



WESTMINSTER

**PARKS, RECREATION & LIBRARIES**

# Activity Guide

September–December 2018

UNLEASH YOUR CREATIVITY!  
**30+ CLASSES**  
Painting • Drawing • Photography  
Jewelry • Pottery • More!

  
**DON'T DELAY!**  
**REGISTRATION BEGINS**  
**AUGUST 6**  
**REGISTER TODAY!**

# WPL MINI-CON 2018



**SATURDAY  
SEPTEMBER 8  
10 A.M.-4 P.M.**



**IRVING STREET LIBRARY AND PARK**



Experience the excitement of Westminster Public Library's first mini comic con. Enjoy the work of local artists, attend presentations and demonstrations, make comic book-themed crafts, and more!





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# 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

Stephanie Bingham	Jon Herrmann
Janet Bruchmann	Sarada Krishnan
Dan Dolan	Mary Litwiler
Wayne East	Terrance Ramirez
Chris Fowler	Marley Steele-Inama
Davis Gollata	Dennis White
Mark Harris	

## DIRECTOR'S MESSAGE

If you've driven past the site of the former Westminster Mall recently (88th and Harlan), no doubt you're as excited as we are to see several new buildings rising from the ground. These new structures are part of Downtown Westminster—an exciting 100-acre development that will include a vibrant mix of retail, residential, office spaces and one-of-a-kind urban parks and public spaces for your enjoyment.

While Downtown Westminster is one of the major highlights of our city's vision of being the next urban center along Colorado's Front Range, Westminster's commitment to preserving open space and serving as stewards of parkland remains steadfast; in fact, a large portion of the Downtown has been reserved for new parkland, including two linear parks that run the entire eastern and southern lengths of the site.

At the heart of Downtown Westminster will be two dynamic gathering spaces—a one-acre central plaza, and an adjacent three-acre park. We're excited to announce that one of these sites, our new plaza, should be open to the public by early October. Highlights of this space is the City's pursuit of a LEED Silver-certified pavilion, a public stage, and an interactive outdoor fountain.

We invite you to visit Downtown Westminster during two events planned for this fall: the Big Wonderful on September 8th (a Colorado "lifestyle" festival featuring artisan crafts, live music and craft beers) and our annual Halloween Harvest Festival (featuring free family activities and our usual hot-air balloon glow) on October 20th. Come join us and witness firsthand the amazing transformation underway in and around the new pavilion.

Visit [www.cityofwestminster.us/DowntownWestminster](http://www.cityofwestminster.us/DowntownWestminster) for more information.

**Jason Genck**  
*Director of Parks,  
 Recreation & Libraries*



## WESTMINSTER CITY COUNCIL



**Herb Atchison**  
*Mayor*  
[herb.atchison@netzero.com](mailto:herb.atchison@netzero.com)



**Maria De Cambra**  
*Mayor pro-tem*  
[mdecambra@CityofWestminster.us](mailto:mdecambra@CityofWestminster.us)



**Shannon Bird**  
[sbird@CityofWestminster.us](mailto:sbird@CityofWestminster.us)



**David De Mott**  
[ddemott@CityofWestminster.us](mailto:ddemott@CityofWestminster.us)



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[aseitz@CityofWestminster.us](mailto:aseitz@CityofWestminster.us)



**Kathryn Skulley**  
[kskulley@CityofWestminster.us](mailto: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 &amp; 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 &amp; 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>Libraries</i> , Jackie Kuusinen	303-658-2620
<i>Outdoor Recreation</i> , Patti Wright	303-658-2201
<i>Preschool Activities &amp; TaeKwon-Do</i> Matt Hess	303-658-2215
<i>Special Events</i> , Rich Neumann	303-658-2185
<i>Swim &amp; Fitness Center Aquatics</i> Joe LeDuc	303-658-2956
<i>Youth Sports</i> , Stephanie Musella	303-658-2217

## CENTER HOLIDAY CLOSURES

### **Thanksgiving**

All facilities closed. Libraries close at 3 p.m. on Thanksgiving Eve and are closed the day after Thanksgiving. Westminster Sports Center (WSC) closes at 6 p.m. Nov. 22-26.

### **Christmas Eve**

All facilities close at 3 p.m. WSC closes at 6 p.m. Dec. 22-25 and Dec. 29-Jan 1.

### **Christmas Day**

All facilities closed.

### **New Year's Eve**

Rec centers and golf courses close at 3 p.m. WSC and libraries closed.

## MAINTENANCE CLOSURES

### **City Park Recreation Center**

**ENTIRE CENTER:** August 20-26

**POOL:** August 20-31

**GYM:** August 21-Early October

### **Swim & Fitness Center**

**ENTIRE CENTER:** October 8-14

**POOL:** October 8-19

## HARVEST FESTIVAL, SATURDAY, OCT. 20

City Park Fitness Center closing at 12 p.m.

West View and Swim & Fitness Center, closed all day

## HYLAND HILLS/WESTMINSTER JOINT USE AGREEMENT

Westminster and Hyland Hills Park and Recreation District residents receive resident rates at all City of Westminster facilities.

### **Hyland Hills Facilities**

<i>Administrative Office</i>	303-428-7488
<i>Adventure Golf &amp; 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

**Saturday, Aug. 18**

Countryside Outdoor Pool

**Friday, Sept. 7**

City Park Recreation Center

# Put Fitness on Your Christmas List

**\$20**

Six adult admissions to any Westminster recreation center (\$35 value)

**\$25**

Five visits to specialty fitness classes (\$50 value)

**\$25**

Driving range key at Legacy Ridge or Walnut Creek Golf Preserve (\$50 value)

**\$37.50**

One round of golf with cart. Valid Monday–Friday any time. Weekends and holidays after 1 p.m.

\$37.50 round includes green fee (\$29.00), cart rental (\$7.83) and tax (\$.67)

**\$15**

Six youth, child or senior admissions to any Westminster recreation center (\$30 value)

These perfect stocking stuffers only available

**Nov. 23 through Dec. 24**

at all Westminster recreation centers and golf courses.







**WESTMINSTER  
ZOMBIE GOLF  
TOURNAMENT**  
**Saturday, Oct. 6**  
*Legacy Ridge Golf Course*  
Can your team survive a 9-hole golf tournament with all of your "brains" intact? Watch out for the "live" zombies on the course!

**SUPPORTED BY** 



*Holiday Lighting Ceremony*

**Dec. 1, 5:30–8:30 p.m.**  
**Westminster City Hall**

Experience the magical wonderland of lights at the annual Holiday Lighting Ceremony at Westminster City Hall, complete with holiday music, hot chocolate, cookies, and of course, a visit with Santa!

  **SUPPORTED BY:**  **CREDIT UNION OF COLORADO**  
A FEDERAL CREDIT UNION

Check out our

# NEW & IMPROVED FACILITIES

## \$1 MILLION IN UPDATES!

### CITY PARK RECREATION CENTER

- ✓ NEW pool play feature
- ✓ New lockers
- ✓ New gym/racquetball court floors

### UPDATES ACROSS ALL FACILITIES

- ✓ New equipment
- ✓ New furniture in lobbies and community rooms
- ✓ New pool deck feature

**COME SEE OUR NEW LOOK!**



# BALLERINA DODGEBALL

SATURDAY, NOV. 3  
2-5 P.M.

Westminster Sports Center  
6051 W 95th Ave., Westminster  
Fun competition with amazing prizes!

REGISTER YOUR TEAM AT:

[www.CityofWestminster.us/BallerinaDodgeball](http://www.CityofWestminster.us/BallerinaDodgeball)

SUPPORTED BY:



# Holiday Craft Show

SATURDAY, NOV. 3, 9 A.M. - 3 P.M.

*The MAC, 3295 W. 72nd Ave.*

Shop from 80 artisans selling unique, handmade crafts  
and one-of-a-kind special gifts in all price ranges.

Call 303-426-4310 for details.

Free admission and free parking.



# HALLOWEEN HARVEST *Festival*

**Saturday Oct. 20, Noon-8 p.m.**  
**Downtown Westminister**  
**5453 W. 88th Ave**

**BIGGER & BETTER FOR 2018**

- NEW Extended Hours
- FREE Carnival Games
- Pumpkin Patch
- Trick-or-Treating
- Beer Garden/Live Music
- BBQ Competition
- Parking Shuttle Available

*Associated with:*



**RE/MAX  
ALLIANCE**



**MILENDER WHITE**

*Supported by:*





**Coming soon to Westminster Station Park**

FIRST INTEGRITY  
TITLE COMPANY

OPM  
REAL ESTATE

The Pipkin Team  
UNIVERSAL  
LENDING  
HOME LOANS

PRESENT

# DISSONIQ MUSIC LOOP FESTIVAL

A FAMILY-FRIENDLY EVENT!

SUPPORTED BY



**AUGUST 18, 2018**  
4:00-9:00PM

WESTMINSTER LIGHT RAIL STATION AMPHITHEATER  
3200 Westminster Station Drive

SUPPORTED BY



AN OUTDOOR MUSIC  
FESTIVAL BASED ON  
THE PERFORMANCE  
ART OF "LOOPING."

Hosted by  
Emcee Sean Swallow  
from Alice 105.9

\$17 adults, \$7 kids 13 & under

**TICKETS & INFO AT  
DISSONIQ.COM**

3000 Westminster Station Drive | 720-929-1283 | Produced by Dave Connelly Music

PLUS LOCAL  
FOOD TRUCKS




EVENT  
PROCEEDS  
BENEFIT



**DON'T MISS WESTMINSTER'S  
FAVORITE FUNDRAISER!**

JOIN US AT THE  
**16TH ANNUAL  
BEER, WINE AND SPIRIT TASTING  
AND SILENT AUCTION**

TO BENEFIT THE



**WESTMINSTER  
LEGACY FOUNDATION**

**6-9 PM**  
**SATURDAY, SEPTEMBER 29, 2018**  
Marriott Westminster

For event details, visit [westyfoundation.org](http://westyfoundation.org)  
or call 303-658-2319  
Attendees must be at least 21 years old.



**SAMPLE THE BEST OF  
WHAT COLORADO HAS TO OFFER!**

Enjoy unlimited pours of brews, wines and  
premium spirits and taste food from your  
favorite local restaurants!

Presented by 

# SPECIAL EVENTS



# Holiday Pottery Sale

**Saturday & Sunday, Nov. 3 & 4**  
**10 a.m.–4 p.m.**  
**City Park Recreation Center**  
**10455 Sheridan Blvd.**

Admission is a donation of a non-perishable item for the Westminster Food Bank.

Student and instructor work is waiting for you!  
Choose from a variety of functional and decorative pieces.

**Call 303-658-2910 for details.**



**FREE**  
**FAMILY MOVIES**  
*in the park*

SUPPORTED BY:  
 **CREDIT UNION OF COLORADO**  
A FEDERAL CREDIT UNION

**FRIDAY, AUG. 24**  
*Star Wars: The Last Jedi*  
Westminster City Park

**SATURDAY, SEPT. 8**  
*Nut Job 2*  
Standley Lake Regional Park

Activities and food concessions begin at 7 p.m.  
**MOVIE BEGINS AT DUSK.**



# FREE GOLF DAY

**Monday, Oct. 15**

LEGACY RIDGE  
WALNUT CREEK GOLF PRESERVE

[www.GolfWestminster.us](http://www.GolfWestminster.us)

Westminster residents only eligible for free green fee, carts additional, no rain-checks.



# THE BIG WONDERFUL

COMING SOON TO DOWNTOWN WESTMINSTER

**SATURDAY, SEPT. 8, 12-6 P.M.**

**BEERFEST**

Unlimited samples from 15+ Colorado Breweries, Cideries & Distilleries

**BLUEGRASS**

Live family-friendly music all day long.

**BAZAAR**

Over 50 local makers! Hand-made jewelry, fashion-forward clothing, homemade salsas, and more.

TICKETS AT:  
[www.TheBigWonderful.com](http://www.TheBigWonderful.com)



DOWNTOWN  
WESTMINSTER

## **YOUR TARGET AUDIENCE**

Reach over 50,000 Westminister households!

Ad space is limited, and certain restrictions apply.

For more details, contact Marketing Supervisor Rich Neumann at [rneumann@CityofWestminster.us](mailto:rneumann@CityofWestminster.us).

## **STAY CONNECTED**

Keep up with our special events!



*/WestminsterParksandRecreation*





PRESENTS

**FREE**

# Cult Movie Classics

Pre-movie activities start at

**6 p.m.**  
*Movie begins at dusk.*

**Westminster City Park**  
10455 Sheridan Blvd.

Relive these great experiences on our 40-foot outdoor movie screen! Enjoy food vendors, beer, fun activities and laughs during these interactive screenings. Audience participation is encouraged!



**AUGUST 25**

*Napoleon Dynamite*

**SEPTEMBER 8**

*Pee-Wee's Big Adventure*



**SEPTEMBER 22**

*Monty Python and the Holy Grail*



## 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 the ability to 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 at Walnut Creek Golf Preserve 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. Sorry, 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:** \$4

**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](http://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](http://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](http://www.icecentre.com) for more information and to register.



# PARTY PACKAGES

## Swim Party Packages

### CITY PARK

*Forest Room - \$125*

This poolside party room accommodates 15 guests.

Room and pool for two hours.

*Lake Room - \$150*

This poolside party room accommodates 25 guests.

Room and pool for two hours.

*Outdoor Pavilion - \$20*

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

### SWIM & FITNESS CENTER

*Community Room - \$95/\$115*

Above the pool area, includes general admission for 20 guests and use of the room for one hour.

*Pool Deck - \$95/\$115*

Three picnic tables, includes general admission for 20 guests for 2 hours.

*Splash Deck - \$95/115*

Rent tables on the splash deck. Up to 10 guests per table. Includes 20 people.

## Paintin' Place

### BIRTHDAY PARTIES

Prices start at

**\$10**  
per person.

Treat your guests to a creative experience and custom ceramic pieces!

Pieces fired and ready for pick up in about a week.



Call 303-658-2910 to plan your party!

## SPORTS FIELD *Birthday Party*

Weather won't stop the party on our indoor field! Bring your field games to play 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:  
**303-658-2217**



## BIRTHDAY PARTIES

AGES: 3-10

@West View with

**imagination playground™**

**\$90**

Kids build a new world everyday using Imagination Playground blocks.

1.5 hours • 15 kids  
(Bring your own catering)

**West View Recreation Center**

10747 W. 108th Ave.

Call for more information and availability.

**303-460-9530**



# 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, hot tub, 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 12 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. Child care available on site.

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

**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.

# RECREATION FACILITIES AND FEES

## WEST VIEW RECREATION CENTER

10747 West 108th Ave.  
303-460-9530  
Fax: 303-404-3002

Chuck Scerbo, *Facility Supervisor*  
303-658-2224

<b>Monday–Friday</b>	6 a.m.- 9 p.m.
<b>Saturday</b>	7 a.m.-6 p.m.
<b>Sunday</b>	9 a.m.-6 p.m.

### Features

Basketball, badminton, pickleball, weight room, walking/running track, massage therapy, racquetball, fitness/wellness classes, and room rentals. Child care available on site.

<i>General Admission</i>	<i>Resident</i>	<i>Non-Res</i>
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

## SWIM & FITNESS CENTER

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

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

<b>Monday–Friday</b>	6 a.m.-9 p.m.
<b>Saturday–Sunday</b>	7 a.m.-6 p.m.

### AQUATICS HOURS

<b>Monday–Friday</b>	6 a.m.-8:30 p.m.
<b>Saturday &amp; Sunday</b>	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.

<i>General Admission</i>	<i>Resident</i>	<i>Non-Res</i>
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

<b>Monday–Thursday</b>	6:30 a.m.-8 p.m.
<b>Friday</b>	6:30 a.m.-4:30 p.m.
<b>Saturday &amp; Sunday</b>	Closed

### Features

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

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

### Annual Pass

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

<b>Monday–Friday</b>	10 a.m.-6 p.m.
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### Features

Dasherboard/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.

<i>General Admission</i>	<i>Resident</i>	<i>Non-Res</i>
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

\* 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.

# STANDLEY LAKE REGIONAL PARK

PHOTO BY: Eric Scott



## 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.

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

## AMENITIES

Portable restrooms, volleyball court, multi-use trails (approximately 14 miles), boat storage, boating, kayaking, canoeing, paddleboarding, fishing, fish cleaning station, outdoor amphitheater, wildlife and nature viewing, picnic sites, and more from sunrise to sunset. Boating and watercraft activities are only available from May 1–September 30.

## AQUATIC NUISANCE SPECIES (ANS) PROTECTION PROGRAM

The ANS protection program preserves natural resources through boat/trailer inspections, spray washing, and quarantine periods. Non-motorized watercraft are sprayed and allowed access without quarantine. All boats and watercraft must enter through the 100th Ave. & Simms St. entrance May 1–September 30. The park closes for boating October 1–April 30. Guidelines are set by the ANS protection program.

## FISHING

Fish year-round. Only shoreline fishing October 1–April 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 the Colorado Parks and Wildlife fishing rules and regulations.

## WINTER BOAT/RV STORAGE 2018

Winter storage is available October 1–April 30. Our fenced outdoor storage is available for most outdoor storage needs; boats, RVs, campers, trailers, etc. Storage fee varies and is determined on the type of vessel you choose to store. Contact Standley Lake for more information.

## 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. Please contact (303) 658-2790 or visit us online for more information.

## PROGRAMS AND CLASSES

Outdoor nature programs are led by the Park Naturalist for a variety of ages and interests. Join us for our birding programs, moonlight walks, educational opportunities, and much more! Programs for schools, scouts, and other organizations available upon request.

**Contact Standley Lake  
303-425-1097**



# NATURE PROGRAMS

## Nature Programs

A variety of programs are offered throughout the year. Registration required online. Children must be accompanied by an adult. Please visit the city website or contact the Standley Lake Park Naturalist for more information at 303-658-2796 or lbmartin@cityofwestminster.us.

### Birds of Prey

Soar into learning about the majestic hunters in the sky—raptors! Discover the birds of prey that call Standley Lake home and the incredible adaptations that make them powerful predators. **AGE:** 8-12

Sa Sep 1 11 a.m.-12 p.m. Free SL 840801-A

### Migratory Bird Walk

Explore the fall migrating birds at Standley Lake while taking a walk alongside the changing colorful trees on the waterside. Learn beginning tips to birding to help you identify the flying friends you see in your backyard and at Standley Lake! **ALL AGES**

Su Sep 2 7:30 a.m. -9 a.m. Free SL 840802-A

### Paddling Tour

Enjoy the last days of summer on the blue waters of Standley Lake! You'll paddle to discover our history and see firsthand how our park has served as an oasis for people, wildlife and adventure. **AGE:** 8 and older

Sa Sep 15 10 a.m.-12 p.m. \$25 SL 840803-A

### School of Snakes

Slither on over to discover the importance of our scaly friend, the snake! School of Snakes features live animals. Participants will get to meet Betty the bull snake to get an up-close look at our slithering friends. **AGE:** 5-8

Su Sep 16 10-11 a.m. Free SL 840804-A

### Thursday Tot Time

Thursday Tot-Times are nature programs provided for our youngest explorers! These programs always feature a tot-sized hike and a fun, nature-based craft, game or story. **AGE:** 3-5

Th Sep 20 10-10:45 a.m. Free SL 840805-A

Th Oct 18 10-10:45 a.m. Free SL 840805-B

Th Nov 15 10-10:45 a.m. Free SL 840805-C

Th Dec 6 10-10:45 a.m. Free SL 840805-D

**WESTY FAMILY CAMP NIGHT**

**Saturday, Sept. 8**

Come out and enjoy s'mores, snores and a day full of activities with your loved ones! This unique program is perfect for all family members and will include exciting nature and recreational related activities, overnight camping, park admission, an outdoor movie, and more!

**\$9 \$12**  
resident non-resident  
per person

**SIGN UP ONLINE TODAY!**

# NATURE PROGRAMS



## Edible Forage Walk

Hike alongside Urban Forager Kate Armstrong while she reveals the local flora that you can add to your menu, as well as which ones to avoid. **AGE:** 10 and older

Su Sep 23 10 a.m.-12 p.m. \$8 SL 840806-A

## Times are a Changin'

Venture into autumn to witness the changing season and the animals preparing for the upcoming cold. On this easy walk, embrace fall at Standley Lake by enjoying the changing colors and feeling the cool, crisp air. **ALL AGES**

Sa Sep 29 10-11 a.m. Free SL 840807-A

## Tree Climbing Adventure

Join this entry-level tree climbing class hosted at Mushroom Pond to view Westminster from a whole new perspective. Gain appreciation for trees with this hands-on, unforgettable experience! **AGE:** 8-12

Sa Oct 6 10 a.m.-1 p.m. \$15 SL 840808-A

## Traveling Birds

Take a stroll through Walnut Creek Golf Preserve to admire the many birds that migrate through the Front Range. Bring binoculars and your open ears to discover birds by sight and sound. **ALL AGES**

Sa Oct 13 8-9 a.m. Free SL 840809-A

## Nature's Engineers

Nature is filled with engineers who build incredible homes essential for their survival. Discover the critters who create these amazing structures at Standley Lake. **AGE:** 6-10

Sa Oct 20 10-11:30 a.m. Free SL 840810-A

## Spooky Trail Stories

Join us if you dare to take a spooky (yet safe) kid-friendly hike and surround yourself with Halloween stories while wearing your favorite costume! Get ready to create a spooky pumpkin worthy of taking home. **AGE:** 6-10

Sa Oct 27 12-1 p.m. \$3 SL 840811-A

## Prowling Predators

Explore the carnivorous creatures that call Standley Lake home while we hike the trails we share with them. Feeling skulls and pelts will allow you to get a greater appreciation of the predators that help keep our ecosystem in balance. **ALL AGES**

Sa Nov 3 11 a.m.-12 p.m. Free SL 840812-A

## Beneficial Bee Balm Workshop

Experience the benefits of bees in this lip balm workshop. While learning about the importance of bees in every ecosystem, create your own scented lip balm made from beeswax.

**AGES:** 7 and older

Sa Nov 10 10 a.m.-12 p.m. \$10 SL 840813-A

## Bark in the Park

Skip the stores and opt outside with your canine companion at Standley Lake. Enjoy free park admission and learn how to protect your pup from the park, and the park from your pup. **ALL AGES**

F Nov 23 9 a.m.-1 p.m. Free SL 840814-A

## Frozen Feathers

Fly into this program to discover the winter birds at Standley Lake and the adaptations they have to help them survive winter weather. **AGE:** 8 and older

Sa Dec 1 9-10 a.m. Free SL 840815-A

## Cold Commotion

Fluff, fat, and fur! How do different animals survive the cold months? In this touch-and-tell walk, we will explore how some animals prepare for and survive the winter season. **AGE:** 5-7

Sa Dec 8 10-11 a.m. Free SL 840816-A

## Astronomy Night

Join the Denver Astronomical Society and gaze at the night sky through high-power telescopes. Gain a new perspective of our place in the galaxy as you view planets, stars and constellations that are lightyears away! **ALL AGES**

Th Dec 13 5-6 p.m. \$5 SL 840817-A

## Winter Solstice Celebration

Welcome winter by exploring the traditions and lore behind the seasons to celebrate the last solstice of the year! We will be using our crafting skills to make our own yule log and play games too. **AGE:** 7-10

Sa Dec 22 12-1 p.m. \$3 SL 840818-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](http://www.GolfWestminster.com)

	Weekday/Weekend/Holidays	Resident	Non-Resident	
<b>18 Holes</b>	18 Hole (Mon-Fri)	\$39	\$42	<b>CART FEES</b> 18 HOLES: \$16 +tax per player 9 HOLES: \$10 +tax per player TWILIGHT: \$10 +tax per player  <b>DRIVING RANGE FEES</b> 1 Token=45 range balls/ \$5.05 + tax \$50 + tax Range Key = 12 tokens for the discounted price of 10  <b>TEE TIME RESERVATIONS</b> 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	
<b>9 Holes</b>	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 3 p.m.)	\$32	\$32	
	Legacy Twilight Fee (Mon-Fri after 3 p.m.)	\$37	\$37	
	Legacy Twilight Fee (Sat, Sun, Holidays after 3 p.m.)	\$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](http://www.golfwestminster.com).





