - \$50 off any Single-Facility Annual Pass
- New passes only, no renewals; must be purchased during Free Fitness Week.*

SPECIAL EVENTS

Guest Appreciation Day

Wednesday

Feb. 14

Free admission at all
recreation centers!



ADVERTISE IN THE ACTIVITY GUIDE!

Reach over 50,000 Westminster households.

Space is limited, and certain restrictions apply. For more
details, contact Marketing Supervisor Rich Neumann at
rneumann@CityofWestminster.us.

WE WOULD LIKE TO SAY
THANKS
TO OUR
2017 EVENT SPONSORS



YOU CAN HELP SUPPORT YOUR COMMUNITY, TOO!

For details on event sponsorship opportunities, contact Marketing Supervisor
Rich Neumann at rneumann@cityofwestminster.us

RENTAL FACILITIES

FACILITY RENTALS

Looking for a venue to hold a wedding, birthday party, anniversary celebration, holiday party, business meeting, staff training or other public gathering? Here are affordable options to fit your needs.

CITY PARK RECREATION CENTER

10455 Sheridan Blvd. 303-460-9690 ext. 1

Set on a hill at City Park, this venue features a beautiful plaza with a fountain and scenic views of the Front Range. The Community Room serves as the perfect venue for any special occasion of up to 250 guests. Several multipurpose rooms are available for smaller gatherings of up to 35 guests.

WEST VIEW RECREATION CENTER

10747 W. 108th Ave. 303-460-9530

Nestled near the foothills, West View provides the luxury of having an indoor and outdoor event with spectacular views of the mountains. The Community Room can comfortably seat 105 guests with a dancing area and 125 without a dancing area.

THE MAC

3295 W. 72nd Ave. 303-426-4310

The MAC is an affordable, multipurpose facility conveniently located north of Denver. The Community Room offers a ballroom atmosphere with an adjoining commercial kitchen and a catering room, elevated stage, and can accommodate up to 250 guests. Several multipurpose rooms can provide a comfortable environment for smaller events.

SWIM & FITNESS CENTER

3290 W. 76th Ave. 303-427-2217

Situated in the heart of Westminster's historic district, this facility is perfect for small gatherings. The Community Room overlooks the pool area and can accommodate up to 40 guests.

WESTMINSTER SPORTS CENTER

6051 W. 95th Ave. 303-658-2393

Rent the indoor large turf field or small field for your team practice or family fun. This facility also features a classroom which accommodates up to 40 guests.

THE GRILL AT LEGACY RIDGE

10801 Legacy Ridge Parkway 303-438-8997

Conveniently located near Highway 36, the banquet facility has spectacular mountain views and can accommodate up to 156 guests.

THE HERITAGE GRILL

10555 Westmoor Drive 303-469-2974

Located near the foothills and in a wonderful natural setting, the banquet facility can accommodate up to 108 guests.

LIBRARIES

College Hill, 3705 W 112th Ave. 303-658-2642

Irving Street, 7392 Irving St. 303-658-2301

Both libraries have rental rooms available for business meetings, staff trainings, etc. No parties.

ICE CENTRE AT THE PROMENADE

Jointly owned by the City of Westminster and Hyland Hills

10710 Westminster Blvd.

303-469-2100

FEES FOR PUBLIC SKATING

Resident: \$5 (w/resident ID card)

4 years and younger: \$1

Skate Rental: \$3.50

Non-resident: \$6

Cheap Skate Sessions: \$3

Skate Aids: \$5

SKATING LESSONS

Skating lessons are a great place to start for any aspiring hockey player or figure skater. Lessons are offered for age 4 through adults. Skaters have a 30-minute group lesson with additional practice time during a scheduled public skating time. Registration is ongoing. For more details, please visit www.icecentre.com or call 303-469-2100.

BIRTHDAY PARTIES AT THE ICE CENTRE

Celebrate your birthday at the Ice Centre! Parties are offered during regular public skating times. Party packages are offered that include up to 10 skaters (additional skaters may be added). Book your party today at www.icecentre.com with just a \$50 deposit!

ADULT HOCKEY

The Adult Hockey League offers five different levels with several divisions within each level with over 100 teams for great competition. Players can sign up as a team or as a free agent. Please visit www.icecentre.com for more information and to register.

Swim Party Packages

City Park

Forest Room

This poolside party room accommodates 15 guests. Room and pool for two hours. **Fee:** \$125

Lake Room

This poolside party room accommodates 25 guests. Room and pool for two hours. **Fee:** \$150

Outdoor Pavilion

Two-hour pavilion rental located outside by the sprayground includes two picnic tables that accommodate 16 guests. Rental does not include admission fees. **Fee:** \$20

Swim & Fitness Center Community Room

Above the pool area, includes general admission for 20 guests and use of the room for one hour. **Fee:** \$95

Friday Night Deck Party—Swim & Fitness Center

Indoor tables near the small pool from 5-8:30 p.m.. Includes general admission for 20 guests. **Fee:** \$95

Splash Deck—Swim & Fitness Center

Rent tables on the splash deck. Up to 10 guests per table. **Fee:** \$10 per hour per table plus general admission.

Countryside Outdoor Pool Community Room

Large outdoor pool party. Available 7-9 p.m. **Fee:** \$195/two hours community room and pool (up to 50 guests)

SPORTS FIELD *Birthday Party* RENTALS

Our indoor field is better than a park because weather won't stop the party. Bring your field games to play on our small field or ask about using ours. Enjoy your own party treats in the party room afterwards. Fee includes one-hour small field rental and one-hour room rental.

\$70 resident/\$85 non-resident



Westminster Sports Center
6051 West 95th Avenue
Call for availability
303-658-2393



IMAGINATION PLAYGROUND

Wednesday–Friday 10 a.m.–1 p.m.
Saturdays 1–4 p.m.

West View Recreation Center

Kids build a new world every day using Imagination Playground blocks. Create animals, rocket ships, robots as well as imaginary places like houses, factories, and cities.

Kids and parents can drop-in to experience this indoor playground.

AGES: 3-10

Fee: included for pass holders or \$2 for children; parents free.

RECREATION FACILITIES AND FEES

CITY PARK RECREATION CENTER

10455 Sheridan Blvd.
303-460-9690, ext. 1
Fax: 303-460-9693
Kate Amack, *Facility Supervisor*
303-658-2290

Monday–Thursday 6 a.m.-10 p.m.
Friday 6 a.m.-7 p.m.
Saturday–Sunday 7 a.m.-9 p.m.

AQUATICS HOURS

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

Features

Swimming pools, water slides, steam room, sauna, outdoor splash playground, family locker room, rock climbing wall, basketball, badminton, pickleball, weight room, racquetball, room rentals, and birthday parties.

General Admission	Resident	Non-Res
Youth 3-17	\$4	\$5
Adult 18-59	\$5	\$6
Adult 60+	\$4	\$5

20-Visit Punch Card, All-Facility

Youth 3-17	\$68	\$85
Adult 18-59	\$85	\$102
Youth/60+	\$68	\$85

Annual Pass*

Household	\$599	\$699
Household Duo	\$499	\$599
Adult 18-59	\$339	\$439
Youth/60+	\$199	\$299

Easy-Pay Annual Pass**

Household	\$52	\$60
Household Duo	\$44	\$52
Adult 18-59	\$30	\$39
Youth/60+	\$19	\$27

CITY PARK FITNESS CENTER

10475 Sheridan Blvd.
303-460-9691
Fax: 303-438-0320
Facility for those 15 and older
Kate Amack, *Facility Supervisor*
303-658-2290

Monday–Thursday 5 a.m.-9 p.m.
Friday 5 a.m.-7 p.m.
Saturday–Sunday 7 a.m.-6 p.m.

Features

Weight room, cardio equipment, strength equipment, massages, Zumba, pilates, yoga, personal trainers, dietician services, and aerobics/fitness classes.

General Admission	Resident	Non-Res
Youth 15-17	\$4	\$5
Adult 18-59	\$5	\$6
Adult 60+	\$4	\$5

20-Visit Punch Card/All-Facility

Youth 15-17	\$68	\$85
Adult 18-59	\$85	\$102
Adult 60+	\$68	\$85

Annual Pass*

Household	\$599	\$699
Household Duo	\$499	\$599
Adult 18-59	\$339	\$439
Youth/60+	\$199	\$299

Easy-Pay Annual Pass**

Household	\$52	\$60
Household Duo	\$44	\$52
Adult 18-59	\$30	\$39
Youth/60+	\$19	\$27

WEST VIEW RECREATION CENTER

10747 West 108th Ave.
303-460-9530
Fax: 303-404-3002
Chuck Scerbo, *Facility Supervisor*
303-658-2224

Monday–Friday 6 a.m.-9 p.m.
Saturday 7 a.m.-6 p.m.
Sunday 9 a.m.-6 p.m.

Features

Basketball, badminton, pickleball, weight room, walking/running track, massage therapy, racquetball, fitness/wellness classes, and room rentals.

General Admission	Resident	Non-Res
Youth 3-17	\$4	\$5
Adult 18-59	\$5	\$6
Adult 60+	\$4	\$5

20-Visit Punch Card/All-Facility

Youth 3-17	\$68	\$85
Adult 18-59	\$85	\$102
Adult 60+	\$68	\$85

Annual Pass*

Household	\$539	\$619
Household Duo	\$439	\$539
Adult 18-59	\$299	\$379
Youth/60+	\$179	\$259

Easy-Pay Annual Pass**

Household	\$47	\$54
Household Duo	\$39	\$46
Adult 18-59	\$28	\$35
Youth/60+	\$19	\$26

* Annual passes include free lockers and child care (CPFC and West View)

** **Easy-Pay:** Pay two months up front, then have monthly deductions from your checking account or credit card.
Other pass options available. Please inquire at the facility of your choice.
All fees are subject to change.

RECREATION FACILITIES AND FEES

SWIM & FITNESS CENTER

3290 W. 76th Ave.
303-427-2217
Fax: 303-427-3116

Deb Larsen, *Facility Supervisor*
303-658-2212

Monday–Friday 6 a.m.–9 p.m.
Saturday–Sunday 7 a.m.–6 p.m.

AQUATICS HOURS

Monday–Friday 6 a.m.–8:30 p.m.
Saturday & Sunday 7 a.m.–5:30 p.m.

Features

Swimming pools, outdoor splash deck, steam room, sauna, family locker rooms, cardio and fitness room, weight room, racquetball, room rentals, and birthday parties.

General Admission	Resident	Non-Res
Youth 3-17	\$4	\$5
Adult 18-59	\$5	\$6
Adult 60+	\$4	\$5

20-Visit Punch Card/All-Facility

Youth 3-17	\$68	\$85
Adult 18-59	\$85	\$102
Adult 60+	\$68	\$85

Annual Pass*

SFC pass accepted at The MAC

Household	\$539	\$619
Household Duo	\$439	\$539
Adult 18-59	\$299	\$379
Youth/60+	\$179	\$259

Easy-Pay Annual Pass**

Household	\$47	\$54
Household Duo	\$39	\$46
Adult 18-59	\$28	\$35
Youth/60+	\$19	\$26

THE MAC

3295 W. 72nd Ave.
303-426-4310
Fax: 303-428-5354
Facility for those 18 and older

Deb Larsen, *Facility Supervisor*
303-658-2212

Monday–Thursday 6:30 a.m.–8 p.m.
Friday 6:30 a.m.–4:30 p.m.
Saturday & Sunday Closed

Features

Weight room, fitness/wellness classes, walking track, billiards, yoga, Zumba, personal training, dietitian services, SilverSneakers®, and facility and room rentals.

General Admission	Resident	Non-Res
Adult 18-59	\$4	\$5
Adult 60+	\$3	\$4

Annual Pass	Resident	Non-Res
Adult 18-59	\$120	\$150
Adult 60+	\$65	\$80

WESTMINSTER SPORTS CENTER

6051 West 95th Avenue
303-658-2393
Fax: 303-412-7103

Stephanie Musella, *Recreation Specialist*
303-658-2217

Administration Hours

Monday–Friday 10 a.m.–6 p.m.

Features


Dashboard/tempered glass arena, synthetic turf that plays like real grass. Don't go home with shoes full of rubber. This clean, well-lit facility enhances your playing experience.

General Admission	Resident	Non-Res
Youth 3-17	\$3	\$4
Adult 18-59	\$4	\$5
Adult 60+	\$3	\$4

10-Visit Punch Card

Youth 3-17	\$25	\$34
Adult 18-59	\$34	\$42
Adult 60+	\$25	\$34

www.CityofWestminster.us



ALL-FACILITY PASS

SAVE MONEY WITH AN ALL-FACILITY ANNUAL PASS

ANNUAL	RES	NR
Household	\$699	\$899
Household Duo	\$599	\$799
Adult 18-59	\$399	\$499
Youth/60+	\$249	\$359

Monthly pay options available!

- Free locker rental
- Free child care where available
- Easy-Pay option available**
- Includes City Park Recreation Center, City Park Fitness Center, West View Recreation Center, Countryside Outdoor Pool, Swim & Fitness Center, and The MAC.

STANDLEY LAKE REGIONAL PARK



PHOTO BY: Rachel Algra

HOURS AND FEES

Main entrance: 100th and Simms, 7 a.m.–Sunset

Parking Lots: 86th and Simms, 7:30 a.m.–Sunset
100th and Owens, 7:30 a.m.–Sunset
Parking lots are closed and locked at sunset.

Fee: \$7 per car to drive in at main entrance. Free to walk in from outside parking lots or trails.

STANDLEY LAKE NATURE CENTER (OPEN DAILY)

May–Sep, 9 a.m.–5 p.m.; Oct–Apr, 9 a.m.–4 p.m.

Phone Number: 303-425-1097

- Park information
- Nature and live animal exhibits
- Year-round activities
- Nature programs and guided hikes

AMENITIES

Portable restrooms, multi-use trails (approximately 14 miles), boat storage, fishing, outdoor amphitheater, nature programs, wildlife and nature viewing, picnicking, and more from sunrise to sunset. Boating and watercraft activities are only available from May 1–Sep 30.

FISHING

Fish year-round. Only shoreline fishing Oct 1–Apr 30. More than 13 varieties of fish inhabit the lake which is stocked regularly throughout the summer by Colorado Parks and Wildlife. Non-aquatic bait or lures required. Anyone fishing must comply with Standley Lake's and Colorado Parks and Wildlife fishing rules and regulations.

2018 BOATING AND PADDLING PERMIT PROGRAM

Boating season is from May 1– Sep 30. All motorized vessels must have a Standley Lake boating permit to access the lake. Boating and paddling permit applications are available online or at the nature center. For information on boating and paddling permits and daily paddle passes, visit us online or call us at 303-425-1097.

STANDLEY LAKE SPECIAL USE PERMIT

If you want breathtaking lake and mountain views for your special event, Standley Lake is the place for you! We offer a variety of venues and activities for you to host your next event. We accept requests year-round and permit fees vary. The special use permit application is available online. For information call 303-658-2790.

BALD EAGLE CAMERA

Watch our resident pair of nesting bald eagles live! This is the time when Standley's bald eagles will display bonding, breeding, and nesting behavior—you don't want to miss it! Our live stream creates unforgettable memories and lets you see nature at its best.

www.CityofWestminster.us/EagleCam

NOW RECRUITING NATURE PROGRAM VOLUNTEERS!

Do you love being outside and enjoy sharing your respect for nature? Help connect park visitors to Standley's natural resources through assisting with nature programs or leading hikes! We offer a wide range of volunteer opportunities year-round. Contact a Standley Lake staff member for more information at 303-425-1097

Nature Programs

Get outside and connect with nature! Children must be accompanied by an adult; registration is required. Please visit the city website or call the Standley Lake Nature Center for more information at 303-425-1097.

Frozen Frogs

Children will learn how frogs survive the cold winter on this tasty adventure! We will create a frog's winter home by using edible ingredients. Yum! **AGES:** 5-8.

Sa Jan 6 1-2 p.m. \$7 SL 810801-A

Chunky Chickadee

Surviving through the winter can be tough on Colorado's song birds like the chickadee. Explore the adaptations these birds have to survive, and create a winter bird feeder to help keep those chickadees chunky. All ages welcome.

Sa Jan 13 10-11 a.m. \$3 SL 810802-A

Who's Out There!

The snowy season is the perfect time to search out those winter tracks and see what animals are out and about! Look for winter tracks then create your very own plaster tracks to take home! All ages welcome.

Sa Jan 27 10- 11:30 a.m. \$7 SL 810804-A

Bald Eagles: Back from the Brink

Bald eagles soaring through the skies is a beautiful sight to behold, but at one time they didn't have the admiration they do now. Learn about the history of the U.S.'s national emblem and how they came back from the brink of extinction! All ages welcome.

Sa Jan 20 10-11 a.m. Free SL 810803-A

Sa Feb 24 10-11 a.m. Free SL 810803-B

Sa Mar 24 10-11 a.m. Free SL 810803-C

Sa Apr 14 10-11 a.m. Free SL 810803-D

Shadows in the Prairie

Will the prairie dog see its shadow and declare three more weeks of winter?! In honor of Groundhog Day, venture into the Standley's prairie to explore what makes a groundhog different from the ubiquitous prairie dog. All ages welcome.

Sa Feb 3 10-11 a.m. Free SL 810805-A

STANDLEY LAKE
ASTRONOMY NIGHT
 SATURDAY

\$5

While enjoying a hot cup of cocoa, look through telescopes and learn about the night sky! Standley Lake is partnering with the Denver Astronomical Society to share telescopic views of the moon, stars, planets, galaxies and much more.

Th	Feb. 22	7:30-8:30pm	\$5	SL 810807-A
Sa	Mar. 17	8-9pm	\$5	SL 810807-B

NATURE PROGRAMS

Nature's Romance

There is romance in the air! This Valentine's Day-themed program covers the special ways that animals "meet their match." From fighting with their heads, to interesting water dances, this program is sure to be exciting! **AGES:** 10 and up.

Sa Feb 10 10-11 a.m. Free SL 810806-A

Spring Travelers

The sky is full of spring bird travelers migrating to their summer range! Come to Standley Lake to see and learn about these birds as well as techniques of birding. **AGES:** 8 and older

Sa Mar 3 8-9 a.m. Free SL 810808-A

Thursday Tot-Time

Thursday Tot-Times are nature programs for the youngest explorers! Programs always have a tot-sized hike and a fun nature-based craft or game! **AGES:** 3-5.

Th Mar 22 10-10:45 a.m. Free SL 810811-A

Th Apr 26 10-10:45 a.m. Free SL 810811-B

Blue Moon Hike

Surround yourself with water and frost glistening under the moonlight on this hike. The Park Naturalist will lead a blue moon stroll to display the lake in a whole new light! **AGES:** 10 and up.

Sa Mar 31 8-9 p.m. Free SL 810812-A

Trail Stories

Combine nature and reading during this guided hike. This is more than just a walk—children will tune in to nature by exploring, touching, smelling, and listening. Are you ready to hike into a good story? **AGES:** 5-8.

Sa Apr 7 10-11 a.m. Free SL 810813-A

Spring Green

Plant your very own spring plant to bloom in the summer! This program will teach about the importance of pollinator plants as well as how to plant and take care of your very own flowers. **AGES:** 8 and up.

Sa Apr 28 11 a.m.-12:30 p.m. \$7 SL 810815-A

What's all the Buzz?

Bee Guru Gregg McMahan will teach about waking up bees from their winter slumber. Get your bees summer-ready and learn about the amazing process of beekeeping! **AGES:** 10 and up.

Sa Apr 28 1-2:30 p.m. Free SL 810814-A



Earth Day Clean-Up

Volunteer for this great opportunity and give back to our planet on Earth Day! Help beautify Standley Lake with trash pick-up, weed pulling, or other outdoor tasks. All ages welcome.

Su Apr 21 12-2 p.m. Free SL 810816-A



Walnut Creek Golf Preserve

10555 Westmoor Drive | 303-469-2974

Walnut Creek Golf Preserve is an Audubon International Certified Signature Sanctuary. *Avid Golfer Magazine* recently presented Walnut Creek with their environmental stewardship award. The course has hosted numerous prestigious events, including US Open local and sectional qualifiers, the Colorado Senior Open, and the Women’s US Open Sectional Qualifier. Walnut Creek offers panoramic views of the Front Range, a full-service restaurant, and a well-stocked golf shop with friendly staff, creating a wonderful experience for golfers at a great value.

Legacy Ridge Golf Course

10801 Legacy Ridge Parkway | 303-438-8997

This Colorado-style Scottish links layout provides players of all levels and abilities with up to six tee options on every hole, along with wide fairways and generous landing areas. Legacy Ridge Golf Course offers a Championship experience and hosts USGA, CGA, and Colorado Open events. However, it’s the four sets of tees, and specifically the two sets of family tees, that enable everyone to enjoy a “championship” experience. Taking full advantage of mountain views on every hole, wetlands, prairie grasses, and gently rolling topography, Legacy Ridge provides a unique round of golf at an affordable price. The Grill at Legacy Ridge is a full-service bar and grill with the ability to host events, meetings, banquets and weddings for up to 177 guests.

www.GolfWestminster.com

	Weekday/Weekend/Holidays	Resident	Non-Resident	
18 Holes	18 Hole (Mon-Fri)	\$39	\$42	CART FEES 18 HOLES: \$16 +tax per player 9 HOLES: \$10 +tax per player TWILIGHT: \$10 +tax per player DRIVING RANGE FEES 1 Token=45 range balls/ \$5.05 + tax \$50 + tax Range Key = 12 tokens for the discounted price of 10 TEE TIME RESERVATIONS 14 Days in advance for residents and non-residents Junior Green Fees FREE every day after 3pm with paid adult. Cart fees are additional.
	18 Hole (Sat, Sun, Holidays)	\$44	\$47	
	18 Hole Senior (Mon-Fri)	\$27	\$30	
	18 Hole Junior (Mon-Fri)	\$10	\$10	
	18 Hole Junior (Sat, Sun, Holidays after 1 p.m.)	\$10	\$10	
9 Holes	9 Hole (Mon-Fri)	\$21	\$24	
	9 Hole (Sat, Sun, Holidays)	\$23	\$26	
	9 Hole Senior (Mon-Fri)	\$16	\$19	
	9 Hole Junior (Mon-Fri)	\$10	\$10	
	9 Hole Junior (Sat, Sun, Holidays AFTER 1 p.m.)	\$10	\$10	
	Walnut Creek Twilight Fee (after 3pm)	\$32	\$32	
	Legacy Twilight Fee (Mon-Fri after 3pm)	\$37	\$37	
	Legacy Twilight Fee (Sat, Sun, Holidays after 3pm)	\$39	\$39	

Both Legacy Ridge and Walnut Creek are committed to growing the game and providing an exceptional guest experience. For information on pricing, specials, men’s events, ladies’ events, junior events, lessons, clinics, corporate outings and event planning, visit us online at www.golfwestminster.com.



Adult Fine Art

(MAC) The MAC

(CP) City Park Recreation Center

(WSC) Westminster Sports Center

(WV) West View Recreation Center

*Supply Lists Included on Registration Receipts

Colored Pencil Workshop

Create realistic drawings with Prismacolor® colored pencils through blending, burnishing and various texture applications. Prismacolors® are controllable and forgiving, offering plenty of trial and success. One-hour lunch. **Instructor:** Sandra Davis

Sa Apr 7 10 a.m.-3 p.m. \$50/\$55 CP 813446-A

Drawing—Beginning

See how basic shapes are combined with line, value, and texture. With these techniques, close observation, and drawing exercises, students will develop fundamental drawing skills.

Instructor: Paul Birchak

W Jan 17-Feb 21 6:30-8:30 p.m. \$65/\$75 CP 813447-A

Drawing—Beginning/Intermediate

Explore drawing in all the many mediums available. Use traditional pencil, colored pencil, and pastel pencil. Still life, landscape and figurative ideas will be explored. This is a great class even if you have very little experience but want to move your passion for art to the next level. **Instructor:** Paul Birchak

W Mar 7-Apr 11 6:30-8:30 p.m. \$65/\$75 CP 813448-A

Draw Your Own Pet

Your special pet deserves a portrait! Create realistic drawings of your pet with Prismacolor® colored pencils through blending, burnishing, and various texture applications. Prismacolors® are controllable and forgiving, offering plenty of trial and success. Start taking photos of your pet now, to bring to the workshop. One-hour lunch. **Instructor:** Sandra Davis

Sa Apr 28 10 a.m.-3 p.m. \$50/\$55 WSC 811449-A

Oil Painting—Beginners Only

Learn the basics of oil painting materials and their use, then progress to colors and color mixing, values and composition. Each night includes a demonstration and exercise to incorporate lessons learned into a beginning painting. **Instructor:** Marva Moir

M Jan 8-Feb 12 6:30-9 p.m. \$60/\$70 CP 813455-A

M Feb 26-Apr 2 6:30-9 p.m. \$60/\$70 CP 813455-B

Oil Painting—Intermediate

Receive individual attention on your projects. Color and value are emphasized; tips and techniques are presented to help artists grow their work. **Instructor:** Marva Moir

Tu Jan 16-Feb 20 6:30-9 p.m. \$65/\$75 WSC 811454-A

Tu Mar 13-Apr 17 6:30-9 p.m. \$65/\$75 WSC 811454-B

FINE ART AND FINE CRAFTS

Photography I

Focus on digital photography as a fine art medium and develop basic camera operation skills. Create sharp, properly exposed photos using various settings. Class covers technical and artistic/aesthetic concepts. Requires a working digital camera, preferably a DSLR with manual adjustments. Outdoor photo shoots are part of this class. **Instructor:** Harry Olsson

W	Jan 24-Feb 14	9-11 a.m.	\$65/\$75	CP 813463-A
W	Feb 21-Mar 14	9-11 a.m.	\$65/\$75	CP 813463-B

Watercolor-Beginning

Do you want to use watercolors because of their vibrancy and spontaneity, but the last time you tried you created a mud puddle? Learn about watercolor surfaces, mixing and controlling paint, and various types of watercolor paint and brushes. Complete a small painting to frame at home.

Instructor: John Brasaemle

Th	Jan 11-25	6:30-8:30 p.m.	\$40/\$50	CP 813451-A
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Watercolor-The Next Step

Instructor John Brasaemle guides those with previous watercolor experience through short exercises and a new technique each week to complete a painting each night. Prerequisite: a beginning watercolor course. Minor homework is part of this fun and more advanced class. \$20 supply fee due the first night.

Th	Feb 1-Mar 1	6:30-8:30 p.m.	\$55/\$65	CP 813453-A
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Flowers and More

Immerse your senses in style! Learn flower design concepts and aromatherapy basics, while creating flower arrangements, picture frames, and bath products. Create gifts using traditional and non-traditional materials that will save money and infuse your personality into handmade items—for Valentine's Day in February or Mother's Day in May. \$10 supply fee due at each class. **Instructor:** Flora Cardenas

Sa	Feb 10	1-3 p.m.	\$21/\$25	CP 813487-A
Sa	May 12	1-3 p.m.	\$21/\$25	CP 813487-B

Glass Mosaics

Discover the fun and ease of mosaics. Cut a variety of glass, explore color and design, grout and leave with a completed, small piece. Fee includes all supplies including a variety of colored glass and embellishments. **Instructor:** Lynnette Kupferer

Sa	Apr 7	9-2 p.m.	\$50/\$60	WSC 811443-B
Su	Apr 8	9-11 a.m.		

Glass Fusing

Create unique glass pieces that make wonderful gifts or enliven your home. Learn how to cut and design with fusible glass and glass elements. Supply fee includes a wide selection of glass, materials and multiple firings. **Instructor:** Erinn Diekman

Glass Fusing-Winter Scene

Design a beautiful winter wonderland scene using all glass materials. \$25 supply fee due at class.

Sa	Jan 20	1-3 p.m.	\$41/\$45	CP 813481-A
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Glass Fusing-Light Column Votive

Make a set of colorful glass columns that can be illuminated by candlelight. \$25 supply fee due at class.

Sa	Feb 17	1-3 p.m.	\$41/\$45	CP 813482-A
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Glass Fusing-Bird Platter/Window Hanger

Prepare for a change in seasons with this springtime bird scene using all glass materials. \$25 supply fee due at class.

Sa	Apr 7	1-3 p.m.	\$41/\$45	CP 813483-A
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Hooked on Crochet

Discover the basics of crocheting or improve your skills. Learn to read patterns and try new stitches. **Instructor:** Lois Weber

M	Jan 8-29	10 a.m.-12 p.m.	\$24/\$28	MAC 812460-1A
M	Feb 5-26	10 a.m.-12 p.m.	\$24/\$28	MAC 812460-1B
M	Mar 5-26	10 a.m.-12 p.m.	\$24/\$28	MAC 812460-1C
M	Apr 2-23	10 a.m.-12 p.m.	\$24/\$28	MAC 812460-1D
Th	Jan 11-25	10 a.m.-12 p.m.	\$18/\$21	MAC 812460-2A
Th	Feb 1-22	10 a.m.-12 p.m.	\$24/\$28	MAC 812460-2B
Th	Mar 1-29	10 a.m.-12 p.m.	\$30/\$35	MAC 812460-2C
Th	Apr 5-26	10 a.m.-12 p.m.	\$24/\$28	MAC 812460-2D

Japanese Bunka Embroidery

This unique needlework art is done with a punch needle and special thread from Japan. All supplies are purchased directly from the instructor. A beginner project costs approximately \$55.

Instructor: Lois Weber

Th	Jan 11-25	10 a.m.-12 p.m.	\$18/\$21	MAC 812469-A
Th	Feb 1-22	10 a.m.-12 p.m.	\$24/\$28	MAC 812469-B
Th	Mar 1-29	10 a.m.-12 p.m.	\$30/\$35	MAC 812469-C
Th	Apr 5-26	10 a.m.-12 p.m.	\$24/\$28	MAC 812469-D

JEWELRY AND FINE CRAFTS

Jewelry—Earrings with a Twist

Learn how to use wire, beads and simple jewelry making techniques to make your own unique dangle-style earrings. \$15 supply fee includes tool rental, a large selection of beads and material choices, wire and supplies. **Instructor:** Caren Johannes

Su Jan 21 1:30-4:30 p.m. \$25/\$30 CP 813494-A

Jewelry—Make it New Again

Bring your old or broken jewelry and learn what jewelers do to determine whether you can repair it, how to fix it properly during class, or whether it's time to refashion it. \$10 supply fee.

Instructor: Caren Johannes

Su Feb 18 1:30-4:30 p.m. \$25/\$30 CP 813495-A

Jewelry—Tree of Life Pendant

Learn how to use beads and wire to make a unique, circle-framed tree pendant. \$15 supply fee is payable to instructor Caren Johannes.