# Adult Fine Art

(MAC) The MAC  
 (CP) City Park Recreation Center  
 (WSC) Westminster Sports Center  
 (LRGC) Legacy Ridge Golf Course

**\*Supply lists included on registration receipts**

**All About Color**

Learn about the incredible world of color and how to mix paints to create a vast variety of possibilities and applications. Using water-based oils or acrylics, create a full-color catalog for all your future painting adventures. **Instructor:** Paul Birchak

W Dec 5-12 6:30-8:30 p.m. \$25/\$30 CP 8443456-A

**Drawing - Beginners Only**

See how basic shapes are combined with line and texture. Learn about blending, cross hatching and contrasts in value. Demonstrations and drawing exercises help students develop fundamental drawing skills. Class is limited to those with no or very limited drawing experience. **Instructor:** Paul Birchak

W Sep 12-Oct 10 6:30-8:30 p.m. \$65/\$75 CP 843447-A

**Drawing - All Levels**

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 for those who wish to move that passion for art to the next level. No class Oct. 31. **Instructor:** Paul Birchak

W Oct 17-Nov 21 6:30-8:30 p.m. \$65/\$75 CP 843448-A

**Colored Pencil Workshop**

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

Sa Sep 29 10 a.m.-3 p.m. \$50/\$55 CP 843446-A

**Draw Your Own Pet**

Create realistic drawings of your special pet with Prismacolor® colored pencils through blending, burnishing, and various texture applications. Capture your pet's spirit and unique traits using a photo of your furry friend. Previous drawing experience is helpful. One-hour lunch. **Instructor:** Sandra Davis

Sa Nov 10 10 a.m.-3 p.m. \$50/\$55 CP 843449-A

**Oil Painting - Beginners Only**

Learn the basics of composition, 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 Sep 17-Oct 22 6:30-9 p.m. \$60/\$70 CP 843455-A

M Nov 5-Dec 10 6:30-9 p.m. \$60/\$70 CP 843455-B

# FINE ART & CRAFTS

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## Oil Painting - Intermediate

Receive personal attention on your individual projects. Color and value are emphasized; tips and techniques are presented to help artists grow their work in an encouraging, informal setting. No class Nov. 27. **Instructor:** Marva Moir

T Sep 18-Oct 23 6:30-9 p.m. \$65/\$75 WSC 841454-A  
T Oct 30-Dec 11 6:30-9 p.m. \$65/\$75 WSC 841454-B

## Beginning Photography

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. Class includes outdoor field trips. **Instructor:** Harry Olsson

W Sep 5-26 9 a.m.-11 a.m. \$65/\$75 CP 843463-A

## Photo Portfolio Review

Receive a 30-minute review of your photos at this gentle critique, based on artistic merit and expression. Images will also be reviewed for technical execution, and students will have the opportunity to ask questions and receive feedback regarding aperture, lighting and related topics. Bring 15-20 prints of your photos; call 303-658-2213 to make your appointment.

**Instructor:** Andreas Beuschel

Sa Oct 13 9 a.m.-12 p.m. \$10/\$15 WSC 841466-A

## 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, various types of watercolor paint and brushes. Complete a small painting to frame at home. \$15 supply fee due at class.

**Instructor:** John Brasaemle

Th Oct 4-18; Nov 8-15 6:30-8:30 p.m. \$65/\$75 CP 843451-A

## Watercolor - Renew and Review

Do you have an understanding of the basics? Do you have watercolor supplies but they lie untouched? These two sessions will have guided exercises to renew your skills and review techniques. \$10 paper fee paid to instructor. Bring your watercolor kit plus a round brush larger than a #12.

**Instructor:** John Brasaemle

Th Nov 8-15 6:30-8:30 p.m. \$25/\$30 CP 843453-A

## Watercolor Pencils

Watercolor pencils offer the best of both worlds! Try your hand with some fun drawing/painting techniques that will bring this unique and brilliant medium to life. You will be amazed at what you can create with watercolor pencils! One-hour lunch.

**Instructor:** Sandra Davis

Sa Oct 6 10 a.m.-3 p.m. \$50/\$55 CP 843450-A

## Acrylic Pouring/Fluid Painting

Acrylic pouring is a more abstract, non-brush approach to let your creativeness flow onto canvas. Learn different techniques for pouring acrylic paints to create beautiful, colorful, non-objective artwork. All supplies will be provided. This class is great for beginners as well as those with experience.

**Instructor:** Kristie Kerr

Sa Oct 6 10 a.m.-12 p.m. \$30/\$35 WSC 841441-A

## Acrylic-Poured Clock

Spend a moment in time acrylic pouring. Upcycle an old vinyl album and paint acrylic-pour style to make a beautiful clock to display—also makes a great gift. All supplies, including one album and clock mechanism, are provided. Additional albums and clock parts available for purchase. **Instructor:** Kristie Kerr

Sa Nov 10 10 a.m.-12 p.m. \$30/\$35 WSC 841442-A

## Alcohol Ink Ornaments

Discover the beauty and fun properties of alcohol inks. Decorate glass ornaments with alcohol ink for the holidays. Fee includes supplies for four glass ornaments plus a storage box. Additional supplies available for purchase. **Instructor:** Kristie Kerr

Sa Dec 1 10 a.m.-12 p.m. \$30/\$35 CP 843443-A

## Butterfly Musings

As a symbol of transition, butterflies represent various stages of life. Begin by writing a dialogue with yourself through a short journal entry, and then create a watercolor butterfly painting to symbolize the soul of the art work. **Instructor:** Chromatix

Sa Sep 15 10 a.m.-12 p.m. \$25/\$30 CP 843459-A

## Floral Design - Holiday Centerpieces

Save money by making your own floral centerpieces. Learn design concepts, getting the most from fresh flowers, and adding embellishments. \$10 supply fee due at class.

**Instructor:** Flora Cardenas

Sa Oct 27 10 a.m.-12 p.m. \$25/\$30 CP 843487-A

Sa Nov 17 10 a.m.-12 p.m. \$25/\$30 CP 843487-B

## "Let Go" With Art

Starting off with a rigid grid, use personal symbols to break away from the monotony of the grid to create a beautiful, intricate piece of art. These symbols will be created using mixed media techniques. Students are welcome to bring magazines, books and words/poems that you may want to use in your art piece—other materials will also be provided.

**Instructor:** Chromatix

Sa Sep 29 10 a.m.-12 p.m. \$25/\$30 CP 843460-A

## Mandala drawings

Use symbols to create a mandala drawing to represent yourself with paints and markers. Supplies included in the fee.

**Instructor:** Chromatix

Sa Oct 13 10 a.m.-12 p.m. \$20/\$25 CP 843461-A

## Merry Make-Over Holiday Workshop

Give your stash of holiday décor new life. Invite your friends to join this re-create & re-use party, to trade pieces, share ideas and gain inspiration. Supplies for upcycling your older but still valuable pieces are included in the fee.

**Instructor:** Flora Cardenas

Sa Nov 17 10 a.m.-12 p.m. \$20/\$25 LRGC 849488-A

## Home Decor - Unique Techniques

Learn to create a house that is decorated beautifully, but still a home that is livable, visitor friendly, pet friendly and expresses your personality. Instructor Michelle Van Wie shares her insider tips and tricks. Learn how to distress wood, use color to tie rooms together, upcycle existing features, make a photo wall that includes memorabilia, and how to do it on a budget!

Sa Sep 15-22 10 a.m.-12 p.m. \$40/\$50 CP 843497-A

## 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

## Aspen Scene

Create an 8"x8" aspen scene using fusible glass and glass elements. Project options include a food-safe platter or window hanging. \$25 materials fee due at class.

Sa Sep 22 1-3 p.m. \$41/\$45 CP 843479-A

## Halloween Candy Dish

Create a spooky and fun fused-glass dish. Choose from monster faces, spider webs and more! \$25 materials fee due at class.

Sa Oct 13 1-3 p.m. \$41/\$45 CP 843480-A

## Dichroic Jewelry

Create about six pieces of jewelry using stunning, fusible dichroic glass. \$25 materials fee due at class.

Sa Nov 10 1-3 p.m. \$41/\$45 CP 843481-A

## Holiday Ornaments

Create five fused-glass holiday ornaments. Choose from a variety of designs or come with your own ideas in mind. \$25 materials fee due at class.

Sa Nov 17 1-3 p.m. \$41/\$45 CP 843482-A

Sa Dec 1 1-3 p.m. \$41/\$45 CP 843482-B





# FINE ART & CRAFTS

## Bunka/Crochet Combo Class

Bunka is unique needlework art done with a punch needle and special thread from Japan. All Bunka supplies are purchased directly from the instructor. A beginner project costs approximately \$55. You can also discover the basics of crochet or improve your skills during this combo class. Learn to read patterns and try new stitches—no supply fee. No class Nov. 22.

**Instructor:** Lois Weber.

M	Sep 10-24	10 a.m.-12 p.m.	\$18/\$21	MAC 842469-1A
M	Oct 1-29	10 a.m.-12 p.m.	\$30/\$35	MAC 842469-1B
M	Nov 5-26	10 a.m.-12 p.m.	\$24/\$28	MAC 842469-1C
M	Dec 3-17	10 a.m.-12 p.m.	\$18/\$21	MAC 842469-1D
Th	Sep 13-27	10 a.m.-12 p.m.	\$18/\$21	MAC 842469-2A
Th	Oct 4-25	10 a.m.-12 p.m.	\$24/\$28	MAC 842469-2B
Th	Nov 1-29	10 a.m.-12 p.m.	\$24/\$28	MAC 842469-2C
Th	Dec 6-20	10 a.m.-12 p.m.	\$18/\$21	MAC 842469-2D

## Jewelry in the Rough

Explore techniques that incorporate uncut stones and crystals into your jewelry creations using simple wire-wrapping techniques. \$20 supply fee includes wire, a selection of stones, and tool rental. **Instructor:** Caren Johannes

Su	Sep 23	1:30-4:30 p.m.	\$25/\$30	CP 843494-A
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## Jewelry – Color Gradient Earrings

Learn how to use and create your own wearable rainbows with beads and wire wrapping. \$20 supply fee includes wire, selection of beads, and tool rental.

Su	Oct 7	1:30-4:30 p.m.	\$25/\$30	CP 843496-A
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## Jewelry – Wire Wrap Pendant

Create your own pendant using classic wire-wrapping techniques. \$30 supply fee includes wire, selection of cut stones, and tool rental. **Instructor:** Caren Johannes

Su	Oct 28	1:30-4:30 p.m.	\$25/\$30	CP 843493-A
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## PROCION Dyes on Fabric

Enjoy the process of dyeing cotton, bamboo, linen, rayon and even silk to create your own wearable and household pieces. Learn how Procion dyes work, mix colors, and try different dyeing techniques. \$30 supply fee includes all of the dyes, chemicals, and fabric items listed in each session: scrunch dye a t-shirt, paint on linen placemats, ombre dye a rayon scarf, re-dye an apron, and galaxy dye a silk hankie.

**Instructor:** Michelle Bowman

Th	Sep 27-Oct 25	7-9 p.m.	\$70/\$80	WSC 841476-A
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## Sewing – Beginning

Start with the basics: filling a bobbin, threading the machine, changing a needle, selecting stitches and lengths, and machine maintenance. Learn basic mending skills such as hemming pants, repairing rips and pockets, and replacing zippers.

Start 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	Sep 29-Oct 13	2-5 p.m.	\$50/\$60	CP 843471-A
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## Sewing – T-shirt Quilt

Be comforted by that collection of special t-shirts you've saved over the years by creating a one-of-a-kind quilt. Learn the best ways to construct a t-shirt quilt and add a border if desired.

When all squares are sewn together, layer with batting and backing. Students will be shown how to "stitch in the ditch" by machine. No class Nov 3. **Instructor:** Mary Anne Getchell

Sa	Oct 20-Nov 10	9 a.m.-12 p.m.	\$50/\$60	CP 843473-B
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## 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	Sep 20-Oct 25	4:30-7:30 p.m.	\$60/\$70	MAC 842484-A
Th	Nov 1-Dec 13	4:30-7:30 p.m.	\$60/\$70	MAC 842484-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. Pre-requisite: 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	Sep 27-Oct 25	4:30-7:30 p.m.	\$5/hour	MAC
Th	Nov 8-Dec 13	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. \$8 supply fee for new students payable to instructor. Experienced students can use the class as studio time. **Instructor:** Joseph Sikora

T	Sep 18-Oct 23	6:30-8:30 p.m.	\$65/\$75	CP 843485-A
T	Nov 6-Dec 11	6:30-8:30 p.m.	\$65/\$75	CP 843485-B

## Adult Pottery General Information

Adult pottery classes include 25 pounds of clay, glazes, and two firings. A second 25-pound bag of clay may 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 recreational, learning environment; production pottery is not permitted. **AGES:** 21+

**SESSION 1:** Sep 1-Nov 1

**SESSION 2:** Nov 4-Dec 22

Studio closed Nov 3 and 22; Dec 23-Jan 5, 2019

## 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. No class Nov. 22; fee is pro-rated Thursday second session.

W	Sep 5-Oct 24	6-9 p.m.	\$133/\$153	CP 843432-1C
W	Oct 31-Dec 19	6-9 p.m.	\$133/\$153	CP 843432-2C
Th	Sep 6-Oct 25	10 a.m.-1 p.m.	\$133/\$153	CP 843431-2A
Th	Nov 1-Dec 20	10 a.m.-1 p.m.	\$116/\$133	CP 843431-2B

## Pottery for All

Those new to clay and those with experience will continue their understanding of beginning techniques while extending their skills in forms, decorating and "being centered." Demonstrations are provided for both beginning and intermediate students. No class Nov. 22; second session pro-rated on Thursday.

Su	Sep 2-Oct 21	1-4 p.m.	\$133/\$153	CP 843432-1F
Su	Oct 28-Dec 16	1-4 p.m.	\$133/\$153	CP 843432-2F
M	Sep 3-Oct 22	12:30-3:30 p.m.	\$133/\$153	CP 843432-1A
M	Oct 29-Dec 17	12:30-3:30 p.m.	\$133/\$153	CP 843432-2A
M	Sep 3-Oct 22	6-9 p.m.	\$133/\$153	CP 843432-1B
M	Oct 29-Dec 17	6-9 p.m.	\$133/\$153	CP 843432-2B
T	Sep 4-Oct 23	6-9 p.m.	\$133/\$153	CP 843431-1A
T	Oct 30-Dec 18	6-9 p.m.	\$133 /\$153	CP 843431-1B
Th	Sep 6-Oct 25	6-9 p.m.	\$133/\$153	CP 843432-1E
Th	Nov 1-Dec 20	6-9 p.m.	\$116/\$133	CP 843432-2E

## Practicing with Porcelain

Discover more about the unique qualities of porcelain and receive instruction devoted completely to this special clay body. For intermediate to advanced potters.

M	Sep 3-Oct 22	9 a.m.-12 p.m.	\$133/\$153	CP 843435-A
M	Oct 29-Dec 17	9 a.m.-12 p.m.	\$133/\$153	CP 843435-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 Oct 6. **Instructor:** Johanna O'Connell

Sa	Sep 29-Oct 20	9:30 a.m.-12:30 p.m.	\$60/\$70	CP 843436-A
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## Raku

Explore the many ways to fire raku and witness a variety of results. Bring five bisque-fired pots. **Instructor:** Shannon Long

Sa	Oct 27	12-4 p.m.	\$30/\$40	CP 843437-A
Sa	Dec 15	12-4 p.m.	\$30/\$40	CP 843437-B



**Paintin' Place**  
**Saturdays**  
**10 a.m.-12 p.m.**  
 Unleash your creativity and paint ceramic pieces using non-toxic glazes at the City Park Recreation Center studio. Pieces are fired and ready for pick up in about a week.

**Call 303-658-2910 to reserve your time today!**



# Fitness and Wellness

## 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](http://www.cityofwestminster.us) to fill out a session request form.

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

<b>FEES:</b> Dietary Session, one hour	\$65
Semi-Private Session, one 75-minute session	\$78
<b>PACKAGE:</b> Dietary package, four sessions	\$199

## Personal Training

Maximize your effectiveness in the weight room. Receive exercise support and 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](http://www.cityofwestminster.us) to fill out a session request form.

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

<b>FEES:</b> Private Session, one hour	\$55
Semi-Private Session, one 75-minute session	\$65
<b>PACKAGES</b>	
Elite: four sessions + dietary session	\$199
Pro: six sessions (dietary session excluded)	\$239
Platinum: 10 sessions + dietary session	\$419
Semi-Private Elite: four sessions + dietary	\$299

## 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 Center. Available at City Park Fitness Center with an adult present for training session and workouts.

**AGES:** 12-14

**FEE:** \$55, one-hour session

Current pass holders receive a \$15 discount!

## Results Group Training

Do you sweat best in the comradery of others? Join this small group training program that includes one private training session with a Certified Personal Trainer and seven weeks of group fitness sessions providing tools to lose weight, build muscle, and move toward a healthier you. The first day of your class is an orientation to meet your trainer and schedule your private session as well as go over class details. All classes held at City Park Fitness Center. Class does not meet on Labor Day.

### RESULTS - WOMEN

MW Sep 5-Oct 24	9-10 a.m.	\$129	848030-A
MW Oct 29-Dec 19	9-10 a.m.	\$129	848030-B

### RESULTS - CO-ED

MW Sep 5-Oct 24	7-8 p.m.	\$129	848033-A
MW Oct 29-Dec 19	7-8 p.m.	\$129	848033-B



## Family Yoga

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:** 3-101.

Included in passes and general admission drop-in fees.

Su 11-11:45 a.m. WV

## 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. All classes take place at City Park Recreation Center. No class: Oct. 11 or Nov. 22

TTh Sep 4-Oct 4 1:15-2 p.m. \$50/\$55 843525-1A

TTh Oct 9-Nov 8 1:15-2 p.m. \$45/\$50 843525-2A

TTh Nov 13-Dec 13 1:15-2 p.m. \$45/\$50 843525-3A

## 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 Sep 6 12:30-1:30 p.m. CPRC 843001-A

T Oct 2 12:30-1:30 p.m. WV 847001-A

Th Nov 1 12:30-1:30 p.m. CPRC 843001-B

T Dec 4 12:30-1:30 p.m. WV 847001-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 Sep 4 2:30-3:30 p.m. CPFC 848002-A

T Oct 2 2:30-3:30 p.m. CPFC 848002-B

T Nov 13 2:30-3:30 p.m. CPFC 848002-C

T Dec 4 2:30-3:30 p.m. CPFC 848002-D

## SilverSneakers® Fitness Assessment

Test includes assessments of 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 Sep 18 2:30-3:30 p.m. CPFC 848003-A

T Oct 9 2:30-3:30 p.m. CPFC 848003-B

T Nov 13 2:30-3:30 p.m. CPFC 848003-C

T Dec 11 2:30-3:30 p.m. CPFC 848003-D

## Fit & Strong!

Fit & Strong! is an exercise program with an emphasis on behavior change for older adults with lower extremity osteoarthritis. Fit & Strong! includes 60 minutes of exercise, and 30 minutes of health education and group discussion. Fit & Strong! will help you manage arthritis, exercise safely, decrease joint pain and stiffness, improve daily function, and reduce anxiety and depression. FREE for SilverSneakers® pass holders!

MWF Sep 24-Nov 16 11:30 a.m.-1 p.m. \$10 MAC 842050-A

MWF Sep 24-Nov 16 1-2:30 p.m. \$10 CPFC 848050-A

## Walk With Ease

Whether you need relief from arthritis pain or just want to be more active, the Arthritis Foundation's six-week Walk With Ease program can teach you how to safely make physical activity part of your everyday life. Studies show that this program is proven to reduce arthritis pain, increase balance, strength and walking pace, build confidence and improve overall health. FREE for SilverSneakers® pass holders!

MWF Sep 10-Oct 19 2-3 p.m. \$10 WV 847051-A

TTH Sep 18-Nov 15 9-10 a.m. \$10 WV 837051-B

## Active Living Every Day

Move more and you'll have more energy, less stress, a reduced risk of chronic diseases, a healthier weight and a better sleep quality. Active Living Every Day is a step-by-step plan for building a healthier life. You'll create your own plan based on your preferences and lifestyle and you'll be encouraged to choose activities that you like and that fit easily into your routine. If you've decided that you want to lead a more active life, this program offers you all the tools you need to take the first steps toward success. \*No class on Thanksgiving

T Sep 11-Nov 27 12-1 p.m. \$10 CPFC 848054-A

Su Oct 7-Dec 23 9:30-10:30 a.m. \$10 WV 847054

# FITNESS AND WELLNESS

## Nutrition Classes

NEW

### Meal Planning 101

We will break down meal planning into simple steps, teach you how to stock a pantry for success, and focus on keeping it healthy while sticking to a budget.

Sa	Sep 8	10-11:30 a.m.	\$5	CPRC 843037-A
W	Oct 17	6-7:30 p.m.	\$5	CPRC 843037-B

### Sugar – The Good, The Bad, The Ugly

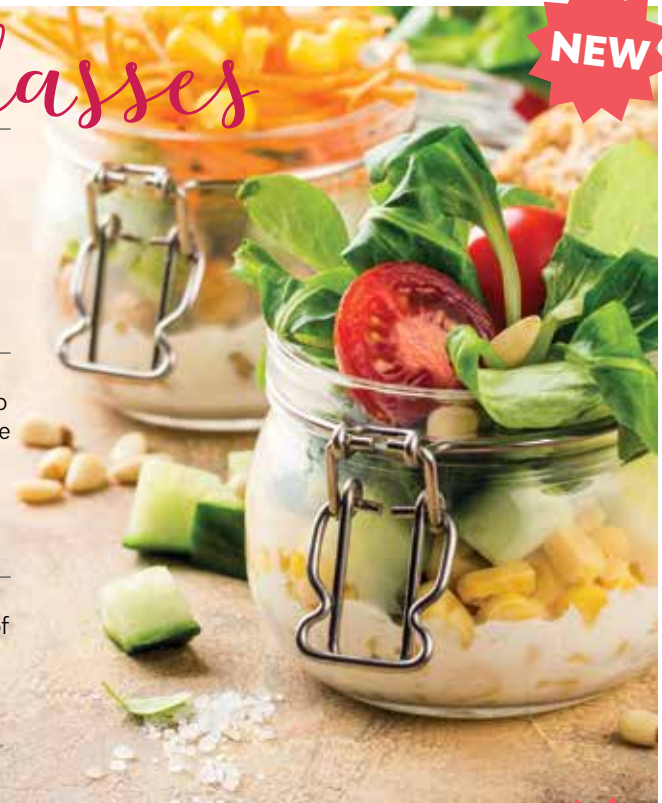
We will discuss where sugar is hiding in your diet; dig deeper into high fructose corn syrup and its effect on metabolism; alternative sweetener pros and cons; and why quitting sugar is so hard.

Sa	Oct 6	9-10:30 a.m.	\$5	CPRC 843034-A
M	Dec 10	6-7:30 p.m.	\$5	CPRC 843034-B

### Macros 101

The foundation of a healthy diet begins with an understanding of the macro-nutrients: protein, fat and carbohydrates. Learn how each macro-nutrient functions in our bodies.

M	Sept 17	6-7:30 p.m.	\$5	CPRC 843033-A
Sa	Dec 15	8:30-10 a.m.	\$5	CPRC 843033-B



## Wellness Retreats

NEW

### Self-Care Retreat

Self-care is essential to enhancing one's quality of life and providing you with lifelong holistic self-care tools: nutrition, exercise, sleep, detox and living a mindful life that serves you. Also, walk away with your own specialized essential oil blend!

Sa	Sep 8	12-3 p.m.	\$25	CPFC 848061-A
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### Restoration and Rejuvenation Retreat for Mamas

Welcome all mothers who have given birth, whether your child is 3 months or 30 years old. Take the time for yourself, share stories with other women and learn new ways to restore your body and mind through yoga and Pilates. Childcare available.

Sa	Oct 13	8:15-10:45 a.m.	\$20	CPFC 848061-B
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### Root to Rise Yoga Retreat

Find the flow in life by ROOTING to RISE in stillness and motion using yoga poses, breath and meditation. Focus on opening chakras using flow, sound and stillness.

Sa	Nov 3	2-5:30 p.m.	\$25	CPFC 848061-C
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## 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/Pilates](http://www.CityofWestminster.us/Pilates)

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

<b>Fees:</b> Private session, 60 minutes	\$65
Semi-Private session, 75 minutes	\$78

### Packages

Elite: Four 60-minute sessions	\$245
Platinum: Eight 60-minute sessions	\$485
Semi-Private Elite: Four 75-minute sessions	\$295

# 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 Sep 5-Oct 17	11:45 a.m.-12:45 p.m.	\$189	848051-A
W Oct 31-Dec 12	11:45 a.m.-12:45 p.m.	\$189	848051-B

## Pilates Reformer Sessions

Minimize the cost and maximize the benefits of Reformer training by committing to these group sessions. 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. 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, more basic approach.

M	Sep 3-Oct 22	10:15-11:15 a.m.	\$125	848085-A
M	Oct 29-Dec 17	10:15-11:15 a.m.	\$125	848085-B
F	Sep 7-Oct 26	10:15-11:15 a.m.	\$125	848085-C
F	Nov 2-Dec 21	10:15-11:15 a.m.	\$125	848085-D

## Reformer

M	Sep 3-Oct 22	7:30-8:30 a.m.	\$125	848083-A
M	Oct 29-Dec 17	7:30-8:30 a.m.	\$125	848083-B
M	Sep 10-Oct 22*	5:45-6:45 p.m.	\$110	848086-A
M	Oct 29-Dec 17	5:45-6:45 p.m.	\$125	848086-B
T	Sep 4-Oct 23	8:30-9:30 a.m.	\$125	848082-A
T	Oct 30-Dec 18	8:30-9:30 a.m.	\$125	848082-B
T	Sep 4-Oct 23	12:15-1:15 p.m.	\$125	848081-A
T	Oct 30-Dec 18	12:15-1:15 p.m.	\$125	848081-B
W	Sep 5-Oct 24	7:30-8:30 a.m.	\$125	848083-C
W	Oct 31-Dec 19	7:30-8:30 a.m.	\$125	848083-D
W	Sep 5-Oct 24	9-10 a.m.	\$125	848080-A
W	Oct 31-Dec 19	9-10 a.m.	\$125	848080-B
Th	Sep 6-Oct 25	8:30-9:30 a.m.	\$125	848082-C
Th	Nov 1-Dec 20**	8:30-9:30 a.m.	\$110	848082-D
Th	Sep 6-Oct 25	12:15-1:15 p.m.	\$125	848081-C
Th	Nov 1-Dec 20**	12:15-1:15 p.m.	\$110	848081-D
F	Sep 7-Oct 26	9-10 a.m.	\$125	848080-C
F	Nov 2-Dec 21	9-10 a.m.	\$125	848080-D


8-visit drop-in punch card: \$128 Drop-in fee: \$17

\*Class does not meet on Labor Day; Session is 7 weeks

\*\*No classes on Thanksgiving Day



# Massage Services



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!

**\$40**

30 minutes

**\$65**

60 minutes

**\$85**

90 minutes

**PACKAGES:** *Elite*: four 60-min. sessions \$250, *Platinum*: four 90-min. sessions \$330

## 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.

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.

**CITY PARK RECREATION**  
**303-460-9691**

**WEST VIEW RECREATION**  
**303-460-9530**

# FITNESS SCHEDULE

## City Park Fitness Center General Fitness Class Schedule, Sept.-Dec. 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:**

M-Th 8:30 a.m. - 1 p.m. and 4:30-8:15 p.m., F 8:15 a.m. - 1 p.m. and 4:15-6:15 p.m., Sa 7:15 a.m.-noon, Su 8 a.m.-noon  
• = All Levels •• = Intermediate/Advanced

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Boot Camp ••</b> 5:30-6:30 a.m.	<b>Body Flex •</b> 5:30-6:30 a.m. <b>Studio cycle •</b> 5:45-6:30 a.m.	<b>Fit &amp; Focus •</b> 5:30-6:30 a.m.		<b>Tabata •</b> 5:30-6:30 a.m. <b>Studio cycle •</b> 5:45-6:30 a.m.	<b>Studio cycle •</b> 7:15-8:15 a.m.
<b>Cardio Tabata •</b> 8-8:50 a.m. <b>Boot Camp ••</b> 8:45-9:45 a.m.	<b>SilverSneakers® Circuit •</b> 8-8:50 a.m. <b>Cycle Fusion •</b> 8:45-9:45 a.m.	<b>SilverSneakers® Boom •</b> 8-8:50 a.m. <b>Boot Camp ••</b> 8:45-9:45 a.m.	<b>SilverSneakers® Circuit •</b> 8-8:50 a.m. <b>Cycle Fusion •</b> 8:45-9:45 a.m.	<b>PiYo ••</b> 7:30-8:30 a.m. <b>Cardio Plus •</b> 8-8:50 a.m. <b>Boot Camp ••</b> 8:45-9:45 a.m.	<b>Total Body Remix ••</b> 7:30-8:30 a.m.
<b>Body Flex •</b> 9-10 a.m.	<b>Tabata ••</b> 9-10 a.m.	<b>Pop Pilates •</b> 9-10 a.m.	<b>Tabata ••</b> 9-10 a.m.	<b>Body Flex •</b> 9-10 a.m.	<b>TRX® ••</b> 9:15-10:15 a.m.
<b>SilverSneakers® Classic •</b> 10:15-11:15 a.m.	<b>TRX® ••</b> 10:15-11:15 a.m.	<b>TRX® Fusion ••</b> 10-11 a.m. <b>SilverSneakers® Classic •</b> 10:15-11:15 a.m. <b>Tai Chi •</b> 10:30-11:30 a.m.	<b>TRX® ••</b> 10:15-11:15 a.m.	<b>SilverSneakers® Yoga •</b> 10:15-11:15 a.m. <b>Cycle Fusion •</b> 10:15-11:15 a.m.	
<b>Lunch Time Blitz •</b> 11:45 a.m.-12:30 p.m.	<b>Body Flex •</b> 11:45 a.m.-12:45 p.m.	<b>Lunch Time Blitz •</b> 11:45 a.m.-12:30 p.m.		<b>SilverSneakers® Classic •</b> 11:30 a.m.-12:30 p.m.	<b>Meditation •</b> 11 a.m.-12 p.m.
<b>Energy (Korean) Yoga •</b> 12:45-1:45 p.m.			<b>Cycle Fusion •</b> 12-12:45 p.m.	<b>Tai Chi •</b> 12:45-1:45 p.m.	
<b>Pop Pilates</b> 4:30-5:15	<b>SilverSneakers® Yoga •</b> 2-3 p.m.	<b>Qi Gong •</b> 2:30-3:30 p.m. <b>PiYo ••</b> 4:30-5:15 p.m.	<b>SilverSneakers® Yoga •</b> 2-3 p.m.		<b>SUNDAY</b>
<b>TRX® ••</b> 4:30-5:30 p.m. <b>Tabata ••</b> 5:30-6:30 p.m.	<b>Mass Confusion •</b> 5:30-6:30 p.m. <b>Studio cycle •</b> 5:45-6:45 p.m.	<b>TRX® ••</b> 4:30-5:30 p.m. <b>Total Body Remix ••</b> 5:30-6:30 p.m.	<b>Body Flex •</b> 5:30-6:30 p.m. <b>Studio cycle •</b> 5:45-6:45 p.m.		<b>Mass Confusion •</b> 8:15-9:15 a.m.
<b>Butts and Guts •</b> 7-7:45 p.m.	<b>Boot Camp ••</b> 6:45-7:45 p.m.	<b>Butts and Guts •</b> 7-7:45 p.m.			

# FITNESS SCHEDULE

## City Park Fitness Center Specialty Fitness Class Schedule, Sept.-Dec. 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:

M-Th 8:30 a.m. - 1 p.m. and 4:30-8:15 p.m., F 8:15 a.m. - 1 p.m. and 4:15-6:15 p.m., Sa 7:15 a.m.-noon, Su 8 a.m.-noon

• = All levels •• = Intermediate/Advanced

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Power Yoga ••</b> 6:15-7:15 a.m.	<b>MVe Core Fit •</b> 5:30-6:30 a.m.	<b>Power Yoga ••</b> 6:15-7:15 a.m.	
<b>Iyengar Yoga® •</b> 9-10 a.m.	<b>AbsolutBarre •</b> 9:45-10:45 a.m.		<b>Mtn Strength Yoga •</b> 9:45-10:45 a.m.		<b>Power Yoga ••</b> 9:15-10:15 a.m.
	<b>Zumba® •</b> 10:15-11:15 a.m.		<b>Zumba® •</b> 10:15-11:15 a.m.		<b>Kettlebell ••</b> 10:30-11:30 a.m. <b>Zumba® •</b> 10:30-11:30 a.m.
	<b>Mtn Strength Yoga •</b> 11 a.m.-12 p.m.		<b>Pilates Mat •</b> 11 a.m.-12 p.m.		
<b>AbsolutBarre •</b> 11:45 a.m.-12:45 p.m.			<b>Zumba® Gold •</b> 11:45 a.m.-12:45 p.m.	<b>AbsolutBarre •</b> 11:45 a.m.-12:45 p.m.	
		<b>Gentle Yoga •</b> 12:45-1:45 p.m.			
<b>Pilates Basic Chair •</b> 1:15-2:15 p.m.		<b>Pilates Basic Mat •</b> 1:15-2:15 p.m.			<b>SUNDAY</b>
<b>AbsolutBarre •</b> 4:30-5:30 p.m.	<b>Pilates Mat •</b> 4:30-5:30 p.m.	<b>Pilates Chair •</b> 4:30-5:30 p.m.	<b>Pilates Mat •</b> 4:30-5:30 p.m.	<b>AbsolutBarre •</b> 4:30-5:30 p.m.	<b>AbsolutBarre •</b> 9:15-10:15 a.m.
<b>Kettlebell ••</b> 5:45-6:45 p.m.	<b>Vinyasa Flow Yoga •</b> 5:45-6:45 p.m.	<b>AbsolutBarre •</b> 5:45 - 6:45 p.m. <b>Kettlebell ••</b> 5:45-6:45 p.m.	<b>Vinyasa Flow Yoga •</b> 5:45-6:45 p.m.		<b>Zumba® •</b> 10:30-11:30 a.m.
<b>Zumba® •</b> 6:45-7:45 p.m.		<b>Zumba® •</b> 6:45-7:45 p.m.			<b>Sunday Yoga •</b> 4-5 p.m.
<b>Hatha Yoga •</b> 7-8 p.m.	<b>AbsolutBarre •</b> 7-8 p.m.	<b>Hatha Yoga •</b> 7-8 p.m.	<b>Ashtanga Yoga •</b> 7-8 p.m. <b>AbsolutBarre •</b> 7-8 p.m.		



# FITNESS SCHEDULE

## The MAC

### Class Schedule, Sept.-Dec. 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
<b>Low Impact-Advanced</b> 7:15-8:15 a.m.	<b>*Yoga for Everyone</b> 8-9 a.m.	<b>Low Impact-Advanced</b> 7:15-8:15 a.m.	<b>*Yoga for Everyone</b> 8-9 a.m.	<b>Low Impact-Advanced</b> 7:15-8:15 a.m.
<b>Low Impact-Beginner</b> 8:45-9:45 a.m.	<b>SilverSneakers® Circuit</b> 8:45-9:45 a.m.	<b>Low Impact-Beginner</b> 8:45-9:45 a.m.	<b>SilverSneakers® Circuit</b> 8:45-9:45 a.m.	
<b>Country Line Dance</b> 9-10 a.m.				<b>SilverSneakers® Yoga</b> 9-10 a.m.
<b>Flex &amp; Stretch</b> 10:15-11:15 a.m.		<b>Flex &amp; Stretch</b> 10:15-11:15 a.m. <b>SilverSneakers® Yoga</b> 10:30-11:30 a.m.		
<b>SilverSneakers® Classic</b> 2-3 p.m.		<b>SilverSneakers® Classic</b> 2-3 p.m.		
<b>*Hatha Yoga</b> 6:30-7:30 p.m.	<b>Body Flex</b> 5:15-6:15 p.m.	<b>Cardio Plus</b> 5:45-6:45 p.m.	<b>*Zumba®</b> 5:15-6:15 p.m.	

## Swim & Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>*Hatha Yoga</b> 5:45-6:45 p.m.		

# FITNESS CLASS SCHEDULE

## West View Recreation Center

### General Fitness and Specialty Class Schedule, Sept.-Dec. 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
Mass Confusion • 6:15–7:15 a.m.		*Yoga • 6:15–7:15 a.m.			Total Body Remix •• 7:30–8:25 a.m.
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.	Mindful Flow Yoga • 8:45–9:45 a.m.	POUND® • 8:30–9:15 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.	PiYo • 10–11 a.m.	
				SilverSneakers® Yoga • 11:45 a.m.–12:45 p.m.	
SilverSneakers® Yoga • 3:30–4:30 p.m.	Total Body Remix •• 4:45–5:30 p.m.	SilverSneakers® Yoga • 3:30–4:30 p.m.			<b>SUNDAY</b>
Tabata • 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.		

# FITNESS CLASS DESCRIPTIONS

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

## Specialty Fitness Class Descriptions

Specialty fitness class schedules are also available at City Park, The MAC, Swim & Fitness Center, West View Recreation Center or online at [www.cityofwestminster.us](http://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, MAC

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 complements 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.

# HEALTH COACHING

Blast through your roadblocks and create the healthy lifestyle you desire! Your health coach and registered dietitian will lead discussions on topics such as dietary confusion, physical activity, sleep, relationships, and stress management, then tie together how these factors influence the food choices you make.

T	Sep 4-Oct 23	11 a.m.-12 p.m.	\$49	848034-A
T	Oct 30-Dec 18	11 a.m.-12 p.m.	\$49	848034-B
W	Sep 5-Oct 24	6-7 p.m.	\$49	848035-A
W	Oct 31-Dec 19	6-7 p.m.	\$49	848035-B





# FITNESS CLASS DESCRIPTIONS

## Specialty Fitness Class Descriptions Cont.

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### 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.

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### 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!

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### 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 on your workout regimen!

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### 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!

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### 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.

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### 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.

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### 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.

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### 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.

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### 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.

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### 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!

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### 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!

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## 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](http://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

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### 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.

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### 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.

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### 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.

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### 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 overall muscle strength.

# FITNESS CLASS DESCRIPTIONS

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## 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.

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## Energy (Korean) 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, and increased flexibility and mobility.

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## 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

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## 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.

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## 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.

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## Total Body Remix

♥♥ 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.

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## Low Impact – Advanced

♥ MAC

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

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## 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.

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## 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!

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## 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, more! The constant variation will keep you coming back for more and ensure that neither you nor your muscles ever get bored.

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## 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.

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## PiYo

♥ CPFC

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

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## Pop Pilates

♥ CPFC

Pop Pilates is perfect for all levels, combining dance choreography with Pilates moves for an intense total body workout that's FUN and effective. We will put the CORE in coordination while also working our legs, arms, backs and booties! You will leave feeling sweaty, strong and ready to take on MORE. Experience a class that some say is like a "dance on the mat!"

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## 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!

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## 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.

# FITNESS CLASS DESCRIPTIONS

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## 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.

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## 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.

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## 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.

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## 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.

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## 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.

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## 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.



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## 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.

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## 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.

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## TRX Fusion

♥♥ CPFC

This interval strength training class is designed to encourage postural awareness while mitigating functional movement patterns. Use your own body weight and positioning to control the challenge in each workout. Dig deep—you are stronger than you think!



## 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.

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.

### 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 Oct 10\*-Dec 19 5-9 p.m. CP

\*Beginning date subject to change due to new floor installation in Gymnasium. Please contact recreation center for updates.

### 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 Oct 23-Nov 13 7:45-9 p.m. \$30/\$35 CP 843091-2A

T Nov 27-Dec 18 7:45-9 p.m. \$30/\$35 CP 843091-3A

#### 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 Oct 23-Nov 13 6:15-7:30 p.m. \$30/\$35 CP 843096-2A

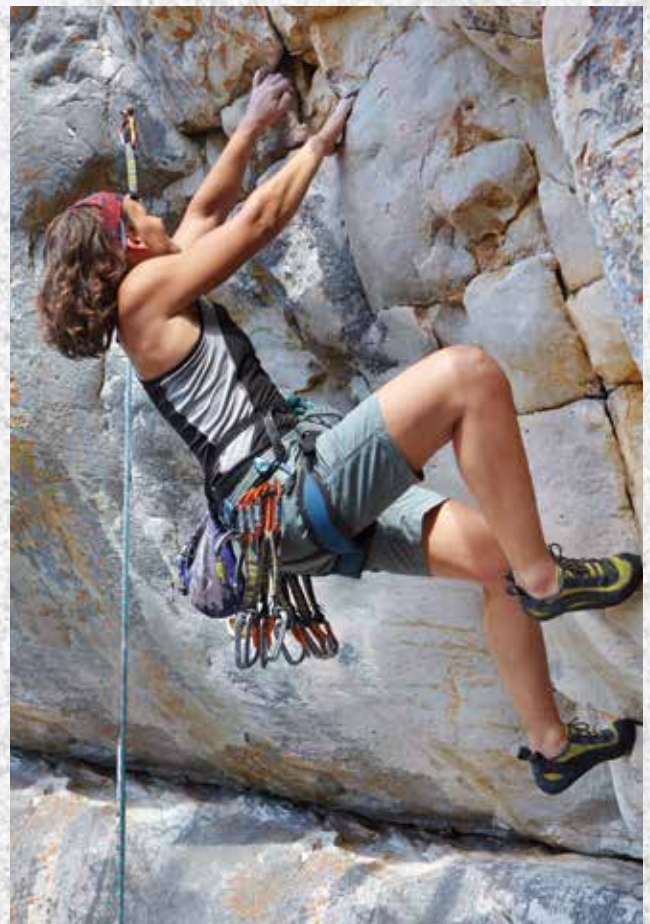
T Nov 27-Dec 18 6:15-7:30 p.m. \$30/\$35 CP 843096-3A

### CLINIC

#### 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. **AGES:** 8 and older Parents participate for free.

T Oct 16 6:15-8:45 p.m. \$22/\$27 CP 843099-1A





# Adult Programs

## 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 at 303-658-2292 to request your session. Payment must be made prior to the session. **FEE:** \$45/\$48

### Smart Phone Basics

Sign up for a one-on-one, 30-minute consultation to learn the basic functions of your cell phone. Instructor contacts you directly to arrange your specific appointment time on the date you select. Pre-registration is required. Bring your charged cell phone.

F	Sep 28	9-11 a.m.	\$24/\$26	MAC 842954-A
F	Oct 26	9-11 a.m.	\$24/\$26	MAC 842954-B
F	Nov 30	9-11 a.m.	\$24/\$26	MAC 842954-C
F	Dec 21	9-11 a.m.	\$24/\$26	MAC 842954-D

### Learn to Use Google or Apple Maps

Never get lost again! Look up addresses and get directions from the maps app on your iPhone, iPad, Android phone or tablet device. Bring your own device to follow along in this demonstration-style class. Register by Sept. 6.

M	Sep 10	9-11 a.m.	\$24/\$26	MAC 842955-A
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### Uber It!

Need a ride? Want food delivered from your local restaurant? Uber is a popular and convenient alternative to taxi service and is expanding services. Learn to hail a driver and discover how to use other Uber services. Bring your device and your Apple ID and password or Google account and password to download the Uber app. Register by Sept. 13.

M	Sep 17	9-11 a.m.	\$24/\$26	MAC 842956-A
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### Google Assistant & Siri

Your smart device can find specific information like a song or restaurant and perform certain tasks like calling or emailing friends and family. Bring your fully charged iPhone, iPad, or any Android phone or tablet to class, and learn how using Google's Assistant or Apple's Siri can make your life a whole lot easier. Demonstration-style class. Register by Sept. 20.

M	Sep 24	9-11 a.m.	\$24/\$26	MAC 842957-A
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## Cooking Classes

### Cooking with Turmeric

Turmeric boasts many health benefits, but how do you cook with it? Learn about this brightly colored spice and ways to incorporate it into delicious recipes. Tastes and recipes are provided. Register by Sept. 25.

F	Sep 28	10:15-11 a.m.	\$11/\$13	MAC 842958-A
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## Treat Yourself to Pumpkin

Pumpkins are more than a Halloween decoration—they are a nutritional bonanza. Learn several healthy cooking techniques to benefit from this great gourd. Samples and recipes provided. Register by Oct. 22.

W Oct 24 6-7:30 p.m. \$14/\$16 MAC 842959-A

## Cooking with Tofu

Are you curious about tofu and want to get some ideas on how to cook with it? This class showcases this versatile ingredient and instructor provides tasty samples and recipes to take home. Register by Nov. 7.

F Nov 9 10:15-11 a.m. \$11/\$13 MAC 842960-A

## Tips & Tricks for Meal Prepping

Meal prepping involves pre-portioning meals and snacks into grab-and-go containers to store in the refrigerator or freezer for quick, ready-prepared meals later in the week. Meal prepping can save money and time while improving nutritional intake. Get strategies for incorporating this food prep practice into your busy lifestyle. Register by Nov. 12.

Th Nov 15 6-7 p.m. \$11/\$13 WV 847964-A

## Language

### Bonjour! Let's speak French!

This 6-week beginner class covers the French alphabet, basic greetings, introductions, days of the week, numbers, how to ask for directions, and simple conversation. You'll be speaking French by the end of this fun, energetic French class. No books, tests, or homework. Supply fee payable to instructor at first class. Register by Sept. 4.