Su Mar 18 1:30-4:30 p.m. \$25/\$30 CP 813496-A

Knitting—Beginning

Enjoy a supportive, encouraging, and flexible atmosphere where you work at your own speed. Learn the basics in this fun class—slip knot, cast on stitches, the knit stitch and binding off. Second class introduces purl and yarn over. Make simple projects like scarves and enjoy the therapeutic qualities of knitting.

Instructor: Mary Anne Getchell

Sa Mar 3-10 2-4 p.m. \$35/\$40 CP 813472-A

Sewing—Beginning

Start with the basics: filling a bobbin, threading the machine, changing a needle, selecting stitches and lengths, and machine maintenance. Put it together by making a simple pillowcase using two fabrics and a French seam. Start on your own project on the second day. Patterns and machine functions are covered. Bring a sewing machine in good working order.

Instructor: Mary Anne Getchell

Sa Mar 17-31 2-5 p.m. \$50/\$60 CP 813471-A

Stained Glass—Copper Foil

Let your light shine in glass as you learn to make a stained glass panel or paneled box using the copper foil technique. \$20 supply fee, payable first day, includes stained glass, supplies, and use of tools for your project. Come join the fun!

Instructor: Marva Moir

Th Jan 11-Feb 15 4:30-7:30 p.m. \$60/\$70 MAC 812484-A

Th Mar 1-Apr 5 4:30-7:30 p.m. \$60/\$70 MAC 812484-B

Stained Glass Lab

Need extra time and the tools to work on uncompleted projects? The lab is open on a space-available basis during the stained glass classes. Prerequisite: completion of a stained glass class and ability to work on your own. No instruction provided. Bring your glass or purchase on site. Call 303-658-2213 at least two days in advance to confirm that space is available.

Th Jan 18-Feb 15 4:30-7:30 p.m. \$5/hour MAC

Th Mar 7-Apr 5 4:30-7:30 p.m. \$5/hour MAC

Wood Carving

From European chip carving to relief carving and carving-in-the-round, receive step-by-step instruction on using hand tools. Class focuses on individual projects with technical aid from the instructor. Experienced students can use the class as studio time. **Instructor:** Joseph Sikora

Tu Jan 16-Feb 20 6:30-8:30 p.m. \$65/\$75 CP 813485-A

Tu Feb 27-Apr 3 6:30-8:30 p.m. \$65/\$75 CP 813485-B



Adult pottery classes include 25 pounds of clay, glazes, and two firings. A second 25-pound bag of clay can be purchased for an additional fee. Only cone 10 reduction is taught. Tools are purchased separately. Call 303-658-2910 for updated Pottery Studio drop-in hours. Drop-in time is included for enrolled students based on space availability. The City Park Pottery Studio is a learning environment; production pottery is not permitted. Ages: 21+

Session 1: Jan 7–Mar 3

Session 2: Mar 4–May 3

Studio closed Apr 1, and Apr 30–May 5.

Pottery–Beginning

The focus is on beginners in this class. Learn techniques for throwing on the wheel as well as hand-building. Receive the encouragement you need along with the fundamentals of clay.

Tu	Jan 9–Feb 27	6–9 p.m.	\$133/\$153	CP 813431-A
Tu	Mar 6–Apr 24	6–9 p.m.	\$133/\$153	CP 813431-B

Pottery for All

Reap the therapeutic benefits of working with clay as you create several small, useful items. Continue your understanding of beginning techniques while extending your skills in forms, decorating, and "being centered." Demonstrations are provided for both beginning and intermediate students.

Su	Jan 7–Feb 25	1–4 p.m.	\$133/\$153	CP 813432-1F
Su	Mar 4–Apr 29	1–4 p.m.	\$133/\$153	CP 813432-2F
M	Jan 8–Feb 26	12:30–3:30 p.m.	\$133/\$153	CP 813432-1A
M	Mar 5–Apr 23	12:30–3:30 p.m.	\$133/\$153	CP 813432-2A
M	Jan 8–Feb 26	6–9 p.m.	\$133/\$153	CP 813432-1B
M	Mar 5–Apr 23	6–9 p.m.	\$133/\$153	CP 813432-2B
Tu	Jan 9–Feb 27	6–9 p.m.	\$133/\$153	CP 813432-A
Tu	Mar 6–Apr 24	6–9 p.m.	\$133/\$153	CP 813432-B
W	Jan 10–Feb 28	6–9 p.m.	\$133/\$153	CP 813432-1C
W	Mar 7–Apr 25	6–9 p.m.	\$133/\$153	CP 813432-2C
Th	Jan 11–Mar 1	10 a.m.–1 p.m.	\$133/\$153	CP 813432-1D
Th	Mar 8–Apr 26	10 a.m.–1 p.m.	\$133/\$153	CP 813432-2D
Th	Jan 11–Mar 1	6–9 p.m.	\$133/\$153	CP 813432-1E
Th	Mar 8–Apr 26	6–9 p.m.	\$133/\$153	CP 813432-2E

Practicing with Porcelain

Discover more about the unique qualities of porcelain and receive instruction devoted completely to this special clay body. With instructor permission only; call 303-658-2910 with questions regarding your skill level.

M	Jan 8–Feb 26	9 a.m.–12 p.m.	\$133/\$153	CP 813435-A
M	Mar 5–Apr 23	9 a.m.–12 p.m.	\$133/\$153	CP 813435-B

Majolica Workshop

Learn this colorful, Italian decorating technique. Class includes demonstration, discussion, making, and decorating pieces. Fee includes five pounds of low-fire clay, glaze, and firing. No class January 27.

Sa	Jan 20–Feb 10	12–3 p.m.	\$60/\$70	CP 813436-A
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Alternative Raku Firing Workshop

Explore the many ways to fire a raku kiln and witness a variety of results. Bring several bisque-fired pots. A light lunch is included in the class fee.

Sa	Apr 28	10 a.m.–3 p.m.	\$40/\$50	CP 813437-A
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Fitness and Wellness

WESTY GET FIT

12-week Challenge

Are you ready to take the first step toward a healthier lifestyle? Do you need a jump start to your current fitness routine? Commit to get fit and sign up for the Westy Get Fit 12-week challenge! Support, motivation, education, and accountability will all be included in this 12-week challenge. Join us to transform into a healthier, happier version of yourself.

WESTY GET FIT KICK-OFF

Saturday, January 6, 2018, 9-10 a.m.

City Park Recreation Center

Weekly Check-Ins

City Park Fitness Center—Saturdays: 9-11 a.m.

Sundays: 12-2 p.m.

Final weigh-ins completed by March 31, 2018

WESTY GET FIT FINALE

Saturday, April 7, 2018, 9-10 a.m.

City Park Recreation Center

Door prizes, Prizes for overall winner, top two runners up, and wellness champion winner, as well as most dedicated participant.

EARLY BIRD FEE: \$125 thru Jan 1

ON TIME FEE: \$130, Jan 2-6

LATE FEE: \$140 Jan 7 or after

REDUCED RATE FOR CURRENT PASSHOLDERS!

EARLY BIRD FEE: \$35 thru Jan 1

ON TIME FEE: \$40, Jan 2-6

LATE FEE: \$45, Jan 7 or after

Fee includes:

- All-Facility Pass - Jan 6-Apr 7 (Bonus 13th week of fitness fun!)
- Westy Get Fit swag bag
- All general admission and specialty fitness classes at CPFC, MAC, SFC, and WV
- All Water Fitness classes at CPRC and SFC
- Six Nutritional and personal training educational seminars
- Prizes for the "Westy Get Fit" weekly winners
- Opportunity to sign up for weekly motivational e-mails
- Dietary and personal training session discounts for all Westy Get Fit Challenge participants!
- 50% off your first dietary and personal training session
- 10% off all Personal training packages

Register in person at any recreation facility!

Personal Training and Nutrition

Personal Training

Maximize your effectiveness in the weight room. Receive exercise and nutrition education needed to achieve the results you want. First session with trainer is an assessment of current fitness and goal setting.

Call 303-460-9691 to request a session or go to www.cityofwestminster.us and fill out a session request form.

24-hour cancellation notice is required to avoid full charges for personal training sessions.

Fees: Private Session, one hour	\$55
Semi-Private Session, one 75-minute session	\$65
Packages: Elite, four sessions + dietary session	\$189
Pro, six sessions (dietary excluded)	\$239
Platinum, 10 sessions + dietary session	\$419

Youth Personal Training

Calling all youth fitness enthusiasts! Get moving, be well, and be inspired. A certified personal trainer assists you, one on one, on how to exercise safely and effectively using weight room cardio and strength training equipment. Program includes one private session and one month free access to weight rooms at City Park Recreation Center, West View Recreation Center and Swim & Fitness. Available at City Park Fitness Center with an adult present for training session and workouts.

24-hour cancellation notice is required to avoid full charges for personal training sessions.

Ages: 12-14

Fee: \$55, one-hour session
Current pass holders receive a \$15 discount!

Nutrition

Do you have unanswered questions about your health? Meet with a Registered Dietitian/Nutritionist to become an informed consumer about your health. We cater to your needs. Sessions usually include a personalized eating plan, tips on boosting metabolism, and how to effectively fuel for and recover from your workouts. A balanced diet is key to feeling your best.

Call 303-460-9691 to request a session or go to www.cityofwestminster.us and fill out a session request form. **24-**

hour cancellation notice is required to avoid full charges for dietary sessions.

Fees:	Dietary Session, one-hour	\$65
	Semi-Private Session, one 75-minute session	\$78
Package:	Dietary package, four sessions	\$199

Results Group Training

Do you sweat best in the comradery of others? Join this results group training session that includes one private training session and seven weeks of group fitness sessions providing tools to lose weight, build muscle, and move toward a healthier you. All classes held at City Park Fitness Center.

RESULTS - WOMEN

MW	Jan 8-Feb 28	9-10 a.m.	\$129	818030-A
MW	Mar 5-Apr 25	9-10 a.m.	\$129	818030-B

RESULTS - CO-ED

MW	Jan 8-Feb 28	7-8 p.m.	\$129	818033-A
MW	Mar 5-Apr 23	7-8 p.m.	\$129	818033-B

WESTY WEIGHT LOSS

Group support to cheer you to a healthier weight!

- Private consultation with a Dietitian/Nutritionist
- Advice
- Tips
- Recipes
- Accountability and support
- Weekly weigh-in

Th	Jan 11-Mar 1	6-7 p.m.	\$109	CPFC 818035-A
M	Mar 5-Apr 23	6-7 p.m.	\$109	CPFC 818035-B

First day of class is a meet and greet, Q & A, and scheduling your dietary session.

FITNESS AND WELLNESS

Fitness and Wellness

Qi Gong and Singing Bowl Meditation

Achieve greater flexibility, mental focus and peace of mind through the gentle life energy movements of Qi Gong and the calming vibrational flow of the Tibetan singing bowls.

S Jan 13 3-5 p.m. \$30 CPFC 818061-A

Couples Yoga Retreat

When is the last time you and your partner played together and really connected? Take time this Valentine's weekend to spoil yourself and your partner. Deepen your relationship and renew your love in an intimate community atmosphere. This retreat includes trust building, partner yoga, partner massage, mindfulness, and deep relaxation.

S Feb 10 3-5:30 p.m. \$50/couple CPFC 818061-B

Spring Yoga Retreat

Awaken your body and your mind. Spring is a time for growth and new life. At this retreat you will learn breathing techniques and mindful eating, experience invigorating yoga and gentle yoga, relax during a guided meditation, and meet like-minded friends.

S Mar 24 12:30-3:30 p.m. \$40 WV 817061-A



SilverSneakers® Welcome Meeting

Learn about the fitness benefits offered by your SilverSneakers® membership. Recommended for all new members and open to all current members.

Th Jan 11 12:30-1:30 p.m. CPRC 813001-A

T Feb 6 12:30-1:30 p.m. WV 817001-A

Th Mar 8 12:30-1:30 p.m. CPRC 813001-B

SilverSneakers® Weight Room Orientation

Learn to use weight room equipment with a qualified fitness professional. FREE for SilverSneakers® members.

Non-members welcomed for a minimal fee of \$5.

Space is limited. Age: 50 and older

T Jan 16 2:30-3:30 p.m. CPFC 818002-A

T Feb 13 2:30-3:30 p.m. CPFC 818002-B

T Mar 13 2:30-3:30 p.m. CPFC 818002-C

SilverSneakers® Fitness Assessment

Test includes: body fat, flexibility, strength, balance, and coordination. FREE for SilverSneakers® members.

Non-members welcomed for a minimal fee of \$10.

Space is limited. Age: 50 and older

T Jan 23 2:30-3:30 p.m. CPFC 818003-A

T Feb 20 2:30-3:30 p.m. CPFC 818003-B

T Mar 20 2:30-3:30 p.m. CPFC 818003-C

Pilates Reformer

Develop long, strong muscles, strengthen your abdominals and back, and improve your posture in this unique form of Pilates that uses a specialized piece of equipment called the Reformer.

To ensure safety and effectiveness, completion of private or semi-private sessions with a Westminster Pilates trainer is required prior to participating in group classes. Please note, several sessions are often required to ensure readiness for group classes. Completion of a City of Westminster Pilates Reformer 101 class is also accepted as readiness for group classes.

Reformer, Tower, Chair Private Session Packages

Explore Pilates Reformer in a one-on-one session with a certified trainer from an accredited school of practice.

Call 303-460-9691 to request a session or go to www.cityofwestminster.us and fill out a session request form.

24-hour cancellation notice is required to avoid full charges for Pilates sessions.

FEES: Private Session: one-hour	\$65
Semi-Private session: one 75-minute session	\$78
PACKAGES: Elite: four, one-hour sessions	\$245
Platinum: eight, one-hour sessions	\$485

PILATES REFORMER 101

Introduce yourself to Pilates and prepare for classes by learning proper form, effective exercises, and the basic fundamentals on the Reformer. This class option is a smoking deal! Designed for beginners, the first two weeks of a session are reserved for your two private sessions followed by five weeks of group instruction. Pilates trained staff advise you when you are ready to move on to group session classes. All classes held at City Park Fitness Center.

W	Jan 10-Feb 28	11:45 am-12:45 p.m.	\$189	818051-A
W	Mar 7-Apr 25	11:45 am-12:45 p.m.	\$189	818051-B
Sa	Jan 13-Mar 3	8:30-9:30 am	\$189	818053-A
Sa	Mar 10-Apr 28	8:30-9:30 am	\$189	818053-B

Pilates Reformer Sessions

Minimize the cost and maximize the benefits of Reformer training by committing to these group sessions. Registrants must be cleared by a Westminster Pilates trainer through private sessions or the Pilates Reformer 101 class to participate in these group sessions. Drop-in slots available when group session classes do not meet maximum capacity.

Reformer Restorative

Explore Pilates and achieve the benefits of the Reformer in this adaptive method that provides a gentler and more basic approach.

M	Jan 8-Feb 26	10:15-11:15 a.m.	\$125	818085-A
M	Mar 5-Apr 23	10:15-11:15 a.m.	\$125	818085-B
F	Jan 12-Mar 2	10:15-11:15 a.m.	\$125	818085-C
F	Mar 9-Apr 27	10:15-11:15 a.m.	\$125	818085-D

Reformer

M	Jan 8-Feb 26	7:30-8:30 a.m.	\$125	818083-A
M	Mar 5-Apr 23	7:30-8:30 a.m.	\$125	818083-B
M	Jan 8-Feb 26	5:45-6:45 p.m.	\$125	818086-A
M	Mar 5-Apr 23	5:45-6:45 p.m.	\$125	818086-B
T	Jan 9-Feb 27	8:30-9:30 a.m.	\$125	818082-A
T	Mar 6-Apr 24	8:30-9:30 a.m.	\$125	818082-B
T	Jan 9-Feb 27	12:15-1:15 p.m.	\$125	818081-A
T	Mar 6-Apr 24	12:15-1:15 p.m.	\$125	818081-B
W	Jan 10-Feb 28	7:30-8:30 a.m.	\$125	818083-C
W	Mar 7-Apr 25	7:30-8:30 a.m.	\$125	818083-D
W	Jan 10-Feb 28	9-10 a.m.	\$125	818080-A
W	Mar 7-Apr 25	9-10 a.m.	\$125	818080-B
W	Jan 10-Feb 28	4:30-5:30 p.m.	\$125	818084-A
W	Mar 7-Apr 25	4:30-5:30 p.m.	\$125	818084-B
Th	Jan 11-Mar 1	8:30-9:30 a.m.	\$125	818082-C
Th	Mar 8-Apr 26	8:30-9:30 a.m.	\$125	818082-D
Th	Jan 11-Mar 1	12:15-1:15 p.m.	\$125	818081-C
Th	Mar 8-Apr 26	12:15-1:15 p.m.	\$125	818081-D
F	Jan 12-Mar 2	9-10 a.m.	\$125	818080-C
F	Mar 9-Apr 27	9-10 a.m.	\$125	818080-D
Sa	Jan 13-Mar 3	9:45-10:45 a.m.	\$125	818088-A
Sa	Mar 10-Apr 28	9:45-10:45 a.m.	\$125	818088-B

8-visit drop-in punch card: \$128

Drop-in fee: \$17

FITNESS SCHEDULE

City Park Fitness Center General Fitness Class Schedule, January–April 2018

General fitness classes listed below are included with a general admission fee, and All-Facility, CPFC, and SilverSneakers® passes. All classes listed are subject to change or cancellation.

CHILDCARE IS AVAILABLE AT THE CITY PARK FITNESS CENTER:

Mon.–Fri. 8:15 a.m.–1 p.m., Mon.–Thur. 4:15–8:15 p.m., Fri. 4:15–6:15 p.m., Sat. 7:15 a.m.–12 p.m., and Sun. 8 a.m.–12 p.m.

• = All Levels •• = Intermediate/Advanced

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Fit & Focus • 5:45–6:30 a.m.	Body Flex • 5:45–6:30 a.m. Studio cycle • 6–6:45 a.m.	Boot Camp •• 5:45–6:30 a.m.	Body Flex • 5:45–6:30 a.m. Studio cycle • 6–6:45 a.m.	Tabata • 5:45–6:30 a.m. Studio cycle • 6–6:45 a.m. PiYO • 7:30–8:30 a.m.	Studio cycle • 7:15–8:15 a.m.
Cardio Tabata • 8–8:50 a.m. Boot Camp •• 8:45–9:45 a.m.	SilverSneakers® Circuit • 8–8:50 a.m. Cycle Fusion • 8:45–9:45 a.m.	SilverSneakers Boom • 8–8:50 a.m. Boot Camp •• 8:45–9:45 a.m.	SilverSneakers® Circuit • 8–8:50 a.m. Cycle Fusion • 8:45–9:45 a.m.	Cardio Plus • 8–8:50 a.m. Boot Camp •• 8:45–9:45 a.m.	Last Chance WO •• 7:30–9 a.m.
Body Flex • 9–10 a.m.	Tabata •• 9–10 a.m.	PiYo • 9–10 a.m.	Tabata •• 9–10 a.m.	Body Flex • 9–10 a.m.	TRX® •• 9:15–10:15 a.m.
SilverSneakers® Classic • 10:15–11:15 a.m.	TRX® •• 10:15–11:15 a.m.	TRX® •• 10–11 a.m. SilverSneakers® Classic • 10:15–11:15 a.m. Tai Chi • 10:30–11:30 a.m.	TRX® •• 10:15–11:15 a.m.	SilverSneakers® Yoga • 10:15–11:15 a.m. Cycle Fusion • 10:15–11:15 a.m.	
Lunch Time Blitz • 11:45 a.m.–12:30 p.m.	Body Flex • 11:45 a.m.–12:45 p.m.	Lunch Time Blitz • 11:45 a.m.–12:30 p.m.		SilverSneakers® Classic • 11:30 a.m.–12:30 p.m.	Meditation • 11 a.m.–12 p.m.
Dahn Yoga® • 12:45–1:45 p.m.			Cycle Fusion • 12–12:45 p.m.	Tai Chi • 12:45–1:45 p.m.	
	SilverSneakers® Yoga • 2–3 p.m.	Qi Gong • 2:30–3:30 p.m.	SilverSneakers® Yoga • 2–3 p.m.		SUNDAY
TRX® •• 4:30–5:30 p.m. Tabata •• 5:30–6:30 p.m.	Body Flex • 5:30–6:30 p.m. Studio cycle • 5:45–6:45 p.m.	TRX® •• 4:30–5:30 p.m. Last Chance WO •• 5:30–6:30 p.m.	Body Flex • 5:30–6:30 p.m. Studio cycle • 5:45–6:45 p.m.		TRX® •• 8–9 a.m. Studio Cycle • 9:15–10 a.m.
Butts and Guts • 7–7:45 p.m.	Boot Camp •• 6:45–7:45 p.m.	Butts and Guts • 7–7:45 p.m.			

FITNESS SCHEDULE

City Park Fitness Center

Specialty Fitness Class Schedule, January–April 2018

*Specialty Fitness classes listed below are now included with your All-Facility, CPFC and SilverSneakers® passes.

Non-pass holders may purchase a FlexFit punch card or pay the drop-in fee.

10-visit punch card: \$70, Drop-in fee: \$10

All classes listed are subject to change or cancellation.

CHILD CARE IS AVAILABLE AT CITY PARK FITNESS CENTER:

Mon.–Fri. 8:15 a.m.–1 p.m., Mon.–Thur. 4:15–8:15 p.m., Fri. 4:15–6:15 p.m., Sat. 7:15 a.m.–12 p.m., and Sun. 8 a.m.–12 p.m.

• = All levels •• = Intermediate/Advanced

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Power Yoga •• 6:15–7:15 a.m.		Power Yoga •• 6:15–7:15 a.m.	
Iyengar Yoga® • 9–10 a.m.	AbsolutBarre • 9:45–10:45 a.m.		Mtn Strength Yoga • 9:45–10:45 a.m.		Power Yoga •• 9:15–10:15 a.m.
	Zumba® • 10:15–11:15 a.m.		Zumba® • 10:15–11:15 a.m.		Kettlebell •• 10:30–11:30 a.m. Zumba® • 10:30–11:30 a.m.
	Mtn Strength Yoga • 11 a.m.–12 p.m.		Pilates Mat • 11 a.m.–12 p.m.		
AbsolutBarre • 11:45 a.m.–12:45 p.m.			Zumba® Gold • 11:45 a.m.–12:45 p.m.	AbsolutBarre • 11:45 a.m.–12:45 p.m.	
		Iyengar Yoga® • 12:45–1:45 p.m.			Pilates Mat • 12:15–1:15 p.m.
Pilates Basic Chair • 1:15–2:15 p.m.		Pilates Basic Mat • 1:15–2:15 p.m.			SUNDAY
AbsolutBarre • 4:30–5:30 p.m.	Pound® • 4:30–5:15 p.m. Pilates Mat • 4:30–5:30 p.m.		Pilates Mat • 4:30–5:30 p.m.	AbsolutBarre • 4:30–5:30 p.m.	AbsolutBarre • 9:15–10:15 a.m.
Kettlebell •• 5:45–6:45 p.m.	Vinyasa Flow Yoga • 5:45–6:45 p.m.	AbsolutBarre • 5:45–6:45 p.m. Kettlebell •• 5:45–6:45 p.m.	Vinyasa Flow Yoga • 5:45–6:45 p.m.		Zumba® • 10:30–11:30 a.m.
Zumba® • 6:45–7:45 p.m.		Zumba® • 6:45–7:45 p.m.			Sunday Yoga • 4–5 p.m.
Hatha Yoga • 7:15–8:15 p.m.	AbsolutBarre • 7–8 p.m.	Hatha Yoga • 7:15–8:15 p.m.	AbsolutBarre • 7–8 p.m.		

FITNESS SCHEDULE

The MAC

Class Schedule, January–April 2018

General fitness classes are included with a general admission fee, MAC pass, SFC pass, punch card, All-Facility, or SilverSneakers® pass.

*Specialty Fitness classes are now included with your MAC, Swim & Fitness Pass, SFC, SilverSneakers® or All-Facility pass. Non-pass holders may purchase a FlexFit punch card or pay the drop-in fee to attend these classes.

10-visit punch card: \$70 **Drop-in fee:** \$10

All classes listed are subject to change or cancellation.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Low Impact-Advanced 7:15-8:15 a.m.	Yoga for Everyone 8-9 a.m.	Low Impact-Advanced 7:15-8:15 a.m.	Yoga for Everyone 8-9 a.m.	Low Impact-Advanced 7:15-8:15 a.m.
Low Impact-Beginner 8:45-9:45 a.m.	SilverSneakers® Circuit 8:45-9:45 a.m.	Low Impact-Beginner 8:45-9:45 a.m.	SilverSneakers® Circuit 8:45-9:45 a.m.	
Country Line Dance 9-10 a.m.				SilverSneakers® Yoga 9-10 a.m.
Flex & Stretch 10:15-11:15 a.m.		Flex & Stretch 10:15-11:15 a.m. SilverSneakers® Yoga 10:30-11:30 a.m.		
SilverSneakers® Classic 2-3 p.m.		SilverSneakers® Classic 2-3 p.m.		
	Body Flex 5:15-6:15 p.m.	Cardio Plus 5:45-6:45 p.m.	Zumba® 5:15-6:15 p.m.	

Swim & Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Hatha Yoga 5:45-6:45 p.m.		

FITNESS CLASS SCHEDULE

West View Recreation Center

General Fitness and Specialty Class Schedule, January–April 2018

General fitness classes are included with a general admission fee, West View pass, punch card, All-Facility, or SilverSneakers® pass.

*Specialty Fitness classes are now included with your West View, SilverSneakers® or All-Facility Pass. Non-pass holders may purchase a FlexFit punch card or pay the drop-in fee to attend these classes.

10-visit punch card: \$70 Drop-in fee: \$10

All classes listed are subject to change or cancellation.

CHILDCARE IS AVAILABLE AT WEST VIEW:

Available Mondays and Wednesdays from 4:30–8 p.m. and Saturdays from 7:15–11 a.m.

• = All Levels •• = Intermediate/Advanced

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SilverSneakers® Circuit • 8:45-9:45 a.m.	SilverSneakers® Classic • 8:45-9:45 a.m.	SilverSneakers® Circuit • 8:45-9:45 a.m.	SilverSneakers® Classic • 8:45-9:45 a.m.		Last Chance WO •• 7:30-8:25 a.m.
*Gentle Flow Yoga • 10-11 a.m.	*Zumba® Gold • 10-11 a.m.	*Gentle Flow Yoga • 10-11 a.m.	*Zumba® Gold • 10-11 a.m.		*Pound® • 8:30-9:15 a.m.
				SilverSneakers® Yoga • 11:45 a.m.-12:45 p.m.	
SilverSneakers® Yoga • 3:30-4:30 p.m.		SilverSneakers® Yoga • 3:30-4:30 p.m.			SUNDAY
Flex & Stretch • 5:30-6:25 p.m.	*Zumba® • 5:45-6:45 p.m.	Flex & Stretch • 5:30-6:25 p.m.		*Pound®• 5-5:45 p.m.	Family Yoga • 11-11:45 a.m.
*Yoga Fun Flow • 6:30-7:30 p.m.	*Yogalates • 7-8 p.m.	*Pound® • 6:30-7:30 p.m.	*Yoga Fun Flow • 7-8 p.m.		



Massage Services



Treat yourself! Come into a welcoming atmosphere, choose from a variety of modalities, and experience the many benefits of therapeutic massage. Promote good health, reduce stress, increase mobility, and relieve painful muscles and joints. Our licensed and highly experienced therapists are equipped with the knowledge to create the perfect massage experience for you to relax, restore, and rejuvenate.

MASSAGE TECHNIQUES:

Craniosacral, Deep Tissue, Lymphatic Drainage, Neuromuscular Therapy, Prenatal, Reflexology, Sports Massage, and Swedish. Hot Stone massage is available upon request and requires an additional \$5 fee.

Fee: 30 minutes-\$40
60 minutes-\$65
90 minutes-\$85

PACKAGES:

Elite: four 60-min. sessions \$250

Platinum: four 90-min. sessions \$330

City policy restricts therapists from accepting gratuities. The fee listed above is the full cost of your massage. 24-hour cancellation notice is required to avoid full charges.

For City Park appointments, call
303-460-9691

For West View appointments, call
303-460-9530

SPECIALTY FITNESS CLASSES

(CPFC) City Park Fitness Center
(MAC) The MAC
(SFC) Swim & Fitness Center
(WV) West View Recreation Center

Specialty Fitness Classes

Specialty fitness class schedules are also available at City Park, MAC, Swim & Fitness Center, West View Recreation Center or on-line at www.cityofwestminster.us. Specialty fitness classes are included with a host facility pass, All-Facility pass, or SilverSneakers® pass.

Not a pass holder? These fees are for you! FlexFit 10-visit punch card: \$70, Drop-in fee: \$10

All classes subject to change or cancellation at any time.

♥ = All Levels, ♥♥ = Intermediate/Advanced

AbsolutBarre ♥ CPFC

Stand tall! Strengthen and lengthen muscles in this fun, energetic workout that fuses fitness techniques from Pilates, Yoga, and dance. Focusing on body alignment, you'll tone muscles you didn't even know you had while developing core strength and flexibility with added cardio for a fantastic full-body sculpting experience! Space is limited.

Gentle Flow Yoga ♥ WV

Treat yourself to an hour of yoga flowing at a slower pace. Explore slow-flowing movements as you improve body awareness, balance, and breathing techniques. Relax in a calm, safe, environment. Great for anyone, beginners as well as seasoned practitioners.

Hatha Yoga ♥ CPFC, SFC

Discover your strongest you! This class blends different yoga styles incorporating strength, grace, body alignment and breath work to create a challenging yet safe practice for all.

Iyengar Yoga® ♥ CPFC

Give yourself the gift of yoga. Develop your flexibility, balance, strength and proper body alignment for optimal vitality and a sense of positive well-being. Discover how your breath compliments each pose. Use of props facilitates learning.

Kettlebell ♥♥ CPFC

Take a swing at this! Kettlebells have been around for centuries but have recently gained popularity for the powerful workouts they provide. Build strength, stamina, and power as you learn how to utilize these unique weights in effective body shaping exercises. Kettlebells are provided. Space is limited.

Mountain Strength Yoga ♥ CPFC

Energize your body, push your muscles, and focus on your mind in this fun and vigorous class. Light weights may be used. Class may vary by incorporating full-body stretch sessions on occasion. Space is limited.

Pilates Basic Chair ♥ CPFC

Perfect your posture and restore your core. Work on back flexibility while increasing strength and mobility as you learn how to safely utilize this unique apparatus, the Pilates Chair.