Th Sep 6-Oct 11 6-7:45 p.m. \$75/\$80 MAC 842981-A

### Oui! I speak French!

This 8-week advanced conversational class covers past and near future tenses, asking for/giving directions, purchasing clothing/groceries, requesting services, essential travel phrases, and ordering food. Explore French newspapers and learn to write simple letters. No class Nov 22. Supply fee payable to instructor at first class. Register by Oct. 15.

Th Oct 18-Dec 13 6-7:45 p.m. \$100/\$105 MAC 842982-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.

## Beginning Italian for Travelers

Buongiorno! Acquire basic language skills for meeting and greeting, getting directions and transportation info, shopping, and ordering in a restaurant. Past tenses and more complex grammatical constructions are taught. Learn about Italy's regions and practice speaking in a relaxed environment with a native Italian teacher. Handouts provided. Register by Sept. 10. No class Sept. 26.

W Sep 12-Oct 24 5:30-7 p.m. \$75/\$80 MAC 842983-A

## Music & Dance Classes

### Amanda Pearo, Ukulele and Guitar Instructor

Denver-based musician and teacher, Amanda Pearo, has a Bachelor's and Master's degree in Music Education. Pre-registration is required three working days prior to class start date.

### Ukulele I

This class is geared toward players with some ukulele experience. Learn to read chord charts and melodic tablature. Bring a ukulele and a folder for handouts. **AGE:** 12 and over.

M Sep 10-Oct 22 6:30-7:30 p.m. \$75/\$80 MAC 842984-A

### Ukulele II

Class is designed for players who are familiar with basic chords and can read melodies from the treble clef. Participants work toward playing classic pop and rock songs using simple chord progressions. Bring a ukulele and a folder for handouts. No class Nov. 19. **AGE:** 12 and over.

M Oct 29- Dec 17 6:30-7:30 p.m. \$75/\$80 MAC 842985-A

### Guitar I

Class is geared toward players with some guitar experience. Learn to finger pick melodies and strum basic simple chords. Bring your guitar, picks, and a folder for handouts. **AGE:** 14 and over.

W Sep 12-Oct 24 6:30-7:30 p.m. \$75/\$80 MAC 842986-A



# ADULT PROGRAMS

## Guitar II

Class is designed for players who are familiar with basic chords and can read melodies from the treble clef. Participants work toward playing classic pop and rock songs using simple chord progressions. Bring your guitar, picks, and a folder for handouts. No class Nov. 21. **AGE:** 14 and over.

W Oct 31-Dec 19 6:30-7:30 p.m. \$75/\$80 MAC 842987-A

## Westminster Ukulele Community

The Westminster Uke Community is open to ukulele players of all skill levels. Beginner to advanced ukulele players are invited to play songs together and learn from each other. Bring your ukulele, paper copies of songs that you would like the group to play, and a music stand and tuner if you have one. Ages 12 and under must be accompanied by an adult. No registration necessary.

T Oct 16, Dec 18 6:30-8 p.m. FREE SFC Community Room

## 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 ongoing 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 Sep 3, Dec 24, Dec 31.

M Sep-Dec 9-10 a.m. Beginner Level MAC

M Sep-Dec 11:15 a.m.-12:15 p.m. Intermediate Level WV

## 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 – WALTZ AND RUMBA

T Sep 11-Oct 2 7-8:30 p.m. \$30/\$35 WV 847960-A

### SESSION 2 – WEST COAST SWING AND TANGO

T Oct 9-Oct 30 7-8:30 p.m. \$30/\$35 WV 847960-B

### SESSION 3 – EAST COAST SWING AND SALSA

T Nov 6-Nov 27 7-8:30 p.m. \$30/\$35 WV 847960-C

## 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



**Standley Lake**  
**FAMILY BBQ**

SATURDAY  
AUG. 25

11-3  
AM. P.M.

\$10  
per person

Enjoy lunch from Dickey's Barbecue Pit and explore Standley Lake from a canoe, kayak, paddle board, or hydro-bike—all included. Enter a prize drawing. Free shuttle service from West View Recreation Center. Bring a life jacket if you have one.

REGISTRATION DEADLINE: Monday, August 20  
830001-A

## 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. **FE:** \$39 per 1 hour session; \$110 for three sessions.

### Get Fit While You Sit

Are you chained to a desk at work or is it simply hard for you to move around a lot? You can still exercise! Learn a variety of exercises you can do from the comfort of your chair. Wear comfortable clothes for doing exercise. Register by Sept. 10.

W Sep 12 1-2 p.m. \$11/\$13 MAC 842964-A

## Yes! You Can Stretch

Do balance issues, an inability to get up and down off the floor, or a lack of flexibility keep you from stretching? With a few modifications and adaptive devices everyone can perform flexibility exercises. Discover stretches you can do seated in a chair and lying in bed, as well as simple devices you can use to facilitate your stretching routine. Wear comfortable clothes for doing exercise. Register by Oct. 11.

M Oct 15 1:30-2:30 p.m. \$11/\$13 MAC 842965-A

## Help for Hands, Wrists and Elbows

Do painful hands, wrists, or elbows limit your ability to participate in activities you enjoy? Learn ways to stretch and strengthen the muscles of the hands and arms in order to increase mobility. Wear comfortable clothes for doing exercise. Register by Nov. 12.

W Nov 14 1-2 p.m. \$11/\$13 MAC 842966-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 all seven sessions. Register by Sept. 14.

W Sep 19-Oct 31 9:30-11:30 a.m. FREE MAC 842967-A

## Aromatherapy

### Fundamentals of Aromatherapy

Discover ways to incorporate essential oils into your everyday life to benefit your health. Class covers: how essential oils work in the body; buying and storing; safety factors; proper dilutions; and benefits of carrier oils. Recipes included. Register by Sept. 16.

T Sep 18 6-7 p.m. \$25/\$27 MAC 842968-A

### Therapeutic Uses of Essential Oils

If you already know the basics of essential oils, delve deeper and learn their therapeutic properties. Six common and not-so-common essential oils are discussed in-depth and includes the physical and emotional health concerns they address. Discover how to use essential oils to sustain vitality. Register by Sept. 30.

T Oct 2 6-7 p.m. \$25/\$27 MAC 842969-A

## Protect Your Skin with Essential Oils

Make luxurious bath products to help counter the effects of harsh fall weather. In this hands-on workshop, you will create weatherproof cream, foot soak, lip balm, and massage oil. Aromatic essential oils that soothe and protect your skin are added to the products. \$12 supply fee payable to instructor at class. Register by Oct. 21.

T Oct 23 5:30-7:30 p.m. \$36/\$38 MAC 842970-A

## Essential Oils for Conception Through Infancy

We worry about what we put in our bodies. But what about what we put on our bodies? Discover why essential oils are safe to use during pregnancy, labor, and baby-hood, and which oils to use for everything from fatigue to teething. No specific products are endorsed. Register by Oct. 22.

Th Oct 25 6:30-8 p.m. \$25/\$27 WV 847963-A

## Aromatherapy Presents that Pamper

Pamper yourself and others with homemade beauty products. Add aromatic essential oils to indulge the senses and treat your skin. In this hands-on workshop you will make perfume, milk bath, herbal sachet, and bath oil. \$12 material fee payable to instructor at class. Register by Dec. 9.

T Dec 11 5:30-7:30 p.m. \$36/\$38 MAC 842971-A



# ADULT PROGRAMS

## Sisters of Courage

*An ordinary family who led an extraordinary life in the Rockies*

**Tuesday, Sept. 11**  
**1:30 - 2:30 p.m.**  
**The MAC**

In the late 1800's, the Harbison sisters homesteaded and operated a dairy ranch where the Grand Lake entrance to Rocky Mountain National Park is located today. Through stories and historic photos, you'll soon discover how their unique journey was anything but ordinary. Presented by Dave Lively, RMNP tour guide and professional speaker.



**REGISTER BY**  
**SEPTEMBER 7**  
 842951

**\$8**



## 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 303-658-2292 to schedule your session.

**FEE:** \$39 per 1-hour session; \$110 for three sessions.

### Free Blood Pressure Checks

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

Wed Sep 12, Oct 10, Nov 14, Dec 12 8:30-9:15 a.m. MAC

### Mindfulness Tools for Daily Living

Practicing mindfulness can reduce anxiety, depression, physical pain, as well as improve memory, cognitive function, vitality, and immune function. Learn mindfulness meditation and practical applications of mindfulness in everyday life, and live with less stress and greater well-being. Register a minimum of three days in advance.

F	Sep 7-28	10-11:30 a.m.	\$80/\$85	MAC 842973-A
F	Oct 5-26	10-11:30 a.m.	\$80/\$85	MAC 842973-B
F	Nov 30-Dec 21	10-11:30 a.m.	\$80/\$85	MAC 842973-C

### The Truth About Popular Supplements

Raspberry ketones, green coffee beans, and coconut oil are just a few of the foods and supplements that the media is creating a big buzz about. Learn the truth about what these supplements claim to do and whether they really are effective. Register by Sept. 6.

M	Sep 10	1:30-2:30 p.m.	\$11/\$13	MAC 842974-A
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**MAC**  
**Oktoberfest**  
**Tuesday, October 2**  
**1:30 - 2:45 p.m.**

Celebrate Oktoberfest with oompah and polka music performed by local favorite Jim Ehrlich. Dance floor available for polka dancing. Warm apple crisp with vanilla ice cream served.

**\$8**

Register by  
**September 27**  
**842952**

 SCFD  
 Scientific & Cultural  
 Facilities District  
 CITIZENS MAKING IT POSSIBLE

## 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 by Oct. 1.

Th Oct 4-25 9:30-10:30 a.m. \$18/\$20 MAC 842975-A

## Sweet Dreams

Are you unable to fall asleep or do you wake up and are unable to get back to sleep? Learn strategies for developing routines to help you fall asleep more quickly, as well as nutrients and supplements that may help you to sleep more soundly throughout the night. Register by Oct. 15.

Th Oct 18 6-7 p.m. \$11/\$13 WV 847962-A

## Vitamins and Minerals 101

TV ads and the news talk a lot about vitamins and minerals. However, do you know what they really do in your body? Learn about a variety of popular nutrients, the roles they play in your body, and the best ways to get them from the foods you eat. Register by Oct. 29.

W Oct 31 1-2 p.m. \$11/\$13 MAC 842976-A

## Pain Killers in Your Kitchen

Medications are necessary at times, of course, but wouldn't it be wonderful if you could ease your aches and pains with the right foods? Learn how you can incorporate foods into your diet that pack as much pain-fighting potency as common pain medications. Register by Nov. 1.

M Nov 5 1:30-2:30 p.m. \$11/\$13 MAC 842977-A

## Stop Emotional Eating

Craving certain foods and using foods to deal with emotions is the dynamic of emotional eating. Discover how to identify emotional eating triggers and how to adopt practical strategies to respond more healthfully to emotions. Register by Nov. 29.

M Dec 3 1:30-2:30 p.m. \$11/\$13 MAC 842978-A

## Alternative Sweeteners

For people trying to cut back on their sugar intake, there is a wide variety of alternative sweeteners to choose from. But are these sweeteners healthy for us? Hear the pros and cons about a variety of alternative sweeteners on the market today. Register by Dec. 6.

M Dec 10 1:30-2:30 p.m. \$11/\$13 MAC 842979-A

## Intermittent Fasting Facts

Intermittent fasting is a term for an eating pattern that cycles between periods of fasting and eating. Learn the pros and cons of this eating pattern and determine if intermittent fasting is right for you. Register by Sept. 17.

Th Sep 20 6-7 p.m. \$11/\$13 WV 847961-A



# ADULT PROGRAMS

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## Doctor Talks

Physicians from St. Anthony North-Centura Health share valuable health information at these free talks. Register three working days in advance.

**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 Sep 20 11 a.m.-12 p.m. Free MAC 842980-A

**Breast Cancer in Seniors** – Class addresses senior adult cancer management, breast cancer, and effective treatments.

Th Oct 4 11 a.m.-12 p.m. Free MAC 842980-B

**Diabetes Nutrition Management** – Get tips to maintain good nutrition as you age and learn ways to manage diabetes through nutrition.

Th Nov 1 11 a.m.-12 p.m. Free MAC 842980-C

## Hepatitis C Testing Day

Hepatitis C is a liver disease that appears at high rates in people born from 1945-1965. Most people don't know they are infected. The only way to know is to take a simple finger prick blood test. Treatments are available that can cure Hepatitis C. Call 303-426-4310 to schedule your free 20-minute appointment. Confidential testing is done by Tri-County Health Department.

Th Oct 11 1-4:40 p.m. FREE MAC

## 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.

## Diabetes Prevention Program and Journey to Wellness

Free educational classes are offered for adults at Westminster Recreation Centers to build the skills needed to lose weight, improve health, and reduce the risk of chronic disease. For detailed information on classes and eligibility please contact: YMCA Diabetes Prevention Program - Tammy Dickerson at 303-557-8662; or Journey to Wellness by Tri-County Health Department - Keri Howard at 303-783-7118.

## Specialty Classes

### Mother & Daughter: Facing Life's Last Chapters Together

Libby and Patty Bortz share their emotional journey as mother and daughter discussing the difficult topics of aging, dying, and what matters most in the later chapters of life. They help other sons, daughters, fathers, mothers, and partners learn how to start such critically important conversations with their own loving yet reluctant family members. Register by Nov. 5.

Th Nov 8 1:30-2:30 p.m. \$5/\$6 MAC 842989

### CarFit Event

Safe driving goes beyond how you drive. Meet with experts from the Reaching Older Adult Drivers program and learn how to make small car adjustments such as mirror settings and seat positions to enhance your safety behind the wheel. Pre-registration is required. Call 303-991-5740 to schedule your free 20-minute vehicle fitting appointment in The MAC parking lot.

**AGE:** 55 and better.

Th Sep 13 10 a.m.-12 p.m. FREE

T Sep 18 10 a.m.-12 p.m. FREE

### What Do I Read Next?

Join a member of the Westminster Library staff for a lively discussion recommending favorite books, audio books, and DVD's. Handouts are provided listing new items for your fall reading. Register by Oct. 1.

W Oct 3 1-2:30 p.m. \$1 MAC 842990-A

### 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 Sep 10 6-8 p.m. Free MAC 842991-A

M Oct 8 6-8 p.m. Free MAC 842991-B

M Nov 12 6-8 p.m. Free MAC 842991-C

M Dec 10 6-8 p.m. Free MAC 842991-D

### 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 Sep 14 10-11 a.m. \$1 MAC 842992-A

F Oct 12 10-11 a.m. \$1 MAC 842992-B

F Nov 9 10-11 a.m. \$1 MAC 842992-C

F Dec 14 10-11 a.m. \$1 MAC 842992-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 Sep 21 8 a.m.-12:30 p.m. MAC 842993-A

F Nov 16 8 a.m.-12:30 p.m. MAC 842993-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:** \$1 for popcorn and drink

**Th Sep 20 – *The Darkest Hour*** – Winston Churchill must decide whether to negotiate with Hitler or go to war. Rated PG-13.

**Th Oct 25 – *I Can Only Imagine*** – Inspiring story of the power of true forgiveness. Stars Dennis Quaid. Rated PG.

**Th Nov 15 – *The Miracle Season*** – True story of a girls volleyball team that bands together under the guidance of a tough-love coach. Rated PG-13.

## Adult Drop-In Activities At The MAC

### Indoor Walking Track

Don't let the 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 Sep 4, 18, Oct 2, 16, 30, Nov 13, 27, Dec 11

### Billiards Room

The MAC has two billiard tables, one snooker table, and a dart board. Room is open for drop-in play during center hours.

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



**Holiday Luncheon**  
AT THE MAC **\$19**

**Thursday, Dec 6**  
**Noon-1:30 p.m.**

Holiday lunch menu: prime rib, roasted red potatoes, green beans, homemade rolls, holiday dessert plate, punch/coffee.

Live holiday entertainment provided by singer and musician, JJ Beauvais. Entertainment sponsored by NMAA and SCFD.

**REGISTER BY**  
**NOVEMBER 30**  
842953

**SCFD**  
Scientific & Cultural Foundation  
OF THE CITY OF WESTMINSTER

### Card Games

Mondays 9 a.m.-2 p.m. Pinochle

Tuesdays 9 a.m.-4 p.m. Bridge

Thursdays 9 a.m.-12 p.m. Pinochle

**FEE:** Daily admission fee applies or FREE for passholders and SilverSneakers® 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

The City of Westminster works with travel companies to offer safe and reasonable travel options. Trips are for 18+ unless otherwise noted. Deposits are required to hold your space, price depends on trip. Space is limited. All pricing is subject to change. Full descriptions are available at all Westminster recreation centers. Please contact Jennifer Jensen at 303-658-2294 or [jjensen@cityofwestminster.us](mailto:jjensen@cityofwestminster.us) for further information. All fees and deposit amounts are per person.





## Concerts, Ballets and Theatre Trips

Fee includes tickets and transportation. Meals are included at the Boulder Dinner Theater and the Candlelight Dinner Playhouse. All trips meet at The MAC.

### **Beautiful-The Carole King Musical-Ellie Caulkins Opera House, Denver**

Enjoy the Tony Award-winning musical that tells the inspiring true story of King's remarkable rise to stardom. Along the way, she made more than beautiful music—she wrote a soundtrack to a generation. **Cancellation deadline:** 8/9/18

Su Sep 9 1-5 p.m. \$84/\$89 MAC 842900-A

### **The Improvised Shakespeare-Garner Galleria Theatre, Denver**

Based on audience suggestion, the Improvised Shakespeare Co. creates a fully spur-of-the-moment play in Elizabethan style right before your very eyes. Each play is completely spontaneous, so each play is entirely new!

**Cancellation deadline:** 8/22/18

S Sep 22 1-5 p.m. \$59/\$64 MAC 842901-A

### **Oklahoma-The Stage Theatre, Denver**

With a spring in their step and a song in their hearts, cowboys, farmers and travelling salesmen alike have chased their destinies to a land that promises everything they could hope for: love, opportunity and a brighter future. **Cancellation deadline:** 9/1/18

S Oct 6 12:30 p.m.-4:30 p.m. \$53/\$58 MAC 842902-A

### **Dear Evan Hansen-The Buell Theatre, Denver**

Enjoy a musical about the letter that was never meant to be seen, a lie that was never meant to be told, and a life he never dreamed he could have. Evan Hansen is about to get the one thing he's always wanted: a chance to finally fit in.

**Cancellation deadline:** 9/7/18

Su Oct 7 1-5 p.m. \$92/\$97 MAC 842903-A

### **I Love you, You're Perfect, Now Change-BDT Stage, Boulder**

This celebration of the mating game takes on the truths and myths behind that contemporary conundrum known as 'the relationship.' Act I explores the journey from dating and waiting to love and marriage. Act II reveals the agonies and triumphs of in-laws and newborns, trips in the family car and pick-up techniques of the geriatric set. **Cancellation deadline:** 9/21/18

Su Oct 21 11:15 a.m.-5 p.m. \$83/\$88 MAC 842904-A

#### ADULT TRIP INFORMATION

- Registration is on a first-come, first-served basis.
- 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 pg. 54).
- 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 is issued a full refund.
- A refund is not issued if the participant fails to show up or is late and misses the bus.



# ADULT TRIPS

## Love Never Dies-The Buell Theatre, Denver 🏡

The ultimate love story continues with Andrew Lloyd Webber's spellbinding sequel to *The Phantom of the Opera*. *Love Never Dies* is a dazzling new production, which takes audiences on a thrilling rollercoaster ride of intrigue, obsession and romance.

**Cancellation deadline:** 9/26/18

F Oct 26 6:30-11 p.m. \$76/\$81 MAC 842905-A

## Come From Away-A new Musical-The Buell Theatre, Denver 🏡

The true story of the small town that welcomed the world. Broadway's *Come From Away* takes you into the heart of the remarkable true story of 7,000 stranded passengers and the small town in Newfoundland that welcomed them.

**Cancellation deadline:** 10/17/18

S Nov 17 1-5 p.m. \$79/\$84 MAC 842906-A

## The Nutcracker- Ellie Caulkins Opera House, Denver 🏡

This tale of larger-than-life holiday magic continues to be as popular as ever. This dreamy production features lavish costumes, exuberant dancing, whimsical battles, hypnotizing snow flurries, sumptuous sets, majestic live music and a little bit of magic. **Cancellation deadline:** 10/15/18

S Dec 1 12-5 p.m. \$81/\$86 MAC 842907-A

## Scrooge!-Candlelight Dinner Playhouse, Johnstown 🏡

This festive musical adaptation of Charles Dickens' novel is a tale that has charmed generations. When miserly Ebenezer Scrooge is visited by ghosts of the past, present and future on Christmas Eve, he is threatened with a bitter and lonely future or offered redemption if he changes his selfish ways. Children are welcome to register but must be accompanied by registered adult.

**Cancellation deadline:** 11/1/18

Su Dec 2 11 a.m.-5 p.m. Adult \$87/\$92 MAC 842908-A

Su Dec 2 11 a.m.-5 p.m. Child w/ adult \$60/\$65 MAC 842908-B

## CU Presents-Holiday Festival-Mackey Auditorium, Boulder 🏡

Delight in the twinkling lights, seasonal greenery and beautiful music at CU Boulder's Holiday Festival, an annual tradition that's enchanting for all ages. The decades-old celebration brings together student choirs, bands and orchestras—along with world-class faculty performers—for a concert of holiday favorites and new surprises. **Cancellation deadline:** 10/10/18

S Dec 8 12-5 p.m. Orch 2 \$58/\$63 MAC 842909-A

S Dec 8 12-5 p.m. Loge 1 \$68/\$73 MAC 842909-B

## Irving Berlin's White Christmas-The Buell Theatre, Denver 🏡

This musical tells the story of a song-and-dance team putting on a show in a magical Vermont inn and falling for a stunning sister act in the process. Full of dancing, laughter and some of the greatest songs ever written. **Cancellation deadline:** 10/13/18

F Dec 14 1-5 p.m. \$70/\$75 MAC 842910-A

## A Christmas Carol- Miners Alley Playhouse, Golden 🏡

This hilarious, fast-paced adaptation uses only five actors to bring Dickens' most beloved characters to life. Witness Ebenezer Scrooge's transformation from a stingy miser to a man who generously celebrates the spirit of the season all year long, in this brand new adaptation that is destined to become your favorite holiday celebration! **Cancellation deadline:** 11/16/18

Su Dec 16 12-5 p.m. \$39/\$43 MAC 842911-A

## Home for the Holidays-Lone Tree Arts Center 🏡

Back by popular demand! There's something for everyone in this family-friendly holiday spectacular: dancers, singers, drummers, holiday songs and of course, a celebrity appearance by you know who! With a revised storyline for 2018, this show is sure to delight and put you in the holiday spirit.

**Cancellation deadline:** 11/19/18

W Dec 19 12-4:30 p.m. \$54/\$59 MAC 842912-A

## Cirque Eloize-HOTEL-The Buell Theatre, Denver 🏡

Experience a touching, poetic, one-of-a-kind creation. *HOTEL* is the story of a place and the travelers who come passing through it. Acrobatics, theatre, dance, and live music will draw spectators into a colorful, timeless world. All that remains is to enter through the lobby door and get swept away by the grandeur and poetry of *HOTEL*. **Cancellation deadline:** 11/01/18

Su Dec 23 12-4 p.m. \$80/\$85 MAC 842913-A

## Day Trips

### Dead Sea Scrolls 🏡

Visit the Denver Museum of Nature and Science and explore the Dead Sea Scrolls exhibit. Go back in time and learn of the laws, customs, and beliefs in the ancient Middle East, written in Hebrew, Aramaic, and Greek between 200 BCE and 70 CE. Lunch is on your own at the museum. Fee includes admissions to the museum, the Dead Sea Scrolls exhibit, escort, and transportation. **Cancellation deadline:** 8/24/18

S Sep 1 9:30 a.m.-3 p.m. \$38/\$42 MAC 842914-A

## Taste of Colorado-Downtown Denver

Head to Civic Center Park and enjoy a variety of cuisine from over 50 of Colorado's most popular dining establishments. Purchase 8 tickets for \$5 (cash only). Food vendors charge anywhere from 4-10 tickets for each food item. The festival also includes 250 marketplace artisans and vendors, eight stages for music, educational programs and more. Admission is free. Fee includes transportation. **Cancellation deadline:** 8/20/18

Su Sep 2 10:30 a.m. - 3:30 p.m. \$14/\$16 MAC 842915-A

## Spero Wine Tasting and Lunch-Denver

Head to the family-owned and operated, premier boutique winery. Enjoy a catered lunch to include meatballs in marinara sauce, Italian roast beef, a variety of antipasti, coffee, and iced tea, followed by dessert. After lunch, enjoy your wine tasting. Fee includes wine tasting, lunch, escort, and transportation.

**Cancellation deadline:** 8/28/18

W Sep 5 11:30 a.m. - 2 p.m. \$45/\$49 MAC 842916-A



**ROCKIES vs LA DODGERS** \$31/\$34  
Sunday, Sept. 9, Noon-5 p.m. MAC 842917-A



**FOSSIL, GEM & JEWELRY SHOW**  
Monday, Sept. 10, 10 a.m.-3 p.m.

## Mineral, Fossil, Gem and Jewelry Show

Visit five different distinct shows at the Denver Coliseum where everyone can buy fine mineral specimens, fossils, dinosaurs, gems, gemstones, lapidary, cabochons, artisan and antique jewelry, beads, crystals, meteorites, metaphysical, gold, silver, turquoise, Native American items, interior decor, metal art, miner's rough, tools, supplies, and so much more! Fee includes transportation. **Cancellation deadline:** 8/29/18

M Sep 10 10 a.m.-3 p.m. \$15/\$17 MAC 842918-A

## Berry Patch Farm-Brighton

Enjoy a wagon tour of the charming farm. Take the chance to pick strawberries, raspberries, or other fruit and veggies available. You will be charged by the pound or container. With some of their produce, you can decide whether to pick for yourself or stop in the barn. Bring a sack lunch, sunscreen, water, and a hat. Fee includes tour, escort, and transportation.

**Cancellation deadline:** 9/1/18

W Sep 12 8:30 a.m.-1:30 p.m. \$16/\$18 MAC 842919-A



**ROCKIES vs DIAMONDBACKS** \$31/\$34  
Thursday, Sept. 13, Noon-5 p.m. MAC 842917-B

## 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, contact Jennifer at 303-658-2294

## Pueblo Riverwalk Boat Tour

The Pueblo Historic Arkansas Riverwalk is a 32-acre urban waterfront experience. The Riverwalk returned the river to its historic location after the 1920s diversion due to a devastating flood. Pack a lunch to eat on the river. Fee includes boat ride tour, escort, and transportation. **Cancellation deadline:** 8/31/18

F Sep 14 8 a.m.-5 p.m. \$37/\$41 MAC 842920-A

## Fall Colors Leadville Train

Take a ride and see the fall colors. Enjoy some spectacular views of Fremont Pass and the two tallest peaks in Colorado. Hear about the fascinating railroad's history and stories from the train conductor. Lunch is on your own in Leadville before the train ride. Fee includes train ride, escort, and transportation.

**Cancellation deadline:** 8/30/18

S Sep 15 9 a.m.-6:30 p.m. \$67/\$72 MAC 842921-A

## Rocky Mountain National Park in Autumn Splendor

Treat yourself to Rocky Mountain's glorious preparation for the long winter ahead. Take a ride with Grand Lake historian Dave Lively while you savor the quaking aspens with their shimmering gold leaves and white trunks against the dark green of the pines. The cool crisp mountain air will invigorate you as you experience the Rocky's wilderness, wildlife, and wonder. Lunch is on your own in route. Fee includes tour guide, escort, National Park entrance fee, and charter bus transportation.

**Cancellation deadline:** 9/2/18

M Sep 17 7:30 a.m.-6 p.m. \$49/\$54 MAC 842922-A

# ADULT TRIPS

## Gondola Ride in Vail

Ride to the top of Vail Mountain for lunch and to a world of mountain peaks, fall colors and more. Fee includes gondola ticket, \$15 food voucher, escort, and transportation.

**Cancellation deadline:** 9/7/18

F Sep 21 9 a.m.-5 p.m. \$75/\$80 MAC 842923-A

## Tour the National Museum of WWII Aviation-Colorado Springs

Enjoy a guided tour of the only museum in the world to focus exclusively on the unique story of the role of aviation in World War II. See how pilots and their support personnel changed the course of world history. Lunch will be on your own in Colorado Springs. Fee includes guided tour, escort, and transportation.

**Cancellation deadline:** 9/1/18

T Sep 25 8:30 a.m.-3 p.m. \$40/\$44 MAC 842924-A

## Peak to Peak Mountain Highway Fall Colors Tour

Experience the spectacular colors of a Colorado fall as we travel the Peak to Peak Highway. Filled with history, sights and diversions sure to entertain even the most jaded urbanite. Join Denver History Tours for a drive of amazing views. Lunch is on your own in Estes Park. Dress in layers, bring water and your camera. Fee includes guide, escort, and charter bus.

**Cancellation deadline:** 9/14/18

W Sep 26 9 a.m.-4 p.m. \$34/\$38 MAC 842925-A



## ROCKIES vs NATIONALS

\$31/\$34

Sunday, Sept. 30, Noon-5 p.m. MAC 842917-C

## Benson Sculpture Garden-Loveland

Located in Loveland, Benson Sculpture Garden has provided a beautiful and unique outdoor setting for showcasing sculpture since 1985. Currently, there are 158 pieces of sculpture on permanent display by world-renowned artists. Enjoy a Honey Baked Ham boxed lunch in the park. Fee includes box lunch, escort, and transportation. **Cancellation deadline:** 9/20/18

W Oct 3 10 a.m.-3 p.m. \$24/\$27 MAC 842926-A

## Guided Tour of Clyfford Still Museum

Considered one of the most important painters of the 20th century, Clyfford Still was among the first generation of abstract expressionists following World War II. Fee includes guided tour, escort, and transportation. **Cancellation deadline:** 10/2/18

W Oct 10 2-6 p.m. \$29/\$32 MAC 842927-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.

Z Casino	F	Sept 28	MAC 842938-A
Mardi Gras	W	Oct 31	MAC 842938-B
Z Casino	F	Nov 30	MAC 842938-C
Mardi Gras	M	Dec 31	MAC 842938-D

## Phoenix Mine Tour-Idaho Springs

Experience mining history with a seasoned Colorado hard rock miner. Enjoy a guided tour, learn about the gold milling and refining process, and listen for Tommyknockers, as miners tell all about their fascinating history. The mine is located in Historical Clear Creek County, in the famous Trail Creek Mining District, at an elevation of 8,200 ft. above sea level. Enjoy lunch on your own at Tommyknockers in Idaho Springs after the tour. Fee includes tour, escort, and transportation. **Cancellation deadline:** 9/27/18

F Oct 12 9 a.m.-2 p.m. \$36/\$40 MAC 842928-A

## Iron Mountain Hot Springs-Glenwood Springs

Relax in 16 mineral hot springs soaking pools and a freshwater family pool with a jetted spa. Located alongside the Colorado River. Lunch is on your own at the hot springs. Fee includes escort, admission, and transportation. **Cancellation deadline:** 10/5/18

W Oct 17 7 a.m.-5 p.m. \$60/\$65 MAC 842929-A

## Spirit of Denver Tour

Explore Denver's most haunted and historic sites, and embark on a unique psychic/paranormal journey. Centennial Tours has created an experience that brings together two of your favorite things: Spirits (ghosts/paranormal) and Spirits (cocktails), with a little bit of good history mixed in. You will join local psychic, Kim Moore. She will help us better understand the psychic method and will guide us in the manner that best lends itself to an encounter. Fee includes tour and transportation.

**Cancellation deadline:** 10/5/18

F Oct 19 6-10 p.m. \$105/\$110 MAC 842930-A

## Avery House Museum-Fort Collins

Tour the two-story sandstone home of Franklin Avery in Fort Collins. The home consists of two rooms on the first floor, three bedrooms upstairs and the basement. Lunch is on your own in Fort Collins. Fee includes tour, escort, and transportation.

**Cancellation deadline:** 10/11/18

T Oct 23 8 a.m.-2 p.m. \$31/\$35 MAC 842931-A

## Rock Creek Farms

Visit one of the largest pumpkin patches in northern Colorado. There are over 100 acres of U-Pick-Em pumpkin fields for you to explore and find the perfect pumpkin. Pumpkins aren't where the fun stops—try the hay bale maze or get lost in the winding paths of over six miles of Corn Mazes. Visit with the pigs, goats, ponies, donkeys, and other farm animals. Enjoy our selection of fall festive treats and decorations such as gourds, Indian corn, baked goods, straw bales, and more. Bring a sack lunch, and your cash. Fee includes escort and transportation.

**Cancellation deadline:** 10/19/18

Th Oct 25 11 a.m.-3 p.m. \$12/\$14 MAC 842932-A

## Emma Crawford Coffin Races & Parade-Manitou Springs

See this wacky celebration of Manitou Springs history as 70 teams race coffins down Manitou Avenue for the ultimate victory! Have a beer in the beer garden and enjoy music entertainment in Soda Springs Park following the races. Dress up in your best costume to fit right in! Lunch is on your own in Manitou Springs. Fee includes escort and transportation.

**Cancellation deadline:** 10/22/18

S Oct 27 9 a.m.-5 p.m. \$23/\$26 MAC 842933-A

## Westernaires Annual Show

Come and be amazed by the mounted precision horse drill organization composed of youngsters from the age of 9-19. Watch as they demonstrate trick riding, dressage and some bullwhip acts. Fee includes admission, escort, and transportation. **Cancellation deadline:** 9/28/18

Su Oct 28 1-6 p.m. \$25/\$28 MAC 842934-A



## Boyer's Coffee Tour

Tour Boyer's Coffee Company in Denver and learn about the art of brewing handcrafted coffee. Witness how they sort, roast and package exceptional coffees. Fee includes tour, escort, and transportation. **Cancellation deadline:** 11/1/18

M Nov 5 9:45 a.m.-12 p.m. \$8/\$10 MAC 842935-A

## Vapor Distillery-Boulder

Join us on a tour of the manufacturing room and learn about the craft of distilling processes used to create award-winning handcrafted spirits. Explore the different types of gin and what makes them distinctive. Enjoy samples of spirits, before dinner on your own at Pasta Jay's. Fee includes tour, escort, and transportation. **Cancellation deadline:** 10/31/18

W Nov 7 3:15-7 p.m. \$13/\$15 MAC 842936-A



# ADULT TRIPS

## 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

### Denver Library Tour

Denver's Central library is the largest library between Los Angeles and Chicago, and each year over a million people visit to view the Michael Graves building. Learn about the unique architecture, art, history, and interesting literary facts in this guided tour. After the tour there will be time to enjoy the library. Lunch is on your own at Racine's. Fee includes tour, escort, and transportation. **Cancellation deadline:** 10/29/18

M Nov 12 9 a.m.-2 p.m. \$14/\$16 MAC 842937-A

### Beer Beautiful Beer

It is no exaggeration to say that beer built the state as much as gold ever did, even as some were accusing the frothy drink of tearing the state down again. Join Denver History Tours for a look at the golden glasses once drunk more frequently than water and learn how beer changed our future forever. Lunch will be on your own (\$10-\$20). Fee includes escort, and guided bus tour. **Cancellation deadline:** 10/26/18

F Nov 16 10 a.m.-3 p.m. \$28/\$31 MAC 842939-A

### Regional Computer Forensics Laboratory Tour

Come learn about digital forensics as we take a tour of The Rocky Mountain Regional Forensics Laboratory in Centennial. The RCFL is a one-stop, full service training center devoted entirely to the examination of digital evidence. Fee includes tour, escort, and transportation. Lunch is on your own at Maggiano's Little Italy. Fee includes tour, escort, and transportation.

**Cancellation deadline:** 11/7/18

W Nov 21 9 a.m.-2 p.m. \$14/\$16 MAC 842940-A

### Continental Sausage, Inc. Tour & Lunch

Continental Sausages, Inc. offers an array of traditional, authentic, old world, and European-style sausages. We will learn the craft of smoking, curing and salting or drying meats. Lunch is on your own in Greeley. NO OPEN TOE SHOES. Fee includes tour, escort, and transportation. **Cancellation deadline:** 11/13/18

T Nov 27 8:45 a.m.-2 p.m. \$14/\$16 MAC 842941-A

# SMITH WORLD TRAVEL, INC.

To celebrate 40 years in business in Westminster, we're giving away...



We've been inspiring travelers with innovative and authentic vacations for 40 years! Our customers receive value, convenience, and personalized service, before, during and after their vacation.



Stop by our office to register by October 31\*

\*Restrictions apply



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CRUISES • ALASKA • RIVER CRUISES • SOUTH AMERICA

## Wildlights and Blossoms of Light 🚶🚶🚶

Don't miss this favorite holiday excursion. Head to the "Wildlights" at the Denver Zoo, where you will see an exhibit of lights and animated sculptures that will simply delight you. Then you will head to see the "Blossoms of Light" at the Denver Botanic Gardens, featuring 350,000 lights. Stop on your way at Shells and Sauce for dinner on your own (\$11-\$30). Fee includes admissions, escort, and transportation.

**Cancellation deadline:** 11/2/18

T Dec 4 3:30-9 p.m. \$40/\$44 MAC 842942-A

## Sun Water Spa-Manitou Springs 🚶🚶

Head south and enjoy lunch on your own in Manitou Springs before enjoying the public cedar pools filled with mineral water from the famous Seven Minute Spring—the same water which flows from the Manitou Karst aquifer. Lunch is on your own at the springs. Fee includes two-hour soak, escort, and transportation.

**Cancellation deadline:** 11/30/18

F Dec 7 10 a.m.-5 p.m. \$51/\$56 MAC 842943-A

## South Denver Christmas Light Tour 🚶

Sit back and view the spectacular holiday light display narrated by Denver History Tours. See the glittering lights and the fanciful sights on this four-hour bus tour of the holiday season offerings in south Denver. Dinner is on your own at Cracker Barrel before the tour. Fee includes admission, escort, and transportation. **Cancellation Deadline:** 11/18/18

M Dec 10 3:30-10 p.m. \$32/\$36 MAC 842944-A

M Dec 17 3:30-10 p.m. \$32/\$36 MAC 842944-B

## Swiss Flower Christmas Tea 🚶🚶

Enjoy the High Tea, which includes fresh seasonal fruit, tea sandwiches, homemade scones, Devonshire cream, lemon curd, decadent desserts, an assortment of tea. Fee includes: high tea, escort, and transportation. **Cancellation deadline:** 12/1/18

T Dec 11 10:30 a.m.-2 p.m. \$58/\$63 MAC 842945-A

## Georgetown Christmas Market 🚶🚶🚶

Experience a magical mountain Christmas of roasted chestnuts, holiday shopping through historic Georgetown with wonderful sights and smells. Enjoy appearances from St. Nicholas, carolers in Victorian costumes, dancers and more. Lunch on your own in Georgetown. Fee includes escort and transportation.


**Cancellation deadline:** 11/30/18

Sa Dec 15 9 a.m.-4 p.m. \$20/\$23 MAC 842946-A

## IMAX Theater-Jerusalem and Lunch-Denver Museum of Nature and Science 🚶🚶

*Jerusalem* immerses you in one of the world's most fascinating cities. Discover why this tiny piece of land is sacred to three major religions through the stories of Jewish, Christian, and Muslim families who call Jerusalem home. Lunch is on your own at the museum. Fee includes museum entry, IMAX ticket, escort, and transportation. **Cancellation deadline:** 12/4/18

T Dec 18 10 a.m.-4 p.m. \$40/\$44 MAC 842947-A



# Restaurant Rovers

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 not all credit cards are 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. \$7/\$9

**Casey's Bistro and Pub**  
Wednesday, Sept. 19, 10:30 am-1 pm  
MAC 842948-A \$-\$

**The Rib House**  
Monday, Oct. 8, 5-8 pm  
MAC 842948-B \$\$-\$\$\$

**Bacon Social House**  
Sunday, Nov. 4, 10:30 am-2 pm  
842948-C \$-\$\$\$

**Roadhouse**  
Thursday, Dec. 13, 10:30 am-1 pm  
MAC 842948-D \$-\$



# Adult Sports

- (CP) City Park Recreation Center
- (CS) Countryside Park
- (WV) West View Recreation Center
- (AP) Amherst Park
- (CF) Christopher Fields

## 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"-Employ power volleyball skills and use multiple offensive and defensive strategies. Must be 18 years old to play in leagues.

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

### Fall Adult Volleyball League

Season starts in September and includes 10 games.

This six-person BB/B coed league is played on Tuesday nights at City Park Recreation Center. Fee: \$345

ACTIVITY #	LEVEL	DATES	SITE	TIME
843362-C2	BB	9/11-11/13	WV & CP	6 p.m.

For more information, visit [www.TeamSideline.com/Westminster](http://www.TeamSideline.com/Westminster)

### Senior Coed Volleyball

The Senior Coed Volleyball (CSVA) is back in session starting in the fall. Get a team together and contact Kimberly Chrisman at 303-658-2207 to get your team scheduled with the CSVA League. Home games are played at West View and City Park on Wednesdays. Must be at least 50 years young or turn 50 in the current calendar year to qualify as a senior volleyball player.

843361-SA	9/5-11/14	\$55/player	10 a.m.-2 p.m.
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### Senior Women Drop-in Volleyball

#### Drop-in or pick-up games

Fees: facility admission, pass or SilverSneakers® pass may be used.

Mondays June 18-Aug 20, West View Recreation Center, 9 a.m.-12 p.m.

### Senior Women's Volleyball League

*Mondays 9 a.m.-12 p.m.*

#### West View and City Park

843363-SA	9/10-11/19	\$50/player
(off 10/9 for Huntsman Games)		

853363-SA	11/26-12/17	\$30/player 3v3 league
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## Softball-Fall Season 2018

Christopher Fields, 5875 W. 104th Ave.

Fee includes eight games, umpire, field maintenance, access to Teamsideline.com/Westminster, and individual awards for 1st place teams.

Team fee is \$450, \$200 non-refundable deposit secures a spot in the league.

**Balance due:** August 12

Register at the Westminster Sports Center, City Park Recreation Center, online, or call 303-658-2225. Visit the website at [www.CityofWestminster.us/ParksRec/RecreationSports](http://www.CityofWestminster.us/ParksRec/RecreationSports). 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.

### Mandatory Team Captain Meeting

Held at City Park Recreation Center, 10455 Sheridan Blvd.

Sunday, August 12, 2-3 p.m.

Information includes rules, expectations, and time for questions.

### Softball League Classifications

Probably the most important thing you can do is put your team in the correct classification, so we have the below descriptions to help you out. Playing in the correct division will help promote good competition as well as fun. If still unsure where your team belongs please give us a call at 303-658-2225.

**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. This division is 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. This division is for teams not overly concerned with the results. Teams may hit only one home run per game.

### League Schedules on the Web

League schedules, rules, standings, and game cancellations are posted on our website at: [www.teamsideline.com/westminster](http://www.teamsideline.com/westminster)

### Men's Leagues

840342-1C	DRU	Monday	August 20
840342-1D	DRL	Monday	August 20
840342-2C	DRU	Tuesday	August 21
840342-2D	DRL	Tuesday	August 21
840342-3C	DRU	Wednesday	August 22
840342-3F	DC	Wednesday	August 22
840342-4C	DRU	Thursday	August 23
840342-4D	DRL	Thursday	August 23
840342-5C	DRU	Friday	August 24
840342-5D	DRL	Friday	August 24

### Coed Leagues

840342-1A	DRU	Monday	August 20
840342-1B	DRL	Monday	August 20
840342-2A	DRU	Tuesday	August 21
840342-2B	DRL	Tuesday	August 21
840342-3B	DRL	Wednesday	August 22
840342-4A	DRU	Thursday	August 23
840342-4B	DRL	Thursday	August 23
840342-5A	DRU	Friday	August 24
840342-5B	DRL	Friday	August 24

### Senior Softball (age 50+)

Westminster was the home site for six senior softball teams in 2018. If interested in playing on a team or entering a team, contact Stan Harbour, CSSA commissioner, at 303-721-8037. We hope to see you at Christopher Fields for your home games in the spring of 2019.

# SPORTS LEAGUES AND DROP-INS

## Sports Leagues and Drop-ins

### Pickleball "Doubles" Leagues

Join the new Pickleball leagues. Beginner to intermediate 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.

**THURSDAY NIGHT**     *\$70/team or \$35/player*  
 845362-C4     Beg-Int     7/19-9/6     CS     6:15 p.m.  
 847362-C4     Beg-Int     9/20-11/8     WV     6 p.m.

### 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 two hours (longer rentals need approval from the sports specialist). Kits have everything you need to play.

Drop-in Pickleball & Badminton					
Pickleball					
Facility	Tue	Wed	Thu	Fri	Sun
WV*					1-3 p.m.
WV* Women Only		9 a.m.- 12 p.m.			
*Schedule subject to change					
Badminton					
Facility	Tue	Wed	Thu	Sat	Sun
WV	6-9 p.m.				

## 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.TeamSideline.com/Westminster](http://www.TeamSideline.com/Westminster)

To register call 303-658-2393


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

Quality experienced referees



**Call 303-658-2393 to register!**

City Park gymnasium and racquetball courts will be CLOSED beginning August 20 for installation of new floor. Contact facility after October 1st for updates.  
303-460-9690 ext. 1



## Are you reading this? So are your customers...

**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](mailto:rneumann@CityofWestminster.us).



# Aquatics

## City Park Recreation Center Pool Schedule

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

Pool closes before building.

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.

		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.	
<b>Rec Pool &amp; Current</b>	Monday-Thursday					10 a.m. - 9 p.m.*											
	Friday					10 a.m. - 6:30 p.m.*											
	Saturday & Sunday					11 a.m. - 8:30 p.m.											
<b>Deep</b>	Monday-Thursday			8 a.m.-9 p.m. (Closed 9-10 a.m. M-F)													
	Friday			8 a.m. - 6:30 p.m. (Closed 9-10 a.m. M-F)													
	Saturday & Sunday			8 a.m.-8:30 p.m.													
<b>Wader</b>	Monday-Thursday			8 a.m.-9 p.m.													
	Friday			8 a.m. - 6:30 p.m.													
	Saturday & Sunday			8 a.m.-8:30 p.m.													
<b>Lap Swim</b>	Monday-Thursday	6 - 10 a.m.				12:30-6 p.m. 1 lane & 7-9 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 pm & 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 am-5:30 pm																
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.