Pilates Basic Mat ♥ CPFC

Focus on your postural muscles keeping the body balanced while stretching and toning your entire body. Safely modify Pilates Mat exercises to restore back, core and mobility for a stronger, more toned you!

Pilates Mat ♥ CPFC

Feel long and lean as you develop core strength and body awareness. Mat Pilates is designed to stretch, strengthen, lengthen, and tone muscles, improving core strength, posture, flexibility, and balance. This non-impact class will surely make a difference in your workout regimen!

PiYo ♥ CPFC

Crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined. PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. Leave feeling energized and powerful!

POUND® ♥ CPFC

Release your inner rockstar! Become the music in this exhilarating workout that combines cardio, Pilates, plyometric, and isometric movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for cutting loose and getting energized while toning up and rockin' out!

Power Yoga ♥♥ CPFC

Take your yoga practice to the next level in this stimulating class. Incorporate strength, balance, and flexibility while improving body awareness. Leave feeling challenged and empowered!

Sunday Yoga ♥ CPFC

Prepare for the week ahead as you end your weekend by balancing your mind and body through performance of traditional yoga poses.

GENERAL FITNESS CLASS DESCRIPTIONS

Vinyasa Yoga

♥ CPFC

Feel strong and rejuvenated while enhancing your mind-body connection. Flow through a series of yoga poses linked with an even breath. This class is great for beginners as we explore alignment. The seasoned practitioner will also be challenged as more advanced poses are offered as progressive options.

Yoga for Everyone

♥ MAC

Improve your balance and center your mind as you incorporate yoga into your life! This class introduces linking breath to your movement for a full-body strengthening and stretching class. Poses are done standing, seated, or lying on the floor.

Yoga Fun Flow

♥ WV

Flow with grace and ease and discover the fun of yoga. Beginners and intermediate practitioners alike will get into the flow of things as they create strength and find balance while developing their yoga practice.

Yogalates

♥ WV

Benefit from the long, lean, toned muscles of Pilates as well as the balance, strength, and flexibility of yoga. Class begins with a short centering and ends in relaxation. May incorporate props on occasion.

Zumba®

♥ CPFC, MAC, WV

Let it move you! Zumba® fuses Latin and other dance rhythms to create an exhilarating fitness experience. Escape from the daily grind and dance away the calories! Improve cardiovascular health, coordination, and endurance. Come check it out and join the fitness party!

Zumba® Gold

♥ CPFC, MAC, WV

Strut, shake and shimmy your way to world rhythms in this fun and energetic fitness party. Same exhilarating workout as the original Zumba®, Zumba Gold® focuses on lower-impact moves that will surely impact your ability to MOVE!

General Fitness Class Descriptions

General fitness class schedules are also available at City Park, MAC, Swim & Fitness Center, West View Recreation Center or online at www.cityofwestminster.us. General fitness classes are included in the Host facility's pass, punch card, paid admission, All Facility or SilverSneakers® pass.

♥ = All Levels, ♥ ♥ = Intermediate/Advanced

Body Flex

♥ CPFC

Hit the weights in this easy-to-follow class using barbells, hand weights and other resistance tools to build muscle, boost metabolism, and increase endurance.

Boot Camp

♥ ♥ CPFC

Challenge yourself! Packed full of strength, agility and power moves including athletic drills and hill sprints to give you a full-body workout and make you feel like a soldier. This interval group fitness class is held indoors or outdoors (weather permitting) to push you to the limits.

Butts and Guts

♥ CPFC, WV

Work on those problem areas we all want to tighten and tone. Learn some of the toughest lifting, sculpting and firming exercises to effectively target the glutes and abs, while also improving balance and core strength.

Cardio Plus

♥ CPFC, MAC

Amp your calorie burning machines with a blast of cardio during the first half of the class, followed by strength and core conditioning during the second half of class. You'll see a boost in endurance and over-all muscle strength.

Core Plus

♥ MAC

Work yourself to the core. Combining various fitness tools and formats to enhance abilities to perform activities for daily living, you'll improve core strength, flexibility and balance while toning muscles.

Cycle Fusion

♥ CPFC

A spin on the traditional studio cycle class! Kick it into high gear working intervals on and off the bike, keeping you energized and boosting metabolism while adding upper-body, lower-body and core-strengthening exercises. Improve cardiovascular health and burn calories fast while you boost endurance and strengthen your entire body.

Dahn Yoga®

♥ CPFC

Find your primal, vital energy as you boost your brain-body connection in this practice that incorporates elements of Tai Chi, yoga and meditation. You'll enjoy improved posture and balance, increased flexibility and mobility while enhancing overall joy.

Family Yoga

♥ WV

Enjoy family time in this playful class, learning traditional yoga poses and simple breathing techniques to find balance while developing the mind-body connection. Children must be accompanied by an adult. **AGE:** 3 and older

Fit & Focus

♥ CPFC

Focus on a better you! Build muscle, burn calories, boost endurance and improve flexibility and core strength in this class that combines athletic drills with yoga-based stretching exercises to give you a complete workout.

GENERAL FITNESS CLASS DESCRIPTIONS

Flex and Stretch

♥ **MAC, WV**

Breathe and build strength. Increase flexibility and range of motion while improving balance in this class utilizing weights, body bars, resistance bands and fit balls. Gain a stronger core and better posture all while making new friends. You will leave this class thinking “this is the best I have felt all day!”

Kickboxing

♥ **CPFC**

Let’s hit it! This class packs a punch combining high-energy combinations of kicks and punches for a great cardiovascular and stress-relieving workout. A knockout challenge that will turn your day around. Weights may be used to kick up the body-sculpting benefits.

Last Chance Workout

♥♥ **CPFC, WV**

It’s your last chance to torch every last calorie! Maximize your time for the most efficient calorie burn utilizing high-intensity interval training that includes functional resistance exercises to build cardiovascular and muscular endurance, core strength, and flexibility.

Low Impact – Advanced

♥ **MAC**

Get ready to MOVE! Mix things up getting a full-body workout with LOW impact exercises. This moderate paced class offers a good balance of cardio, strength and muscle toning to your weekly routine.

Low Impact – Beginner

♥ **MAC**

Start your path to wellness by moving through this low-impact, low-intensity class geared towards beginners and others needing modifications in their exercise routines. Enjoy better cardiovascular health and endurance while making new friends.

Lunch Time Blitz

♥ **CPFC**

Recharge during your lunch break! Improve cardiovascular and muscular endurance in this fun yet challenging full-body workout class that mixes up the format to always keep you guessing. Leave class feeling ready to tackle the rest of your day!

Mass Confusion

♥ **CPFC, WV**

Avoid stagnation with this ever-changing class designed to confuse the body through constant change in fitness training. And mix it up with intervals of cardio and strength, core work, circuits, and more! The constant variation will keep you coming back for more and ensure that neither you nor your muscles ever get bored.

Meditation

♥ **CPFC**

Explore the self-discovery practice of meditation in a comfortable, peaceful group setting. Enjoy the benefits of reduced stress, lower blood pressure and improved concentration as well as reduced pain. You’ll leave class feeling relaxed, serene, and centered.

Qi Gong

♥ **CPFC**

Rejuvenate the body and revitalize key organs through a therapeutic blend of focused movement, deep breathing, and creative visualization to circulate Qi (life force energy). Flush out toxins, strengthen every organ and cell, soothe the nervous system, eliminate anxiety, and restore mental clarity by harmonizing the right and left brain.

SilverSneakers® BOOM

♥ **CPFC**

Dance to the beat of hip hop and move to the rhythms of the mambo having fun and learning steps from every era in this cardio workout. There’s never a dull moment in the action-packed muscle portion of the workout featuring athletic moves taken from your favorite sports like golf and tennis. Focus on improving balance and flexibility in the mind portion of this class inspired by yoga and Pilates. Practice mindful breathing and engage your core in a calming yet invigorating workout. BOOM was developed by leading fitness experts to improve strength, flexibility and endurance with three format options rolled into one class.

SilverSneakers® Circuit

♥ **CPFC, MAC, WV**

Find the right intensity for you as you develop upper body strength utilizing hand-held weights, elastic tubing with handles, and a SilverSneakers® ball while incorporating low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises. Inquire at each facility for class space limitations.

SilverSneakers® Classic

♥ **CPFC, MAC, WV**

Have fun and get moving to the music as you journey towards a happier, healthier you! Perform a variety of exercises designed to increase muscular strength and range of movement needed for daily activities. Hand-held weights, elastic tubing, and a SilverSneakers® ball are offered for resistance. Chairs are also provided for seated and/or standing support. Inquire at each facility for class space limitations.

GENERAL FITNESS CLASS DESCRIPTIONS

SilverSneakers® Yoga ♥ CPFC, MAC, WV

Come together in a supportive environment as you move through a series of gentle poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase balance, flexibility and overall range of movement. Relax through breathing exercises to promote mental clarity and reduce stress. Inquire at each facility for class space limitations.

Studio Cycle ♥ CPFC

Enjoy the ride as you are led through various terrains and speeds cycling your way to the ultimate fitness results. Cycling offers a non-impact way to get in miles of cardio burn, boosting endurance, while improving lower body and core strength. Participants are in charge of their own resistance to make it as challenging as they would like. Space is limited.

Tabata ♥♥ CPFC

Fire up your metabolism and energize your muscles! Create your Tabata body using strengthening exercises, functional movements and cardio blasts in an easy to follow training style performing 20-second high-intensity intervals followed by 10 seconds of rest. This class delivers a challenging full-body workout that will keep you burning calories post workout.

Tai Chi ♥ CPFC

Re-energize, build awareness and empower your mind. Flow through gentle, thoughtful, slow motion movements to relieve stress as you improve balance, posture, flexibility, muscle tone and internal energy.

TRX® ♥♥ CPFC

Find your core strength. Suspension training develops power, strength, balance, flexibility and core stability. Using your own body weight and positioning you are in control of how challenging to make each workout. Dig deep—you are stronger than you think! Space is limited.



GENERAL FITNESS CLASS DESCRIPTIONS

ROCK CLIMBING

Participants or their parent/legal guardian must sign a waiver each year to use the wall for climbing classes, clinics, and drop-in climbing. Children ages 6-9 must be accompanied by an adult unless the requirement is waived by climbing staff. Ropes, harnesses, and belay devices are available. Climbers must have their own belayer unless waived by the climbing wall supervisor. Daily admission fee includes use of the wall during drop-in times. Call 303-460-9690, ext. 1 for information.

Experience the thrill of indoor climbing on real rock at City Park Recreation Center. This unique 26-foot Lyons Rock wall, designed by a world-class climber, has infinite routes of various degrees for the beginner to the expert. It includes a chimney, overhang, and finger and hand cracks. Bouldering is permitted below 10 feet.

Drop-in Climbing Hours/Tie-in and Belay Orientation

Orientation - Learn to tie-in and belay, then demonstrate the ability for your record. Fee: Free with paid admission.

W Jan 10-May 30 5-9 p.m. CP

CLASSES

All classes are held at City Park Recreation Center and include proper equipment, safety skills, knots and belaying techniques. Register early. Minimum of four registrants needed per class.

Basic Climbing - Adults

Become skilled in the basics of this exciting and popular sport. As your skills progress, learn new techniques to find new routes up the wall. All skill levels welcome. Challenge yourself to ring all the bells at the top! Ages: 15 and older

T Jan 9-30 7:45-9 p.m. \$30/\$35 CP 813091-1A

T Apr 3-24 7:45-9 p.m. \$30/\$35 CP 813091-3A

T May 1-22 7:45-9 p.m. \$30/\$35 CP 813091-4A

Women Rock!

Ladies, get the girls together or come and meet other like-minded women for confidence building, endurance, camaraderie, and fun. All levels welcome. Ages: 15 and older

T Feb 6-27 7:45-9 p.m. \$30/\$35 CP 813093-2A

Basic Climbing - Youth

Become skilled in the basics of this exciting and popular sport. As your skills progress, learn new techniques to find new routes up the wall. All skill levels welcome. Challenge yourself to ring all the bells at the top! Ages: 8-14

T Jan 9-30 6:15-7:30 p.m. \$30/\$35 CP 813096-1A

T Apr 3-24 6:15-7:30 p.m. \$30/\$35 CP 813096-3A

T May 1-22 6:15-7:30 p.m. \$30/\$35 CP 813096-4A

Rock'n Families

Climb and belay as a family. Parents, climb with your kids, register your child and come learn too. Children must be accompanied by a participating adult. Ages: 8-14

T Feb 6-27 6:15-7:30 p.m. \$30/\$35 CP 813098-2A

Intro to Climbing for Youth

Kids! Bring your parents and learn the basics to get you started up the wall. Parents learn to belay their children and may climb if they wish. Parents participate for free. Ages: 8 and older

T Mar 6 6:15-8:45 p.m. \$22/\$27 CP 813099-1A

T Mar 13 6:15-8:45 p.m. \$22/\$27 CP 813099-2A

T Mar 20 6:15-8:45 p.m. \$22/\$27 CP 813099-3A





Adult Programs

(MAC) The MAC
(WV) West View

Aromatherapy

Beat Winter Blues with Aromatherapy

Gloomy winter weather can leave many people feeling a little blue. Discover how aromatherapy can transform low energy and low spirits into joy and renewed health. Explore the role of essential oils in rejuvenation and make winter a time of aromatic healing. Register by January 28.

T Jan 30 1-2:30 p.m. \$25/\$27 MAC 812957-A

Create Romance with Aromatherapy

With Valentine's Day around the corner, learn about romantic aromatic blends. Find out which essential oils are preferred by women and by men, and how aromatherapy can help with romance. Class includes recipes to try at home. Register by Feb 4.

T Feb 6 6-7:30 p.m. \$25/\$27 MAC 812958-A

Therapeutic Uses of Essential Oils

Do you know the basics of essential oils and want to dive deeper? Class examines six common and not-so-common essential oils in-depth, including their therapeutic properties, along with the physical and emotional health concerns they address. See how aromatherapy can sustain vitality. Register by March 12.

W Mar 14 6-7:30 p.m. \$25/\$27 MAC 812959-A

Spring Cleaning with Essential Oils

Remove cleaning products that cause health problems by making non-toxic versions. Explore economical and eco-friendly ways to disinfect your home by replacing cleaning supplies with baking soda, vinegar, and essential oils. Create an all-purpose spray, scouring cleaner, toilet cleaner, and room spray. \$12 material fee payable to instructor at class. Register by April 15.

T Apr 17 5:30-7:30 p.m. \$35/\$37 MAC 812960-A

Computer Classes

Private Computer or Tablet Tutoring Session

Bring your device and questions for a one-hour private session on your own laptop, iPad, Kindle, or Android tablet. Call The MAC to request an appointment. Instructor contacts you directly to set your appointment at The MAC. Payment must be made prior to the session. Fee: \$45/\$48

What is the Cloud and How Do I Use It?

Cloud computing services provide seamless access to all your important data from wherever you are. Find out how cloud applications work to allow you to create and share files and folders and see your text docs, PDFs, and photos anywhere. Demonstration-style class. Handout provided. Register by January 15.

Th Jan 18 9:30-11:30 a.m. \$28/\$30 MAC 812961-A

The MAC is closed to the public April 23-27, 2018
for Annual Building Maintenance.

iPad Basics

Make the most of your iPad, with more than 700,000 apps that do everything from learning about your iPad to reading a book on it. Contemplating purchasing an iPad? Learn more about it. Bring your charged iPad to class if you have one. Register by January 25.

M/W Jan 29 & 31 9-11 a.m. \$48/\$55 MAC 812962-A

More iPad

Take advantage of everything your iPad has to offer. Discover keyboard tips and shortcuts, learn how to get on the internet, how to download and uninstall apps and eBooks, how to take and manage photos/videos, and learn about troubleshooting and care. Basic iPad skills required. Bring your fully charged iPad to class. Register by February 8.

M/W Feb 12 & 14 9-11 a.m. \$48/\$55 MAC 812963-A

Health and Fitness Apps

Examine various apps for Apple and Android phones that can help motivate you to exercise, track your blood pressure, remind you to take medications on time, store your emergency information, and contact a loved one in case of a medical emergency. Bring your fully charged smartphone to class. Register by March 1.

M Mar 5 9-11 a.m. \$24/\$26 MAC 812964-A

How to Uber

Uber is an affordable transportation option, whether close to home or away on vacation. Participants download the Uber app to their cell phone. Instruction is given on how to request and pay for a ride. Uber etiquette, safety considerations, and other transportation apps are discussed. Bring your cell phone to class. Register by March 5.

W Mar 7 9-9:45 a.m. \$12/\$13 MAC 812965-A

Pinterest 101

Learn how to use Pinterest, the digital scrapbook, to keep everything you love on the internet in one place. Whatever your interest – recipes, gardening, decorating, crafts, pets – Pinterest helps you organize your online discoveries and find more. Demonstration-style class. Handout provided. Register by March 11.

T Mar 13 9:30-11:30 a.m. \$28/\$30 MAC 812966-A

Streaming Audio on Your Device

Streaming music is a way to deliver sound without needing to download files. Explore popular free and paid music services that allow you to enjoy music on all types of devices. Also learn how to listen to your favorite local radio station and explore the vast world of podcasts. Handout provided. Register by April 9.

Th Apr 12 9:30-11:30 a.m. \$28/\$30 MAC 812967-A

DON'T DELAY...REGISTER TODAY!

Registration deadlines are set to allow instructors adequate preparation time for quality programs. See individual class descriptions for registration deadline. Register well in advance of the activity start date so programs are not unnecessarily canceled.

Healthy Brain Series

Brain Workout Class

Play mental games and learn fun, easy techniques to keep your mind sharp and agile. This four-week class will help boost memory, sharpen cognition, and maintain overall brain health. Register three working days in advance of class start date.

T Jan 9, 16, 23, 30 9:30-10:15 a.m. \$16/\$18 MAC 812978-A

Th Mar 1, 8, 15, 22 9:30-10:15 a.m. \$16/\$18 MAC 812978-B

Feed Your Brain

Memory "slip-ups" tend to occur more frequently with age. The good news is that what we eat can have a profound effect on our brain and memory. Learn which foods are best for your brain, as well as those that can have a negative effect. Register three working days in advance of class start date.

T Feb 6 9:30-10:15 a.m. \$9/\$11 MAC 812979-A

Th Apr 5 9:30-10:15 a.m. \$9/\$11 MAC 812979-B

Brain Boosting Breakfasts

Get your brain revved up in the morning with a nutritious breakfast. Learn a variety of quick and easy breakfast ideas that provide your brain with a host of nutrients it needs. Samples and recipes are provided. Register by February 16.

T Feb 20 9:30-10:15 a.m. \$11/\$13 MAC 812970-A

Brainiac Snacks

Eating healthy snacks throughout the day keeps your brain in top shape. Learn a variety of simple snacks that provide your brain with a boost of nutrients. Samples and recipes are provided. Register by April 16.

Th Apr 19 9:30-10:15 a.m. \$11/\$13 MAC 812971-A

ADULT PROGRAMS

Cooking Classes

Scrumptious Soups and Stews

Soups and stews are a great way to provide a healthy meal for a cold winter night. Health benefits of soups, as well as unique recipes for soups and stews, are shared during this class. Samples provided. Register by January 28.

W Jan 31 6-7 p.m. \$14/\$16 MAC 812968-A

Chocolate Cookery

For many of us, the fact that chocolate may improve our health only reinforces our love for it. Learn how to prepare delicious and healthy dishes using chocolate. Recipes and samples are provided. Register by February 4.

W Feb 7 6-7 p.m. \$14/\$16 MAC 812969-A

Brain Boosting Breakfasts

Get your brain revved up in the morning with a nutritious breakfast. Learn a variety of quick and easy breakfast ideas that provide your brain with a host of nutrients it needs. Samples and recipes are provided. Register by February 16.

T Feb 20 9:30-10:15 a.m. \$11/\$13 MAC 812970-A

Brainiac Snacks

Eating healthy snacks throughout the day keeps your brain in top shape. Learn a variety of simple snacks that provide your brain with a boost of nutrients. Samples and recipes are provided. Register by April 16.

Th Apr 19 9:30-10:15 a.m. \$11/\$13 MAC 812971-A

Dance Classes

Country Line Dance at The MAC and West View

Learn a variety of popular line dances. No partner or experience is needed. Wear comfortable clothing and shoes suitable for dancing. This on-going class meets every Monday and is free with any Westminster annual facility pass or SilverSneakers® membership. Daily facility drop-in fee applies to all others. Line Dance is not held on January 1 and April 23.

M Jan-Apr 9-10 a.m. MAC

M Jan-Apr 11:15 a.m.-12:15 p.m. WV

Wedding Dance Lessons for the Bride & Groom

Select your wedding song and have a dance instructor teach you the perfect dance to do at your wedding. Private wedding dance lessons are scheduled by appointment on two consecutive Fridays. Call 303-658-2292 to schedule. Fee is per couple.

F By Appointment 7-8:30 p.m. \$100 WV

CHILI LUNCH & COUNTRY MUSIC

Tuesday, Jan. 23

12-1:30 p.m.

Come in out of the cold for a tasty bowl of homemade beef chili, cornbread, side salad, and dessert. Local singer and guitarist, Gregg Green, performs a variety of country music favorites.

\$8/\$9

MAC 812953-A
REGISTER BY JAN. 19



Couples Ballroom Dance

Learn a variety of ballroom dance moves and patterns. No experience necessary. Beginners learn basic steps while advanced dancers refine their skills. A partner is required and must register individually. Register three working days in advance of class start date.

Session 1 – Cha Cha and Foxtrot

T Jan 9-30 7-8:30 p.m. \$30/\$35 WV 817960-A

Session 2 – Samba and Hustle

T Feb 13-Mar 6 7-8:30 p.m. \$30/\$35 WV 817960-B

Session 3 – West Coast Swing and Mambo

T Mar 20-Apr 10 7-8:30 p.m. \$30/\$35 WV 817960-C

Adult Fitness

Functional Fitness Sessions

If you're interested in feeling healthier and more vital, Functional Fitness Sessions are for you. Enhance your ability to perform activities of daily living by improving balance, flexibility, and mobility; reducing the risk of falls; maintaining bone density; and growing stronger. One-on-one sessions are held at The MAC with Laura Brieser-Smith, Certified Exercise Physiologist. Age 55 and better. Call The MAC at 303-426-4310 to schedule your session. Fee: \$39 per 1 hour session; \$110 for three sessions.

Tai Chi Chih

Reach a higher level of well being with the flowing movements of this mind-body exercise. Gentle, slow-motion movements to improve balance, strength, flexibility, and mental focus. Register by January 3.

F Jan 5-Mar 9 9-10:30 a.m. \$49/\$57 MAC 812972-A

Have a "Ball" with Exercise

Regardless of your fitness level, large stability balls can provide a great form of exercise. Learn how to use them to gain cardiovascular benefit, muscular strength, and increase flexibility. Wear comfortable clothes for doing exercise. Register by February 22.

M Feb 26 1:30-2:30 p.m. \$11/\$13 MAC 812973-A

Stepping On Workshop – Fall Prevention

This program is for anyone who is 60 years or older, lives independently; has fallen or is fearful of falling; and does not suffer from dementia. Topics include: balance and strength training; role of vision in balance; how medications contribute to falls; safe footwear; and home and community safety. Must attend six of the seven sessions. Participants who complete the course receive a special gift. Register by March 5.

W Mar 7-Apr 18 9:30-11:30 a.m. FREE MAC 812974-A

Get in Shape for Golf

Spring is time to dust off the golf clubs and hit the links. Get a head start on your game by doing these specific exercises to strengthen and stretch the muscles you need for a great golf swing. Register by March 8.

M Mar 12 1:30-2:30 p.m. \$11/\$13 MAC 812975-A

Build Absolutely Awesome Abs

Doing the correct exercise for the abs can help improve your appearance, relieve back pain, and make daily tasks easier. Learn how the abdominal muscles work, the importance of having strong abs, as well as exercises that will firm and tone. Wear comfortable clothes for doing exercise. Register by April 12.

M Apr 16 1:30-2:30 p.m. \$11/\$13 MAC 812976-A

Health & Wellness

Health and Wellness Coaching

Put yourself on the road to better health. Schedule a one-hour session with a health professional to gain knowledge and develop strategies to make lasting behavioral changes. Topics addressed may include: nutrition, exercise, stress reduction, and sleep. Call The MAC at 303-426-4310 to schedule your session. Fee: \$37/\$40.

Lunchtime Learning with Laura

Participate in a short lecture on a different nutrition topic each month followed by open discussion and Q&A. Info shared is validated and well researched. A light snack is provided. Instructor Laura Brieser-Smith is a registered dietitian and health & wellness coach. Register three working days in advance.

Healthy Weight Management

W Jan 10 11:45 a.m.-12:45 p.m. \$12/\$14 MAC 812977-A

Low Down on Sodium

W Feb 14 11:45 a.m.-12:45 p.m. \$12/\$14 MAC 812977-B

Gluten-Free Diet

W Mar 14 11:45 a.m.-12:45 p.m. \$12/\$14 MAC 812977-C

Gut Instincts About Probiotics

W Apr 11 11:45 a.m.-12:45 p.m. \$12/\$14 MAC 812977-D

National Diabetes Prevention Program presented in Spanish

Swim & Fitness Center, 3290 W. 76th Avenue

Thursdays, Jan 25, 2018—Jan 24, 2019

5:30-6:30 p.m. Fee: Free

Learn to prevent type 2 diabetes by losing weight, increasing physical activity and eating healthier. Taught in Spanish, the class meets for 16 weekly sessions followed by six monthly sessions. To register and for more information, contact Clara Blanco at COAW, 303-720-9088, or email clara@coaw.org.

Programa Nacional de prevención de la diabetes – Spanish

Swim & Fitness Center, 3290 W. 76th Avenue

Jueves, 25 de enero de 2018—25 de enero de 2019

5:30-6:30 p.m. Costo: Gratis

Aprenda a prevenir la diabetes tipo 2 al perder peso, aumentar la actividad física y comer más saludable. Impartido en español, la clase se reúne para 16 sesiones semanales seguidas de seis sesiones mensuales. Para registrarse y para más información, póngase en contacto con Clara Blanco en COAW, 303-720-9088, o correo electrónico clara@coaw.org.

ADULT PROGRAMS



St. Patrick's Day
CELEBRATION

Thursday
March 15 | \$8-\$9
12-1:30 p.m.

MAC 812954-A

Enjoy lunch and a live bagpipe performance and educational talk by Michael Lancaster
Lunch includes: green salad, build-your-own baked potato, drink, and dessert.

Register by March 12.



Free Blood Pressure Check

Meet a member of the Westminster Fire Department and have your blood pressure checked for free. First-come, first-served.

W Jan 10, 24, Feb 7, 21, Mar 7, 21, Apr 4, 18 9:30-10:30 a.m. MAC

Intro to Mindfulness Meditation and Movement

Come inside this winter and refresh your senses as we begin the New Year. Learn simple mindfulness practices under the guidance of a qualified MBSR teacher. Meditate on new directions and awaken your inner resources to support physical and mental health and overall wellbeing. Register three working days in advance of start date.

W	Jan 10-31	2-3:30 p.m.	\$80/\$85	MAC 812980-A
Th	Feb 1-22	2-3:30 p.m.	\$80/\$85	MAC 812980-B
W	Mar 7-28	2-3:30 p.m.	\$80/\$85	MAC 812980-C
Th	Mar 29-Apr 19	2-3:30 p.m.	\$80/\$85	MAC 812980-D

Decoding Restaurant Menus

Eating out can be a way to relax and socialize, but if you are concerned with healthy eating, it can be a challenge. Learn simple guidelines that you can follow at most restaurants to enjoy eating out and still have a healthy diet. Register by January 14.

W Jan 17 1-2 p.m. \$11/\$13 MAC 812981-A

Battle Cellulite's Bulge

Cellulite is that dimply deposit of fat found on hips, thighs, and buttocks. Just the word makes us cringe. Discover strategies that may work to reduce or eliminate cellulite and learn what products are really too good to be true. Register by January 22.

Th Jan 25 6-7 p.m. \$11/\$13 WV 817961-A

Feed Your Skin Outside and In

What we eat plays a role in the health of our skin by providing essential fats, vitamins, and minerals. Discover how common foods and the nutrients they contain can be used to create beautiful skin. Additional healthy skin techniques, such as dry brushing, are covered. Register by February 12.

Th Feb 15 6-7 p.m. \$11/\$13 WV 817962-A

Lung Function Testing by National Jewish Health

Find out how well you are breathing. Take a simple test to measure how much and how fast you can move air into and out of your lungs. Call The MAC at 303-426-4310 to reserve your 10-minute appointment time. Reservations are required.

T Mar 6 10 a.m.-12 p.m. FREE MAC

Benefits of Apple Cider Vinegar

We think of apple cider vinegar for cooking, and it may have many health benefits as well. Learn the nutrients it contains and how it may help with diabetes, weight loss, cholesterol, and more. Common household uses are also discussed. Register by March 4.

W Mar 7 11:30 a.m.-12:30 p.m. \$11/\$13 MAC 812982-A

Help for Heartburn

Heartburn, otherwise known as GERD (gastro-esophageal reflux disease), is a painful and possibly serious disorder. Learn dietary and lifestyle changes you can make today to relieve GERD. Register by March 19.

Th Mar 22 6-7 p.m. \$11/\$13 WV 817963-A

Get Your Kids to Eat Better

Learn creative ways to get your kids to eat more nutritious foods without a fight. Ideas are geared toward young children, but can be appropriate for picky eaters of all ages. Register by April 2.

Th Apr 5 6-7 p.m. \$11/\$13 WV 817964-A

Doctor Talks

St. Anthony North-Centura Health, in partnership with the City of Westminster, shares valuable health information at monthly physician-led talks held at The MAC. Talks are free and light snack provided. Talks are from 11 a.m. – 12 p.m. Register three working days in advance.

ED and Low Testosterone – Learn how to diagnose and treat ED, and learn the relationship between ED and cardiovascular disease. Dr. Steven Luke – Alpine Urology.

Th Jan 4 812983-A

Probiotics – Emese Marczin of St. Anthony's North Hospital explains how probiotics can fit into your life.

Th Feb 1 812983-B

The De-stress Diet – Yasmin Abdelsalam, St. Anthony's North Hospital, discusses the relationship between stress, weight, and health, and shows how a balanced diet can help minimize stress and maintain good health.

Th Mar 1 812983-C

The Painful Shoulder – Dr. Lucas Schnell, Center for Spine and Orthopedics, talks about the importance of accurate diagnosis of shoulder pain for appropriate treatment.

Th Apr 5 812983-D

Visiting Nurse Association Health Clinics

Medical foot care by a registered nurse is offered the first Tuesday and fourth Friday of each month at The MAC. Call 303-698-6496 to schedule, confirm a Kaiser insurance plan, or cancel an appointment. Fees vary depending on service.

Specialty Classes

Critical Conversations about End-of-Life Plans

Fewer than 50% of Americans have made plans that ensure their end-of-life wishes are carried out. Cut through the fear and confusion, find out how to clearly communicate what you want, and make sure that you stay in charge of your life. Register by March 8.

M Mar 12 10-11 a.m. \$3 MAC 812984-A

What Do I Read Next?

Join a member of the Westminster library staff for a lively discussion recommending favorite books, audio books, and DVDs. Handouts are provided listing new items for your winter reading. Register by November 13.

W Apr 11 1-2:30 p.m. \$1 MAC 812985-A

HARD TRAVELIN'
THE LIFE & SONGS OF *Woody Guthrie*
TUESDAY, APRIL 10, 1:30-2:45 P.M.

Back by popular demand, Dan Blegen presents a unique, docu-concert about Woody Guthrie. Dan performs Dust Bowl ballads, songs of the West, and tributes to America's farmers, factory workers, and service men.

\$6/\$7
MAC 812955-A
REGISTER BY APRIL 9

SCFD Scientific & Cultural Facilities District
CULTURE BEING IT POSSIBLE

MAC Readers Group

Join this informal book group, which meets the second Monday of each month. Call The MAC at 303-426-4310 for the monthly book selections. Pre-registration is required.

M Jan 8 6-8 p.m. Free MAC 812986-A

M Feb 12 6-8 p.m. Free MAC 812986-B

M Mar 12 6-8 p.m. Free MAC 812986-C

M Apr 9 6-8 p.m. Free MAC 812986-D

ADULT PROGRAMS

Let's Talk Baseball

Join a former Rockies employee and baseball enthusiast for an informal group discussion of baseball. Share your favorite stories. If you love to talk baseball, this group is for you.

F	Jan 12	10-11 a.m.	\$1	MAC 812987-A
F	Feb 9	10-11 a.m.	\$1	MAC 812987-B
F	Mar 9	10-11 a.m.	\$1	MAC 812987-C
F	Apr 13	10-11 a.m.	\$1	MAC 812987-D

AARP Driver Safety Program

This course is designed for age 50+. Check with your insurance company to see if you are eligible for a discount after completion. Pre-registration required. Fee is collected at class. Fee: \$15 AARP member; \$20 non-AARP member.

F	Jan 26	8 a.m.-12:30 p.m.		MAC 812988-A
F	Mar 23	8 a.m.-12:30 p.m.		MAC 812988-B

Thursday Afternoon Movies at The MAC

Showtime is 1 p.m. Movie selections are subject to change based on availability. Registration is not required.

Fee: 75¢ for popcorn and drink

Th Jan 11 – Going in Style – Three friends learn their pension fund has been raided by a shady corporation. Stars Morgan Freeman, Michael Caine, and Alan Arkin. Comedy rated PG-13.

Th Feb 1 – Groundhog Day – Bill Murray and Andie MacDowell Star in the 1993 classic. Comedy rated PG.

Th March 22 – Wonder Woman – Super hero action adventure. Action/Fantasy rated PG-13.

Th Apr 19 – Dunkirk – 1940 evacuation of allied troops from the beaches of Dunkirk. Drama rated PG-13.

Adult Drop-in Activities at The MAC

MAC Game Day

Join other MAC guests for a little friendly competition playing indoor bocce ball and bean bag toss. Games are set up in the Community Room on Tuesdays from 11 a.m. – 2 p.m. Drop-in anytime. No registration required. Staff gives instruction on how to play and score games. It's a great way to get some exercise during the cold winter months. Fee: FREE

Indoor Walking Track

Don't let the winter weather keep you from your walking workout. Use The MAC's indoor walking track. Twelve laps around equal one mile. Lap counters are available at the desk. Please be courteous and walk single file when the track is in high use. Fee: Free

MAC Loaner Library

Check out The MAC's loaner library. Paperback books are available to take and return on the honor system. Take as many as you wish. The MAC accepts donations of recent paperback titles. Please donate hardback books to the Irving Street Library. Fee: Free

Quilting Group

All abilities can join these informal quilting sessions. Bring projects and enjoy large tables, bright lighting, and expertise of other quilters. Group meets 9-11:30 a.m.

Fee: Daily admission fee applies or FREE for passholders and SilverSneakers® members

T Jan 9, 23, Feb 6, 20, Mar 6, 20, Apr 3, 17

Billiards Room

The MAC has three billiard tables and one snooker table. Room is open for drop-in play during center hours.

Fee: Daily admission fee applies or FREE for passholders and Silver Sneakers® members

Card Games

Mondays	9 a.m.-2 p.m.	Pinochle	MAC
Tuesdays	9 a.m.-4 p.m.	Bridge	MAC
Thursdays	9 a.m.-12 p.m.	Pinochle	MAC

Fee: Daily admission fee applies or FREE for passholders and Silver Sneakers® members

Mah Jongg

Mah Jongg players are invited to drop-in on Mondays from 12-4 p.m. Beginners are welcome to attend.

Fee: Daily admission fee applies or FREE for passholders and SilverSneakers® members

Widowed Women's Group

Join this supportive group of women for friendship and activities. Group meets the first and third Friday of each month at 11 a.m. For more information, contact Donna at 303-429-2185 or Terry at 303-296-4947. Fee: Free



Adult Trips

Adult 2017 Extended Trips

The City of Westminster works with travel companies to offer safe and reasonable travel options. Trips are for 18+ unless otherwise noted. Deposit are required to hold your space, price depends on trip. Space is limited get your deposits in early. All

pricing is subject to change. Full descriptions are available at all Westminster recreation centers or at www.cityofwestminster.us/ParksRecreation/ProgramsClasses/Adult/ExtendedTrips. We also have the ability to add to other destination if there is not a trip that fits your schedule. Please contact Jennifer Jensen at 303-658-2294 or jensen@cityofwestminster.us for further information.

MOUNT RUSHMORE & The BLACK HILLS

MAY 21-25, 2018

Enter the mystical Black Hills of South Dakota, where you will find two of our nation's grandest memorials.

Cost of trip \$500 per person twin, price includes motor-coach transportation from The MAC, four nights lodging, four breakfasts, four dinners, and sightseeing. \$75 deposit is due upon registration.

GREAT CANADIAN RAIL JOURNEY

July 16-28, 2018

Explore Canada's expansive terrain without sitting behind the wheel! See spectacular scenery across Canada on the historic railroad.

Estimated cost for land only \$4,548 per person twin. Price includes land tour, prepaid gratuities, GST/HST tax, hotels, transfers, sightseeing, 10 breakfasts, 1 brunch, 2 lunch, 8 dinners as specified in the itinerary, and the services of a professional tour director. Airfare estimate will be available at the travel presentation.

Free travel presentation Jan 17, 2018 10 a.m.

ADULT TRIPS

Family Extended Trips

Westminster partners with Smith World Travel to offer family vacations. For more information, contact Smith World Travel at 303-427-6700. Mention promotion code COW2017 to receive your City of Westminster discount.

Concerts, Ballets and Theatre Trips

Leave the details to us! Fee includes ticket and transportation. Meals are included at the BDT Stage and Candlelight Dinner Theater.

When the World was Young: Love Songs and Letters of WWII—Lone Tree Arts Center

Inspired by the voluminous correspondence of a young American couple separated by the Second World War, this unique performance showcases the love songs of the era, punctuated with the extraordinary letters exchanged by Shirley and Lester during the war. **Cancellation deadline:** 12/18/2017

W Jan 10 12:30-4:30 p.m. \$33/\$37 MAC 812900-A

The King & I—Buell

Set in 1860s Bangkok, the musical tells the story of the unconventional and tempestuous relationship that develops between the King of Siam and Anna Leonowens, a British school teacher whom the modernist king, in an imperialistic world, brings to Siam to teach his many wives and children.

Cancellation deadline: 12/18/2017

Su Jan 14 1-5 p.m. \$73/\$78 MAC 812901-A

A Tribute to Roy Rogers—Lone Tree Arts Center

Back by popular demand! Join Riders in the Sky in a thrilling ride to yesteryear as they salute the iconic western movie, music, and TV star Roy Rogers, undisputed "King of the Cowboys." Featuring audience-friendly favorites from Roy's long career.

Cancellation deadline: 12/20/2017

Sa Jan 20 7:15-10:30 p.m. \$53/\$58 MAC 812902-A

The Weight Band—Lone Tree Arts Center

Prepare for an unforgettable performance and enjoy timeless hits like "The Weight," "Up on Cripple Creek," "Ophelia," "The Night They Drove Old Dixie Down," and so many others.

Cancellation deadline: 01/04/2018

F Jan 26 7:15-10:30 p.m. \$65/\$70 MAC 812903-A

Annie – BDT Stage

Sunday February 4. *Annie* is an orphan who is determined to find her parents. With the help of the other girls in the orphanage, she escapes to the wondrous world of NYC, where she finds a new home and family with billionaire Oliver Warbucks, his personal secretary, Grace Farrell, and a lovable mutt named Sandy. **Cancellation deadline:** 01/04/2018

Side Seating 11:15 a.m.-5 p.m. \$86/\$91 MAC 812904-A

Center Seating 11:15 a.m.-5 p.m. \$93/\$98 MAC 812904-B

Peking Acrobats—Lone Tree Arts Center

They are masters of agility and grace. Often accompanied by live musicians skillfully playing traditional Chinese instruments and high-tech special effects that coalesce with the music and awe-inspiring feats, the Peking Acrobats features all the excitement and festive pageantry of a Chinese carnival!

Cancellation deadline: 01/05/2018

W Feb 7 6:30-10 p.m. \$57/\$62 MAC 812905-A

Matt Dusk—Lone Tree Arts Center

Live performances showcase his classy cool style, killer band, and his seemingly effortless way of taking his audiences on a journey through his music and his instantly distinguishable voice. **Cancellation deadline:** 01/20/2018

Sa Feb 10 7-10 p.m. \$66/\$71 MAC 812906-A

Moscow Festival Ballet: Cinderella—Lone Tree Arts Center

This performance features a stunningly beautiful blend of storytelling, humor, and splendid scenery and costumes, promising to make you believe in "happily ever after."

Cancellation deadline: 01/30/2018

Th Feb 15 6:30-10 p.m. \$67/\$72 MAC 812907-A

Colorado Ballet Presents Romeo and Juliet—Ellie Caulkins

Colorado Ballet brings Shakespeare's astoundingly crafted take of two star-crossed lovers to life in this full-length masterpiece. Colorado Ballet's *Romeo and Juliet* will feature the remarkable score by Sergei Prokofiev, performed by a live orchestra.

Cancellation deadline: 01/25/2018

Sa Feb 17 1-5 p.m. \$78/\$83 MAC 812908-A

ADULT TRIP INFORMATION

- Registration is on a first-come, first-served basis, following procedures outlined on page 88.
- Registration must be completed by the participating member.
- Trips are for 18 years and older unless otherwise indicated.
- Participants are considered registered when entered into our system and full payment received.
- Participants must advise the trip coordinator of any special needs at the time of registration (See Exertion Levels).
- A waitlist is created when a trip reaches its maximum size. If a vacancy occurs, it is filled from the waitlist. Trips are subject to cancellation if minimum enrollment is not met.

ACCESSIBILITY

- The driver is responsible for loading and unloading all passengers using a walker or wheelchair/scooter.
- The driver is not responsible for providing personal assistance during trips. The driver manages passenger lists, ticket handling, and check-in procedures.

- If a participant requires assistance from a personal attendant, the attendant must register and pay for all direct trip-related costs.

CANCELLATION AND REFUND POLICY

- If the trip is cancelled by the recreation department or the venue for any reason, a full credit is automatically applied to your account. If you prefer a check or credit card refund, please notify staff.
- An administrative fee of \$5 is assessed on any cancellation initiated by the participant before the cancellation deadline date.
- Cancellations initiated after the cancellation deadline will not receive a refund, unless the space can be filled from the waitlist.
- If there is no waitlist, a participant may transfer their reservation to another person with approval of the Recreation Specialist.
- Complete registration information and full payment is required from any substitute participant before the original registration issued a full refund.
- A refund is not issued if the participant fails to show up or is late and misses the bus.

Stomp–Buell

Stomp is a journey through sound, a celebration of the everyday, and a comic interplay of characters wordlessly communicating through dance and drum. An eight member cast with energy to burn creates beautiful music and sly humor with found objects: Zippo lighters, push brooms, wooden poles, hammer handles, garbage cans, inner tubes, matchboxes and yes, even the kitchen sink. **Cancellation deadline:** 01/18/2018

Su Feb 18 1-5 p.m. \$58/\$63 MAC 812909-A

Pradhanica–Lone Tree

Fleet-footed choreography, along with music which illuminated Indian rhythms in enticingly off-beat ways. (Jin) Won’s musicality transformed her dancing into something primal. The tension between wildness and control is a hallmark of Pradhanica.

Cancellation deadline: 02/09/2018

Sa Mar 3 7-10:30 p.m. \$49/\$53 MAC 812910-A

Glenn Miller Orchestra – BDT Stage

The most popular and sought-after big band in the world today for both concert and swing dance engagements. With its unique jazz sound, the Glenn Miller Orchestra is considered to be one of the greatest bands of all time. **Cancellation deadline:** 02/06/2018

Tu Mar 6 11 a.m.-4:30 p.m. \$69/\$74 MAC 812911-A

Raise the Roof–Lone Tree Arts Center

Mandy Gonzalez has astonished both Broadway, appearing in *Wicked*, and television audiences, with roles in *The Good Wife*, *Madam Secretary*, and *Quantico*. Now she adds chanteuse to her resume. With this performance, you can expect hit tunes like “Total Eclipse of the Heart” and “Breathe,” as well as songs from Elvis to Aretha. **Cancellation deadline:** 02/16/2018

Su Mar 18 6-10 p.m. \$74/\$79 MAC 812912-A

ADULT TRIPS

Helpful Tips to Know Before You Go


- Deadlines must be met and times, policies, etc. must be followed.
- If you cancel your trip, you forfeit your space.
- Weekend trips: please arrive only 15 minutes prior to departure. The MAC is not open to the public on weekends, restrooms won't be available. Check-in with the driver and sign the roster.
- Please be flexible, sometimes things just don't go as planned (i.e. traffic jams, weather, quality of food, etc.). Don't let those things ruin your trip.
- Bring a water bottle and dress for weather conditions.
- Trip fees are subject to change.


Special Accommodations


For Accommodations, please contact Jennifer at 303-658-2294

EXERTION LEVELS

(This is a generalization for the trip.)

 Easy: mostly sitting

 Moderate: some walking, stairs, elevation

 High: long day, lots of walking, stairs, elevation

Kiss Me Kate—Candlelight Dinner Theater

Cole Porter's Tony Award-winning, joyful, high spirited, and romantic musical comedy follows the backstage antics of a touring company performing *The Taming of the Shrew*, featuring two feuding couples and a few gun-toting gangsters.

Cancellation deadline: 02/23/2018

Sa Mar 24 11 a.m.-5 p.m. \$81/\$86 MAC 812913-A

Fences—Lone Tree Arts Center

A family drama about a former star of the Negro baseball leagues who now works as a garbage man. As a black man excluded from the major leagues during his prime, Troy's inner conflicts take their toll on his relationships with his wife and children as they look for their own chances to fulfill their dreams.

Cancellation deadline: 03/09/2018

W Apr 11 12:30-4:30 p.m. \$56/\$61 MAC 812914-A

Always Patsy Cline – Boulder Dinner Theater

Sunday, April 15. Cline floats in and out of the set singing tunes that made her famous—"Anytime", "Walkin' After Midnight", "She's Got You", "Sweet Dreams", and "Crazy", just to name a few. **Cancellation deadline:** 03/26/2018

Side seating 11:15 a.m.-5 p.m. \$78/\$83 MAC 812915-A

Center seating 11:15 a.m.-5 p.m. \$85/\$90 MAC 812915-B

First Date—Galleria Theater

When blind date newbie Aaron is set up with serial-dater Casey, a drink at a busy New York restaurant turns into a hilarious high-stakes dinner when other restaurant patrons transform into supportive best friends, manipulative exes, and protective parents, who sing and dance them through ice-breakers, appetizers, and potential conversational land mines.

Cancellation deadline: 03/04/2018

Su Apr 22 1-5 p.m. \$72/\$77 MAC 812916-A

SFJAZZ Collective—Lone Tree Arts Center

This is an all-star award-winning band comprising eight of the finest performers and composers at work in jazz today. This year the ensemble performs new arrangements as well as original compositions inspired by the artistry of jazz legend Miles Davis.

Cancellation deadline: 03/23/2018

W Apr 25 6:30-10:30 p.m. \$68/\$73 MAC 812917-A

Aladdin—Buell

Enjoy the timeless story of *Aladdin*, a thrilling new production filled with unforgettable beauty, magic, comedy, and breathtaking spectacle. It's an extraordinary theatrical event where one lamp and three wishes make the possibilities infinite. Children 5 years and older welcome to register (must be accompanied by registered adult). **Cancellation deadline:** 03/19/2018

Sa Apr 28 1-5 p.m. \$86/\$91 MAC 812918-A

West Side Story in Concert—Lone Tree Arts Center

The Boulder Philharmonic Orchestra presents *West Side Story*, in collaboration with Central City Opera and Metropolitan State University of Denver choirs. One of the greatest scores in American musical theater will be performed in its original orchestration. **Cancellation deadline:** 03/29/2018

Su Apr 29 6-10 p.m. \$73/\$78 MAC 812919-A

Day Trips

Colorado School of Mines Geology Museum & Lunch 🍴🍴

Visit Colorado's mineral heritage and learn its importance to the university community and the public. Gain appreciation of the earth and responsibility for its mineral, fossil, meteorite and historic mining treasures. Lunch is on your own at Bridgewater Grill (\$12-\$15). Fee includes escort, tour, and transportation.

Cancellation deadline: 01/02/2018

Tu Jan 9 8:15 a.m.-3 p.m. \$21/\$24 MAC 812920-A

Forney Museum of Transportation and Lunch 🍴🍴

Enjoy this one-of-a-kind collection of over 600 artifacts relating to historical transportation. Today it includes not just vehicles, but also buggies, motorcycles, steam locomotives, aircraft, carriages, vintage apparel, and much, much more! Lunch is on your own at the Red Rooster Cafe. Fee includes escort, tour, and transportation. **Cancellation deadline:** 01/05/2018

F Jan 12 9:30 a.m.-2:30 p.m. \$26/\$29 MAC 812921-A

Tea at the Brown Palace 🍵

Enjoy a long-standing tradition of afternoon tea in Denver, complete with pastries, scones with Devonshire cream shipped directly from England, and sandwiches. Relax to the soothing sounds of a harpist or pianist. This is truly an experience you won't soon forget. Fee includes signature tea, gratuity, escort, and transportation. **Cancellation deadline:** 01/02/2018

Th Jan 18 11:15 a.m.-3 p.m. \$65/\$70 MAC 812922-A

National Western Stock Show 🍴🍴

Put on your cowboy hat and boots and head to the rodeo. It's a spectacular show and competition between the best horse and bull riding cowboys in the nation. Lunch is on your own. Fee includes grounds admission, pro rodeo, transportation, and escort. **Cancellation deadline:** 01/02/2018

F Jan 19 10 a.m.-5 p.m. \$34/\$38 MAC 812923-A

IMAX Theater—Conquest of the Skies 🍴

In *Conquest of the Skies 3D*, travel through time and around the world to unravel the 300-million-year story of how animal aviators have evolved into the 100 billion creatures flying through the air today. Lunch is on your own at the Museum Café. Fee includes escort, IMAX ticket, and transportation.

Cancellation deadline: 01/12/2018

M Jan 22 9:30 a.m.-3 p.m. \$24/\$27 MAC 812924-A



Romantic RIVER CRUISE RHINE
September 22–29, 2018

One of Europe's most legendary rivers awaits you on this exciting journey along the Rhine River, which begins in Switzerland and stops in France, Germany, and Holland! Visit the beautiful Black Forest, stroll through the lovely La Petite France district, visit the ruins of Heidelberg's castle, explore the treasures of Amsterdam, and more!

ESTIMATED COST: \$3,399 per person, includes land/cruise, port charges, prepaid gratuities, meals and accommodations, sightseeing, and services of a professional cruise director.

Restaurant Rovers 🍴

Experience some new cuisine or an old favorite.

Price of meals is indicated by the dollar sign system. Each \$ sign represents a value of \$10. Example: \$\$\$ would be \$30 per meal. Payment for meals is on your own. Dollar signs DO NOT include tax and gratuity. Please bring CASH as credit cards are not always accepted. Separate checks are not always available. Stairs and steps involved. Fee includes transportation and escort only. Restaurant locations are subject to change. Cancellation deadline is three business days prior to trip. \$9/\$11

OTL—Golden Europe Restaurant \$-\$\$\$

W Jan 24 5-8 p.m. MAC 812944-A

OT Brunch—Casey's Bistro & Pub \$-\$\$\$

Su Feb 11 11 a.m.-2 p.m. MAC 812944-B

OT Brunch—Pinocchio's Italian \$-\$\$\$

Th Mar 22 10:30 a.m.-2 p.m. MAC 812944-C

OTL—Rodizo Grill \$\$-\$\$\$\$

Tu Apr 3 11 a.m.-2 p.m. MAC 812944-D

ADULT TRIPS

Discover WASHINGTON D.C.
Sept. 27-Oct. 2, 2018

Experience the Capital of the United States, a compact city on the Potomac River. It's defined by imposing neoclassical monuments and buildings. It's also home to iconic museums and performing-arts venues.

COST OF TRIP: \$2179 per person double. Fee includes 5 nights stay in city center in Washington D.C., five breakfasts, three dinners, sightseeing, round trip airfare from Denver International airport, taxes, fee/surcharges, and Hotel transfers.

2018 Breckenridge Snow Sculptures 🇺🇸🇺🇸🇺🇸

View the 2018 snow sculptures and see how they come to life. These artistic teams from all over the world bring their skills and culture with them as they form their astonishing creations. After viewing the magnificent snow sculptures, enjoy shopping and lunch in Breckenridge on your own. Fee includes snow sculptures, escort, and motor coach bus transportation.

Cancellation deadline: 01/17/2018

Th Jan 25 7 a.m.-5 p.m. \$47/\$51 MAC 812925-A

Wings Over the Rockies Air & Space Museum 🇺🇸🇺🇸

Enjoy a guided museum tour, housed in the 40,000-sq ft. historic first hanger built in 1939 and located on the grounds of the former Lowry Air Force Base. Lunch is on your own at Cafe Mercato. Fee includes admissions, escort, and transportation.

Cancellation deadline: 01/22/2018

M Jan 29 9:30 a.m.-2 p.m. \$27/\$30 MAC 812926-A

National Ballpark Museum 🇺🇸🇺🇸

If you are a baseball fan in general, or are devoted to ballparks, you owe it to yourself to visit this nationally-recognized public museum. Lunch is on your own at Mile High Vienna Stand. Fee includes admission, escort, and transportation.

Cancellation deadline: 01/29/2018

Tu Feb 6 11:30 a.m.-4 p.m. \$28/\$31 MAC 812927-A

Tour the Newman Center 🇺🇸🇺🇸

The 183,000-square foot Newman Center is home to several performance and rehearsal venues and the Lamont School of Music. Come and see the workings from behind the curtains. Fee includes tour, escort, and transportation. Lunch on your own after tour.

Cancellation deadline: 02/15/2018

Th Feb 22 8 a.m.-1 p.m. \$16/\$18 MAC 812928-A

Winter Park Snow Cat Tour 🇺🇸🇺🇸

Enjoy a heated ride on a sightseeing tour of Winter Park Mountain. Travel across ski terrain in a huge sports utility vehicle, making several stops along the way for photos. Bring a sack lunch and dress for the cold. Fee includes snow cat tour, escort, and transportation.

Cancellation deadline: 02/01/2018

F Feb 23 9 a.m.-4:30 p.m. \$92/\$97 MAC 812929-A

The Money Museum 🇺🇸🇺🇸

Visit the educational museum featuring exhibitions on currency and hands-on activities. MUST have photo ID. Lunch is on your own on the 16th Street Mall. Fee includes admission, escort, and transportation.

Cancellation deadline: 02/16/2018

Tu Feb 27 9:30 a.m.-2 p.m. \$16/\$18 MAC 812930-A

Women's Bean Project 🇺🇸🇺🇸🇺🇸

Learn about the history of the non-profit Women's Bean Project, tour their facility, see the women in production and program services, hear from their CEO and a program participant, shop in their store and so much more! Light lunch served. Fee includes tour, light lunch, escort, and transportation.

Cancellation deadline: 02/26/2018

F Mar 2 11:15 a.m.-2 p.m. \$17/\$19 MAC 812931-A

National Ice Core Laboratory Tour and Lunch 🇺🇸🇺🇸

Tour the "cold rooms." You'll walk through areas where the temperatures reach -36 degrees! Bring your hats, gloves, and warm jacket! Following this cold exploration of science, you can warm up at Westrail Tap & Grill for lunch on your own (\$10-\$20). MUST have government issued ID. Fee includes tour, escort, and transportation.

Cancellation deadline: 02/12/2018

M Mar 5 8:15 a.m.-2 p.m. \$19/\$21 MAC 812932-A

Buffalo Bill Memorial Museum and Lunch 🚶🚶

The Buffalo Bill Museum and Grave exists to preserve the memory of William F. "Buffalo Bill" Cody. To this end, it maintains the Cody gravesite on Lookout Mountain Park near Golden and collects, cares for, and interprets artifacts associated with "Buffalo Bill" Cody's life. Lunch is on your own at Chick-Fil-A. Fee includes escort, admission and transportation. **Cancellation deadline:** 02/28/2018

W Mar 7 8:30 a.m.-2 p.m. \$25/\$28 MAC 812933-A

Denver Zoo 🚶🚶🚶

Visit Colorado's top cultural attraction, home to more than 4,000 animals representing 650 species. Enjoy animal shows and feedings, as well as interactive exhibits. Lunch is on your own (feel free to pack a lunch). Fee includes admission, escort, and transportation. **Cancellation deadline:** 03/05/2018

F Mar 9 9:30 a.m.-3 p.m. \$30/\$34 MAC 812934-A

Frozen Dead Guy Days 🚶🚶🚶

Head to the town of Nederland to celebrate Frozen Dead Guy Days. Enjoy live bands, street performers, and more. Lunch is on your own. Dress for the weather and be prepared for a lot of walking. Fee includes escort and transportation. **Cancellation deadline:** 03/02/2018

Su Mar 11 9 a.m.-4 p.m. \$22/\$25 MAC 812935-A

Gates Planetarium 🚶🚶

At the forefront of 360-degree immersive entertainment, Gates Planetarium makes the science visual—above and below our earth. Lunch is on your own at the museum. Fee includes admission, escort, and transportation. **Cancellation deadline:** 03/06/2018

Tu Mar 13 8:30 a.m.-2 p.m. \$36/\$40 MAC 812936-A

U.S. Olympic Training Center 🚶🚶

The United States Olympic Training Centers are three campuses created by the United States Olympic Committee as training facilities for its Olympic and Paralympic athletes. Lunch is on your own in Colorado Springs. Fee includes admission, escort, and transportation. **Cancellation deadline:** 03/08/2018

F Mar 16 9 a.m.-4 p.m. \$31/\$35 MAC 812937-A

The Boulder Dushanbe Teahouse 🚶

Enjoy a beautiful three-tiered tower of sweet and savory pastries, scones, artichoke purses, cucumber sandwiches, sweet cakes, and the chef's daily special creation, all baked fresh and presented with a pot of premium tea. Fee includes tea, gratuity, escort, and transportation. **Cancellation deadline:** 03/14/2018

Tu Mar 20 2:15-6 p.m. \$45/\$49 MAC 812938-A

Gambling Trips

Enjoy a day in Black Hawk. Most casino packages include \$5 cash back, discounted meals, free drinks while gambling, and coupons for merchandise. Use your player card to earn points. You must stay in the advertised casino.

Fee includes escort, deluxe motor coach bus, and casino package. 🚶🚶

Cancellation deadline is three business days prior to trip.
Fee: \$7/\$9 **Time:** 9 a.m.-3 p.m.

W	Jan 31	Reserves	\$7/\$9	812945-A
W	Feb 28	Mardi Gras	\$7/\$9	812945-B
F	Mar 30	Reserves	\$7/\$9	812945-C
Tu	Apr 24	Mardi Gras	\$7/\$9	812945-D

Redstone Meadery Tour 🚶🚶

Tour and enjoy a tasting at the Redstone Meadery (where they make mead, fermented honey wine). Are you ready for a taste explosion? Lunch is on your own after the tour. Fee includes tour, tasting, escort, and transportation. **Cancellation deadline:** 04/02/2018

M Apr 9 10:30 a.m.-3 p.m. \$16/\$18 MAC 812939-A

Wander Pearl Street Mall 🚶🚶

Located in the heart of Boulder, famous Pearl Street is a whimsical delight in this mountain town. Enjoy exceptional food, local microbreweries, and plenty of shopping. Lunch is on your own. Fee includes escort and transportation. **Cancellation deadline:** 04/13/2018

W Apr 18 9 a.m.-3 p.m. \$16/\$18 MAC 812940-A

ADULT TRIPS

SPOTLIGHT ON NEW YORK DECEMBER 3-7, 2018

Leave the hustle and bustle of Midtown behind for a true local experience. Board the subway to Greenwich Village and emerge from the station into a different world of sidewalk cafes, parks, art galleries, museums and trendy restaurants.



Cost of trip: \$2,999 per person double. Fee includes four nights stay in New York City, three breakfasts, two dinners, Radio City Music Hall show, Broadway Show, sightseeing, round trip airfare from Denver International airport, taxes, fees/surcharges, and Hotel Transfers.

Spirit of Flight Center and Lunch—Erie 🇺🇸🇺🇸

Enjoy this truly unique blend of modern and historic aviation history. The world-class facility was designed for anyone who is interested in being around aircraft and the airport, and for those who enjoy the inspirational spirit of aviation. Lunch is on your own at The Master's Restaurant. Fee includes admission, escort, and transportation. **Cancellation deadline:** 04/13/2018

F Apr 20 9:15 a.m.-2 p.m. \$22/\$25 MAC 812941-A

Colorado Wolf and Wildlife Center—Divide 🇺🇸🇺🇸🇺🇸

This trip is sure to be a howling good time! Journey to the Colorado Wolf and Wildlife Center where you will participate in a feeding tour. Dress for the weather and wear loose clothing and closed-toed shoes. Stop for dinner on your own at the Black-eyed Pea after tour. Fee includes tour, escort, and transportation. **Cancellation deadline:** 03/30/2018

F Apr 27 1:30-9 p.m. \$58/\$63 MAC 812942-A

National Center for Atmospheric Research 🇺🇸🇺🇸

Visit the research and development center devoted to service, research, and education in the atmospheric and related sciences. NCAR's mission is to understand the behavior of the atmosphere and related Earth and geo-space systems. Lunch is on your own at the NCAR cafeteria (CASH ONLY), MUST have photo ID. Fee includes escort, tour, and transportation.