## Swim & Fitness Center's

# EVERYBODY TRIATHLON

### Challenge


AGES: 15 and older

## SEPTEMBER

\$12/\$14

resident/non-resident

For more information, call **303-427-2217**.



Swim 2.4 miles (84 laps), run/walk 26.2 miles, and bike 112 miles during the month of September to receive a T-shirt and other fun prizes! Progress logs are available at any Westminster recreation center.

**REGISTER AT ANY FACILITY**

# 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	Mon/Wed					Tue/Thu					Fri		Sat						
	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	
<b>City Park</b>			●						●	●		●	●		●				
		●						●					●	●					
				●*						●						●			
					●**														
<b>SFC</b>		●				●			●										●
	●						●	●											●
			●																

\*Class is only Mondays

\*\* Class is only on Wednesdays

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

## PRIVATE SWIM LESSONS

**30-Minute Private Lesson**  
 Fee: \$25, \$30 non-resident

**30-Minute Semi-Private Lesson**  
 (one instructor, two participants)  
 Fee: \$35, \$41 non-resident

Call or visit our website for more information.  
 City Park 303-460-9690, ext. 1  
 Swim & Fitness 303-427-2217



[www.CityofWestminster.us/ParksRecreation/ProgramsClasses/Aquatics/PrivateLessons](http://www.CityofWestminster.us/ParksRecreation/ProgramsClasses/Aquatics/PrivateLessons)

## 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

844170-1A	Sep 4-Oct 4 (5 wks)	5:30-6:30pm	T/Th	\$50
844170-2A	Sep 4-Oct 4 (5 wks)	6:30-8 pm	T/Th	\$50
844170-1B	Oct 23-Dec 20 (9 wks)	5:30-6:30 pm	T/Th	\$90
844170-2B	Oct 23-Dec 20 (9 wks)	6:30-8 pm	T/Th	\$90

### FLIPPERS DIVE TEAM

844171-1A	Sep 3-Oct 4 (5 wks)	6:30-7:30 pm	T/Th	\$50
844171-1B	Oct 23-Dec 20 (9 wks)	6:30-7:30 pm	T/Th	\$90

## Lecciones De Natación Se enseña en español

### SÁBADOS

septiembre 15 - octubre 16  
 octubre 20 - noviembre 10  
 noviembre 24 - diciembre 15

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)  
 11:15-11:45 a.m.

**Adolescentes/Adultos**  
 (más de 13 años de edad)  
 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

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.

\*\*Preschool 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.

\*\*Preschool 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.



**FREE**  
*Halloween Night Out!*

**Friday, Oct. 26, 7-10 p.m.**  
**City Park Recreation Center**  
**10455 Sheridan Blvd.**

Family-friendly fun, games and treats.  
Pumpkin diving at 8 p.m.  
First-come, first-served, while supplies last.

## City Park Swim Lesson Class Schedule

303-460-9690, ext. 1

Class	Activity #	Monday					Tuesday			Wednesday					Thursday			Saturday			Sunday		
		AM		PM			F	G	H	AM		PM			PM			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	9:45	10:30	9:00	9:45	10:30
A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V		
Parent/Tot	843110		●						●							●	●	●					
Preschool Level 1	843111	●	●	●		●			●	●	●		●		●		●	●	●		●		
Preschool Level 2	843112	●		●	●	●		●		●	●	●		●		●	●	●			●		
Level 1	843121		●				●			●				●		●		●			●		
Level 2	843122			●		●		●			●			●		●		●			●		
Level 3	843123				●		●					●		●		●		●		●			
Level 4	843124			●			●				●			●		●		●		●			
Level 5	843125				●	●						●		●			●			●			
<b>Session</b>																							
1		Sep 10-Oct 1					Sep 11-Oct 2			Sep 12-Oct 3					Sep 13-Oct 4			Sep 15-Oct 6			Sep 16-Oct 7		
2		Oct 15-Nov 5					Oct 15-Nov 6			Oct 16-Nov 7					Oct 17-Nov 8			Oct 20-Nov 10			Oct 21-Nov 11		
3		Nov 26-Dec 17					Nov 27-Dec 18			Nov 28-Dec 19					Nov 29-Dec 20			Nov 24-Dec 15			Nov 25-Dec 16		
Price		\$20/\$25					\$20/\$25			\$20/\$25					\$20/\$25			\$20/\$25			\$20/\$25		

● 30-min class

## Swim & Fitness Swim Lesson Class Schedule

303-427-2217

Class	Activity #	Monday/ Wednesday P.M.		Tuesday/ Thursday P.M.		Saturday A.M.				Sunday A.M.		
		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	844110							●			●	
Preschool Level 1	844111		●	●	●			●		●		●
Preschool Level 2	844112		●	●		●	●				●	
Level 1	844121		●	●			●			●		
Level 2	844122	●			●				●			●
Level 3	844123	●				●				●		
Level 4	844124						●					●
Level 5	844125	●				●					●	
Level 6	844126				●							
Adult	844127								●			
Pre-escolar	844128							●				
Nivel 1	844129								●			
<b>Session</b>		Mon/Wed		Tues/Thurs		Saturday				Sunday		
1		Sep 10-Oct 3		Sep 11-Oct 4		Sep 15-Oct 6				Sep 16-Oct 7		
2		Oct 22-Nov 14		Oct 23-Nov 15		Oct 20-Nov 10				Oct 21-Nov 11		
3		Nov 26-Dec 19		Nov 27-Dec 20		Nov 24-Dec 15				Nov 25-Dec 16		
Price		\$40/\$50				\$20/\$25						

● 30-min class





# Child/Teen Activities

## Recreation Dance

### SESSION DATES

**Session 1:** Aug 27-Oct 13 (7 weeks, class not held Sep 3)

**Session 2:** Oct 15-Dec 15 (8 weeks, class not held Nov 19-24)

### 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	Aug 28-Oct 9	10:30-11:30 a.m.	\$49/\$56	CP 843761-1B
T	Oct 16-Dec 11	10:30-11:30 a.m.	\$56/\$64	CP 843761-2B
T	Aug 28-Oct 9	4-5 p.m.	\$49/\$56	CP 843761-1C
T	Oct 16-Dec 13	4-5 p.m.	\$56/\$64	CP 843761-2C

#### Ages: 6-10

M	Aug 27-Oct 8	5:45-6:45 p.m.	\$42/\$48	CP 843761-1A
M	Oct 15-Dec 10	5:45-6:45 p.m.	\$56/\$64	CP 843761-2A
W	Aug 29-Oct 10	5:30-6:30 p.m.	\$49/\$56	CP 843761-1D
W	Oct 17-Dec 12	5:30-6:30 p.m.	\$56/\$64	CP 843761-2D

#### Ages: 10-18

Th	Aug 30-Oct 11	5:45-6:45 p.m.	\$49/\$56	CP 843761-1E
Th	Oct 18-Dec 13	5:45-6:45 p.m.	\$56/\$64	CP 843761-2E
Sa	Sep 1-Oct 13	10-11 a.m.	\$49/\$56	CP 843761-1F
Sa	Oct 20-Dec 15	10-11 a.m.	\$56/\$64	CP 843761-2F

## 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

Learn techniques and terminology. Combinations are practiced in both forms of dance.

#### Ages: 3-6

Th	Aug 30-Oct 11	10:30-11:30 a.m.	\$49/\$56	CP 843762-1A
Th	Oct 18-Dec 13	10:30-11:30 a.m.	\$56/\$64	CP 843762-2A
F	Aug 31-Oct 12	11:45 a.m.-12:45 p.m.	\$49/\$56	CP 843762-1B
F	Oct 19-Dec 14	11:45 a.m.-12:45 p.m.	\$56/\$64	CP 843762-2B

#### Ages: 4-8

Sa	Sep 1-Oct 13	11:15 a.m.-12:15 p.m.	\$49/\$56	WV 847762-1A
Sa	Oct 20-Dec 15	11:15 a.m.-12:15 p.m.	\$56/\$64	WV 847762-2A

### Ballet/Jazz

5, 6, 7, 8! Learn techniques and terminology. Combinations are practiced in both forms of dance.

#### Ages: 4-7

Th	Aug 30-Oct 11	4-5 p.m.	\$49/\$56	CP 843763-1A
Th	Oct 18-Dec 13	4-5 p.m.	\$56/\$64	CP 843763-2A
Sa	Sep 1-Oct 13	9-10 a.m.	\$49/\$56	CP 843763-1B
Sa	Oct 20-Dec 15	9-10 a.m.	\$56/\$64	CP 843763-2B

## Class Footwear and General Information

Tap shoes should be worn for tap classes, athletic shoes for hip hop classes, and ballet shoes should be worn 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 the last five minutes of class. For information about our dance instructors, visit the dance page found in the Parks and Recreation section of the City website: [www.cityofwestminster.us](http://www.cityofwestminster.us).

### Baton Beginner

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

#### Ages: 6-11

Sa	Sep 1-Oct 13	12-1 p.m.	\$49/\$56	WV 847764-1A
Sa	Oct 20-Dec 15	12-1 p.m.	\$56/\$64	CP 843764-2A

### 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	Sep 1-Oct 13	9-10:30 a.m.	\$75/\$85	WV 847765-1A
Sa	Oct 20-Dec 15	9-10:30 a.m.	\$84/\$96	CP 843765-2A

### Baton Advanced

Learn even more challenging material! Continue to increase your fitness, flexibility, hand-eye coordination, poise and self-confidence while using multiple batons. There are also opportunities to compete in local twirling competitions.

#### Ages: 7-19

Sa	Sep 1-Oct 13	10:30 a.m.-12 p.m.	\$75/\$85	WV 847766-1A
Sa	Oct 20-Dec 15	10:30 a.m.-12 p.m.	\$84/\$96	CP 843766-2A

### Boys Hip Hop

Perform combinations of break dancing and hip hop to the latest beats.

#### Ages: 6-14

F	Aug 31- Oct 12	5-6 p.m.	\$49/\$56	CP 843768-1A
F	Oct 19- Dec 14	5-6 p.m.	\$56/\$64	CP 843768-2A

### Creative Dance

Explore both the creative and physical dimensions as you 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	Aug 28-Oct 9	11:30 a.m.-12:15 p.m.	\$49/\$56	CP 843767-1A
T	Oct 16-Dec 11	11:30 a.m.-12:15 p.m.	\$56/\$64	CP 843767-2A
Th	Aug 30- Oct 11	11:30 a.m.-12:15 p.m.	\$49/\$56	CP 843767-1B
Th	Oct 18-Dec 13	11:30 a.m.-12:15 p.m.	\$56/\$64	CP 843767-2B

### Character/Musical Theater

Have you ever wanted to dance on Broadway? This class is for dancers looking for a stylized and motivating class, with a focus on having fun and developing performance skills. Dancers will fine tune their dance technique and stage skills, while learning Broadway-inspired choreography and movement.

#### Ages: 7-11

W	Aug 29-Oct 10	4-4:45 p.m.	\$49/\$56	CP 843773-1A
W	Oct 17-Dec 12	4-4:45 p.m.	\$56/\$64	CP 843773-2A

#### Ages: 10-18

F	Aug 31- Oct 12	6-6:45 p.m.	\$49/\$56	CP 843773-1B
F	Oct 19- Dec 14	6-6:45 p.m.	\$56/\$64	CP 843773-2B

### Jazz/Hip Hop

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

#### Ages: 3-6

Sa	Sep 1-Oct 13	10:15-11:15 a.m.	\$49/\$56	WV 847770-1A
Sa	Oct 20- Dec 15	10:15-11:15 a.m.	\$56/\$64	WV 847770-2A

#### Ages: 4-8

M	Aug 27- Oct 8	4:45-5:45 p.m.	\$42/\$48	CP 843770-1A
M	Oct 15-Dec 10	4:45-5:45 p.m.	\$56/\$64	CP 843770-2A

#### Ages: 6-10

F	Aug 31- Oct 12	4-5 p.m.	\$49/\$56	CP 843770-1C
F	Oct 19- Dec 14	4-5 p.m.	\$56/\$64	CP 843770-2C

#### Ages: 8-12

Sa	Sep 1-Oct 13	11 a.m.-12 p.m.	\$49/\$56	CP 843770-1D
Sa	Oct 20-Dec 15	11 a.m.-12 p.m.	\$56/\$64	CP 843770-2D

#### Ages: 10-18

W	Aug 29-Oct 10	6:30-7:30 p.m.	\$49/\$56	CP 843770-1B
W	Oct 17-Dec 12	6:30-7:30 p.m.	\$56/\$64	CP 843770-2B

# CHILD/TEEN DANCE

## 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	Aug 28-Oct 9	9:45-10:30 a.m.	\$49/\$56	CP 843776-1A
T	Oct 16-Dec 11	9:45-10:30 a.m.	\$56/\$64	CP 843776-2A
Th	Aug 30-Oct 11	9:45-10:30 a.m.	\$49/\$56	CP 843776-1B
Th	Oct 18-Dec 13	9:45-10:30 a.m.	\$56/\$64	CP 843776-2B

## 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	Aug 30-Oct 11	7:30-8:30 p.m.	\$49/\$56	CP 843769-1A
Th	Oct 18-Dec 13	7:30-8:30 p.m.	\$56/\$64	CP 843769-2A

## Lyrical/Contemporary

Explore a creative form of dance, combining jazz and ballet techniques to tell a story. Whether this is your first dance class or one of many, come enjoy the many benefits of dance.

### Ages: 6-10

T	Aug 28-Oct 9	6-7 p.m.	\$49/\$56	CP 843772-1A
T	Oct 16-Dec 11	6-7 p.m.	\$56/\$64	CP 843772-2A
Sa	Sep 1-Oct 13	12:15-1:15 p.m.	\$49/\$56	WV 847772-1A
Sa	Oct 20-Dec 15	12:15-1:15 p.m.	\$56/\$64	WV 847772-2A

### Ages: 11-18

W	Aug 29-Oct 10	7:30-8:15 p.m.	\$49/\$56	CP 843772-1B
W	Oct 17-Dec 12	7:30-8:15 p.m.	\$56/\$64	CP 843772-2B

## 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	Aug 27-Oct 8	4-4:45 p.m.	\$42/\$48	CP 843774-1A
M	Oct 15-Dec 10	4-4:45 p.m.	\$56/\$64	CP 843774-2A
T	Aug 28-Oct 9	9-9:45 a.m.	\$49/\$56	CP 843774-1B
T	Oct 16-Dec 11	9-9:45 a.m.	\$56/\$64	CP 843774-2B
Th	Aug 30-Oct 11	9-9:45 a.m.	\$49/\$56	CP 843774-1C
Th	Oct 18-Dec 13	9-9:45 a.m.	\$56/\$64	CP 843774-2C
F	Aug 31-Oct 12	11-11:45 a.m.	\$49/\$56	CP 843774-1D
F	Oct 19-Dec 14	11-11:45 a.m.	\$56/\$64	CP 843774-2D
Sa	Sep 1-Oct 13	9:30-10:15 a.m.	\$49/\$56	WV 847774-1A
Sa	Oct 20-Dec 15	9:30-10:15 a.m.	\$56/\$64	WV 847774-2A

## Tap

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

### Ages: 6-10

W	Aug 29-Oct 10	4:45-5:30 p.m.	\$49/\$56	CP 843775-1A
W	Oct 17-Dec 12	4:45-5:30 p.m.	\$56/\$64	CP 843775-2A

### Ages: 10-18

F	Aug 31-Oct 12	6-6:45 p.m.	\$49/\$56	CP 843775-1B
W	Oct 19-Dec 14	6-6:45 p.m.	\$56/\$64	CP 843775-2B





# CHILD/TEEN COMPETITIVE DANCE

## Competitive Dance

### SESSION DATES

Aug 27-May 11, 2019 (33 weeks, Class not held Sep 3, Nov 19-24, Dec 16-Jan 6, and March 25-30)

### Westminster Dance Company

The Westminster Dance Company is a year-round competitive dance program. Participants must have an instructor recommendation or audition with a dance company director. Auditions will be held Saturday, August 18 in the dance room at City Park Recreation Center:

<b>AGES:</b> 4-6	1-1:45 p.m.
<b>AGES:</b> 7-12	2-2:45 p.m.
<b>AGES:</b> 13-18	3-3:45 p.m.

For more information contact Catt Ruelas or Rachel Hunter at [Youthteendance@cityofwestminster.us](mailto:Youthteendance@cityofwestminster.us)

### COMPANY

This is a nine-month competitive program with the opportunity to perform at two competitions and shows throughout the season. One recreation dance class must be taken in addition to the company class. Fee includes two competitions and a t-shirt.

#### Ages: 4-18

M	Aug 27-May 6	6:45-7:45 p.m.	\$600/\$700 CP 843760-1A
T	Aug 28-May 7	5-6 p.m.	\$600/\$700 CP 843760-1B
T	Aug 28-May 7	7-8 p.m.	\$600/\$700 CP 843760-1C

### ELITE COMPANY

This team is more involved than Company and develops additional dances to perform at competition. Each participant will be assigned to two of the below classes. Fee includes two competitions and a t-shirt.

#### Ages: 4-18

M	Aug 27-May 6	7:45-8:30 p.m.	\$450/\$525 CP 843777-1A
T	Aug 28-May 7	8-8:45 p.m.	\$450/\$525 CP 843777-1B
Th	Aug 30-May 9	5-5:45 p.m.	\$450/\$525 CP 843777-1C
Th	Aug 30-May 9	6:45-7:30 p.m.	\$450/\$525 CP 843777-1D



# ENRICHMENT

## Babysitting Camp

Become certified in Infant/Child CPR. Learn health, safety, 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 Aug 11 & 18 9 a.m.-3 p.m. \$150/\$180 CP 843701-1A

Sa Oct 13 & 20 9 a.m.-3 p.m. \$150/\$180 CP 843701-1B

## Babysitting CPR Challenge

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

Sa Oct 20 9 a.m.-3 p.m. \$60/\$72 CP 843702-1A

## Chess - Beginner

Learn the basics of chess while reinforcing good sportsmanship. You will be introduced to the setup, moves, illegal moves, the end game and more. "Hands-on" play reinforces lessons learned.

**AGES:** 6-16

M Oct 1-Nov 19 4:30-5:45 p.m. \$70/\$84 CP 843703-1A

## 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 Oct 1-Nov 19 6:15-7:30 p.m. \$70/\$84 CP 843704-1A



## MAD ABOUT HOOPS

### MAD ABOUT HOOPS

Mad About Hoops focuses on making fitness fun, through the power of the hula hoop. Kids will learn cool hoop tricks, play fun games and learn exciting partner moves. Our classes develop incredible hand-eye coordination, create team building opportunities and get kids moving with smiles on their faces.

**Ages: 5-9**

M Sept 10-Oct 15 5:45-6:45 p.m. \$95/\$110 CP 843751-1A

**Ages: 7-11**

M Oct 22-Nov 26 5:45-6:45 p.m. \$95/\$110 CP 843751-1B

### Read w/ Ease Level 1

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 Nov. 20 and Nov. 22. **AGES:** 5-13

T Th Sept 4-Oct 18 4-5 p.m. \$100/\$120 CP 843705-1A

T Th Oct 23-Dec 13 4-5 p.m. \$100/\$120 CP 843705-2A

### Read w/ Ease Level 2

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 Nov. 20 and Nov. 22. **AGES:** 5-13

T Th Sept 4-Oct 18 5:10-6:10 p.m. \$100/\$120 CP 843706-1A

T Th Oct 23-Dec 13 5:10-6:10 p.m. \$100/\$120 CP 843706-2A

STOP THE WINTER BLUES WITH

AGES: 6-13

# Winter Camp

December 27–January 8  
6:45 a.m.–6 p.m.

City Park Recreation Center  
10455 Sheridan Blvd.

Sign up and be worry-free!

Your child is safe, happy, and engaged.

Camps are state licensed. Fees are reasonable and tax-deductible.

## DECEMBER 27

### **Mouse in the Winter House**

Chuck E. Cheese and create winter crafts. Lunch provided.

843790-1A

## DECEMBER 28

### **Skating into the New Year**

Skate City and swim at City Park. Bring a lunch and swim gear.

843791-1A

## JANUARY 2

### **New Year, New Adventures**

Denver Museum of Nature and Science and IMAX movie.

Bring a lunch.

843792-1A

## JANUARY 3

### **Lanes and Planes**

Brunswick Lanes and Mid-Air Adventures. Bring a lunch

843793-1A

## JANUARY 4

### **A Spoon Full of Swimming**

Mary Poppins movie and swimming at City Park. Bring a lunch and swim gear.

843794-1A

## JANUARY 7

### **Chopped Junior**

Cook your own lunch with fun recipes and watch a movie.

Lunch provided.

843795-1A

## JANUARY 8

### **Hop n' Guac**

Big Time Fun Center and lunch at Casa Bonita. Lunch provided.

843796-1A

**\$35**

RESIDENT

**\$45**

NON-RESIDENT  
PER DAY



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**.



Increase your fitness, flexibility and confidence levels and gain 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 Recreation Center, 10747 W. 108th Ave.

Testing may occur off-site every three months.  
Visit [westviewtkd.weebly.com/](http://westviewtkd.weebly.com/) for more class information.  
Instructor: Master Pickering. No class: Oct 31, Nov 21

#### Age: 5-8

MW	Sep 5-26	5:30-6:30 p.m.	\$40/\$45	847251-1A
MW	Oct 1-29	5:30-6:30 p.m.	\$50/\$55	847251-2A
MW	Nov 5-28	5:30-6:30 p.m.	\$40/\$45	847251-3A
MW	Dec 3-19	5:30-6:30 p.m.	\$35/\$40	847251-4A

#### Age: 8 and older

MW	Sep 5-26	6:30-8 p.m.	\$50/\$55	847252-1A
MW	Oct 1-29	6:30-8 p.m.	\$60/\$65	847252-2A
MW	Nov 5-28	6:30-8 p.m.	\$50/\$55	847252-3A
MW	Dec 3-19	6:30-8 p.m.	\$45/\$50	847252-4A

#### Black Belt Class: 8 and older

Black Belts are expected to assist with teaching class.

MW	Sep 5-26	6:30-8 p.m.	\$16/\$17	847253-1A
MW	Oct 1-29	6:30-8 p.m.	\$18/\$19	847253-2A
MW	Nov 5-28	6:30-8 p.m.	\$16/\$17	847253-3A
MW	Dec 3-19	6:30-8 p.m.	\$15/\$16	847253-4A



### The MAC, 3295 W. 72nd Ave.

The MAC closes at 8 p.m. and must be vacated no later than 8:10 p.m. Visit [www.HupsTaekwondo.com](http://www.HupsTaekwondo.com) for more class information. Instructor: Master Hups. No class: Nov 22

#### Age: 5-8

TTh	Sep 4-27	6:30-7:30 p.m.	\$45/\$50	842251-1A
TTh	Oct 2-30	6:30-7:30 p.m.	\$50/\$55	842251-2A
TTh	Nov 1-29	6:30-7:30 p.m.	\$45/\$50	842251-3A
TTh	Dec 4-20	6:30-7:30 p.m.	\$40/\$45	842251-4A

#### Age: 8 and older

TTh	Sep 4-27	6:30-8 p.m.	\$55/\$60	842252-1A
TTh	Oct 2-30	6:30-8 p.m.	\$60/\$65	842252-2A
TTh	Nov 1-29	6:30-8 p.m.	\$55/\$60	842252-3A
TTh	Dec 4-20	6:30-8 p.m.	\$45/\$50	842252-4A

#### Black Belt Class: 8 and older

Black Belts are expected to assist with teaching class.