Cancellation deadline: 04/13/2018

M Apr 30 9:15 a.m.-2 p.m. \$16/\$18 MAC 812943-A

St. Anthony North Health Campus



presents:

Westminster Bike Share

A bike share program for everyone! In addition to standard commuter bikes, we have a fleet of trikes and handcycles for accessibility. Borrow bikes from stations around Westminster for your convenience.

Check out Zagster.com/Westminster to learn more about our yearly, monthly, or hourly memberships.

Trips under 1 hour are free with membership!





Adult Sports

(CP) City Park Recreation Center
(WV) West View Recreation Center

Volleyball Leagues

To register you may:

1. Register online (need a user name and password).
2. Call City Park Recreation Center 303-460-9690 ext. 1, or call the Sports Center 303-658-2393.

Adult Volleyball Classification

BB Division—Employ power volleyball skills and use multiple offensive and defensive strategies.

B Division—Bump, set, and spike well; attempt to double block.

Must be 18 years old to play in adult leagues.

Adult Coed BB Volleyball—10 games

Tu Jan 9–Mar 13 6–10 p.m. \$345 CP 813362-C2

Adult Coed BB Volleyball—10 games

Tu Mar 20–May 22 6–10 p.m. \$345 CP 823362-C2

Senior Volleyball

Must be at least 50 years young or turn 50 in the current calendar year to qualify as a senior volleyball player. The Senior Coed Volleyball (CSVA) teams are formed by the players. The players register individually with the City as well as pay a team fee directly to CSVA. The women’s league is drafted by the league supervisor to try and promote balanced league play.

Senior Women Volleyball—3v3 format

M Nov 27–Dec 18 9 a.m.–12 p.m. \$30 CP 753363-SA

Senior Women Volleyball

M Jan 8–Mar 26 8:30 a.m.–12:30 p.m. \$50 CP 813363-SA

Senior Women Volleyball—3v3 format

M Apr 2–Jun 11 9 a.m.–12 p.m. \$50 CP 823363-SA

Senior Coed Volleyball

W Jan 3–Mar 7 11 a.m.–2 p.m. \$55 CP 813361-SA

Racquet Sports & Drop In

Pickleball Doubles Leagues

Join the new pickleball leagues, beginner to advanced players are welcome. Register early, space is limited. Don’t have a partner? Don’t worry, we can help find one for you! Contact Kimberly at 303-658-2207 for a partner or with any questions.

Coed Pickleball Doubles

Th Jan 11–Mar 1 6–9 p.m. \$70 WV 817362-C4

Coed Pickleball Doubles

Th Mar 8–Apr 26 6–9 p.m. \$70 WV 827362-C4

RACQUETBALL

Drop-in Pickleball & Badminton					
Pickleball					
Facility	Tue	Wed	Thu	Sat	Sun
WV*					11 a.m.-1 p.m.
WV* Women Only		9 a.m.-12 p.m.			
CP Jan 9- Mar 22 Apr 3- May 31	1-5 p.m.		1-5 p.m.		
March 27 & 29	8 a.m.-11:30 a.m.		8 a.m.-11:30 a.m.		
*Schedule subject to change					
Badminton					
Facility	Tue	Wed	Thu	Sat	Sun
WV	6-9 p.m.				
CP			6-10 p.m.		10 a.m.-1 p.m.

Racquetball

Racquetball League:

Jan 15th-April 15th

Mon-singles matches 5-10 p.m.-CP

Thur-singles matches 6-9 p.m.-WV

Wed-open play, cut throat, doubles-4:30-9pm-CP (daily pass, center pass, or silver sneakers can be used). For more information, contact Tim Thomsen 303-465-1312 or thomsen001@msn.com.

NEW !!!!! Pickleball skills and drills

Starting Jan 17th 1-3pm at CP contact Kimberly for more information 303-658-2207

Outdoor Pickleball Courts

Outdoor pickleball courts can be found at Amherst Park, 13085 Pecos St (on the inline hockey surface) and the courts at Countryside Park on the lower tennis courts. Kits may be checked out for \$5 per 2 hours (longer rentals need approval from the sports specialist). Kits are available at West View Recreation Center or by calling Kimberly at 303-658-2207.

ADULT INDOOR SOCCER LEAGUES

LEAGUES RUN YEAR-ROUND

Westminster Sports Center, 6051 W 95th Ave.

AGES: 18 and older

Co-ed: Sunday, Wednesday, Friday

Men's: Tuesday, Thursday **Women's:** Monday

For information visit:

www.CityofWestminster.us/ParksRecreation/ProgramsClasses/Athletics

Team Fee: \$575 for eight games, Gold/Silver/Bronze divisions for all levels of players

Quality experienced referees



Senior Softball

50+ (Wednesday) & 70+ (Monday)

Westminster was the home site for six senior softball teams in the summer of 2018. If interested in playing on a team or getting placed on a team, contact Stan Harbour, CSSA commissioner, at 303-721-8037. We hope to see you at Christopher Fields for your home games.

M Apr 23-Aug 6 9 a.m.-12 p.m. \$50/player fee CF 830346-1S

W Apr 25-Aug 8 9 a.m.-12 p.m. \$50/player fee CF 830346-3S

Westminster Softball

(CF) Christopher Fields, 5875 W. 104th Ave.

Register at the Westminster Sports Center, City Park Recreation Center, online, or call 303-658-2225. Visit the website at www.CityofWestminster.us/ParksRecreation. Teams are accepted on a first-come, first-served basis.

All games are played at Christopher Fields (unless otherwise noted). Games start at 6:15 p.m. \$100 deposit is required.

Softball League Classifications

Help us help you! In an effort to balance our leagues and promote good competition as well as "fun," it is extremely important that all teams try to register for the correct division. If you need help, just give us a call and we will help place your team.

D-COMP (DC) Competitive teams mostly consist of above-average players who have good skills. Teams may hit no more than three home runs per game. One-up rule applies after three home runs.

D-REC UPPER (DRU) Recreational teams with eight or more skilled players as the core, who are solid players. The remaining members have the game knowledge but are not as proficient in either defensive or offensive skills. Teams may hit two home runs per game.

D-REC LOWER (DRL) (A DIVISION) Leisure teams consist of 6-8 average-skilled players with the other half of the team consisting of lower skilled players who are lacking in either defensive or offensive skills. These leagues are for teams that care about the results but are not competitive enough to play in the upper league. Teams may hit only one home run per game.

D-REC LOWER (DRL) (B DIVISION) Leisure teams consist of 3-6 average-skilled players with remaining players lacking in either defensive or offensive skills or new players. These leagues are for teams not overly concerned with the results. Teams may hit only one home run per game.



WESTMINSTER SOFTBALL

Spring Softball

Fee of \$250 includes 6 games (4-game guarantee), umpire, field maintenance, access to Teamsideline.com/westminster, and individual awards for 1st place teams. \$100 non-refundable deposit required. **Registration starts Jan 21.**

DEADLINE March 9th

BALANCE due March 11th

Captains meeting March 11, Sports Center, 6051 W 95th Ave. 7 p.m.

M	Mar 19-Apr 23	COED-DRU	CF 820342-1A
M	Mar 19-Apr 23	COED-DRL	CF 820342-1B
M	Mar 19-Apr 23	MEN-DRU	CF 820342-1C
M	Mar 19-Apr 23	MEN-DRL	CF 820342-1D
Tu	Mar 20-Apr 24	COED-DRU	CF 820342-2A
Tu	Mar 20-Apr 24	COED-DRL	CF 820342-2B
Tu	Mar 20-Apr 24	MEN-DRU	CF 820342-2C
Tu	Mar 20-Apr 24	MEN-DRL	CF 820342-2D
W	Mar 21-Apr 25	COED-DRL	CF 820342-3B
W	Mar 21-Apr 25	MEN-DRU	CF 820342-3C
W	Mar 21-Apr 25	MEN-DRL	CF 820342-3D
W	Mar 21-Apr 25	MEN-DC	CF 820342-3M
Th	Mar 22-Apr 26	COED-DRU	CF 820342-4A
Th	Mar 22-Apr 26	COED-DRL	CF 820342-4B
Th	Mar 22-Apr 26	MEN-DRU	CF 820342-4C
Th	Mar 22-Apr 26	MEN-DRL	CF 820342-4D
F	Mar 23-Apr 27	COED-DRU	CF 820342-5A
F	Mar 23-Apr 27	COED-DRL	CF 820342-5B
F	Mar 23-Apr 27	MEN-DRU	CF 820342-5C
F	Mar 23-Apr 27	MEN-DRL	CF 820342-5D

Summer Softball

Fee is \$650 and includes 12 games, umpire, field maintenance, access to Teamsideline.com/westminster, and individual awards for 1st place teams. \$250 non-refundable deposit secures a spot in the league.

REGISTRATION OPENS: March 4th

REGISTRATION DEADLINE: April 27th

Remaining balance due before April 29th

Captain meeting - April 29th @ CPRC

M	May 7-Jul 30	COED-DRU	CF 830342-1A
M	May 7-Jul 30	COED-DRL	CF 830342-1B
M	May 7-Jul 30	MEN-DRU	CF 830342-1C
M	May 7-Jul 30	MEN-DRL	CF 830342-1D
Tu	May 8-Aug 7	COED-DRU	CF 830342-2A
Tu	May 8-Aug 7	COED-DRL	CF 830342-2B
Tu	May 8-Aug 7	MEN-DRU	CF 830342-2C
Tu	May 8-Aug 7	MEN-DRL	CF 830342-2D
W	May 9-Aug 8	COED-DRL	CF 830342-3B
W	May 9-Aug 8	MEN-DRU	CF 830342-3C
W	May 9-Aug 8	MEN-DBL HDR	CF 830342-3F
Th	May 10-Aug 2	COED-DRU	CF 830342-4A
Th	May 10-Aug 2	COED-DRL	CF 830342-4B
Th	May 10-Aug 2	MEN-DRU	CF 830342-4C
Th	May 10-Aug 2	MEN-DRL	CF 830342-4D
F	May 11-Aug 10	COED-DRU	CF 830342-5A
F	May 11-Aug 10	COED-DRL	CF 830342-5B
F	May 11-Aug 10	MEN-DRU	CF 830342-5C
F	May 11-Aug 10	MEN-DRL	CF 830342-5D



City Park Recreation Center Pool Schedule

10455 Sheridan Blvd.
303-460-9690, ext 1

Monday-Thursday: 6 a.m.-9 p.m.

Friday: 6 a.m.-6:30 p.m.

Saturday & Sunday: 7 a.m.-8:30 p.m.

Pool closes before building.

		6 a.m.	7 a.m.	8 a.m.	9 a.m.	10 a.m.	11 a.m.	12 p.m.	1 p.m.	2 p.m.	3 p.m.	4 p.m.	5 p.m.	6 p.m.	7 p.m.	8 p.m.
Rec Pool & Current	Monday-Thursday					10 a.m.-9 p.m.*										
	Friday					10 a.m.-6:30 p.m.*										
	Saturday & Sunday					11 a.m.-8:30 p										
Deep	Monday-Thursday					8 a.m.-9 p.m. (Closed 9-10am M-F)										
	Friday					8 a.m.-6:30 p.m. (Closed 9-10am M-F)										
	Saturday & Sunday					8 a.m.-8:30 p.m.										
Wader	Monday-Thursday															
	Friday					8 a.m.-6:30 p.m.										
	Saturday & Sunday					8 a.m.-8:30 p.m.										
Lap Swim	Monday-Thursday	6-10 a.m.				12:30-6 p.m. 1 lane & 7-8:30 p.m. 4 Lap Lanes**										
	Friday	6-10 a.m.														
	Saturday & Sunday	7-9 a.m.			11-7 p.m. 1 lane & 7-8:30 p.m. 4 Lap Lanes**											

*Current Channel Adult hour (16+ years) Monday-Friday 8-9 a.m.

AQUATICS

Swim & Fitness Center Pool Schedule

3290 W. 76th Ave.

303-427-2217

Monday-Friday: 6 a.m.-8:30 p.m.

Saturday & Sunday: 7 a.m.-5:30 p.m.

Pool closes before building.

		6 a.m.	7 a.m.	8 a.m.	9 a.m.	10 a.m.	11 a.m.	12 p.m.	1 p.m.	2 p.m.	3 p.m.	4 p.m.	5 p.m.	6 p.m.	7 p.m.	8 p.m.	
Open Swim	Monday-Thursday	6 a.m.-5 p.m. & 7-8:30 p.m.															
	Friday	6 a.m.-8:30 p.m.															
	Saturday	7-9 a.m.							12-5:30 p.m.								
	Sunday	7-10:30 a.m.							11:45 a.m.-5:30 p.m.								
Diving Well	Monday, Wednesday	7:15 a.m.-4 p.m. & 8-8:30 p.m.															
	Tuesday, Thursday, Friday	7:15 a.m. (6 a.m. Friday)-4 p.m.										6-8:30 p.m.					
	Saturday							12-5:30 p.m.									
	Sunday	7 a.m.-5:30 p.m.															
Lap Swim	Monday-Friday	6 a.m.-3 p.m.									3-8:30 p.m.-check availability						
	Saturday & Sunday	7 a.m.-5:30 p.m.															

Pool schedules are subject to change without notice.

5280 SWIMMING
USA Year-Round Swim Team

From the beginner to the elite athlete, 5280 Swimming has a unique, individualized approach for all skill levels. Our registered USA team fosters a love for the water through engaging practices, individualized coaching, and fun and competitive swim meets! 5280 Swimming practices at the Westminster Swim & Fitness Center, Monday-Friday.

www.Swim5280.com, contact Coach Greg for more info.

AQUATICS - WATER FITNESS

Water Fitness

Get fit, increase energy and improve body tone in a low-impact class using the water's resistance for minimal stress on the body and joints. This cardio workout aims to improve flexibility, energy, dexterity and stability.

Aqua Vitality


This fitness program is designed for those with joint pain to exercise, increase strength and relax stiff joints in a moderate-intensity aerobic workout. Great for anyone with arthritis, this class aims to improve flexibility, energy, dexterity and stability.

Deep Water Exercise

Strengthens the abdominals and other major muscle groups using float belts, water dumbbells and deep water resistance. Swimming ability is required.

Aqua Zumba

The Latin dance-infused fitness class is ideal for strengthening and toning from water resistance and has less impact on the joints. Proper swimwear is required. Offered at City Park.

 = Intensity Level

Class Schedule

Day & Time	Monday/Wednesday					Tuesday/Thursday					Friday		Saturday					
	6:15	9:00	10:00	11:00	11:30	6:00	7:00	6:15	9:00	10:00	11:00	6:00	7:00	9:00	10:00	11:00	9:00	10:00
City Park	Water Fitness			●						●		●			●			
	Deep Water		●						●				●	●				
	Aqua Vitality				●*					●						●		
	Aqua Zumba					●**												
Swim & Fit	Water Fitness		●			●			●								●	
	Deep Water	●					●	●										●
	Aqua Vitality^			●														

*Class is only Mondays

** Class is only on Wednesdays

^Class takes place in shallow pool-space is limited

Classes are included with daily admission fee and free for SilverSneakers®.

Water walking is available throughout the day. All pool schedules are subject to change.

AQUATICS



Get one-on-one instruction with highly motivated, friendly and well-trained instructors. Ideal for adults and children. Private Lessons are available for individuals that are looking to achieve very specific goals within a certain time frame, and are not benefitting from a group lessons scenario. We recommend that you and your instructor work together based on the needs of the student.

30 - Minute Private Lesson

Fee: \$25, \$30 non-resident

30 - Minute Semi - Private Lesson

(one instructor, two participants)
Fee: \$35, \$41 non-resident

www.CityofWestminster.us/ParksRecreation/ProgramsClasses/Aquatics/PrivateLessons

Call or visit our website for more information.

City Park 303-460-9690, ext. 1
Swim & Fitness 303-427-2217

FLIPPERS SWIM TEAM

A Colorado Association of Recreational Athletics (CARA) competitive program for swimmers and divers.

All members are required to successfully demonstrate the ability to complete a competitive freestyle stroke for 25 yards on the first day of practice. Ages: 6-18

Swim & Fitness Center

T/R 5:30-6:30 p.m. 6-12 yrs \$120/135
814170-1A

T/R 6:30-8 p.m. 13-18 yrs \$120/135 814170-2A

Jan 9 - Apr 26

Spring 2018 Home Swim Meet Schedule

- Sunday, Feb 18
- Sunday, Apr 29

Lecciones De Natación

Se enseña en español

SÁBADOS

13 ene-3 feb • 17 feb-10 mar
7 abr-28 abr • 5 may-26 may

Estos cursos generan un alto nivel de comodidad en el agua y la preparación para nadar. Los estudiantes mejorarán su comodidad y habilidad en el agua, concentrándose en la seguridad y las habilidades funcionales para nadar. Se enseña en español.

Preescolar (de 3 a 6 años de edad)	Adolescentes/Adultos (más de 13 años de edad)
10:30-11:00 a.m.	11:15-11:45 a.m.

Nivel 1
(Edades 6 a 12)
11:15-11:45 a.m.

Para más información y para registrarse por favor llame al 303.658.2917

Hay becas para los residentes de la ciudad de Westminster

AQUATICS—SWIM LESSON DESCRIPTIONS

Swim Lesson Descriptions

Welcome to Westminster Swim Lessons! Our swim lessons are in partnership with the Starfish Swimming Institute. These swim lessons are split into six different levels, and are designed to prepare your child(ren) for our Flippers Swim Team. Goggles are recommended for all levels of swim lessons (excluding Parent & Tot). For more in-depth descriptions, please review our Westminster Swim Lesson Parent Handbook. Please review our swim lessons and their focus areas:

STARFISH – PARENT & TOT

Infant/Toddler Ages: 6 Months – 3 Years

The class teaches parents safe water interactions with child, and emphasizes safety, water comfort, submersion, and motor skills. Swim diapers are mandatory—if needed.

LEVEL 1 – SEAHORSE

This class requires little to no water experience. This class introduces children to the water with fun water activities. Class emphasizes safety, floats, glides, rolls, submersion, and builds on instructor/child trust.

Pre-School Level 1 **AGES: 3 Years – 5 Years

LEVEL 2 – GOLDFISH

Students are comfortable in the water. Students focus on becoming more independent while developing water skills. Emphasis on unassisted swimming, kicks, arm pulls, underwater exploration, and safety.

Pre-School Level 2 **AGES: 3 Years – 5 Years

LEVEL 3 – SWORDFISH

Students begin to combine arm and leg skills to develop strokes. Class emphasizes safety, body position for strokes, freestyle, kneeling dives (deep end), and rhythmic breathing.

LEVEL 4 – SEA OTTER

Students learn and refine intermediate strokes. Class emphasizes safety, backstroke, dolphin kicking, standing dive, and treading water.

LEVEL 5 – SEA LION

Students learn and refine advanced strokes. Class emphasizes safety, butterfly stroke, breaststroke, and deep surface dives.

LEVEL 6 – JR. FLIPPERS

Students focus on continuous swimming and competitive swimming skills. Class emphasizes competitive starts (front and back), flip turns, swimming 125 yards without stopping, and spends class time with the Flippers Swim Team coaches.



City Park Pool Swim Lesson Class Schedule

303-460-9690, ext. 1

Class Activity #	Monday					Tuesday			Wednesday				Thursday			Saturday			Sunday	
	AM		PM			F	G	H	AM		PM		N	O	P	AM			PM	
	11:00	11:45	4:00	4:45	5:30				11:00	11:45	4:00	4:45				5:30	4:00	4:45	5:30	9:00
A	B	C	D	E				I	J	K	L	M				Q	R	S	T	U
Parent/Tot 813110		●							●							●		●		
Preschool Level 1 813111	●	●	●				●		●	●	●			●				●	●	
Preschool Level 2 813112	●			●		●		●			●		●		●		●			●
Level 1 813121		●		●		●		●		●		●		●		●		●		
Level 2 813122			●	●		●		●			●		●		●		●			
Level 3 813123		●		●		●		●		●		●		●				●	●	
Level 4 813124			●	●				●			●			●		●		●		●
Level 5 813125				●	●	●						●	●				●			

Session

1	Jan 8-29*	Jan 9-30	Jan 10-31	Jan 11-Feb 1	Jan 13-Feb 3	Jan 14-Feb 4
2	Feb 12-Mar 5 *	Feb 13-Mar 6	Feb 14-Mar 7	Feb 15-Mar 8	Feb 17-Mar 10	Feb 18-Mar 11
3	Apr 2-23	Apr 3-24	Apr 4-25	Apr 5-26	Apr 7-28	Apr 8-29
4					May 5-26	May 6-27
Price	\$20/\$25 \$15*/\$20*					

● 30-min class

Swim & Fitness Swim Lesson Class Schedule

303-427-2217

Class	Activity #	Monday/ Wednesday PM		Tuesday/ Thursday PM		Saturday AM				Sunday AM		
		5:30 A	6:15 B	5:30 C	6:15 D	9:00 E	9:45 F	10:30 G	11:15 H	10:00 I	10:45 J	11:30 K
Parent/Tot	814110							●			●	
Preschool Level 1	814111		●	●	●			●		●		●
Preschool Level 2	814112	●			●	●	●				●	
Level 1	814121	●			●		●			●		
Level 2	814122		●	●					●			●
Level 3	814123	●				●				●		
Level 4	814124						●					●
Level 5	814125		●			●					●	
Level 6	814126			●								
Adult	814127								●			
Pre-escolar	814128							●				
Nivel 1	814129								●			
Session		Mon/Wed		Tues/Thurs		Saturday				Sunday		
1		Jan 8-31*		Jan 9-Feb 1		Jan 13-Feb 3				Jan 14-Feb 4		
2		Feb 12-Mar 7 *		Feb 13-Mar 8		Feb 17-Mar 10				Feb 25-Mar 11*		
3		Apr 2-25		Apr 3-26		Apr 7-28				Apr 8-22*		
4						May 5-26				May 6-27		
Price		\$40/\$50 (*\$35/\$45)				\$20/\$25 (*\$15/\$20)						

● 30 min class



Child/Teen Activities

Dance-Recreation

Session 1: Jan 8–Apr 21 (14 weeks, class not held Mar 26-31)
Dance Recital–April 21, Westminster High School

Session 2: Apr 23–May 26 (5 weeks)

Ballet

All styles of dance are based upon ballet technique. Basic movements across the floor, at the barre, and center floor performances.

Ages: 3-6

T	Jan 9–Apr 17	10:30-11:30 a.m.	\$105/\$119	CP 813761-1B
T	Apr 24–May 22	10:30-11:30 a.m.	\$35/\$40	CP 813761-2B
T	Jan 9–Apr 17	4-5 p.m.	\$105/\$119	CP 813761-1C
T	Apr 24–May 22	4-5 p.m.	\$35/\$40	CP 813761-2C

Ages: 4-8

Sa	Jan 13–Apr 21	12-1 p.m.	\$105/\$119	WV 817761-1A
Sa	Apr 28–May 26	12-1 p.m.	\$35/\$40	WV 817761-2A

Ages: 6-10

W	Jan 10–Apr 18	5:30-6:30 p.m.	\$108/\$122	CP 813761-1D
W	Apr 25–May 23	5:30-6:30 p.m.	\$35/\$40	CP 813761-2D

Ages: 10-18

Th	Jan 11–Apr 19	5:45-6:45 p.m.	\$113/\$127	CP 813761-1E
Sa	Jan 13–Apr 21	11 a.m.-12 p.m.	\$113/\$127	CP 813761-1F
Th	Apr 26–May 24	5:45-6:45 p.m.	\$35/\$40	CP 813761-2E
Sa	Apr 28–May 26	11 a.m.-12 p.m.	\$35/\$40	CP 813761-2F

Ages: 12-18

M	Jan 8–Apr 16	6:45-8:15 p.m.	\$155/\$183	CP 813761-1A
M	Apr 23–May 21	6:45-8:15 p.m.	\$50/\$60	CP 813761-2A

Dance Mission Statement

*To foster self-esteem, discipline, creativity, and confidence

*To demonstrate a healthy lifestyle

*To define a role on a team and how to be a leader

*Allow every participant the opportunity to shine!

Ballet/Tap

Techniques and terminology are learned and combinations are practiced in both forms of dance.

Ages: 3-6

Th	Jan 11–Apr 19	10:30-11:30 a.m.	\$105/\$119	CP 813762-1A
Th	Apr 26–May 24	10:30-11:30 a.m.	\$35/\$40	CP 813762-2A
F	Jan 12–Apr 20	11:45 a.m.-12:45 p.m.	\$105/\$119	CP 813762-1B
F	Apr 27–May 25	11:45 a.m.-12:45 p.m.	\$35/\$40	CP 813762-2B

Ballet/Jazz

5,6,7,8! Be prepared to learn. Techniques and terminology are learned and combinations are practiced in both forms of dance.

Ages: 4-7

Th	Jan 11–Apr 19	4-5 p.m.	\$105/\$119	CP 813763-1A
Th	Apr 26–May 24	4-5 p.m.	\$35/\$40	CP 813763-2A
Sa	Jan 13–Apr 21	9-10 a.m.	\$105/\$119	CP 813763-1B
Sa	Apr 28–May 26	9-10 a.m.	\$35/\$40	CP 813763-2B

Class Footwear and General Information

Tap shoes should be worn for tap classes, athletic shoes in hip hop, and ballet shoes for all other classes. Please no Crocs, socks, bare feet, or flip flops. Leotards are needed for all preschool and elementary age classes except Baton. Parents and family members are asked to wait in the lobby during class but are invited to observe class the last five minutes unless otherwise noted.

Baton Beginning

Twirl one and two batons, ribbons, flags, and hoop batons. Twirling is fun, active, and different, while promoting fitness, flexibility, hand-eye coordination, poise, and self-confidence.

Ages: 6-11

Sa	Jan 13–Apr 21	12-1 p.m.	\$108/\$122	CP 813764-1A
Sa	Apr 28–May 26	12-1 p.m.	\$35/\$40	CP 813764-2A

Baton Intermediate

Learn more challenging material with one and two hoop batons, ribbons, flags, pairs, and team routines. Increase your fitness, flexibility, hand-eye coordination, poise, and self-confidence.

Ages: 6-11

Sa	Jan 13–Apr 21	9-10 a.m.	\$108/\$122	CP 813765-1A
Sa	Apr 28–May 26	9-10 a.m.	\$35/\$40	CP 813765-2A

Baton Advanced

Learn more challenging material with multiple batons and have opportunities to compete in local twirling competitions. Continue to increase your fitness, flexibility, hand-eye coordination, poise and self-confidence.

Ages: 7-19

Sa	Jan 13–Apr 21	10 a.m.-12 p.m.	\$155/\$183	CP 813766-1A
Sa	Apr 28–May 26	10 a.m.-12 p.m.	\$50/\$60	CP 813766-2A

Boys Hip Hop

Perform funky dance moves to the latest tunes and combinations of break dancing and hip hop.

Ages: 6-14

F	Jan 12–Apr 20	5-6 p.m.	\$108/\$122	CP 813768-1A
F	Apr 27–May 25	5-6 p.m.	\$35/\$40	CP 813768-2A

Jazz/Hip Hop

Become skilled in the basic fundamentals of jazz and hip hop in this introductory class.

Ages: 3-6

Sa	Jan 13–Apr 21	10:15-11 a.m.	\$105/\$119	WV 817770-1A
Sa	Apr 28–May 26	10:15-11 a.m.	\$35/\$40	WV 817770-2A

Ages: 4-8

M	Jan 8–Apr 16	4:45-5:45 p.m.	\$105/\$119	CP 813770-1A
M	Apr 23–May 21	4:45-5:45 p.m.	\$35/\$40	CP 813770-2A

Ages: 6-10

F	Jan 12–Apr 20	4-5 p.m.	\$108/\$122	CP 813770-1C
F	Apr 27–May 25	4-5 p.m.	\$35/\$40	CP 813770-2C

Ages: 10-18

W	Jan 10–Apr 18	6:30-7:30 p.m.	\$113/\$127	CP 813770-1B
W	Apr 25–May 23	6:30-7:30 p.m.	\$35/\$40	CP 813770-2B
Sa	Jan 13–Apr 21	11-11:45 a.m.	\$113/\$127	CP 813770-1D
Sa	Apr 28–May 26	11-11:45 a.m.	\$35/\$40	CP 813770-2D

Jump and Turns

Master the art of dance by strengthening muscle awareness and practicing jumps, kicks, and turns. Discover technical combinations that enhance your performance.

Ages: 10-18

Th	Jan 11–Apr 19	7:30-8:30 p.m.	\$113/\$127	CP 813769-1A
Th	Apr 26–May 24	7:30-8:30 p.m.	\$35/\$40	CP 813769-2A

Lyrical/Contemporary

Combine jazz and ballet techniques to tell a story to music lyrics. Whether this is your first dance class or one of many, come enjoy the many benefits of dance.

Ages: 10-18

T	Jan 9–Apr 17	6-7 p.m.	\$108/\$122	CP 813772-1A
T	Apr 24–May 22	6-7 p.m.	\$35/\$40	CP 813772-2A

Ages: 6-10

F	Jan 12–Apr 20	6-7 p.m.	\$113/\$127	CP 813772-1B
F	Apr 27–May 25	6-7 p.m.	\$35/\$40	CP 813772-2B

CHILD/TEEN DANCE

Pre-Dance

The artistic world of dance is introduced through creative movement. Your dancer learns ballet positions and basic dance terminology. A great way to get your child active and moving.

Ages: 2-3

M	Jan 8-Apr 16	4-4:45 p.m.	\$105/\$119	CP 813774-1A
M	Apr 23-May 21	4-4:45 p.m.	\$35/\$40	CP 813774-2A
T	Jan 9-Apr 17	9-9:45 a.m.	\$105/\$119	CP 813774-1B
T	Apr 24-May 22	9-9:45 a.m.	\$35/\$40	CP 813774-2B
Th	Jan 11-Apr 19	9-9:45 a.m.	\$105/\$119	CP 813774-1C
Th	Apr 26-May 24	9-9:45 a.m.	\$35/\$40	CP 813774-2C
F	Jan 12-Apr 20	11-11:45 a.m.	\$105/\$119	CP 813774-1D
F	Apr 27-May 25	11-11:45 a.m.	\$35/\$40	CP 813774-2D
Sa	Jan 13-Apr 21	9:30-10:15 a.m.	\$105/\$119	WV 817774-1A
Sa	Apr 28-May 26	9:30-10:15 a.m.	\$35/\$40	WV 817774-2A

Tap

Explore the basic fundamentals of rhythm and tap dance by learning shuffles, flap, and much more.

Ages: 4-8

Sa	Jan 13-Apr 21	11 a.m.-12 p.m.	\$105/\$119	WV 817775-1A
Sa	Apr 28-May 26	11 a.m.-12 p.m.	\$35/\$40	WV 817775-2A

Ages: 6-10

W	Jan 10-Apr 18	4:45-5:30 p.m.	\$108/\$122	CP 813775-1B
W	Apr 25-May 23	4:45-5:30 p.m.	\$35/\$40	CP 813775-2B

Ages: 10-18

M	Jan 8-Apr 16	5:45-6:45 p.m.	\$113/\$127	CP 813775-1A
M	Apr 23-May 21	5:45-6:45 p.m.	\$35/\$40	CP 813775-2A

Creative Dance

Explore both the creative and physical dimensions of each child as they gain awareness of music, rhythm and movement. Activities are designed to develop strength, coordination, creative thinking and expression. Through classroom activities, children refine motor skills and develop the creative process through the use of props and imagery. Ages: 4-6

T	Jan 9-Apr 17	11:30 a.m.-12:15 p.m.	\$105/\$119	CP 813767-1A
T	Apr 24-May 22	11:30 a.m.-12:15 p.m.	\$35/\$40	CP 813767-2A
Th	Jan 11-Apr 19	11:30 a.m.-12:15 p.m.	\$105/\$119	CP 813767-1B
Th	Apr 26-May 24	11:30 a.m.-12:15 p.m.	\$35/\$40	CP 813767-2B



Jessica Ridgeway Cheerleading Camp

March 26-30

West View Recreation Center

Experience five days of cheer, crafts, light gymnastics, pom-pom activities, and performances from other dance teams including the Denver Bronco cheerleaders! Families are welcome to attend the final performance on March 30 at 11:30 p.m. Includes t-shirt, pom-poms, bag, and water bottle. If you don't need new purple and silver pom-poms, receive \$5 off your fee.



Jessica Ridgeway's
LEGACY
CHEERLEADING CAMP

Ages: 5-13

\$35/\$42 WV 817778-1A 9 a.m.-12 p.m.

Joy of Motion

Through developmentally appropriate creative movement, children develop coordination, balance, flexibility, strength and spatial awareness. The goal of this class is for each child to find their own pleasure through music and movement, while developing fine gross motor skills. Ages: 3-6



T	Jan 9-Apr 17	9:45-10:30 a.m.	\$108/\$122	CP 813776-1A
T	Apr 24-May 22	9:45-10:30 a.m.	\$35/\$40	CP 813776-2A
Th	Jan 11-Apr 19	9:45-10:30 a.m.	\$108/\$122	CP 813776-1B
Th	Apr 26-May 24	9:45-10:30 a.m.	\$35/\$40	CP 813776-2B

Pop Culture Dance

Want to dance to your favorite songs? This class covers dance from today's popular artists and choreographers in styles like jazz funk, hip-hop and lyrical. Ages: 7-10

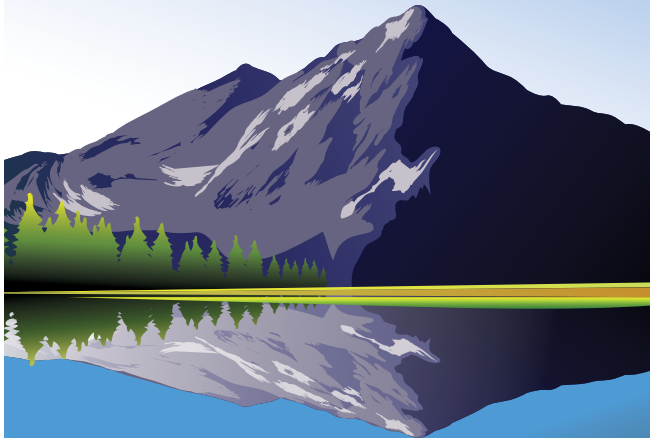


W	Jan 10-Apr 18	4-4:45 p.m.	\$108/\$122	CP 813773-1A
W	Apr 25-May 23	4-4:45 p.m.	\$35/\$40	CP 813773-2A
W	Jan 10-Apr 18	7:30-8:15 p.m.	\$108/\$122	CP 813773-1B
W	Apr 25-May 23	7:30-8:15 p.m.	\$35/\$40	CP 813773-2B

DANCE MISSION STATEMENT



Rocky Mountain Youth Summit



Preparing and empowering the next generation

February 23-24

*Denver Marriott Westminster
7000 Church Ranch Blvd.*

Make YOUR voice heard! The Rocky Mountain Youth Summit provides teens and youths with a voice to discuss everyday issues in their community with their peers. Build confidence, learn effective problem-solving strategies, and become a better leader!

YOUR VOICE. YOUR IDEAS.
Join the conversation at the Rocky Mountain Youth Summit.

Babysitting Bootcamp

Become the best sitter in your neighborhood! Get certified in Infant/Child CPR and learn health, safety, and emergency skills, basic first aid, bathing, toy and home safety, and common illnesses. Refine your leadership skills and résumé for your babysitting business. Bring a sack lunch. Ages: 11-18

Sa	Feb 3-10	9 a.m.-3 p.m.	\$150/\$180	CP 813701-1A
Sa	Apr 21-28	9 a.m.-3 p.m.	\$150/\$180	CP 813701-1B

Babysitting CPR Challenge – Red Cross

Has your Infant/Child CPR certification expired? Renew your certification in this course. Ages: 11-18 years

Sa	Feb 10	9 a.m.-3 p.m.	\$60/\$72	CP 813702-1A
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Chess – Beginning

Learn the basics of chess while reinforcing good sportsmanship. This class introduces the setup, moves, illegal moves, the end game, and more. Hands-on play reinforces lessons learned. Ages: 6-16

M	Jan 22-Mar 12	4:30-5:45 p.m.	\$70/\$84	CP 813703-1A
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Chess – Advanced

Review the basics, reinforce good habits, and practice good sportsmanship. Learn special moves and expand on the end game with emphasis on advanced chess scenarios. Hands-on play reinforces lessons learned. Prerequisite: must know how all the pieces move, how to facilitate checkmate, and be able to observe and focus while peers are playing. Ages: 8-16

M	Jan 22-Mar 12	6:15-7:30 p.m.	\$70/\$84	CP 813704-1A
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Jedi Engineering using LEGO®

The Force awakens in this introductory engineering course for young Jedi! Explore engineering principles by designing and building projects using LEGO® materials such as X-Wings, R2 Units, Energy Catapults, Defense Turrets, and Settlements from a galaxy far, far away. Create motorized and architectural projects with imagination and engineering to defeat the Empire! Ages: 5-7

M-F	Mar 26-30	9 a.m.-12 p.m.	\$163/\$196	WSC 811723-1A
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Jedi Master Engineering using LEGO®

The Force awakens in this advanced engineering course for young Jedi! Discover key engineering concepts such as gear trains, worm drives, pneumatics, and eccentric motion. Build projects using LEGO® materials such as X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, Settlements, Fortresses, and other complex machines and structures from a galaxy far, far away. Ages: 8-12

M-F	Mar 26-30	1-4 p.m.	\$163/\$196	WSC 811724-1A
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ENRICHMENT

Read w/ Ease Level 1

Read With Ease/Homework Helper

Develop and strengthen reading skills using phonemic awareness and decoding strategies. Lessons include literature, reader's theatre activities, and games. Individualized curriculum will be provided and instructors are available to assist with homework in the subject areas of reading, writing, spelling, and social studies. Open communication with the classroom teachers and literacy specialists is encouraged to ensure the success of each child.

Level 1—Beginning Readers focus on identifying letters, sounds, sight word vocabulary, and reading with controlled vocabulary. Program is not held Mar 27 and Mar 29. Ages: 5-12

T, Th	Jan 9–Mar 1	4-5 p.m.	\$112/\$128	CP 813705-1A
T, Th	Mar 6–May 3	4-5 p.m.	\$112/\$128	CP 813705-2A

Read w/ Ease Level 2

Read With Ease/Homework Helper

Develop and strengthen reading skills using phonemic awareness and decoding strategies. Lessons include literature, reader's theatre activities, and games. Individualized curriculum will be provided and instructors are available to assist with homework in the subject areas of reading, writing, spelling, and social studies. Open communication with the classroom teachers and literacy specialists is encouraged to ensure the success of each child.

Level 2—Developing readers of all grades and skill levels learn reading strategies. Prerequisite: Students must read and comprehend short stories and have Level 1 skills mastered. Program is not held Mar 27 and Mar 29. Ages: 5-12

T, Th	Jan 9–Mar 1	5:10-6:10 p.m.	\$112/\$128	CP 813706-1a
T, Th	Mar 6–May 3	5:10-6:10 p.m.	\$112/\$128	CP 813706-2a



Grow strong and stay strong with super foods, healthy living, and healthy eating. Create healthy snacks and try new fitness activities, including individual movement, fun yoga poses, and running games. You'll be the superstar when you share these new recipes and activities with family and friends.

Wednesdays, City Park Recreation Center, 4:30-6 p.m.,
\$42 resident, \$48 non-resident, **AGES:** 6-12

Feb 7-28	813749-1A
Apr 4-25	813749-1B



Winter Break Camp

Your child is safe, happy, and engaged. Camps are state licensed and fees are reasonable and tax-deductible.

DECEMBER 21-JANUARY 5

6:45 a.m.-6 p.m. **AGES:** 6-13

\$35 Res/\$42 non-resident per day

City Park Recreation Center

10455 Sheridan Blvd.

Trips and activities subject to change.

No program December 25, 26, and January 1.

If you have questions, or to register, call 303-658-2901.



Spring Break Camp

Your child is safe, happy, and engaged. Camps are state licensed and fees are reasonable and tax-deductible.

MON MAR 26

Whodunnit?

Solve the mystery at Adams Mystery Playhouse and then hit the greens at Adventure Golf. Bring a lunch. 813785-1A

TUE MAR 27

Day at the Museum

Spend the day exploring the Denver Museum of Nature and Science. Bring a lunch. 813786-1A

WED MAR 28

Catch the Fun

Catch a movie in the morning and then catch some hang time at Mid-Air Adventures. Bring a lunch. 813787-1A

THU MAR 29

Colorado Day!

Learn something new about our great state at the History Colorado Center. Then have some lunch at the Old Spaghetti Factory. Finish the day completing the Colorado Scavenger Hunt. Lunch provided. 813788-1A

FRI MAR 30

See a Fish, Be a Fish

Go downtown to visit the sea life at the Aquarium. Come back to City Park to swim in the afternoon. Bring a lunch and swim gear. 813789-1A

If you have questions, or to register, call 303-658-2901.

SUMMER CAMP



City Park (CP)
10455 Sheridan Blvd.

Countryside (CS)
10470 Oak St.

Colorado STEM Academy
3290 W. 76th Ave.

Mon–Fri, June 4–Aug 10
Programs are not held July 4

6:45 a.m.-6:15 p.m.

Ages: 6-13 (must have completed kindergarten)

**Free breakfast and lunch provided each day.
Camps are state licensed and tax deductible.**

2018 Summer Sports Camps for Campers

Hot Shot Sports will be offering 2-week sport camps for the summer camp participants at Countryside. Sports will include soccer, floor hockey, and flag football. Camps will be held on Mon, Wed, and Fri from 9 a.m.-12 p.m. Program description will be emailed out in March. For questions call Stephanie at 303-658-2217.

SESSION DATES: Jun 11-22 Soccer
Jul 9-20 Flag Football
Jul 23-Aug 3 Floor Hockey



Fees:

Funding is available through CCAP. Please contact your county for information on CCAP registration and qualification.

Weekly Fee Youth (weekly field trip included): \$160 resident, \$190 non-resident (4 day weekly fee available).

Weekly Fee Teen (2 weekly field trips included): \$190 resident, \$225 non-resident (4 day weekly fee available).

One-time registration fee (additional): \$45 non-refundable-(833784-1A), includes t-shirt, and Camp Doc

Per day, non-field trip days:

YOUTH 6-10 YEARS: \$34 resident, \$39 non-resident

TEEN 10-13 YEARS: \$41 resident, \$46 non-resident

Thursday field trip days:

YOUTH 6-10 YEARS: \$39 resident, \$45 non-resident

TUES/THURS FIELD TRIP DAYS: TEEN 11-13 YEARS: \$46 resident, \$50 non-resident

Payment plans available, please call Cindy at 303-658-2219 or Tim at 303-658-2200.

Mandatory Meeting for New Campers:

City Park Recreation Center Community Room

Wed or Thur, May 30 or 31: 6 p.m. (new campers) RETURNERS OPTIONAL

General information:

Ages: 6-13 (must have completed kindergarten)

All campers swim 2 days each week.

CP, CS and STEM youth camp field trip day is Thurs.

CP, CS and STEM teen camp field trip days are Tues and Thurs.

Westminster Academy of International Studies camp (SFC) visits Irving St. Library every Mon.

STEM camp highlights math, reading and science activities.

Swim lessons or swim team are optional activities. Sign-up is separate and camp staff escorts children 6-10 years to and from lessons.

Field trip information can be found on www.CityofWestminster.us/ParksRec/SummerCamp

Swim lessons for campers only:

Available for campers ages 6-10.

Camp staff escorts children to and from lessons.

CP and CS: \$32 resident, \$40 non-resident per 2-week session

Swim lesson and swim team descriptions can be found on page 54 and 55.

All swim lessons held Mon-Thurs, 8-8:30 a.m., \$32/\$40 per 2-week session

DATE	CITY PARK	COUNTRYSIDE	STEM
Jun 18-28	833190 -6A	835190-6A	834190-6A
Jul 9-19	833190 -7A	835190-7A	834190-7A
Jul 23- Aug 2	833190 -8A	835190-8A	834190-8A

Tennis lessons for Countryside campers only:

Players learn the basics of tennis, such as forehand, backhand, volleys and serving, as well as intro to scoring and game play. Games will be utilized to build on fundamentals learned and based on the level of the class.

All tennis lessons are 8-9 a.m, \$45/\$50 per 2 week session, registration closes June 1st.

DATE	AGE: 6-9	DATE	AGE: 10-13
Jun 17-28	835606 1A	Jun 18-27	835607 1B
Jul 10-19	835606 2A	Jul 9-18	835607 2B
Jul 24-Aug 1	835606 3A	Jul 23-Aug 1	835607 3B

Registration:

Weekly registration available at any recreation center beginning Wednesday, Jan 3, 2018.

Daily Option registration begins online Wednesday, April 4, provided space is available. Weekly options must still register over the phone.

All online health profiles must be completed by May 1 through Camp Doc.

For allergy or swimming concerns please notify Cindy, 303- 658-2219 or Tim, 303-658-2200.

If your child is currently on an IEP or needs special accommodations, please call 303-658-2219 to make necessary arrangements.

AGES	GROUP	LOCATION	REGISTRATION #	FEE (RES/NON-RES)
6-8	Monkeys	CP	833780	\$160/\$190
9-10	Giraffes	CP	833781	\$160/\$190
6-9	Pups	STEM	834780	\$160/\$190
6-9	Minnows	CS	835780	\$160/\$190
10-13	Wolves	STEM	834782	\$190/\$225
10-13	Piranhas	CS	835782	\$190/\$225
11-13	Cheetahs	CP	833782	\$190/\$225

TaeKwon-Do for Youth, Teens, Adults and Families

Increase your fitness, flexibility, confidence levels, and the ability to defend yourself in a dangerous situation. Learn skills in class that apply to other sports and everyday life. Classes are conducted twice a week with instructors that are certified and experienced. These classes are fun, informative and a great way to make new friends! Additional fees for belt testing and uniforms if desired. Testing may occur during class every three months.

West View Rec. Center

10747 W. 108th Ave., No class: Jan 15, Feb 19, Mar 26, 28, May 9, 28

Testing may occur off-site every three months. Visit westviewtkd.weebly.com/ for more class information. Instructor: Master Pickering

Kids Ages: 5-8 yrs. old

MW	Jan 3-31	5:30-6:30 p.m.	\$45/\$50	WV 817251-1A
MW	Feb 5-28	5:30-6:30 p.m.	\$40/\$45	WV 817251-2A
MW	Mar 5-21	5:30-6:30 p.m.	\$35/\$40	WV 817251-3A
MW	Apr 2-30	5:30-6:30 p.m.	\$50/\$55	WV 817251-4A
MW	May 2-30	5:30-6:30 p.m.	\$40/\$50	WV 817251-5A

Ages: 8 and older

MW	Jan 3-31	6:30-8 p.m.	\$50/\$55	WV 817252-1A
MW	Feb 5-28	6:30-8 p.m.	\$45/\$50	WV 817252-2A
MW	Mar 5-21	6:30-8 p.m.	\$40/\$45	WV 817252-3A
MW	Apr 2-30	6:30-8 p.m.	\$55/\$60	WV 817252-4A
MW	May 2-30	6:30-8 p.m.	\$45/\$50	WV 817252-5A

Black Belt Class: 8 and older

Black Belts are expected to assist with teaching class.

MW	Jan 3-31	6:30-8 p.m.	\$17/\$18	WV 817253-1A
MW	Feb 5-28	6:30-8 p.m.	\$16/\$17	WV 817253-2A
MW	Mar 5-21	6:30-8 p.m.	\$14/\$15	WV 817253-3A
MW	Apr 2-30	6:30-8 p.m.	\$18/\$19	WV 817253-4A
MW	May 2-30	6:30-8 p.m.	\$16/\$17	WV 817253-5A

The MAC, 3295 W. 72 Ave.

The MAC closes @ 8:00 p.m. and must be cleared out no later than 8:10 p.m. Visit hupstaekwondo.com for more class information. Instructors: Master Hups No class: Mar 27, 29

Kids Ages: 5-8

TTh	Jan 4-30	6:30-7:30 p.m.	\$45/\$50	MAC 812251-1A
TTh	Feb 1-27	6:30-7:30 p.m.	\$45/\$50	MAC 812251-2A
TTh	Mar 1-22	6:30-7:30 p.m.	\$40/\$45	MAC 812251-3A
TTh	Apr 3-19	6:30-7:30 p.m.	\$35/\$40	MAC 812251-4A
TTh	May 1-31	6:30-7:30 p.m.	\$55/\$60	MAC 812251-5A

Ages: 8 and older

TTh	Jan 4-30	6:30-8 p.m.	\$50/\$55	MAC 812252-1A
TTh	Feb 1-27	6:30-8 p.m.	\$50/\$55	MAC 812252-2A
TTh	Mar 1-22	6:30-8 p.m.	\$45/\$50	MAC 812252-3A
TTh	Apr 3-19	6:30-8 p.m.	\$40/\$45	MAC 812252-4A
TTh	May 1-31	6:30-8 p.m.	\$60/\$65	MAC 812252-5A

Black Belt Class: 8 and older

Black Belts are expected to assist with teaching class.

TTh	Jan 4-30	6:30-8 p.m.	\$17/\$18	MAC 812253-1A
TTh	Feb 1-27	6:30-8 p.m.	\$17/\$18	MAC 812253-2A
TTh	Mar 1-22	6:30-8 p.m.	\$15/\$16	MAC 812253-3A
TTh	Apr 3-19	6:30-8 p.m.	\$14/\$15	MAC 812253-4A
TTh	May 1-31	6:30-8 p.m.	\$20/\$22	MAC 812253-5A

All Inclusive TaeKwon-Do for Youth, Adults, and Families at The MAC and West View

Discover this new opportunity to take part in some or all the classes offered at both locations. You can take part in every class four nights a week, or choose the days based on your schedule. This option will give you access to all the classes and/or more flexibility if you cannot attend a certain evening, all for one great price. No credits/refunds after session begins.

MW classes are held at West View Recreation Center.
TTh classes are held at The MAC.

No class: Jan 15, Feb 19, Mar 26-29, Apr 24, Apr 26, May 9, 28

All Inclusive: 8 and older

MTWTh	Jan 3-31	6:30-8 p.m.	\$65/\$74	MAC/WV 817254-1A
MTWTh	Feb 1-28	6:30-8 p.m.	\$60/\$69	MAC/WV 817254-2A
MTWTh	Mar 1-22	6:30-8 p.m.	\$50/\$59	MAC/WV 817254-3A
MTWTh	Apr 2-30	6:30-8 p.m.	\$60/\$69	MAC/WV 817254-4A
MTWTh	May 1-31	6:30-8 p.m.	\$74/\$83	MAC/WV 817254-5A

All Inclusive Black Belt Class: 8 and older

MTWTh	Jan 3-31	6:30-8 p.m.	\$36/\$39	MAC/WV 817255-1A
MTWTh	Feb 1-28	6:30-8 p.m.	\$33/\$36	MAC/WV 817255-2A
MTWTh	Mar 1-22	6:30-8 p.m.	\$29/\$32	MAC/WV 817255-3A
MTWTh	Apr 2-30	6:30-8 p.m.	\$33/\$36	MAC/WV 817255-4A
MTWTh	May 1-31	6:30-8 p.m.	\$40/\$43	MAC/WV 817255-5A



Child/Teen Art

Youth Pottery

Pottery Clinics

Give pottery a try with these two-day clinics where you can make gifts, functional items, and decorative pieces. **Ages:** 6-12. **Instructor:** Sally Nehr

Snowman

M Jan 22-29 4-5:30 p.m. \$20/\$25 CP 813400-A

Valentine Heart

M Feb 5-12 4-5:30 p.m. \$20/\$25 CP 813401-A

Spring Basket

M Mar 12-19 4-5:30 p.m. \$20/\$25 CP 813402-A

Flower Dish

M Apr 9-16 4-5:30 p.m. \$20/\$25 CP 813403-A

Create with Clay

Use nature and your favorite story as inspiration to make many useful objects from clay. **Ages:** 6-12. **Instructor:** Sally Nehr

T Jan 9-30 4-5:30 p.m. \$45/\$50 CP 813408-A

T Feb 6-27 4-5:30 p.m. \$45/\$50 CP 813408-B

T Mar 6-27 4-5:30 p.m. \$45/\$50 CP 813408-C

T Apr 3-24 4-5:30 p.m. \$45/\$50 CP 813408-D

Pottery on Wheel

Learn the techniques necessary for throwing pottery on the wheel. Class space is limited, sign up early. **Ages:** 10-14. **Instructor:** Sally Nehr

W Jan 10-31 4-5:30 p.m. \$45/\$50 CP 813407-A

Books and Clay

Build clay figures using characters from books as inspiration. **Ages:** 6-12. **Instructor:** Sally Nehr

W Feb 7-28 4-5:30 p.m. \$45/\$50 CP 813404-A

Spring Holidays

Style holiday decorations for your home while learning all about clay. **Ages:** 6-12. **Instructor:** Sally Nehr

W Mar 7-28 4-5:30 p.m. \$45/\$50 CP 813405-A

Fun with Cookie Cutters

Make several original pieces of art using cookie cutters and molds. **Ages:** 8 and older. **Instructor:** Sally Nehr

W Apr 4-25 4-5:30 p.m. \$45/\$50 CP 813406-A

Parent/Child Hand Building

Enjoy this opportunity for you and your child to share an experience in clay. Make your original piece the first day of class and decorate it the second day. Adults must register with child. Fee is per person. **Ages:** 8 and older. **Instructor:** Niki Peters

Sa Jan 13-20 12-2:30 p.m. \$20/\$25 CP 813414-A

Sa Mar 17-24 12-2:30 p.m. \$20/\$25 CP 813414-B

Sa Apr 14-21 12-2:30 p.m. \$20/\$25 CP 813414-C

Parent/Child Pottery on the Wheel

Experience the thrill and challenge of learning to throw on the wheel and create your own dishes or other small items. Adults must enroll with child and pay the same fee as the child. **Ages:** 8 and older. **Instructor:** Niki Peters.

Sa Feb 17-Mar 10 12-2:30 p.m. \$45/\$50 CP 813415-A

CHILD/TEEN ART AND CERAMICS

SATURDAYS AT THE PAINTIN' PLACE



Unleash your creativity and paint ceramic pieces using non-toxic glazes. Pieces are fired and ready for pick up in about a week.

AGES: 4 and older, families are welcome. Children 6 years and younger must be accompanied by an adult. Most items cost \$5 to \$25. Open Studio is 10 a.m. to 12 p.m. on most Saturdays.

Call 303-658-2910 to confirm before coming in.

PAINTIN' PLACE PARTIES

Treat your guests to a creative experience at The Paintin' Place. Call the studio at 303-658-2910 at least two weeks in advance to make arrangements and to choose the ceramic pieces for your party. Prices start at \$10 per person.

Youth Drawing and Painting

Enjoy the freedom to draw from your imagination, yet learn the basic use of shapes, line, value and texture. Kids will develop fundamental drawing skills in a relaxed setting using story lines and props. Class continues with an exploration of painting techniques in water media and acrylics. Supplies included in fee.

Ages: 8-12. **Instructor:** Paul Birchak

W	Jan 17 - Feb 21	4-5:15 p.m.	\$45/\$55	CP 813420-A
W	Mar 7 - Apr 11	4-5:15 p.m.	\$45/\$55	CP 813420-B

Knitting for Tweens

Work at your own pace in a supportive, encouraging, and flexible atmosphere. Learn the basics in this fun class: slip knot, cast on stitches, the knit stitch, and binding off. Make simple projects such as a scarf and enjoy the therapeutic qualities of knitting. **Ages:** 9-12. **Instructor:** Mary Anne Getchell

T	Feb 27-Mar-13	4-5:15 p.m.	\$40/\$45	CP 813427-A
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WESTMINSTER SOCCER CLUB

Westminster Soccer Club partners with the City of Westminster to offer recreational youth soccer options for girls and boys of all abilities 2-18 years old here in your community. We offer spring and fall outdoor leagues and clinics, summer camps, winter indoor leagues as well as fundraising opportunities.



Boasting a professional leadership and coaching staff holding the highest professional licensing and expertise in the region, Westminster Soccer is motivated to best promote the game to all of its members.

Volunteer coaches are given training and tools to help our youngest players improve and our competitive teams perform to the highest levels as well as help athletes find collegiate soccer opportunities upon graduation.

Competitive options are also available for ages 10-18 along with a variety of other programs offered year round. Please visit our website at: www.westminstersoccer.net

Come join the highest quality youth soccer club in the area and support your community across the state on the youth soccer fields!



www.westminstersoccer.net

303-862-6024

HOME SCHOOL SPORTS AND RESOURCE LIST

(WSC) Westminster Sports Center
(WV) West View

Home School Sports Indoor Soccer Ages 6-8

Come play soccer on our indoor turf. Get out, get exercise, and make new friends.

M Jan 8-29 10-11 a.m. \$45/\$50 WSC 811643-1A

Home School Sports Field Hockey Ages 6-8

Come learn field hockey on our indoor field. Get out, get exercise, and make new friends.

M Feb 5-26 10-11 a.m. \$45/\$50 WSC 811644-2A

Home School Sports Dodgeball/Kickball Ages 6-8

Come play dodgeball and kickball on our indoor field. Get out, get exercise, and make new friends.

M Mar 5 - Apr 2 10-11 a.m. \$45/\$50 WSC 811645-3A

Home School Sports Run Club Ages 6-8

Come run and enjoy the sun outside or move inside if the weather is bad. Get out, get exercise, and make new friends.

M Apr 9-30 10-11 a.m. \$45/\$50 WSC 811646-4A

Home School Sports Indoor Soccer Ages 9-11

Come play soccer on our indoor turf field. Get out, get exercise, and make new friends.

M Jan 8-29 10-11 a.m. \$45/\$50 WSC 811647-1A

Home School Sports Field Hockey Ages 9-11

Come learn field hockey on our indoor field. Get out, get exercise, and make new friends.

M Feb 5-26 10-11 a.m. \$45/\$50 WSC 811648-2A

Home School Sports Dodgeball/Kickball Ages 9-11

Come play dodgeball and kickball on our indoor field. Get out, get exercise, and make new friends.

M Mar 5-Apr 2 10-11 a.m. \$45/\$50 WSC 811649-3A

Home School Sports Run Club Ages 9-11

Come run and enjoy the sun outside or move inside if the weather is bad. Get out, get exercise, and make new friends.

M Apr 9-30 10-11 a.m. \$45/\$50 WSC 811650-4A

Home School Sports Indoor Soccer Ages 12-14

Come play soccer on our indoor turf field. Get out, get exercise, and make new friends.

M Jan 8-29 11 a.m.-12 p.m. \$45/\$50 WSC 811651-1A

Home School Sports Basketball Ages 12-14

Come learn basketball at West View Rec Center. Get out, get exercise, and make new friends.

M Feb 5-26 1:30-2:30 p.m. \$45/\$50 WV 811652-2A

Home School Sports Dodgeball/Kickball Ages 12-14

Come play dodgeball and kickball on our indoor field. Get out, get exercise, and make new friends.

M Mar 5 - Apr 2 11 a.m.-12 p.m. \$45/\$50 WSC 811653-3A

Home School Sports Run Club Ages 12-14

Come run and enjoy the sun outside or move inside if the weather is bad. Get out, get exercise, and make new friends.

M Apr 9-30 11 a.m.-12 p.m. \$45/\$50 WSC 811654-4A

Home School Sports Indoor Soccer Ages 15-17

Come play soccer on our indoor turf field. Get out, get exercise, and make new friends.

M Jan 8-29 11 a.m.-12 p.m. \$45/\$50 WSC 811655-1A

Home School Sports Basketball Ages 15-17

Come learn basketball at West View Rec Center. Get out, get exercise, and make new friends.

M Feb 5-26 2:30-3:30 p.m. \$45/\$50 WV 811656-2A

Home School Sports Dodgeball/Kickball Ages 15-17

Come play dodgeball and kickball on our indoor field. Get out, get exercise, and make new friends.

M Mar 5-Apr 2 11 a.m.-12 p.m. \$45/\$50 WSC 811657-3A

Home School Sports Run Club Ages 15-17

Come run and enjoy the sun outside or move inside if the weather is bad. Get out, get exercise, and make new friends.

M Apr 9-30 11 a.m.-12 p.m. \$45/\$50 WSC 811658-4A

For information on indoor Rock Climbing see page 32.