TTh	Sep 4-27	6:30-8 p.m.	\$18/\$19	842253-1A
TTh	Oct 2-30	6:30-8 p.m.	\$20/\$21	842253-2A
TTh	Nov 1-29	6:30-8 p.m.	\$18/\$19	842253-3A
TTh	Dec 4-20	6:30-8 p.m.	\$15/\$16	842253-4A

### 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. Gain access to all the classes and/or more flexibility if you cannot attend, all for one great price. No credits/refunds after session begins.

Monday and Wednesday classes are held at West View Recreation Center, Tuesday and Thursday classes are held at The MAC.

No class: Oct. 31, Nov. 21 or Nov. 22

#### All Inclusive: 8 and older

MTWTh	Sep 4-27	6:30-8 p.m.	\$65/\$74	847254-1A
MTWTh	Oct 1-30	6:30-8 p.m.	\$75/\$84	847254-2A
MTWTh	Nov 1-29	6:30-8 p.m.	\$65/\$74	847254-3A
MTWTh	Dec 3-20	6:30-8 p.m.	\$50/\$59	847254-4A

#### All Inclusive Black Belt Class: 8 and older

MTWTh	Sep 4-27	6:30-8 p.m.	\$35/\$40	847255-1A
MTWTh	Oct 1-30	6:30-8 p.m.	\$40/\$45	847255-2A
MTWTh	Nov 1-29	6:30-8 p.m.	\$35/\$40	847255-3A
MTWTh	Dec 3-20	6:30-8 p.m.	\$28/\$33	847255-4A



# Youth/Teen Art

## Halloween Loot Bags

Design your own reusable fabric Halloween bag to collect your candy. Make it fun or spooky—it's a creation for kids to keep and use every year. **AGE:** 7-10. **Instructor:** Chromatix

F Oct 26 4:30-6 p.m. \$15/\$18 CP 843417-A

## Halloween Loot Bags with Grandparents

Design your own reusable fabric Halloween bag to collect your candy. Make it fun or spooky—it's a creation for kids to keep and use every year. **AGE:** 7-10. Grandparents attend for free but must sign up with child. **Instructor:** Chromatix

F Oct 19 4-5:30 p.m. \$15/\$18 CP 843422-A

## Painting for the Holidays

Create and paint holiday cards, envelopes and more to make your gift-giving unique. Supplies included in fee.

**AGE:** 9-12. **Instructor:** Paul Birchak

W Dec 5-12 4:30-5:30 p.m. \$20/\$25 CP 843420-A

## Puppet Theatre Design

Let your imagination go wild within a city while being rescued by your favorite superheroes. Class begins with a discussion on what superheroes' powers are useful in today's world. Create a cityscape for a superhero-themed puppet theatre and make puppets using kitchen utensils. Kids will write stories in groups and share with the class. **AGE:** 8-12 **Instructor:** Chromatix

Sa Nov 10 10 a.m.-12 p.m. \$25/\$30 CP 843423-A

## Self-Portrait Clocks

Create a simple analogue clock with a self-portrait theme. Class will start with discussion about popular self-portraits by famous artists from around the world. Identify what makes you unique and use that in your painting to express who you are. A simple clock kit will be provided to attach to the cardboard painting.

**AGE:** 8-12. **Instructor:** Chromatix

Sa Nov 17 10-11:30 a.m. \$20/\$25 CP 843424-A

## Under the Sea

Dive under the sea and bring it to life in a beautiful sea turtle painting. Fuse painting on canvas with crafting to give your artwork a 3D effect. This exciting way to experiment with texture gives kids the opportunity to learn about sea turtles and includes a short lesson on keeping the oceans clean. **AGE:** 7-10.

**Instructor:** Chromatix

W Oct 3 4-5:30 p.m. \$20/\$25 CP 843425-A

## Under the Sea with Grandparents

Dive under the sea and bring it to life with a beautiful sea turtle painting. Combine painting on canvas with crafting to give artwork a 3D effect. This exciting way to experiment with texture gives kids the opportunity to learn about sea turtles and includes a short lesson on keeping the oceans clean. **AGE:** 7-10. Grandparents attend for free but must sign up with child.

**Instructor:** Chromatix

W Oct 10 4-5:30 p.m. \$20/\$25 CP 843426-A

# YOUTH/TEEN CERAMICS

## Youth 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

### Fall Leaf Dish

M Sep 10-17 4-5:30 p.m. \$20/\$25 CP 843400-A

### Haunted House

M Oct 8-15 4-5:30 p.m. \$20/\$25 CP 843401-A

### Turkey Basket

M Nov 5-12 4-5:30 p.m. \$20/\$25 CP 843402-A

### Santa Plate

M Dec 3-10 4-5:30 p.m. \$20/\$25 CP 843403-A

## Create with Clay

Use nature and your favorite story as inspiration to make many useful objects from clay. **AGE:** 6-12. **Instructor:** Sally Nehr

T Sep 4-25 4-5:30 p.m. \$45/\$55 CP 843408-A

T Oct 9-30 4-5:30 p.m. \$45/\$55 CP 843408-B

T Nov 6-27 4-5:30 p.m. \$45/\$55 CP 843408-C

## Pottery on Wheel

Learn the techniques necessary for throwing pottery on the wheel. Class space is limited; sign up early. **Instructor:** Sally Nehr  
**AGE:** 10-14.

W Sep 5-26 4-5:30 p.m. \$45/\$55 CP 843407-A

W Oct 3-24 4-5:30 p.m. \$45/\$55 CP 843407-B

W Nov 7-21 4-5:30 p.m. \$45/\$55 CP 843407-C

## Parent and Child Wheel Throwing

Enjoy making several dishes using the pottery wheel with your child. All pieces will be functional after fired and glazed. An adult must enroll with child and pay the same fee as the child.

**AGE:** 8 and older.

Sa Oct 6-27 1-2:30 p.m. \$45/\$55 CP 843415-A

## Parent and Child Hand Building

Spend time together and enjoy an experience in clay. Make your original, seasonally-themed piece the first day of class and decorate it the second day. Adults must register with child. Fee is per person. **AGE:** 8 and older. Saturdays, 1-2:30 pm

Sa Sep 15-22 Fall \$20/\$25 CP 843414-A

Sa Nov 10-17 Thanksgiving \$20/\$25 CP 843414-B


Sa Dec 1-8 Holiday \$20/\$25 CP 843414-C

SATURDAYS AT

# The Paintin' Place

Unleash your creativity and  
paint ceramic pieces using  
non-toxic glazes.

AGES: 4 & older



Pieces are fired and ready for pick up in about a week. 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 schedule your visit!





# Youth and Teen Sports

## Velocity Recreation Sports - Ages 2.5-18

Come play fun, active games and activities in a group setting! Games focus on coordination, athletic skills, sportsmanship and teamwork. Preschool and homeschool-friendly times. We use positive reinforcement, creative teaching techniques, and give guidance at your child's specific developmental level, while emphasizing fun. For more information and to register, visit [www.velocitycolorado.com](http://www.velocitycolorado.com). Price increases September 1.



### Sports Skills

\$15 M Oct 15-Dec 10 10-10:30 a.m. Ages 2.5-3

### Fitness Fun

\$20 M Oct 15-Dec 10 10-10:45 a.m. Ages 4-6

### Dodgeball

\$30 M Oct 15-Dec 10 10-11:15 a.m. Ages 7-18



## i9 Sports

Fun, recreational sports for kids. We believe that every kid deserves the chance to play, regardless of ability. We don't hold tryouts or make cuts, emphasizing the positive aspects of sports and the life lessons they teach. The league's emphasis will be on fun, recreational play, teaching and developing flag football and lacrosse skills as well as a love for the sport. Oakhurst Park II



### Zip Lacrosse

Sept 8-Oct 27 Saturdays 9:30 a.m. - 12 p.m.

### Flag Football

Sept 9-Oct 28 Sundays 1 p.m. - 4 p.m.

For more information and registration please visit: [www.i9sports.com](http://www.i9sports.com)

## Youth Sports Resource List:

### Baseball/Softball

North Metro Little League	303-451-9457
Standley Lake Little League	303-426-6211
Westminster Little League	720-314-1299
Hyland Hills	303-428-7488

### Basketball, Football, Ice Hockey

Hyland Hills	303-428-7488
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# YOUTH FALL SOCCER



## 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](http://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](http://www.westminstersoccer.net)

303-862-6024





# Preschool

## 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 minimum age requirements are based on the age as of October 1, 2018 for Kinder Kids and the first day of class for Tiny Tots. No exceptions are made. The Kinder Kids and Tiny Tots programs are state licensed as small and large childcare programs. Parents will receive a Parent Manual in late July to early August. Please call 303-658-2222 if you do not receive a Parent Manual within three days of registration after Aug 6.

***Kinder Kids and Tiny Tots 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 class starting)

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 2018 - May 2019. 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 2018 – April 2019) after the school year begins to maintain your child's spot, or their space is forfeited.

### ***Parents, please note:***

- Parents are encouraged to allow their child to gain independence from them in our classes, especially in the beginning. Instructors will work with those who may experience separation anxiety.
- Parents/guardians must sign their child in/out of all classes, and must be picked up promptly after class or a late charge is assessed.
- 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 available 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.**

DAYS	DATES	TIME	LOCATION	MONTHLY FEE	TOTAL FEE	TOTAL PROGRAM FEE IF PAID UPFRONT	ACTIVITY #
MWF	Sep 5-May 10	12:30-3:30 p.m.	City Park	\$215/\$235	\$1,720/\$1,880	\$1,670/\$1,830	893520
T/Th	Sep 4-May 9	9 a.m.-12 p.m.	City Park	\$150/\$170	\$1,200/\$1,360	\$1,160/\$1,320	893521
MWF	Sep 5-May 10	9 a.m.-12 p.m.	SFC	\$200/\$215	\$1,600/\$1,720	\$1,560/\$1,680	894520
MWF	Sep 5-May 10	9 a.m.-12 p.m.	West View	\$215/\$235	\$1,720/\$1,880	\$1,670/\$1,830	897520
T/Th	Sep 4-May 9	9 a.m.-12 p.m.	West View	\$150/\$170	\$1,200/\$1,360	\$1,160/\$1,320	897521
MWF	Sep 5-May 10	12:30-3:30 p.m.	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, Sep. 4 or Sep. 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 a.m.-12 p.m.	City Park	\$155/\$175	\$1,240/\$1,400	\$1,200/\$1,360	893510
T/Th	Sep 4-May 9	12:30-2:30 p.m.	City Park	\$110/\$125	\$880/\$1,000	\$845/\$965	893511
T/Th	Sep 4-May 9	10 a.m.-12 p.m.	SFC	\$100/\$110	\$800/\$880	\$770/\$850	894510
MWF	Sep 5-May 10	10 a.m.-12 p.m.	West View	\$155/\$175	\$1,240/\$1,400	\$1,200/\$1,360	897510
T/Th	Sep 4-May 9	10 a.m.-12 p.m.	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 first-come, first-served basis with existing Tiny Tots students getting first priority for Kinder Kids. When registering please read your receipt for parent meeting dates in August 2018.**

- The 2018-19 fall preschool registration began March 12, 2018 for existing Tiny Tots preschool students
- Registration for non-residents not already enrolled began April 9, 2018
- Registration for City of Westminster residents not already enrolled in Tiny Tots began April 2, 2018
- Online registration is not accepted for Kinder Kids or Tiny Tots. Registration for preschool is on a first-come, first-served basis for any remaining open spots.

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

## Educational/Literacy Based Activities

### Preschool Open House for the 2019-20 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:** Tue, Mar 5, 5-7 p.m.

**City Park:** Wed, Mar 6, 5-7 p.m.

**Swim & Fitness Center:** Th, Mar 7, 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: Nov. 21

MW	Sep 5-Oct 3	9-10:30 a.m.	\$55/\$60	CP 843505-1A
MW	Oct 8-Nov 5	9-10:30 a.m.	\$60/\$65	CP 843505-2A
MW	Nov 12-Dec 12	9-10:30 a.m.	\$55/\$60	CP 843505-3A

### 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: Oct. 11 and Nov. 22

TTh	Sep 4-Oct 4	10:15-11:45 a.m.	\$60/\$65	CP 843506-1A
TTh	Oct 9-Nov 8	10:15-11:45 a.m.	\$55/\$60	CP 843506-2A
TTh	Nov 13-Dec 13	10:15-11:45 a.m.	\$55/\$60	CP 843506-3A

### 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: Oct. 11, Nov. 21 or Nov. 22

#### CITY PARK RECREATION CENTER

MW	Sep 5-Oct 3	9-9:45 a.m.	\$50/\$55	843502-1A
T	Sep 4-Oct 2	9-10 a.m.	\$35/\$40	843502-1B
Th	Sep 6-Oct 4	9-10 a.m.	\$35/\$40	843502-1C
MW	Oct 8-Nov 7	9-9:45 a.m.	\$55/\$60	843502-2A
T	Oct 9-Nov 6	9-10 a.m.	\$35/\$40	843502-2B
Th	Oct 18-Nov 8	9-10 a.m.	\$30/\$35	843502-2C
MW	Nov 12-Dec 12	9-9:45 a.m.	\$50/\$55	843502-3A
T	Nov 13-Dec 11	9-10 a.m.	\$35/\$40	843502-3B
Th	Nov 15-Dec 13	9-10 a.m.	\$30/\$35	843502-3C

#### WEST VIEW RECREATION CENTER

The same quality class is offered four miles from City Park, so venture over to the same class with smaller class sizes and reduced fees!

W	Sep 5-Oct 3	9-9:45 a.m.	\$30/\$35	847502-1A
W	Oct 10-Nov 7	9-9:45 a.m.	\$30/\$35	847502-2A
W	Nov 14-Dec 12	9-9:45 a.m.	\$25/\$30	847502-3A

## Art, Music and Movement Activities

### My Little Artist (3-6 years)

Do you have an artist at home? This fun, interactive class covers basic art techniques through various projects while covering basic color vocabulary and school-readiness skills. The focus is on the creative process while allowing children to experiment and have fun. Paint smock and/or older clothes suggested. All classes take place at City Park Recreation Center.

No class: Oct. 12 or Nov. 23

F	Sep 7-Oct 5	1:30-2:30 p.m.	\$33/\$38	843519-1A
F	Oct 19-Nov 9	1:30-2:30 p.m.	\$28/\$33	843519-2A
F	Nov 16-Dec 14	1:30-2:30 p.m.	\$28/\$33	843519-3A

# TOT/YOUTH ACTIVITIES

## Music for Families: Holiday Sing-along (1-10 years)

Parent participation required. Join Ms. Stephanie in singing your favorite holiday songs! Sing popular family carols and songs about the season while playing a variety of instruments and moving to the music. Perfect for children of all ages, focusing on 1-10 years old. Cost is per child 1 year and older. Children younger than 12 months and parents are free. All classes take place at City Park Recreation Center

Th	Dec 13	4:30-5:15 p.m.	\$10/\$11	843516-1A
M	Dec 17	4:30-5:15 p.m.	\$10/\$11	843516-2A

## 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. All classes take place at City Park Recreation Center.

No class: Nov. 19-20

M	Sep 10-24	10:15-11 a.m.	\$25/\$30	843513-1A
T	Sep 4-25	10:15-11 a.m.	\$33/\$40	843513-1B
M	Oct 8-29	10:15-11 a.m.	\$33/\$40	843513-2A
T	Oct 2-30	10:15-11 a.m.	\$40/\$48	843513-2B
M	Nov 5-Dec 10	10:15-11 a.m.	\$40/\$48	843513-3A
T	Nov 6-Dec 11	10:15-11 a.m.	\$40/\$48	843513-3B

## 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. All classes take place at City Park Recreation Center. No class: Nov. 19-20

M	Sep 10-24	9:30-10 a.m.	\$25/\$30	843514-1A
T	Sep 4-25	9:30-10 a.m.	\$33/\$40	843514-1B
M	Oct 8-29	9:30-10 a.m.	\$33/\$40	843514-2A
T	Oct 2-30	9:30-10 a.m.	\$40/\$48	843514-2B
M	Nov 5-Dec 10	9:30-10 a.m.	\$40/\$48	843514-3A
T	Nov 6-Dec 11	9:30-10 a.m.	\$40/\$48	843514-3B

## 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. All classes take place at City Park Recreation Center.

No class: Oct. 12 or Nov. 23

### Tumble Tots (18-26 months)

F	Sep 7-Oct 5	9-9:45 a.m.	\$30/35	843521-1A
F	Oct 19-Nov 9	9-9:45 a.m.	\$30/35	843521-2A
F	Nov 16-Dec 14	9-9:45 a.m.	\$25/30	843521-3A

### Tumble Tots (24-36 months)

F	Sep 7-Oct 5	10-10:45 a.m.	\$30/35	843522-1A
F	Oct 19-Nov 9	10-10:45 a.m.	\$30/35	843522-2A
F	Nov 16-Dec 14	10-10:45 a.m.	\$25/30	843522-3A

## 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. All classes take place at City Park Recreation Center.

No class: Oct. 11 or Nov. 22

TTh	Sep 4-Oct 4	1:15-2 p.m.	\$50/\$55	843525-1A
TTh	Oct 9-Nov 8	1:15-2 p.m.	\$45/\$50	843525-2A
TTh	Nov 13-Dec 13	1:15-2 p.m.	\$45/\$50	843525-3A

**imagination  
playground™**  
AGES: 3-10

**West View Recreation Center**  
10747 W. 108th Ave.

Call for more information and availability

**303-460-9530**

**\$90** 1.5 hours • 15 kids  
(Bring your own catering)





**Drop-in  
Tot Time**

**Tues.–Fri.  
10 a.m.–12 p.m.**

**Westminster Sports Center  
6051 West 95 Avenue**

**Tots - up to age 5**

**Play on our indoor turf field. Meet your  
friends, bring your toys or use ours.**

**303-658-2393**

**\$1**  
PER CHILD,  
ADULTS FREE

## SuperTots

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

**SUPERTOT SPORTS:** 4-week sessions-\$54/session

**10-10:50 a.m.—2 yr olds**

**11-11:50 a.m.—3-4 yr olds**

**TUESDAYS:** Sep 4-Sep 25 Soccer  
Oct 2-Oct 23 Football  
Oct 30-Nov 27 Basketball

**WEDNESDAYS:** Sep 5 - 26 Football  
Oct 3-Oct 24 Soccer  
Oct 31-Nov 28 Basketball

**THURSDAYS:** Sep 6-Sep 27 Basketball  
Oct 4-Oct 25 Football  
Nov 1-Nov 29 Soccer

For information and registration please visit:  
[supertotsports.com/colorado](http://supertotsports.com/colorado)

## Skyhawks

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



Skyhawks Mini Hawks (baseball, basketball, soccer)

**AGES:** 4-7 Wednesdays 2-4 p.m. \$74 per session

- Sep 5-25
- Oct 3-Oct 24
- Oct 31-Nov 28

For information and registration, visit: [skyhawks.com/colorado](http://skyhawks.com/colorado)



# 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

September 2 & 3	Labor Day
November 22 & 23	Thanksgiving
December 24 & 25	Christmas
December 31 & January 1	New Year's

## 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. See our collection at Frontrange.Overdrive.com.

## Online Resources for Research

Found at: [www.westminsterlibrary.org](http://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](http://www.westminsterlibrary.org).



**THANK YOU TO THE FRIENDS OF THE LIBRARY  
FOR SPONSORING OUR PROGRAMS**

## Youth Programs

No registration required for Youth Programs unless otherwise noted.

### Crafty Creations for Kids

Join us for a variety of crafting projects. Children take home what they create. Register online. **AGES:** 2-6

Sa Sep 22 2-3 p.m. CH

### Zombie Barbies™

Take a walk on the dead side. Barbies™ and various art supplies to properly “creepify” your creation are provided. Register online. **AGES:** 6-11

Sa Oct 6 2-3 p.m. IR

### Early Literacy Funday

Enjoy a day of early literacy fun and games. Read, write, sing, talk, and play with the littlest learner in your life. Participate with your baby, toddler, or preschooler at engaging activity stations.

**AGES:** Birth-5

Su Oct 7 1:30-4:30 p.m. CH

### It's 'Sew' Easy!

Create and sew a pocket friend and other fun projects to take home. All materials are provided. This class is perfect for beginners. Register online. **AGES:** 8-11

Sa Oct 27 2-3:30 p.m. CH L107

Sa Nov 10 2-3:30 p.m. IR

### Model Train Show

See the trains, ask questions, learn railroad crossing safety and enjoy train songs and stories by Smoky Roundhouse. Sponsored by the Junior Friends of the Westminster Public Library. **ALL AGES**

Sa Nov 3 1-4 p.m. CH

Su Nov 4 1-3 p.m. CH

### Holiday Craft Make-It-Take-It

Bring the whole family to our winter holiday make-it-take-it craft parties. Register online. **ALL AGES**

Sa Dec 8 2-4 p.m. IR

Sa Dec 15 2-4 p.m. CH L107

### BAM! (Books And More)

Explore the world of books through DIY projects, games, and cooking. Register online. **AGES:** 9-11

1st Saturdays 1:30-2:30 p.m. CH

**AGES:** 6-9

# SCIENCE STORIES

**2nd Sundays, 3-4 p.m.**  
*College Hill Library*

Grab your lab coat and head to the library for some scientific fun! Read a book, learn something new, and experiment with the monthly theme. Parents are welcome to join in the fun.

**SEP 9:** *The Blob*  
**OCT 14:** *The Stars and Beyond*  
**NOV 11:** *Keeping Your Pachyderm Clean*  
**DEC 9:** *Robot Revolution*

### Family Game and Movie Afternoon

Watch a movie, play card games and checkers, or put together a puzzle.

1st Sundays 2-4 p.m. IR Community Room

### Kids and Family Art Sunday

3rd Sundays, 2-3:30 p.m., IR

South Westminster Arts Group (SWAG) offers free art activities for children and their families. **ALL AGES**



## READog

Have fun reading to one of our specially trained therapy dogs at College Hill Library. We invite beginner and struggling readers to gain confidence by sitting and reading to one of our gentle therapy dogs and its owner. Bring your own book, or choose one at the library. Register your child online for a private 15-minute session. See multiple dates and session times on the library website. **AGES:** 5-11

## 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. Reading logs and instructions are available at both libraries and on our website: [www.westminsterlibrary.org](http://www.westminsterlibrary.org).

**AGES:** Birth through 5

## Teen Programs

### Iron Chef

Twelve chefs enter, but only two earn the title of Iron Chef. Do you have the culinary skills to create inventive dishes and earn a spot among the greatest chefs in Westminster? Register online.