Youth Sports Resource List

BASEBALL/SOFTBALL

Hyland Hills 303-428-7488

Standley Lake Little League 303-426-6211

North Metro Little League 303-451-9457

Westminster Little League 720-314-1299

BASKETBALL

Hyland Hills 303-428-7488

FOOTBALL

Hyland Hills 303-428-7488

ICE HOCKEY

Hyland Hills Hockey Assn. 303-428-7488





Parks and Open Space

Westminster Earth Day/Arbor Day Celebration

Celebrate Earth Day in Westminster! Win prizes, see live animals, have lunch, and learn about earth-friendly opportunities in your neighborhood. Ask the experts to learn about tree programs and plant selection. Free compost and mulch is available. For additional information, check our website or contact Kristen May at kmay@cityofwestminster.us or 303-658-2191.

Sa Apr 21 11a.m.-3 p.m. Westminster Center Park

Become an Open Space Volunteer

Make a difference and new friends at the same time! Here's a flexible, fun way to volunteer and make a big difference in your community while meeting new friends and neighbors. Join the Open Space Volunteers so you can help maintain, enhance, and beautify open space and trails. Projects are held on selected Saturday mornings. No special skills are required. Contact Kristen May at 303-658-2191 or kmay@cityofwestminster.us.

Christmas Tree Recycling

Residents may recycle their Christmas trees at the lower parking lot of City Park Fitness Center, 10475 Sheridan Boulevard.

This lot is self-serve, so the hours are flexible. Please remove ornaments and plastic bag before disposal. Boy Scout Troop 484 provides curb-side pickup on Saturday, December 30 and Saturday, January 6 as their annual fundraiser. Call 303-706-3389 to schedule a tree pickup. Contact 303-658-2201 or pwright@cityofwestminster.us for general questions about tree drop off.

Dec 25-Jan 21 City Park Fitness Center

Limb Recycling

If you're a Westminster resident, you can turn your tree limbs into useful mulch at this free event! All loads must be tied down or covered. Mulch is available while supply lasts. Please bring a driver's license or utility bill to verify Westminster residency. Contact 303-658-2201 or pwright@cityofwestminster.us if you have questions. Note: Event is dependent upon the weather.

2nd Saturday of the month, Jan-Dec, 8 a.m.-noon
Brauch Property, 10001 Alkire Street

ReLeaf Westy Tree Purchase Program

The City of Westminster Department of Parks, Recreation, and Libraries is offering trees for sale through the ReLeaf Westy Tree Sale for a low price of \$60 plus tax. Orders can be placed starting February 1 by calling 303-658-2192. This year's tree species include Sensation Maple, Hot Wings Maple, Serviceberry, Catalpa, Redbud, Turkish Filbert, Kentucky Coffeetree, London Planetree, Chanticleer Pear, Bur Oak, Chinkapin Oak, and Glenleven Linden. More information can be found on the city's website at www.cityofwestminster.us/plantingprograms.

Armed Forces Tribute Garden

6001 W. 104th Ave.

Westminster's Armed Forces Tribute Garden honors those who serve in the military. Personalized engraved bricks are available for purchase. Bricks purchased by February 1, 2018 are installed by Armed Forces Day 2018. For more information, call 303-658-2192 or visit www.TributeGarden.org.



Libraries

College Hill Library (CH)

3705 W. 112th Avenue, 80031

LIBRARY HOURS:

Monday-Thursday	9 a.m. – 8 p.m.
Friday	10 a.m. – 5 p.m.
Saturday-Sunday	1 – 5 p.m.

Automated Renewals:	303-658-2658
Circulation Services:	303-658-2601
Information Desk:	303-658-2603
Youth Services:	303-658-2606

Irving Street Library (IR)

7392 Irving Street, 80030

LIBRARY HOURS:

Monday-Wednesday	9 a.m. – 8 p.m.
Thursday	9 a.m. – 5 p.m.
Friday – Saturday	10 a.m. – 5 p.m.
Sunday	1 – 5 p.m.

Automated Renewals:	303-658-2658
Circulation Services:	303-658-2301
Information Desk:	303-658-2303
Youth Services:	303-658-2306

Holiday Closures

Dec 31	New Year's Eve
Jan 1	New Year's Day
Jan 15	Martin Luther King Jr. Day
Apr 1	Easter
May 27 & 28	Memorial Day

How to Get a Library Card

To receive a FREE library card, bring a government or school-issued photo ID and proof of your current Colorado address to any library. Children 15 years and younger need a parent/guardian signature. For information, call 303-658-2601.

Internet Access

The Westminster Public Library provides free internet, email and word processing access on a first-come, first-served basis. Time limits apply and users prepay for printing. Free Wi-Fi.

eBooks and eAudiobooks

eAudiobooks and eBooks are available for download to your computer, tablet, eReader, or phone. Call the College Hill Information Desk at 303-658-2603 with questions.

Online Resources

Found at: www.westminsterlibrary.org. Select Research and Learning.

Social Media

Follow us on Facebook and GoodReads for the latest library happenings, new releases, updates, book reviews, and more!

Adventure Pass

The Adventure Pass program provides free access to cultural and recreational attractions in your community. You can reserve a pass to a specific destination on a particular day. For details, visit www.westminsterlibrary.org.

All Ages Programs

Pajama Party

Bring the family for a pajama party to celebrate the coziness of a good book this winter. Take a picture with a famous book character, read to your stuffed animal by a glowing fire, and cuddle up for some movie magic. Movie starts at 2 p.m.

Th Dec 28 1-4 p.m. CH L107

Making Children's Art Journals

Make this year extra special by recording it in your children's art journal. You will leave this program with journals of your creation and plenty of ideas of how to fill them! Register online.

Sa Jan 20 2-3 p.m. CH L107

We Dig Dinosaurs!

Participate in a mini archaeological dig and enjoy stories, fun facts, and dinosaur snacks. Learn how to use your library card to go to the Denver Museum of Nature and Science for free. Register online.

Sa Jan 27 2-3 p.m. IR

Valentine Tea Party

The Irving Street Library cordially requests the honor of your presence for a Valentine Tea Party. That's a fancy way of saying you're invited! Dress up in your fanciest clothes, bring a parent and join us for tea, sweet snacks and fun! Register online.

Su Feb 11 2-3 p.m. IR

Read Across America

Celebrate Read Across America and Dr. Seuss' birthday all week long at both of our libraries with fun activity sheets and a drawing for free books.

Feb 25-Mar 2

Happy Birthday, Dr. Seuss!

Celebrate Dr. Seuss's birthday by enjoying stories, whimsical crafts, and Seussy snacks! Register online.

Sat Mar 3 2-3 p.m. IR

Upcycle Your Library

Own a piece of the Westminster Public Library. Design a bookend, create folded book art, and more.

Sa Apr 14 1:30-4 p.m. CH L107

SEASONAL JOB FAIR

Looking for a summer job? A seasonal position with the City of Westminster might be the perfect fit. More than 200 outdoor seasonal positions are available. Find out about different positions, fill out an application and get an on-the-spot interview.

Find more details on the library website.

AGES: 16 and older

T Apr 3 3-7 p.m. CH

W Apr 4 3-7 p.m. IR

Sa Apr 7 1:30-4:30 p.m. CH



Earth Day Celebration

Celebrate our Earth by creating upcycle masterpieces and planting seeds to take home. Register online.

Su Apr 22 2-3 p.m. IR



THANK YOU TO THE FRIENDS OF THE LIBRARY
FOR SPONSORING OUR PROGRAMS

Colorful Colorado Cinema

View a free series of short films from the "Colorado Experience," a weekly history series show produced by Rocky Mountain PBS. Westminster Public Library staff will facilitate a discussion after the films to enrich your watching experience. Feel free to bring a brown bag lunch. Questions? Call 303-658-2603.

3rd Saturdays 11:30 a.m.-1 p.m.
Westminster History Center, 7200 Lowell Blvd, 80030

Jan 20: *The Dust Bowl and Colorado's Cold War*

Feb 17: *Pope John Paul II and Living West: Water*

Mar 17: *NORAD and The Smaldones: Family of Crime*

Apr 21: *Sand Creek Massacre and Justicia y Libertad*

Family Game and Movie Afternoon

Watch a movie, play card games or checkers, put together a puzzle, and eat some popcorn.

4th Sundays 2-4 p.m. CH L107

Youth Programs

No registration required for Youth Programs unless otherwise noted.

BAD Club

If you like Books, Art, or Drama, join this three-month club! Register online. **AGES:** 6-11

M Feb 5, March 5, April 2 4-5 p.m. CH

Make Your Own Graphic Novel

Bring superheroes to life! Design your own characters, plot out a story, and don't forget the twist at the end. **AGES:** 9-14

W Apr 11 2-4 p.m. IR

Totally Terrific Tales

Read one or two longer stories with a themed craft. Register online. **AGES:** 6-8

2nd Mondays 4-5 p.m. CH

Tween Times

Projects, acting, and cooking. Register online. **AGES:** 9-11

4th Mondays 4-5 p.m. CH

One Book 4 Colorado

One Book 4 Colorado is a statewide initiative to give every four-year-old in Colorado a free book. Come to either library location April 8-14 to pick up a free book for your four-year-old, while supplies last.

FIRE & LIGHT
Stories of Iceland in
Dance, Word, and Art
Presented by Recreation Programs and Libraries

**SATURDAY
MARCH 10**
1:30-3 P.M.
Irving Street Library
7392 Irving Street

303-658-2306

To register visit: tinyurl.com/wplsignup

Story Time

Kids have fun learning early literacy skills through stories, rhymes and hands-on activities. Visit the library website for a story time schedule and registration information. **AGES:** Birth through 5

1,000 Books Before Kindergarten

Prepare your child for kindergarten by reading books while learning literacy tips and earning a few prizes along the way. Reading logs and instructions are available at both libraries and on our website. **AGES:** Birth-5

READogs

Have fun reading to one of our specially trained therapy dogs. Bring your favorite book or grab one of ours. Register your child online for a private, 15-minute session. **AGES:** 5-11

Teen Programs

Teen Makers

Master hands-on design challenges with electronic circuits, robotics, programming, stop-motion animation, button-making, art, and more. **AGES:** 12-17

3rd Tuesdays 4-6 p.m. CH L107

Jan 16: Cardboard Challenge

Feb 20: Olympic Challenge

Mar 20: Teen Tech Week Celebration

Apr 17: Design Challenge

The LAB

Create. Make. Demolish. Repurpose. At the LAB, anything is possible. **AGES:** 12-17

Wednesdays 3-4 p.m. IR

Jan 24: DIY Food

Feb 21: Star Wars

Mar 14: Superheroes and Villains

Upcycle Your Library

Own a piece of the Westminster Public Library. Design a bookend, create folded book art, and more. **AGES:** 12-17

Sa March 24 1:30-4 p.m. CH L107

Teen Advisory Board (TAB)


Want to have a say in the Westminster Public Library? Join TAB to create programming, post reviews on the Teen Underground blog, and promote library teen services. Snacks and shenanigans all while earning volunteer hours! Drop-ins welcome. **AGES:** 12-17

Last Tuesday each month 4:30-6 p.m. CH L167

Irving Street Arcade

Put your gaming skills to the test at the Irving Street Arcade. New game featured each month. All games rated E-T. **AGES:** 12-17

1st Wednesdays 2-4 p.m. IR



TRIVIA NIGHT
at Legacy Ridge Golf Course
Monday, Feb. 26
6-7:30 p.m.
Compete to prove your mastery of obscure facts. Bring your own team or join a team when you arrive. Fabulous prizes! Free of charge.

Teen Dungeons & Dragons Club

Drop in and try your hand at role-play adventuring! Play a heroic character in a world of monsters, magic and destiny. Choose from a variety of characters. We look forward to seeing you!

AGES: 12-17

2nd Saturdays 1-4 p.m. CH L167

Do you need volunteer hours for school?

Teens (12-17 years) can volunteer during the Library's summer reading program. Volunteers work at least a two-hour shift each week and use people-skills and organizational abilities to register participants, hand-out prizes, and perform other duties. Interested? Visit the library website for May training dates and more information.

Live and Learn

Saucy Stitches

This is not your grandma's cross stitch. Textile artist and founder of Heathen Handmade, Leslie Moffatt, teaches how to make your own irreverent piece of stitched art. Supplies provided and beginners welcome. Register online. **AGES:** 16 and older.

Sa Jan 13 1:30-3:30 p.m. CH L107

Great Decisions (Foreign Policy Discussion Group)

Are you interested in international affairs but don't know where to find like-minded people? Great Decisions meets once a week to talk about the global issues. Booklet cost (approx. \$30) payable to group leader. Register online. **AGES:** 18 and older

*Fridays Jan 26-April 6 10:30 a.m.-12:15 p.m.
CH L211

*No class on Feb. 9

Dive Deep into the History of Standley Lake

Learn about the history and day-to-day operations of Standley Lake and Clear Creek from two of the city's water experts. Discover tips and tricks to help you save money on your bills and become a water-savvy resident. **ALL AGES**

W Feb 7 6-7 p.m. CH L211

Upcycle Your Library

Ziggi's Coffee 3013 W 104th Ave.

Own a piece of the Westminster Public Library. Design a bookend, create folded book art, and more. Registration required.

AGES: 18 and older

Th Feb 8 6:30-8 p.m.

Perfect Putting

Learn tips and techniques to improve your putting from the golf professionals at Golf Westminster. After a 45-minute clinic, put what you learn to practice on College Hill's "indoor greens". Space is limited to 30 participants. Register online. **AGES:** 16 and older

Su Feb 18 2-3:30 p.m. CH L107

Information Please Workshop

Give yourself and your family members peace of mind by preparing your personal records and preferences before a situation arises that might prevent you from doing so. In addition to wills and POAs, there are many everyday things like computer passwords, pets, funeral arrangements, notifications, and family records you can organize now. Presenters share their "100 Life Issues" checklist to get you started. **AGES:** 18 and older

Su March 4 2-4 p.m. CH L107

Bright Ideas

Hear from interesting people doing innovative things that impact our community. This collaborative series is offered by the Broomfield Library and Westminster Public Library to create a platform for change makers. This session features students from Adams 12 STEM schools presenting innovative solutions to local and world issues using problem-based learning. **AGES:** 18 and older

M Mar 5 6:30-8 p.m. Broomfield Auditorium

Mindfulness Tuesdays

Mindfulness practitioners lead a short guided meditation and silent meditation time. No previous meditation experience required. Drops-in welcome. **ALL AGES**

Tuesdays 12-12:30 p.m. IR

Cooking Club

Love to cook, share recipes, and talk about cooking in Colorado? Each month you'll make a themed dish and bring it in for everyone to share. Children interested in cooking are welcome if accompanied by a parent. Find monthly themes on the library website. **ALL AGES**

2nd Tuesdays 6:30-7:45 p.m. CH L211

Job Hunt Help

Get one-on-one help with online applications, resumes, cover letters, and job searching. **AGES:** 14 and older

Wednesdays 5-7 p.m. IR

Citizenship Preparation Classes

Participants discuss and practice both written test questions and oral interview questions. Classes are open to all those interested in finding out more about the citizenship process, not just those practicing for the test. **AGES:** 18 and older

Saturdays 10-11:30 a.m. IR

Hobby Haven

Whatever your experience level, drop in to knit, crochet, cross-stitch, embroider, or tat and enjoy the company of other needle workers. Children are welcome with parent or guardian. Those working on other portable crafts projects are also invited to attend.

2nd Sundays 1:30-3:30 p.m. CH L107

Books and Writing

What Do I Read Next?

Find out the latest new titles as well as old favorites you might have missed. Library staff share book, audio, and DVD choices that you'll want to check out. Register online. **AGES:** 18 and older

W	April 11	1-2:30 p.m.	The MAC
Th	April 12	9:30-11 a.m.	CH L200

Evening Book Club

Read and discuss hot new titles and old favorites. New members always welcome. See the reading list on the library website. **AGES:** 18 and older

2nd Mondays	6-7:30 p.m.	CH L167
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True Stories and Fresh Perspectives: Nonfiction Book Club

Reading nonfiction and biographies is a great way to expand one's knowledge of a subject and shift one's thinking. Join us as we read insightful books about important issues and people of our time. **AGES:** 18 and older

4th Mondays	3:30-5 p.m.	CH L167
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Drive-Thru Book Club

Don't have time for a book club? What if there was no prep time and no book to find and read? During each session we read a sample of an author's work, learn about them through videos, and discuss their writing. Bring a drive-thru dinner too, if you like! Register online. **AGES:** 18 and older

3rd Tuesdays	6-7 p.m.	College Hill Room L200
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Irving Street Noon Book Club

Participate in a guided, small group discussion of the book of the month. Brown bag your lunch if you like. Drops-ins and new members welcome. See the reading list on the library website. **AGES:** 18 and older

1st Wednesdays	12-1 p.m.	IR
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College Hill Book Club

Join us for a lively discussion of fiction and nonfiction. Drops-ins and new members welcome. See the reading list on the library website. **AGES:** 18 and older

2nd Wednesdays	11 a.m. to 12:30 p.m.	CH L167
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Pages and Pints

Book and beer lovers unite! Meet up at a different brewery each month to enjoy a pint and discuss our favorite reads. First stop is Rails End Brewery, 11625 Reed Ct. B, Broomfield, to talk about *Astrophysics for People in a Hurry* by Neil deGrasse Tyson. Afterwards, you'll vote on next month's title and location. Find ongoing location information on the library website. **AGES:** 21 and older.

3rd Thursdays	6-7 p.m.	Local brewery
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Genealogy

Newspaper Research

Free sites, such as Library of Congress, Colorado Historic Newspapers, Iowa Historic Newspapers, and Elephind, plus pay-for-view sites such as GenealogyBank, Newspapers and NewspaperArchive, open up a world of access to your ancestors. **AGES:** 12 and older

Sa	Jan 6	1:30-3:30 p.m.	CH L211
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Using Charts and Timelines to Connect the Dots

What are you going to do with all the information you've gathered about your ancestors? You can enter the information into a genealogy software program or you can construct a comparison chart, a land in-and-out chart, or create a FAN club chart. **AGES:** 12 and older

Sa	Feb 3	1:30-3:30 p.m.	CH L211
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Church Records, Ethnic Societies and Fraternal Organizations

People tend to gather in groups, whether in a church or fraternal and cultural organizations. Church records are potentially rich sources for family historians seeking news of particular ancestors. Fraternal and cultural organization records may contain vital statistics and membership information about the local community. All are locality-based and provide insight into settlement patterns. **AGES:** 12 and older

Sa	Mar 3	1:30-3:30 p.m.	CH L211
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Writing Your Family History

It's never too early to put your research findings into writing. You can start with a fill-in-the-blank form, use a family tree software to collect your notes, or write your own history. Writing helps you organize your information, locate holes in your research, and create a document to pass on to your descendants. **AGES:** 12 and older

Sa	Apr 7	1:30-3:30 p.m.	CH L211
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Winter Break Reading Challenge

Winter break just got better. Pick up a reading log and read from Dec 17-Jan 7. Track your reading and return your completed log to claim a prize, while supplies last. One log per person, please.

AGES: 11 and younger

Computer Classes

One-on-One Tech Help

College Hill Library

Mondays, 11 a.m., Wednesdays, 3 p.m., Sundays, 3:30 p.m.

Register online for a one-on-one appointment with a library tech expert! Learn how to download eBooks and eAudiobooks, use other library resources, and more. **AGES:** 18 and older

Drop-in Computer and Technology Help

Bring your own device or use a library laptop to learn computer basics and/or more advanced techniques. Get help with your e-reader, tablet or phone. Attend as often as you want. Drop-ins welcome. **AGES:** 12 and older

1st and 3rd Wednesdays 6:30-7:45 p.m. IR

2nd Wednesdays 3:30-4:30 p.m. IR

Language Learning

Speak English

Free conversation groups to help you speak English more confidently. New and continuing participants welcome.

AGES: 18 and older

Jan 2-Mar 22, Apr 2-Jun 7

Mondays, 6:30 p.m. and Tuesdays, 9:30 a.m. and 6:30 p.m., IR Community Room

Wednesdays 9:30 a.m. and 6:30 p.m., and Thursdays, 9:30 a.m., CH L167

Speak English for Spanish Speakers

Free conversation group to help you speak English more confidently. This group is for those who don't know a lot of English. Even though you might not know even one word, you'll be welcome. Spanish will also be spoken. **AGES:** 18 and older

Jan 2-Mar 22, Apr 2-Jun 7

Tuesdays 5 to 6:30 p.m. Irving Street Community Room

Habla Inglés Para Hispano Hablantes

Grupo gratis de conversación para ayudarle a hablar inglés con confianza. Todos los participantes son bienvenidos. No necesita registrarse. Esta clase es para los que no saben mucho inglés. Aunque no sepa ni una palabra, estará bienvenido. Se hablará bastante español también. 18 años y mayores

enero 12 – marzo 22, abril 2 – junio 7

martes 5 to 6:30 p.m. Irving Street Library Salón de Comunidad

Spanish Conversation Club

Join other Spanish speakers and practice your language skills in a fun and friendly atmosphere. Develop your Spanish and acquire confidence while making new friends in a relaxed, informal setting. Themes and games are used to encourage conversation. **AGES:** 18 and older

Wednesdays 6:30-7:30 p.m. CH L107



Outdoor Recreation

Westminster Trails Class

Navigate Westminster's trail system like a pro and learn about the unique features available for commuting and recreational activities. Receive the new trail guide and advice on how to explore this wonderful system. The class is free, but registration is required for handouts. For questions or information contact Hreichge@cityofwestminster.us or 303-658-2124.

Sa Apr 28 10-11 a.m. \$/\$ CP 813214-1A

Stand Up Paddleboard (SUP) Yoga

Practice yoga on a paddleboard this spring! Poses on the SUP boards will challenge your mind and body at the Swim & Fitness Center. AGE 18 and older PREREQUISITE: Intro to SUP, past SUP class, SUP experience.

Tu	Feb 13	2-3 p.m.	\$7/\$9	SFC 814204-01
Tu	Mar 13	2-3 p.m.	\$7/\$9	SFC 814204-03
Tu	Apr 17	2-3 p.m.	\$7/\$9	SFC 814204-04
Tu	May 15	2-3 p.m.	\$7/\$9	SFC 814204-05

Rock Climbing

Experience the thrill of indoor climbing on real rock at City Park Recreation Center. This unique 26-foot Lyons Rock wall, designed by a world-class climber, has infinite routes of various degrees for the beginner to the expert. It includes a chimney, overhang, and finger and hand cracks. Bouldering is permitted below 10 feet. See page #33



GEOCACHING

Search for hidden treasures located around Westminster with a Geocaching Application on your smart phone. Free for all participants. Coordinates and geocaching directions found online or in application. For questions, please contact Hans Reichgelt at 303-658-2124 or hreichge@cityofwestminster.us.

HIKING ADVENTURES

Outdoor Adventure

Enjoy the beautiful Colorado backcountry this winter and spring. Fee includes guide and transportation only. Equipment list is printed on your registration receipt. Bring your own lunch; trip difficulty listed as E (easy), M (moderate), or S (strenuous). Trips leave from The MAC, 3295 W. 72nd Ave. Ages 21 and older. Location and arrival times are subject to change due to safety, weather, and road conditions. Trips are non-smoking. Cancellations will not be credited/refunded if made after the prior Thursday for the Monday trips or after the prior Monday for the Wednesday trips. For questions, please contact Hans Reichgelt at 303-658-2124 or hreichge@cityofwestminster.us.

Monday's Seasoned Snowshoers

Fee: \$19, \$22 non-resident Ages: 21 and older, Fee does not include Nordic Center pass.

All trips 7:30 a.m.-5:00 p.m.

DATE	DESTINATIONS	LENGTH	ELEVATION	EG	ACTIVITY #
Jan 8*	Buffalo Mountain	7.1 miles	9,533'	+3,244'	812202-01
Jan 22	Peaks Trail	7.5 miles	9,405'	+1,961'	812202-02
Jan 29	Jim Creek	6.6 miles	9,220'	+866'	812202-04
Feb 5*	Wheeler Lakes	6.8 miles	9,723'	+1,646'	812202-05
Feb 12	Lulu City	7.3 miles	9,056'	+1,131'	812202-06
Feb 26	Doe Creek	6.3 miles	8,400'	+1,568'	812202-07
Mar 5*	Timberline Lakes	7.7 miles	10,000'	+869'	812202-08
Mar 12	Blue Lake	6.3 miles	9,350'	+1,469'	812202-09
Mar 19	Meadow Grouse	6.5 miles	7,750'	+0'	812202-10

*Trip contains a restaurant stop.

Monday's Seasoned Hikers

Fee: \$19, \$22 non-resident Ages: 21 and older

All trips 7:30 a.m.-5:00 p.m.

DATE	DESTINATIONS	LENGTH	ELEVATION	EG	ACTIVITY #
Mar 26	Plymouth Creek	6.0 miles	6,060'	+1,463'	812202-11
Apr 2*	Chimney Gulch	6.9 miles	5,776'	+1,768'	812202-12
Apr 9	Horsetooth Falls	6.1 miles	5,815'	+1,761'	812202-13
Apr 16	Coulson Gulch	5.4 miles	7,700'	+1,056'	812202-14
Apr 23	Mountain Lion Trail	6.8 miles	7,739'	+1,735'	812202-15
Apr 30	Eldorado Canyon	6.6 miles	6,075'	+2,257'	812202-16
May 7*	Mt. Falcon	7.0 Miles	6,680'	+1,827'	812202-17
May 14	Carpenter Peak Trail	6.3 miles	6,200'	+1,171'	812202-18

*Trip contains a restaurant stop.

HIKING ADVENTURES



Wednesday's Mt. Meeker Snowshoers

Fee: \$16, \$19 non-resident Ages: 21 and older, Fee does not include Nordic Center pass.

All trips 8:30 a.m.-4:00 p.m.

DATE	DESTINATIONS	LENGTH	ELEVATION	EG	ACTIVITY #
Jan 10*	Monarch Lake	4.1 miles	8,345'	+544'	812203-02
Jan 17	Peru Creek	6.0 miles	10,030'	+574'	812203-03
Jan 24	Corral Creek	4.7 miles	10,070'	+1,223'	812203-04
Jan 31	Dead Horse Creek	7.1 miles	9,108'	+1,561'	812203-07
Feb 7*	Colorado River	4.4 miles	9,040'	+403'	812203-08
Feb 14	Burro Trail	5.9 miles	9,960'	+997'	812203-09
Feb 21	Lake Isabelle	4.5 miles	10,505'	+482'	812203-10
Feb 28	Davos Trail	5.5 miles	8,211'	+971'	812203-11
Mar 7*	Lost Lake	4.1 miles	9,000'	+931"	812203-12

Wednesday's Mt. Meeker Hikers

Fee: \$16, \$19 non-resident Ages: 21 and older

All trips 8:30 a.m.-4:00 p.m.

DATE	DESTINATIONS	LENGTH	ELEVATION	EG	ACTIVITY #
Mar 14	Coyote Ridge Tr.	4.2 miles	5,139'	+583'	812203-13
Mar 21	Fowler Tr.	4.0 miles	5,885'	+597'	812203-14
Mar 28	E. Canyon Preserve	4.1 miles	6,526'	+380'	812203-15
Apr 4*	Mt. Galbraith Loop	4.2 miles	6,200'	+938'	812203-16
Apr 11	Flagstaff Rd Trail	3.9 miles	5,752'	+1,279'	812203-17
Apr 18	Cathy Johnson Tr.	4.2 miles	5,696'	+590'	812203-18
Apr 25	Maxwell Falls	4.2 miles	7,313'	+1,010'	812203-19
May 2*	Inner Canyon Loop	6.0 miles	6,397'	+879'	812203-20



Preschool Program Goals and Objectives

- Provide a positive, fun, safe, accepting and caring environment.
- Provide a high-quality program with a balanced, progressing curriculum that allows each child to grow and develop.
- Provide positive discipline techniques and help children develop their positive problem-solving skills.
- Encourage and build self-confidence and self-esteem through a variety of learning activities, and to make and develop friendships.
- Contribute to the development, physical growth, creativity, self-concept, social awareness and intellectual curiosity in children.

State of Colorado Licensed Program

Kinder Kids and Tiny Tots age requirements are based on the age as of October 1, 2017. No exceptions are made. The Kinder Kids and Tiny Tots programs are state licensed as small and large child care programs. Parents will receive a Parent Manual in early August. Please call 303-658-2222 if you do not receive a Parent Manual within three days of registration after Aug 7.

Kinder Kids and Tiny Tot program participants must submit the following to be kept on file in order to participate:

- Emergency card (due immediately)
- Immunization record (due immediately)
- Medical release from physician stating child is in good medical condition (due within seven days of starting class)

Please return all forms to the instructor at the parent meeting (preferred) or on the first day of class. All forms are considered current for the school calendar year, September 2017-May 2018. Please look at the next page for a list of classes, dates and fees. If you have questions, please call 303-658-2215 or 303-658-2222.

The monthly payments must be made by the second day of each month (October 2017-April 2018) after the school year begins to maintain your child's spot, or their space is forfeited.

Parents, please note:

- Parents are not encouraged to participate in class in order for their child to gain independence from them. Instructors work with students who may experience separation anxiety.
- Parents/guardians must sign their child in/out of all classes, and students must be picked up promptly after class to avoid late charges.
- If your child is exhibiting any symptoms of an illness, please be considerate by keeping your child at home. Consult your physician to determine if your child is contagious and when they should return.
- Children not toilet trained must have a parent on site at all times to tend to them if needed.
- To discuss matters regarding your child, please schedule a time with the instructor.
- Some activities may have holiday themes. Please notify instructors of any holiday theme objections. Missed classes are not refunded.

2018-19 KINDER KIDS AND TINY TOTS PRESCHOOL

Kinder Kids (4-5 years)

Children must be 4 years by October 1, 2018 and planning to attend kindergarten in August 2019.

This continuous school year program prepares your child for kindergarten while focusing on the "learning is fun" philosophy. Class emphasizes social, emotional, and cognitive development along with teaching pre-kindergarten and creative skills. Required parent meetings are scheduled for each class starting Aug 13-31. Please check your parent packet or call 303-658-2222 or 303-658-2215 for your specific class parent meeting. **Children must be toilet trained or a parent/guardian must remain on site.**

Please call any recreation center to check on current openings. We will accept new students for the current school year (2017-18) through March 23, 2018. Children should have turned 3 or 4 years old by Oct. 1, 2017.

DAYS	DATES	TIME	LOCATION	MONTHLY FEE	TOTAL FEE	TOTAL PROGRAM FEE IF PAID UPFRONT	ACTIVITY #
MWF	Sep 5-May 10	12:30-3:30 pm	City Park	\$215/\$235	\$1,720/\$1,880	\$1,670/\$1,830	893520
T/Th	Sep 4-May 9	9 am-12 pm	City Park	\$150/\$170	\$1,200/\$1,360	\$1,160/\$1,320	893521
MWF	Sep 5-May 10	9 am-12 pm	SFC	\$200/\$215	\$1,600/\$1,720	\$1,560/\$1,680	894520
MWF	Sep 5-May 10	9 am-12 pm	West View	\$215/\$235	\$1,720/\$1,880	\$1,670/\$1,830	897520
T/Th	Sep 4-May 9	9 am-12 pm	West View	\$150/\$170	\$1,200/\$1,360	\$1,160/\$1,320	897521
MWF	Sep 5-May 10	12:30-3:30 pm	West View	\$200/\$215	\$1,600/\$1,720	\$1,560/\$1,680	897522

Tiny Tots (3-4.25 years)

Children must be 3-4.25 years by the first day of the 2018-19 school year, Sept. 4 or Sept. 5, 2018.

No exceptions are made. This great beginning educational program prepares your child for Kinder Kids. Class develops social, emotional, cognitive, and fine motor skills. Children progress at their own pace through games, crafts, songs, and more. Required parent meetings are scheduled for each class starting Aug 13-31. Please check your parent packet or call 303-658-2222 or 303-658-2215 for your specific class parent meeting. **Children must be toilet trained or a parent/guardian must remain on site.**

DAYS	DATES	TIME	LOCATION	MONTHLY FEE	TOTAL FEE	TOTAL PROGRAM FEE IF PAID UPFRONT	ACTIVITY #
MWF	Sep 5-May 10	10 am-12 pm	City Park	\$155/\$175	\$1,240/\$1,400	\$1,200/\$1,360	893510
T/Th	Sep 4-May 9	12:30-2:30 pm	City Park	\$110/\$125	\$880/\$1,000	\$845/\$965	893511
T/Th	Sep 4-May 9	10 am-12 pm	SFC	\$100/\$110	\$800/\$880	\$770/\$850	894510
MWF	Sep 5-May 10	10 am-12 pm	West View	\$155/\$175	\$1,240/\$1,400	\$1,200/\$1,360	897510
T/Th	Sep 4-May 9	10 am-12 pm	West View	\$110/\$125	\$880/\$1,000	\$845/\$965	897511

Kinder Kids And Tiny Tots Preschool 2018-19 Registration

Registration for the 2018-19 school year will be on a non-lottery system with existing Tiny Tots students getting first priority for Kinder Kids.

- The 2018-19 fall preschool registration begins in March 12, 2018 for existing Tiny Tots preschool students.
- Registration for City of Westminster residents not already enrolled in Tiny Tots will begin in late March 2018.
- Registration for non-residents not already enrolled will begin in early April 2018.
- Online registration is not accepted for Kinder Kids or Tiny Tots. Registration is on a first-come, first-served basis for any open spots. Please call (303) 658-2215 or (303) 658-2222 in late February for exact dates.

TOT/YOUTH ACTIVITIES

(CP) City Park Recreation Center
(WV) West View Recreation Center

Educational/Literacy-Based Activities

Preschool Open House for the 2018-19 School Year

Have you always wanted to know more about Westminster's Preschool Program? This is the perfect opportunity to compare our three centers, teachers, and classes to choose the right fit for your family before registration begins. Drop in and visit one, two, or all three centers!

West View:	T	Mar 6	5-7 p.m.
City Park:	W	Mar 7	5-7 p.m.
Swim & Fitness Center:	Th	Mar 8	5-7 p.m.

Early Explorers (3-4.25 years)

Designed for children who miss the minimum age for preschool, or are ready to move up from Wee Toddlers. This structured class offers socialization and is curriculum-oriented, developing emotional, social, cognitive, and fine motor skills. Completion of one session of Wee Toddlers is recommended. If your child is not toilet trained, a parent/guardian must remain on site.

No class: Jan. 15, Feb. 19, Mar. 26, 28

MW	Jan 8-Jan 31	9-10:30 a.m.	\$40/\$45	CP 813505-1A
MW	Feb 5-Mar 7	9-10:30 a.m.	\$50/\$55	CP 813505-2A
MW	Mar 12-Apr 11	9-10:30 a.m.	\$45/\$50	CP 813505-3A
MW	Apr 16-May 9	9-10:30 a.m.	\$45/\$50	CP 813505-4A



R is for Reading Readiness with Food Phonics and Animal Fun (3.75-6 years)

Embark on a fun-filled safari through the alphabet and beginning reading fundamentals using games, songs, stories, crafts, and recipes. Focus on letter recognition, phonics, picture reading, sight word introduction, and beginning reading comprehension skills. Class is progressive and consecutive sessions are recommended. Our instructors are not legally delegated to administer emergency or regularly scheduled medications during these classes. If your child has an allergy or medical issue that requires medication, we ask that you please remain on site during their class time. We will make every attempt to accommodate allergy restrictions/dietary issues. Please notify us of these needs upon registration.

No class: Mar 27, 29

TTh	Jan 9-Feb 1	10:15-11:45 a.m.	\$50/\$55	CP 813506-1A
TTh	Feb 6- Mar 8	10:15-11:45 a.m.	\$60/\$65	CP 813506-2A
TTh	Mar 13-Apr 12	10:15-11:45 a.m.	\$50/\$55	CP 813506-3A
TTh	Apr 17-May 10	10:15-11:45 a.m.	\$50/\$55	CP 813506-4A

Wee Toddlers (2-3 years)

Is your child ready to participate alone? Experience a play-based, nurturing environment where socialization, fine motor development, listening, and learning are introduced through play, songs, stories, and crafts. If your child is not toilet trained, a parent/guardian must remain on site. No class: Jan 15, Feb 19, Mar 26-29

City Park Recreation Center

MW	Jan 8-Jan 31	9-9:45 a.m.	\$40/\$45	813502-1A
T	Jan 9-Jan 30	9-10 a.m.	\$25/\$30	813502-1B
Th	Jan 11-Feb 1	9-10 a.m.	\$25/\$30	813502-1C
MW	Feb 5-Mar 7	9-9:45 a.m.	\$50/\$55	813502-2A
T	Feb 6-Mar 6	9-10 a.m.	\$35/\$40	813502-2B
Th	Feb 8-Mar 8	9-10 a.m.	\$35/\$40	813502-2C
MW	Mar 12-Apr 11	9-9:45 a.m.	\$45/\$50	813502-3A
T	Mar 13-Apr 10	9-10 a.m.	\$30/\$35	813502-3B
Th	Mar 15-Apr 12	9-10 a.m.	\$30/\$35	813502-3C
MW	Apr 16-May 9	9-9:45 a.m.	\$45/\$50	813502-4A
T	Apr 17-May 8	9-10 a.m.	\$25/\$30	813502-4B
Th	Apr 19-May 10	9-10 a.m.	\$25/\$30	813502-4C

West View Recreation Center

W	Jan 10-Jan 31	9-9:45 a.m.	\$25/\$30	817502-1A
W	Feb 7-Mar 7	9-9:45 a.m.	\$35/\$40	817502-2A
W	Mar 14-Apr 11	9-9:45 a.m.	\$25/\$30	817502-3A
W	Apr 18-May 9	9-9:45 a.m.	\$25/\$30	817502-4A

TOT/YOUTH ACTIVITIES

Art, Music and Movement Activities

Music for Tots (2-3.5 years)

Parent participation required. Discover a love of music through finger plays, action songs, movement to music, and playing a variety of fun instruments. This lively class incorporates motor skills, listening, following directions, and social interaction. Please do not bring additional children to class unless they are of age and enrolled. No class: Jan 15, Feb 19, Mar 26, 27

M	Jan 8-Feb 5	10:15-11 a.m.	\$33/\$40	CP 813513-1A
T	Jan 9-Feb 6	10:15-11 a.m.	\$40/\$48	CP 813513-1B
M	Feb 26-Mar 19	10:15-11 a.m.	\$33/\$40	CP 813513-2A
T	Feb 20-Mar 20	10:15-11 a.m.	\$40/\$48	CP 813513-2B
M	Apr 2-30	10:15-11 a.m.	\$40/\$48	CP 813513-3A
T	Apr 3-May 1	10:15-11 a.m.	\$40/\$48	CP 813513-3B
M	May 7-21	10:15-11 a.m.	\$25/\$31	CP 813513-4A
T	May 8-29	10:15-11 a.m.	\$33/\$40	CP 813513-4B

Music for Tiny Tots (12-24 months)

Parent participation required. Tots experience bouncing, tickling songs, finger plays, and exploring instruments and movement to music, while incorporating motor skills, listening, following directions, and social interaction. Watch your toddler develop a love of music in this fun, interactive class! Please do not bring additional children to class unless they are enrolled.

No class: Jan 15, Feb 19, Mar 26, 27

M	Jan 8-Feb 5	9:30-10 a.m.	\$33/\$40	CP 813514-1A
T	Jan 9-Feb 6	9:30-10 a.m.	\$40/\$48	CP 813514-1B
M	Feb 26-Mar 19	9:30-10 a.m.	\$40/\$48	CP 813514-2A
T	Feb 20-Mar 20	9:30-10 a.m.	\$40/\$48	CP 813514-2B
M	Apr 2-30	9:30-10 a.m.	\$33/\$40	CP 813514-3A
T	Apr 3-May 1	9:30-10 a.m.	\$33/\$40	CP 813514-3B
M	May 7-21	9:30-10 a.m.	\$25/\$31	CP 813514-4A
T	May 8-29	9:30-10 a.m.	\$33/\$40	CP 813514-4B

Tumbling and More!

*Parent participation is required. Develop gross motor movements and coordination through tumbling, low beam activities, obstacles, floor activities and games, and more that stretch the imagination and build self-confidence! Tumblers will work on following directions, working through an activity circuit, and building social and emotional skills. Classes are positive, safe, and encourage personal achievement and development. No class: Mar 30

Tumble Tots (18-26 months)

F	Jan 12-Feb 2	9-9:45 a.m.	\$25/30	CP 813521-1A
F	Feb 9-Mar 9	9-9:45 a.m.	\$30/35	CP 813521-2A
F	Mar 16-Apr 13	9-9:45 a.m.	\$25/30	CP 813521-3A
F	Apr 20-May 11	9-9:45 a.m.	\$25/30	CP 813521-4A

Tumble Tots (24-36 months)

F	Jan 12-Feb 2	10-10:45 a.m.	\$25/30	CP 813522-1A
F	Feb 9-Mar 9	10-10:45 a.m.	\$30/35	CP 813522-2A
F	Mar 16-Apr 13	10-10:45 a.m.	\$25/30	CP 813522-3A
F	Apr 20-May 11	10-10:45 a.m.	\$25/30	CP 813522-4A

Yoga for Tots (3-6 years)

Help your young child bring peace to their afternoon through guided yoga exercises and mindfulness practice. Yoga for children can help build upon social and emotional development, balance, coordination, and general gross motor skills.

No class: Mar 27, 29

TTh	Jan 9-Feb 1	1-1:45 p.m.	\$45/\$50	WV 817525-1A
TTh	Feb 6- Mar 8	1-1:45 p.m.	\$55/\$60	WV 817525-2A
TTh	Mar 13-Apr 12	1-1:45 p.m.	\$45/\$50	WV 817525-3A
TTh	Apr 17-May 10	1-1:45 p.m.	\$45/\$50	WV 817525-4A



TOT/YOUTH ACTIVITIES AT THE SPORTS CENTER

Striker Parent/Tot Soccer

Score a goal while learning the basics of soccer with age-appropriate activities designed to increase motor skills, awareness, and a positive learning experience, all while have a kicking good time! Parent participation is required. **Ages:** 2

T	Jan 9-30	10-10:45 a.m.	\$40/\$45	WSC 811624-1A
T	Feb 6-27	10-10:45 a.m.	\$40/\$45	WSC 811624-2A
T	Mar 6-Apr 3	10-10:45 a.m.	\$40/\$45	WSC 811624-3A

Striker Soccer

Score a goal while learning the basics of soccer with age-appropriate activities designed to increase motor skills, awareness, and a positive learning experience, all while have a kicking good time! **Ages:** 4-5

T	Jan 9-30	12-12:45 p.m.	\$40/\$45	WSC 811626-1A
T	Feb 6-27	12-12:45 p.m.	\$40/\$45	WSC 811626-2A
T	Mar 6-Apr 3	12-12:45 p.m.	\$40/\$45	WSC 811626-3A

T-Ball Skills Parent/Tot

Take me out to the ball game! This introductory program is perfect for the baseball lover. Players learn basic skills needed to play the game from basic rules to catching and of course, batting. BRING A GLOVE! Parent participation is required.

Ages: 2-3

W	Jan 10-31	10-10:45 a.m.	\$40/\$45	WSC 811627-1A
W	Feb 7-28	10-10:45 a.m.	\$40/\$45	WSC 811627-2A
W	Mar 7-Apr 4	10-10:45 a.m.	\$40/\$45	WSC 811627-3A

T-Ball Skills Clinic

Take me out to the ball game! This introductory program is perfect for the baseball lover. Players learn basic skills needed to play the game from basic rules to catching and of course, batting. BRING A GLOVE! **Ages:** 3-4

W	Jan 10-31	11-11:45 a.m.	\$40/\$45	WSC 811628-1A
W	Feb 7-28	11-11:45 a.m.	\$40/\$45	WSC 811628-2A
W	Mar 7 - Apr 4	11-11:45 a.m.	\$40/\$45	WSC 811628-3A



T-Ball Skills Clinic

Take me out to the ball game! This introductory program is perfect for the baseball lover. Players learn basic skills needed to play the game from basic rules to catching and of course, batting. BRING A GLOVE! **Ages:** 4-5

W	Jan 10-31	12-12:45 p.m.	\$40/\$45	WSC 811629-1A
W	Feb 7-28	12-12:45 p.m.	\$40/\$45	WSC 811629-2A
W	Mar 7-Apr 4	12-12:45 p.m.	\$40/\$45	WSC 811629-3A

Parent/Tot Sports and More

Want a variety of sports? Learn the fundamentals of sports including soccer, basketball, floor hockey, football and more. This program provides motor skill development while nurturing growth socially and emotionally through teamwork and good sportsmanship. Parent participation is required. **Ages:** 2-2.99

Th	Jan 11 - Feb 1	10-10:45 a.m.	\$40/\$45	WSC 811630-1A
Th	Feb 8 - Mar 1	10-10:45 a.m.	\$40/\$45	WSC 811630-2A
Th	Mar 8 - Apr 5	10-10:45 a.m.	\$40/\$45	WSC 811630-3A

Tot Sports and More

Want a variety of sports? Learn the fundamentals of sports including soccer, basketball, floor hockey, football and more. This program provides motor skill development while nurturing growth socially and emotionally through teamwork and good sportsmanship. **Ages:** 3-4

Th	Jan 11 - Feb 1	11-11:45 a.m.	\$40/\$45	WSC 811631-1A
Th	Feb 8 - Mar 1	11-11:45 a.m.	\$40/\$45	WSC 811631-2A
Th	Mar 8 - Apr 5	11-11:45 a.m.	\$40/\$45	WSC 811631-3A

Tot Sports and More

Want a variety of sports? Learn the fundamentals of sports including soccer, basketball, floor hockey, football and more. This program provides motor skill development while nurturing growth socially and emotionally through teamwork and good sportsmanship. **Ages:** 4-5

Th	Jan 11 - Feb 1	12-12:45 p.m.	\$40/\$45	WSC 811632-1A
Th	Feb 8 - Mar 1	12-12:45 p.m.	\$40/\$45	WSC 811632-2A
Th	Mar 8 - Apr 5	12-12:45 p.m.	\$40/\$45	WSC 811632-3A



WESTMINSTER DISCOUNT CARD

WESTMINSTER RESIDENT DISCOUNT CARDS

The City of Westminster has sold resident discount cards to qualifying residents for many years. Beginning in January 2018, we will no longer sell and/or provide Westminster Resident Discount Cards. As a valued Westminster Resident, you will still qualify for discounts on recreation programs and services, but in the interest of customer service, requiring residents to purchase a discount card for a City of Westminster recreation offering is being discontinued. Residents who wish to receive a discount at a Hyland Hills facility will still need to purchase a Discount Card, they may be obtained at a Hyland Hills facility.

To obtain a Discount Card, a resident of the City of Westminster (not living within the Hyland Hills boundaries) must submit a valid Colorado Driver's License/Colorado ID card setting forth the legal name and current address of the resident.

All above must reside in the City of Westminster. Hyland Hills will check every address to verify taxes are paid to City of Westminster through Jefferson County, or pay taxes to City of Westminster through Adams County. We have the website to both counties.

The correct name and address need to show on the front of the Colorado Driver's License or State ID issued from the Department of Motor Vehicles. No other option.

Parent or Legal Guardian must show the proof as stated above for their children 40" tall (this is usually age 3-4) to age 15. Anyone 18 years and older must show their own proof of residency. Cards are \$5 currently and expire in two years of date issued. Cards for Seniors 60 years and over are free.

Everyone needs to be present for a picture.

Hyland Hills locations issuing cards:

Carroll Butts Athletic Park, 4201 W 94th Ave.

Phone: 303-650-7672 Hours: Noon-9 p.m. M-F
Sat and Sun 3 p.m.-9 p.m.

Administration Office, 8801 N. Pecos St,

Phone: 303-428-7488
Hours: 8:30 p.m.-5 p.m. M-F

Perl Mack Community Center, 7125 Mariposa St.

Phone: 303-650-7580
Hours: 8 a.m.-8 p.m. M-F and Sat 8 a.m.-1 p.m.

Access to All

Westminster is committed to giving all citizens equal access to recreation and leisure opportunities. Reasonable accommodations and inclusion opportunities are provided to individuals with disabilities in all city programs. ADA accommodations include sign language interpreters, program modifications, and inclusion support. Call 303-658-2192 at least 10 working days in advance of the date services are needed. In some situations, a phone conference prior to the class/program may be held to better understand needs. Notification is appreciated if you are currently working with a school on an Individualized Education Program (IEP). Advanced discussions on consistency in accommodating the IEP to the best of our ability leads to a better experience.

Buddy System

An individual with a disability may bring a non-disabled buddy for assistance in programs and daily facility use.

The disabled person pays the regular price and the buddy is admitted for free (a supply fee may be assessed in some classes/trips). Contact the individual facilities to learn about specific equipment available for those with disabilities.

REGISTER TODAY, DON'T DELAY!

Residents: Registration begins Friday, December 8 using any method listed below.

Non-resident registration begins Monday, December 18.

Online

Visit www.CityofWestminster.us.

Click on the Parks/Recreation tab, then scroll down and click on Program Registration.

Drop-Off

Drop off your registration form with payment at any recreation center or Westminster City Hall.

Walk-In

Register for classes at any Westminster recreation center or City Hall.

Phone-In

Call any recreation center to register for classes over the phone.

Online and General Registration Tips

- If you have done any business with our organization (registered for a class, bought a facility pass, reserved a birthday party, etc.), you already have a username and password. If you are unsure of those items, please contact any recreation center listed on page 3.
- If you try to create an account online and the system indicates that your address, phone number, email, etc. already exists, this means that you already have an account/household in the system. Please contact any recreation center for assistance.
- If you create an account/household online, the system will default your status to non-resident and charge the non-resident fees.
- Complete your registration form including activity code numbers, apartment number.
- Sign the registration form and waiver.
- Make your check or money order payable to the City of Westminster or to the agency or company specified in the class description.

Please Note: Registration for some adult and youth sports programs do not follow the class registration schedule and procedures are listed in those sections. Adult sports roster forms and youth soccer registration forms are available at centers.

Minimum/Maximum Enrollment

Early registration is recommended as many classes fill. Classes must reach the minimum enrollment three days prior to the first day of the class or the class is canceled. Participants are notified and transfers, refunds or credits are made.

Refund/Credit Guidelines

- If you are unable to attend a program/class, or the program does not meet your needs, the following refund/credit guidelines apply:
- If you are unable to attend a class, please contact the City three days prior to the start date to guarantee a refund.
- If the City is unable to run a class, your payment is credited to your household account. You are notified to discuss refund options.
- Credits/Refunds can be held in your household account for future use. If you request a refund by check or credit card, a minimum \$5 processing fee will be assessed.

Refunds take 10 to 14 working days to process. Verification of your address is recommended to ensure proper delivery.

Refund Exclusions

Due to the design of some programs, refunds are not always possible. These programs include, but are not limited to: trips, team sports, and programs that required advance ticket purchases.

ONLINE AND GENERAL REGISTRATION TIPS

SUGGESTIONS

Suggestions for future programs are needed to guide staff in planning classes and activities. Please complete a suggestion form at a center or call 303-658-2192.

CHANGES

Occasionally programs may change. We apologize for any inconvenience this may cause and make every effort to notify participants. Classes may be canceled due to insufficient enrollment or loss of an instructor.

DON'T DELAY—REGISTER TODAY!

Class and trip minimums must be met three working days before the activity start date. Registration deadlines are set to allow proper preparation for a successful program. Don't let a great activity be canceled; if you are interested in a program, register early!

INCLEMENT WEATHER CANCELLATIONS

An attempt is made to reschedule programs canceled due to inclement weather, with the exception of swim lessons. Refunds or transfers are not guaranteed if every cancellation is not re-scheduled. For updates call 303-412-8761.

PHOTOGRAPHS AND VIDEOS

Participants in any public facility or program may be photographed or videotaped for use in City publications or promotional materials.

HOUSEHOLD DEFINITION

A household includes two adults and dependent family members age 23 and younger in the same dwelling. City Park Fitness Center dependent family members must be 12-23 years old.

CHILD CARE

Drop-in child care is available at City Park Fitness Center and West View for center users and class participants. Space is limited to a first-come, first-served basis. Hours are subject to change.

Age: 3 months-7 years (90 minutes max)

Fee: \$2/hour per child. Free for annual pass holders.

City Park Fitness Center

Time and Day: M-Th	8:15 a.m.–1 p.m. and 4:15–8:15 p.m.
Fri	8:15 a.m.–1 p.m. and 4:15–6:15 p.m.
Sat	7:15 a.m.–noon
Sun	8:00am–noon

West View

Time and Day: M and W	4:30–8 p.m.
Sat	7:15–11:15 a.m.

Class registration cannot be contingent on the availability of child care and child care spaces cannot be guaranteed. Please call 303-460-9691 for more details.

CHILDREN IN CENTERS

Center Use: Children 7 years old and younger must be accompanied by a supervising chaperone, age 15 years or older, who is in the same area.

Pool Use: Supervising chaperones must be 15 years or older and must be in appropriate swimwear. Children five and younger must be accompanied by a chaperone within arm's reach of the children at all times.

Children 6-7 years must be accompanied by a chaperone who is in the pool area.

Limit of two children, 5 years and younger, per chaperone in the pool area.

SCHOLARSHIP AND REDUCED RATE PASS PROGRAM

The City of Westminster offers a reduced-rate program for facility passes and recreation programs to Westminster and Hyland Hills Park and Recreation District Residents. Need for financial assistance can be due to medical expenses, loss of job or other hardship. Funds are limited, please only apply if you have a need for assistance. Families/Individuals can enroll by completing a Scholarship/Reduced Rate application available at any of the City's Recreation facilities. Scholarships are offered to all of our recreation facilities as well as programs. Maximum reduced rate is 50% of the facility fee and 50% of the program fee with the maximum award per family for programs being \$250/year (January – December).

PARKS LIST

1	Amherst Park	13085 Pecos St.	AF	BB	BQ	IF	PB	PG	PS	PT	RF	SF	VB	
2	Big Dry Creek Park	1700 W. 128th Ave.	AF	BF	BQ	DG	PG	PS	PT	RF	SF			
3	Bishop Square Park	8150 Hooker St.	BB	BF	BQ	IF	PG	PS	PT	RF	T			
4	Carroll Butts Park	4201 W 94th Ave.	BF	BQ	IF	IS	L/S	OP	PG	PS	PT	RF	T	
5	Cheyenne Ridge Park	14570 Jason Dr.	BB	PG	PT									
6	City Park	105th Ave. & Sheridan Blvd.	BF	L/S	PS	PT	RF	SF	SP					
7	Cobblestone Park	2695 W. 81st Ave.	IF	L/S	PG	PS	PT							
8	Cotton Creek Park	11199 Stuart St.	AF	BQ	IF	IS	PG	PS	RF					
9	Countryside Park	10470 Oak St.	BB	IF	PG	PB	PS	PT	T	VB				
10	Countryside Little League Fields	10510 Oak St.	BF											
11	Dover Square Park	8521 W. 89th Ave.	IF	L/S										
12	Dog Park, Off Leash	10499 Simms St.	DG											
13	England Park	7190 Osceola St.	BF	L/S										
14	Faversham Park	6109 W. 73rd Ave.	BB	BQ	IF	L/S	PG	PS	RF					
15	Fireman's Park	7290 Bradburn Blvd.	IF											
16	Foxshire Park	108th and Alcott St.	BB	IF	PG	PS	PT	RF						
17	Green Knolls Park	10937 Balsam St.	IF	PG	PS	PT								
18	Hampshire Park	4890 W. 101st Ave.	AF	BB	IF	PG	PT							
19	Irving Street Park	7392 Irving St.	A	BQ	HS	PG	PS	PT	RF					
20	Jessica Ridgeway Memorial Park	10765 Moore St.	AF	BB	IF	PG	PT							
21	Kennedy Park	7391 Winona Ct.	BF	L/S										
22	Kensington Park	10200 Countryside Dr.	IF	L/S										
23	Kings Mill Park	9018 Field St.	IF	PS	SP	T								
24	Little Dry Creek Dog Park	3655 W. 69th Pl.	DG											
25	Mayfair Park	9680 W. 105th Ave.	IF	PG										
26	Meadowlark Park	105th St. and Bryant St.	IF	PG										
27	Municipal Park	3025 W. 76th Ave.	BQ	PG	PS	PT	T							
28	Nottingham Park	8695 Allison St.	BQ	IF	L/S	PG	PS	PT	RF					
29	Oakhurst Park I	9311 Lark Bunting Dr.	AF	BB	BQ	IF	PG	PS	PT	RF	SF	VB		
30	Oakhurst Park II	9255 Ammons St.	BB	BQ	IF	PT	RF	SF						
31	Oakwood Park	8295 Oakwood Dr.	IF	PT										
32	Quails Crossing Park	13402 Kalamath St.	IF	PG	PT									
33	Ranch Park	11899 Tejon St.	BB	BQ	IF	PG	PS	PT	RF	VB				
34	Ryan Park	5838 W. 116th Pl.	AF	BB	BF	IF	PG	PS	PT					
35	Sensory Park	10376 Wadsworth Blvd.	100% handicap accessible						L/S	PG	PS	PT		
36	Sherwood Park	11320 Kendall St.	BB	BQ	HS	IF	PG	PS	PT					
37	Skyline Vista Park	2595 W. 72nd Ave.	B	BF	BQ	HS	IF	IS	PG	PS	PT	RF	TS	VB
38	Somersets Park	9290 W. 90th Dr.	IF	L/S	PG	PT								
39	Squires Park	3450 W. 99th Ave.	AF	BB	BQ	IF	PG	PS	PT	RF	SF			
40	Standley Lake Regional Park	100th and Simms St.	A	HS	RF	L/S	PT	VB						
41	Stratford Park	10951 Harlan St.	AF	BB	IF	PG	SF	T						
42	Stratford Lakes Park	114th Ave. and Federal Blvd	B	BB	CW	HS	IF	PG	PS	PT	VB			
43	Sunset Park	4321 W. 78th Ave.	PG	PT										
44	Tepper Fields	6101 W. 73rd Ave.	BF	L/S	RF									
45	Terrace Park	7080 Canosa Ct.	BB	IF	PG	PS	PT							
46	Torii Square Park	7596 Lowell Blvd.	IF	PS	PT									
47	Trailside Park	8650 Dover St.	IF	L/S	PG	PS	PT							
48	Trendwood Park	6450 W. 95th Ave.	AF	BB	BF	IF	L/S	PG						
49	Waverly Acres Park	10320 Eaton St.	L/S	PG	PS	PT								
50	Westbrook Park	9750 W. 97th Ave.	AF	BB	BF	BQ	IF	IS	L/S	PG	PS	PT	RF	T
51	Westfield Village Park	11550 Wolff St.	AF	BF	BQ	CW	IF	PG	PS	PT	RF	SF	T	
52	Westminster Center Park	4801 W. 92nd Ave.	A	PG	PS	PT	RF	WF						
53	Westminster Hills Park	4105 W. 80th Ave.	BB	IF	PG	PS	PT	T						
54	Westminster T-Ball Complex	1133 W. 113th Ave.	PS	PT	RF	TB								
55	Willowbrook Park	12300 Bannock St.	BQ	PG	PS	PT								
56	Windsor Park	3545 W. 107th Ave.	AF	BQ	PG	PS	PT	T	VB					
57	Wolff Run Park	4705 W. 76th Ave.	BB	BF	BQ	IF	L/S	PG	PS	PT	RF	T		

AMENITIES

A	Amphitheater
AF	Athletic Field
B	Bocce Court
BB	Basketball Court(s)
BF	Baseball/Softball Field(s)
BQ	Barbeque Grill(s)
CW	Climbing Wall
DG	Dog Park
HS	Horse Shoe Pit
IF	Informal Turf Field
IS	Inline Skating Rink/Rails
L/S	Lake/Stream
OP	Outdoor Swimming Pool
PB	Pickleball Court
PG	Playground Equipment
PS	Picnic Shelter(s)
PT	Picnic Table(s)
RF	Restroom Facilities
SF	Soccer Field(s)
SP	Skate Park
T	Tennis Courts
TB	T-Ball Fields
TS	Top Spin
VB	Volleyball Court(s)
WF	Water Feature

 = Park has a pavilion that can be rented. Call 303-658-2192 for information.



City of Westminster

Parks, Recreation & Libraries

4800 West 92nd Ave.

Westminster CO, 80031

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Permit No. 32

Westminster, CO

80031

A group of seven diverse children of various ethnicities and ages are smiling and posing outdoors in a park-like setting with trees in the background. They are wearing colorful t-shirts in shades of yellow, red, blue, purple, orange, pink, and green.

WESTMINSTER CAMPS

AGES: 6-13

A circular graphic with a white border and a blue center. The text "REGISTER" is at the top, "LIMITED SPACES" is in the middle, and "TODAY!" is at the bottom, all in a bold, sans-serif font.

REGISTER
LIMITED
SPACES
TODAY!

See page 63 for details!