**AGES:** 12 and older

Sa	Nov 3	2-4 p.m.	IR
Sa	Nov 17	2-4 p.m.	CH L107

### Dungeons and Dragons Club

An adventure awaits! Play a heroic character in a world of monsters, magic, and destiny. Choose from a variety of characters and experience the adventurous world of Dungeons and Dragons. **AGES:** 12-18

2nd Saturdays	1-4 p.m.	CH L-167
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### 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:** 12-18

1st Wednesdays	2-4 p.m.	IR
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### Teen Advisory Board (TAB)

Earn volunteer hours, build leadership skills, and improve your community as a member of the Teen Advisory Board. Drop-ins welcome. No meeting in December. **AGES:** 12-18

Last Tuesday every month	5-6 p.m.	CH L107
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## Finding your DREAM COLLEGE

Monday, Sept. 10, 2-3 p.m.

College Hill Library, L107

Planning for college is fun and exciting, and The Princeton Review can tell you everything you need to know about the college admission process and finding the school of your dreams. Attend this session to gain valuable insights and dispel common myths.

**AGES:** 12 and older

**REGISTER ONLINE**



## FREE SAT PRACTICE TEST

**AGES:** 12-18

Saturday, Oct. 20

12:30–4:30 p.m.

Irving Street Library

Take a free, full-length, diagnostic practice test. After the test, receive a detailed score report. Still not confident in your scores? A Princeton Review expert can help you find a way to get the score you want.

**REGISTER ONLINE**

## Live and Learn

### Understanding Medicare and Related Programs

Programs are free and taught by Federal, State and Local Government employees. No registration required. Each attendee will receive a free day pass to any Westminster Recreation Center, compliments of the City of Westminster. Questions? Please contact Dennis DelPizzo, 303-844-1994 or [dennis.delpizzo@cms.hhs.gov](mailto:dennis.delpizzo@cms.hhs.gov)

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

**SEP 6, SECURITY 101:** Retirement, Disability, Survivors & Dependent Benefits

**SEP 13, MEDICARE BASICS 101:** Eligibility & Coverage

**SEP 20, MEDICARE 102:** Beyond The Basics

**SEP 27, MEDICARE SUPPLEMENTAL INSURANCE 101:** Medigap

**OCT 4, MEDICARE PART C 101:** Medicare Advantage

**OCT 11, MEDICARE PART D 101:** Prescription Drugs

**OCT 18, USING THE PLAN FINDER TOOL:** Comparing Medicare Health/Drug Coverage Options

**OCT 25, POWER AGAINST FRAUD:** Fighting Back Against I.D. Theft

**NOV 1, LONG-TERM CARE 101:** Coverage Options

**NOV 8, HEALTH INSURANCE MARKETPLACE 101**

### Bright Ideas: Cosmic Quest

Bright Ideas goes galactic! Westminster Public Library and Broomfield Library host a night of exploration that reaches beyond everyone's borders. Industry experts, scientists and the creator of the first academic space resources program bring their expertise to inspire creativity and feed curiosity.

Th Sep 13 6:30-8 p.m. Broomfield Auditorium

### Colorful Colorado Cinema

View a free series of short films from "Colorado Experience," a weekly history series produced by Rocky Mountain PBS. Westminster Public Library staff facilitates 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

**SEP 15:** Jewish Pioneers and Hydro Power

**OCT 20:** Boggsville and Indulgences of the West

**NOV 17:** The Sheriff and National Western Stock Show



*Before I Go*  
Sunday, Oct. 7, 2-4 p.m.  
College Hill Library L107

Give yourself and your family peace of mind by preparing your personal records and preferences before a situation arises that might prevent you from doing so. Community presenters Carl and Leslie Everhart share their '100 Life Issues' checklist to get you started. Come alone or bring your spouse and/or adult children.

**AGES:** 18 and older

### Terrarium Workshop

Create your own terrarium using succulents and whimsical garden embellishments. Learn what makes a successful terrarium, including the planting process and tips on care and maintenance. Library provides: one glass container, three succulents, and "flair options." Register online. **AGES:** 18 and older

Sa Oct 13 1:30-3 p.m. CH L107

### Trivia Night at Walnut Creek Golf Preserve

Compete to prove your mastery of obscure facts. Bring your own team or join a team when you arrive. Fabulous prizes!

M Nov 5 6-7:30 p.m.  
Walnut Creek Golf Preserve, 10555 Westmoor Dr, 80021

### Mindfulness Tuesdays

Mindfulness practitioners lead a short guided meditation and silent meditation time. No previous meditation experience required. Drop-ins welcome. **ALL AGES**

Tuesdays 12-12:30 p.m. IR

## 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

Enjoy the company of other needle workers as you work on your knitting, crocheting, cross-stitch, and other portable projects. Children are welcome with supervision.

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 you'll want to check out. Register online. **AGES:** 18 and older

W Oct 3 1-2:30 p.m. The MAC

Th Oct 4 9:30-11 a.m. CH L200

### Bringing the Weird and Dead to Life:

#### Paranormal Author Panel

Enter the world of zombies, vampires and shapeshifters and explore the writing worlds of local paranormal authors. Carrie Vaughn, Stephen Graham Jones, Mario Acevedo, and Molly Tanzer discuss their work and writing process, and answer questions. Authors will sign books after the presentation. Light refreshments provided. Presented by Westminster Public Library and Front Range Community College. **AGES:** 15 and older

Th Oct 18 6-7:30 p.m. FRCC Bistro Café Rotunda

### NaNoWriMo: Come Write In

Calling all writers! Come write with abandon, meet new friends, and race through 50,000 words with us in November for National Novel Writing Month. \*No meeting Nov 22. **AGES:** 12 and older

Every Tuesday in November, 6-7:30 p.m. IR Study Room A

Every Thursday in November, 6-7:30 p.m. CH L-211

## 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

## True Stories and Fresh Perspectives: Nonfiction Book Club

Read insightful books about important issues and people of our time. See the reading list on the library website. **AGES:** 18 and older

3rd Mondays 3:30-5 p.m. CH L167

## Fiction Writers' Group

Each month, write for 45 minutes and participate in a themed discussion on writing-related topics. All short story writers and novelists are welcome. This group is facilitated by Fiction Unbound. Drop-ins welcome. \*No meeting in December.

**AGES:** 18 and older

2nd Tuesdays 6-7:30 p.m. CH L107

## Irving Street Noon Book Club

Participate in a guided, small group discussion of the book of the month. Drop-ins and new members welcome. See the reading list on the library website. **AGES:** 18 and older

1st Wednesdays 12-1 p.m. IR

## 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

## Pages and Pints

Book and beer lovers unite! Meet at a different brewery each month to enjoy a pint and discuss our title of the month. See the reading list and the locations on library website.

**AGES:** 21 and older

3rd Thursdays 6-7 p.m.



## Computer Classes

### One-on-One Tech Help

Register online for a one-on-one appointment with a library tech expert. Learn how to download e-books and e-audiobooks, use other library resources, and more. **AGES:** 18 and older

#### College Hill Library

Mondays, 11 a.m.

Wednesdays, 3 p.m.

Sundays, 3:30 p.m.

### 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. 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

## Genealogy

### All about Ancestry

Get to know AncestryLE as a prime resource to do family research. Learn about the card catalog, census records, military, immigration and marriage records available online at AncestryLE. Register online. **AGES:** 12 and older

Sa Sep 1 1:30-3:30 p.m. CH L211

### All about FamilySearch.org and Personal Family Tree Software

FamilySearch.org is a free website that you can use to search U.S. census records, U.S. marriage records, land and probate records, and many European records. Legacy Family Tree software provides a place to record all the information you find. Register online. **AGES:** 12 and older

Sa Oct 6 1:30-3:30 p.m. CH L211

### Creating a Research Plan – And the Records You Need

What is your research goal? Who are you looking for; where did they live; when did they live there? By stating your research goal in a single sentence, you can move directly to the records that will most likely answer your question. Register online.

**AGES:** 12 and older

Sa Nov 3 1:30-3:30 p.m. CH L211

### All about U.S. Military Records

The National Archives maintains public records of military action from the Revolutionary War through World War II. Learn about your ancestors who proudly fought for the red, white and blue. Register online. **AGES:** 12 and older

Sa Dec 1 1:30-3:30 p.m. CH L211

## Language Learning

### Speak English

Free conversation groups to help you speak English more confidently. New and continuing participants welcome.

Sep 4–Dec 14

Mondays, 6:30 p.m.

Tuesdays, 9:30 a.m. and 6:30 p.m. IR Community Room

Wednesdays, 9:30 a.m. and 6:30 p.m.

Thursdays, 9:30 a.m. CH L167

### Hablando ingles para hispanohablantes

Grupo de conversación gratis, específicamente para hispanohablantes, para que pueda hablar inglés con confianza. Todos los niveles son bienvenidos. Se habla español.

4 de septiembre - 14 de diciembre

Los martes de 5:30-6:30 p.m., IR Salón de la comunidad

### Speak English for Spanish Speakers

Free conversation group, specifically for Spanish speakers to help you speak English confidently. All levels of fluency are welcome. Spanish is spoken.

September 4-December 14

Tuesdays, 5:30-6:30 p.m., Irving Street Community Room

### Spanish Conversation Club

Practice your Spanish in a friendly, relaxed and informal setting. Themes and games are used to encourage conversation.

**AGES:** 18 and older

Wednesdays 6:30-7:30 p.m. CH L107



# Parks and Open Space

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## **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](mailto:kmay@cityofwestminster.us).

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## **Limb Recycling**

*10001 Alkire Street*

2nd Saturday of the month, Jan-Dec, 8 a.m. to noon

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. And, as a "thank you very mulch," we have a mountain of mulch available on the same date! Please bring a driver's license or utility bill to verify Westminster residency. To prevent the spread of invasive species, please bring limbs from Westminster residences only. Contact 303-658-2201 or [pwright@cityofwestminster.us](mailto:pwright@cityofwestminster.us) if you have questions. Note: Event is dependent upon the weather.

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## **Leaf Recycling**

Westminster residents can recycle bags of leaves on Saturday, Nov. 3 and 10. An additional leaf drop-off is Saturday, November 17, 8 a.m.-noon for Westminster and Adams County residents in the northwest parking of College Hill Library, 3705 W. 112th Avenue (no limbs). Bagged leaves only. Please make sure trash is not included, as these leaves will be composted. Contact Patti Wright at 303-658-2201 for questions. Locations TBD.

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## **Christmas Tree Recycling**

*Dec 26-Jan 27*

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 29 and Saturday, January 5 as their annual fundraiser. Call 303-706-3389 to schedule a tree pickup. Contact 303-658-2201 or [pwright@cityofwestminster.us](mailto:pwright@cityofwestminster.us) for general questions about tree drop off.

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## **Westminster Bee Club**

What's all the buzz about beekeeping in the City of Westminster? Explore the ins and outs of backyard beekeeping in the city by joining the Westminster Bee Club. Monthly meetings offer hands-on experiences in local apiaries, opportunities to meet local beekeepers, ask questions, and stay informed of all things beekeeping!

2nd Thursday of the month

7-9 p.m. WV

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## **Outdoor Movie in the Park**

*Nut Job 2 - Friday, Sept. 8*

*Standley Lake Regional Park*

The movie begins at dusk so bring your camp chairs or blankets for a beautiful evening under the stars. Park admission is free.



# Outdoor Recreation

## Archery

A sport dating back further than ancient Egypt, archery is known to relieve stress, increase mental focus and improve strength. Come see what the centuries-old sport is all about at JAX INC., located at 5005 W. 120th Ave, Broomfield, CO 80020 indoor range. All equipment is provided; however, students may bring their own upon inspection by instructor. \$60/\$72  
All classes on Tuesdays

Sep 4-25	6-7 p.m.	849208-01
Oct 2-30	6-7 p.m.	849208-02
Nov 6-27	6-7 p.m.	849208-03
Dec 4-18	6-7 p.m.	849208-04

## Advanced Archery

Further develop your skills using elements of the National Training System (NTS). New equipment to advance your shooting technique and discussions about ways to develop your skills for competitions. Participation in the beginner course or previous archery experience required. \$60/\$72  
All classes on Tuesdays

Sep 4-25	7:30-8:30 p.m.	849209-01
Oct 9-30	7:30-8:30 p.m.	849209-02
Nov 6-27	7:30-8:30 p.m.	849209-03
Dec 4-18	7:30-8:30 p.m.	849209-04

## Canoe Trips

Canoe down the St. Vrain for full or half days. No experience is necessary, instruction is provided. This is a great way to learn proper techniques required for the sport. As you gently paddle 4-8 miles, you will enjoy breathtaking views and have opportunities to see various birds and wildlife. Half day price: \$79/person \*group of 4 or more \$69/person. Full day price: \$99/person 4 or more \$89/person. This includes transportation from Westminster City Park. Please look at your receipt for further details.

Su	Sep 23	7 a.m.-6 p.m.	849233-01
Sa	Sep 29	7 a.m.-6 p.m.	849233-02
Sa	Oct 13	7 a.m.-6 p.m.	849233-03
Sa	Oct 20	7 a.m.-6 p.m.	849233-04

## Trail Feathers

Birds of a feather, flock together! Are you interested in birding? Then you will be excited about Trail Feathers, a new activity brought to you by the City of Westminster! Trail Feathers is a group of bird enthusiasts getting together once a month to learn about birding techniques on trails along the Front Range. Class locations vary depending on where the birds are being viewed. Locations will be communicated 1-2 weeks ahead of time. ANNUAL FEE OF \$10.00 (INCLUDES T-SHIRT).

Sa	Sep 1	8:30-10 a.m.	830211-06
Sa	Oct 6	8:30-10 a.m.	830211-07



# HIKING ADVENTURES

## Monday's Seasoned Hikers

Hike to beautiful locations in the backcountry. Hikes are approximately 4-8 miles round trip. Required gear: hiking boots, day pack, water, rain gear, snacks, and your Senior Pass if you have one. Bring your own lunch, trips with an (\*) next to the trip indicates a restaurant stop. Starting elevation listed below for each trip. Trip difficulty listed as E (Easy), M (Moderate), S (Strenuous). Please contact The MAC for a more detailed description of the trip. Trips leave from The MAC, 3295 West 72nd Ave. **Age: 21 and older.** Fee: \$19, \$22 non-resident. Location and arrival times are subject to change. Staff reserves the right to change trip location due to safety, weather and road conditions. Please bring your Golden Age Pass. Trips are non-smoking. Cancellations will not be credited/ refunded if made after the prior Thursday for Monday trips. Equipment rental is on your own. Fee includes guide and transportation. Equipment list will be on your registration receipt.

DATE	DESTINATIONS	LENGTH	DIFFICULTY	ELEVATION	EG	ACTIVITY #
Sep 10	Mills Lake Tr.*	3.3	Moderate	9240'	780'	842202-01
Sep 17	Eagles Nest OS	5.2	Moderate	6100'	300'	842202-03
Sep 24	Estes Cone	6.5	Strenuous	9425'	1790'	842202-04
Oct 1	Bitterbrush Tr.*	5.0	Moderate	5500'	650'	842202-05
Oct 8	Kenosha Pass	6.0	Moderate	10,000'	700'	842202-06
Oct 15	East Inlet Tr.	5.6	Moderate	8500'	525'	842202-07
Oct 22	Horsetooth Mt.	4.7	Moderate	5430'	800'	842202-08
Oct 29	Castlewood SP	4.3	Moderate	6500'	150'	842202-09
Nov 5	White Ranch OS	4.6	Moderate	7505'	790'	842202-10
Nov 12	O'Fallon Park	3.6	Moderate	6800'	500'	842202-10
Nov 19	Reynolds Park*	3.0	Strenuous	7700'	600'	842202-12
Dec 3	Devil's Backbone Tr.	2.7	Easy	5380'	200'	842202-13
Dec 10	Alderfer 3 Sisters	3.7	Moderate	7500'	310'	842202-14

\* to indicate a restaurant stop

## Wednesday's Group Bike Rides

Check receipt for meeting location and time. Dress appropriately. Consider bringing the following items: extra tire tube for your bike, extra layers, two pairs of socks (liners and thicker socks), pants/shorts, shirt, and a hat. Also bring rain protection and warmer tops if needed, along with gloves, a scarf and a warm hat. Bring sunglasses, sunscreen, water, snacks/lunch, toilet paper, and extra water. In the winter you may want to bring a headlamp, extra mittens, and warm hat. Bring a camera (optional). Trips with an (\*) indicates a restaurant stop. Equipment rental is on your own. Fee includes guide. Equipment list will be on your registration receipt. Location and arrival times are subject to change. All trip times are 8:30 a.m.-2 p.m. and are subject to change based on group pace. Fee: \$16, \$19 non-resident, **AGES: 21+**

Sep 12	Big Dry Creek Trail*	842203-01
Sep 19	Farmer's High Line Canal Trail	842203-02
Sep 26	Walnut Creek Trail	842203-03
Oct 3	Greenway Trail	842203-04
Oct 10	College Trail	842203-05
Oct 17	Standley Lake South Trail	842203-06
Oct 24	McKay Lake Trail*	842203-07
Oct 31	Metzger Trail	842203-08
Nov 7	Little Dry Creek Trail*	842203-09
Nov 14	Niver Canal Trail	842203-10
Nov 21	Group Pick Ride	842203-11

# WESTMINSTER DISCOUNT CARD

## WESTMINSTER RESIDENT DISCOUNT CARDS

The city has sold resident discount cards to qualifying residents for many years. As of January 2018, we 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 has been 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 though 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: 9 a.m.-5 p.m. M-F

**Perl Mack Community Center, 7125 Mariposa St.**

Phone: 303-650-7580

Hours: 8 a.m.-5:30 p.m. M-F and 8 a.m.-1 p.m. Sat

### **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.



## Hit your target audience.

### Reach over 50,000 Westminster households!

Ad space is limited, and certain restrictions apply. For more details, contact Marketing Supervisor Rich Neumann at [rneumann@CityofWestminster.us](mailto:rneumann@CityofWestminster.us).

# REGISTER TODAY, DON'T DELAY!

**Residents: Registration begins Monday, August 6 using any method listed below.**

**Non-resident registration begins Monday, August 13.**

## Online

Visit [www.CityofWestminster.us](http://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.
- 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

## 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*

<b>Time and Day:</b> 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 a.m.–noon

### *West View*

<b>Time and Day:</b> 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	England Park	3950 W. 72nd Ave.	BF	L/S										
13	Faversham Park	6109 W. 73rd Ave.	BB	BQ	IF	L/S	PG	PS	RF					
14	Fireman's Park	7290 Bradburn Blvd.	IF											
15	Foxshire Park	10819 Alcott St.	BB	IF	PG	PS	PT	RF						
16	Green Knolls Park	10937 Balsam St.	IF	PG	PS	PT								
17	Hampshire Park	4890 W. 101st Ave.	AF	BB	IF	PG	PT							
18	Irving Street Park	7392 Irving St.	A	BQ	HS	PG	PS	PT	RF					
19	Jessica Ridgeway Memorial Park	10765 Moore St.	AF	BB	IF	PG	PT							
20	Kennedy Park	7391 Winona Ct.	BF	L/S										
21	Kensington Park	10200 Countryside Dr.	IF	L/S										
22	Kings Mill Park	9018 Field St.	IF	PS	SP	T								
23	Little Dry Creek Dog Park	3655 W. 69th Pl.	DG											
24	Mayfair Park	9680 W. 105th Ave.	IF	PG										
25	Meadowlark Park	2665 W. 105th Drive	IF	PG										
26	Municipal Park	3025 W. 76th Ave.	BQ	PG	PS	PT	T							
27	Nottingham Park	8695 Allison St.	BQ	IF	L/S	PG	PS	PT	RF					
28	Oakhurst Park (west)	9311 Lark Bunting Dr.	AF	BB	BQ	IF	PG	PS	PT	RF	SF	VB		
29	Oakhurst Park (east)	9255 Ammons St.	BB	BQ	IF	PT	RF	SF						
30	Oakwood Park	8295 Oakwood Dr.	IF	PT										
31	Quails Crossing Park	13402 Kalamath St.	IF	PG	PT									
32	Ranch Park	11899 Tejon St.	BB	BQ	IF	PG	PS	PT	RF	VB				
33	Ryan Park	5838 W. 116th Pl.	AF	BB	BF	IF	PG	PS	PT					
34	Sensory Park	7355 W. 103rd Ave.	100% handicap accessible						L/S	PG	PS	PT		
35	Sherwood Park	11320 Kendall St.	BB	BQ	HS	IF	PG	PS	PT					
36	Skyline Vista Park	2595 W. 72nd Ave.	B	BF	BQ	HS	IF	IS	PG	PS	PT	RF	TS	VB
37	Somerset Park	9290 W. 90th Dr.	IF	L/S	PG	PT								
38	Squires Park	3450 W. 99th Ave.	AF	BB	BQ	IF	PG	PS	PT	RF	SF			
39	Standley Lake Regional Park	100th and Simms St.	A	HS	RF	L/S	PT	VB						
40	Stratford Park	10951 Harlan St.	AF	BB	IF	PG	SF	T						
41	Stratford Lakes Park	114th Ave. and Federal Blvd	B	BB	CW	HS	IF	PG	PS	PT	VB			
42	Sunset Park	4321 W. 78th Ave.	PG	PT										
43	Tepper Fields	6101 W. 73rd Ave.	BF	L/S	RF									
44	Terrace Park	7080 Canosa Ct.	BB	IF	PG	PS	PT							
45	Torii Square Park	7596 Lowell Blvd.	IF	PS	PT									
46	Trailside Park	8650 Dover St.	IF	L/S	PG	PS	PT							
47	Trendwood Park	6497 W. 96th Ave.	AF	BB	BF	IF	L/S	PG						
48	Waverly Acres Park	10320 Eaton St.	L/S	PG	PS	PT								
49	Westbrook Park	9750 W. 97th Ave.	AF	BB	BF	BQ	IF	IS	L/S	PG	PS	PT	RF	T
50	Westfield Village Park	11550 Wolff St.	AF	BF	BQ	CW	IF	PG	PS	PT	RF	SF	T	
51	Westminster Center Park	4801 W. 92nd Ave.	A	PG	PS	PT	RF	WF						
52	Westminster Hills Dog Park	10501 Simms St.	DG											
53	Westminster Hills Park	4105 W. 80th Ave.	BB	IF	PG	PS	PT	T						
54	Westminster Station Park	3301 Creekside Drive	L/S											
55	Westminster T-Ball Complex	1133 W. 113th Ave.	PS	PT	RF	TB								
56	Willowbrook Park	12350 Delaware Drive	BQ	PG	PS	PT								
57	Windsor Park	3545 W. 107th Ave.	AF	BQ	PG	PS	PT	T	VB					
58	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 Ring/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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 80031

**REGISTRATION OPENS** **Monday, Aug. 6**  
*Don't delay, classes and schedules fill fast!* Non-resident registration begins Monday, Aug. 13

**FREE**

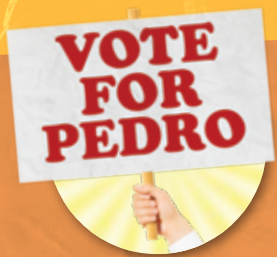
# Cult Movie Classics

PRESENTED BY: **ALAMO**  
 DRAFTHOUSE CINEMA

Pre-movie activities start at

**6 p.m.**  
 Movie begins at dusk.

**Westminster City Park**  
 10455 Sheridan Blvd.



**AUGUST 25**  
*Napoleon Dynamite*



**SEPTEMBER 8**  
*Pee-Wee's Big Adventure*



**SEPTEMBER 22**  
*Monty Python and the Holy Grail*