

ACTIVITY GUIDE

FALL • SEPT - DEC 2019

LOVELAND PARKS & RECREATION



City of
LOVELAND
PARKS & RECREATION

ONLINE REGISTRATION BEGINS
Monday July 29 at 6:00 p.m.

WALK-IN REGISTRATION BEGINS
Tuesday July 30 at 8:30 a.m.

Loveland Parks & Recreation

cityofloveland.org/parksrecreation

500 E. Third St., Suite 200

Loveland, CO 80537

970.962.2727

parks@cityofloveland.org

NATIONAL RECREATION & PARK ASSOCIATION'S

3 PILLARS OF PARKS & RECREATION

MAKING AN IMPACT ON QUALITY OF LIFE



1. CONSERVATION

PRESERVING NATURAL RESOURCES

Oftentimes, parks & recreation agencies are the only voice for ensuring that open space is protected, our youth have access to nature-related areas and that services and outdoor education are available. These have quantifiable economic benefits to our community.

2. HEALTH & WELLNESS

IMPROVING HEALTH, ENHANCING LIFE

Our staff are leaders in recreation, sports and nutrition and offer fitness, sports and healthy lifestyle classes for people of all ages and abilities. They seek to reduce obesity, physical inactivity and poor nutrition while strengthening skills that enrich body, mind and attitude.



3. SOCIAL EQUITY

ACCESS & INCLUSION FOR ALL

We strive to be a catalyst for ensuring all residents have equal access to our resources and services. We offer opportunities that transcend barriers of income through outreach activities such as our mobile recreation trailer and movies in the park. We also provide scholarships via our Parks & Recreation Foundation.



GET INVOLVED!

LOVE WHERE YOU LIVE, WORK & PLAY

Join us this winter! Enroll in a class or two, explore our open lands and natural areas, ride or walk the 22-mile paved recreation trail, discover a park or take a swing at golf.



VOLUNTEER

GIVE BACK, GET MORE

We're always looking for volunteers. We couldn't do what we do without them! Whether it's behind the desk at the Chilson Senior Center, outdoors with environmental education or coaching youth athletics, our volunteers are vital to our community.

FROM THE DIRECTOR



Elizabeth R. Kayl, CPRP
Director, Parks & Recreation

It's been such a wonderful summer, filled with happy memories of children, adults, families and even our four-legged friends enjoying our many recreational assets throughout the Sweetheart City. Staff have indeed been busy, ensuring we continue to address community needs and surpass customer service expectations for a robust Parks & Recreation system.

Our Recreation Division, in cooperation with the National Fitness Campaign and with the generous support of UCHealth, introduced a unique outdoor Fitness Court® at Fairgrounds Park – the first in the state of Colorado! Watching people make health and wellness a priority is priceless. The Recreation Team also brought some amazing new features to the already popular July 4th event at North Lake Park this year, securing over \$16,000 in sponsorships to make it happen.

The Parks and Planning Divisions coordinated an abundance of new capital improvements this past summer, adding to the diversity and quality of leisure opportunities in Loveland. Phase II of Loveland Sports Park was unveiled with a classic car show, Namaqua Park introduced cool new play equipment after being closed for river and bridge work in the area, several park restrooms saw much needed renovations and staff placed high emphasis on the continuance of our ADA compliance projects throughout our parks, trails and golf courses.

Did you know the Recreation Trail has 26 miles of paved trail nearly encircling Loveland and connecting to other regional trails, including Long View Trail and Colorado Front Range Trail? The Open Lands & Trails Division tackled a huge job recently: creating and installing new trail signage throughout the city! Stop by the Parks & Recreation office for your copy of our new bikeways & trails map.

And let's not forget the Golf Division! With the ever popular SNAG, Games on the Range and all of our many tournaments, lessons and play for all ages, Loveland golf was a summer favorite for leisure and exercise. Staff implemented some really successful marketing approaches to grow the game of golf for residents and visitors alike while working diligently on plans for new cart storage at Cattail Creek and renovations to The Olde Course clubhouse. A new point of sale system also was introduced, providing greater attention to our valued players.

Continue to keep in touch and get involved with Parks & Recreation. We are here to assist you in finding your kind of play, health and fitness – and to make sure you have FUN doing it! Have a happy and peaceful autumn!

Elizabeth R. Kayl, CPRP

Director of Parks & Recreation



SMILE! You could be on the next cover! The Parks & Recreation Department reserves the right to use images and/or photographs of anyone in any activity, park or public place in present and/or future printed publications or on the department web pages for promotional purposes, unless told otherwise at the time the image or photograph is taken.

CONTACT US

Parks & Recreation • 970.962.2727

cityofloveland.org/parksrecreation
[Activity Registration](#) (info)
 970.962.2386
 cityofloveland.org/webtrac

Chilson Recreation Center • 970.962.2386

cityofloveland.org/chilson
[Racquetball Reservations](#)
 970.962.2386

Chilson Senior Center • 970.962.2783

cityofloveland.org/chilson

Athletics • 970.962.2445

cityofloveland.org/athletics
 teamsideline.com/loveland
[Weather Cancellations](#)
 teamsideline.com/loveland
 Check up to 30 min. before practice
 or games are scheduled to begin.

Golf • 970.962.2496

cityofloveland.org/golf
 golfloveland.com
 Tee Times 970.669.5800 (or online)
 Cattail Creek 970.663.5310
 Mariana Butte 970.667.8308
 The Olde Course 970.667.5256

Open Lands & Trails • 970.962.2727

cityofloveland.org/openlands
[Environmental Ed/Volunteers](#)
 970.962.2643

Parks • 970.962.2727

cityofloveland.org/parks
[Park Shelter Reservations](#)
 970.962.2727
 cityofloveland.org/webtrac

Winona Outdoor Pool • 970.962.2435

cityofloveland.org/outdoorswimming
[Weather Cancellations](#)
 970.962.2435, option 2

Follow Us on Social Media



@cityoflovelandparksrecreation
 @cityoflovelandchilsoncenter



@cityofloveland



@lovelandparksandrec

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CHILSON RECREATION & SENIOR CENTER

700 E. Fourth St. • Loveland, CO 80537
 Visit us online: cityofloveland.org/chilson

Recreation Center: 970.962.2386
 Senior Center: 970.962.2783
 TDD: 970.962.2620

AMENITIES

Fitness

- State-of-the-art strength training equipment
- Indoor cycling studio
- Over 70 group exercise classes each week
- Friendly & professional personal training
- TRX classes

Aquatics

- Lap pool
- Leisure pool with speed slide
- Aquatics programs & exercise classes
- Hot tubs - indoor & outdoor
- Steam room

Facility

- Indoor walking & jogging track
- 3 racquetball courts
- 2 gymnasiums
- Drop-in childcare
- Conference & event facilities
- Party packages

CELEBRATE YOUR EVENT

The Hatfield Chilson Recreation/Senior Center is a great venue for your next event. Casual or formal, big or small, with audio visual equipment for your training or seminar needs. Chilson has rental space available that may be perfect for you! Call 970.962.2503 to plan your next event. Interested in a swim birthday party? Book online at cityofloveland.org/webtrac or call 970.962.2468. Gymnastics parties and Winona Outdoor Pool rentals are also available!

Close to downtown Loveland, the Chilson Center is easily accessible from I-25, Highway 34 and Highway 287. Our professional, experienced staff are happy to assist you in planning your event and are committed to ensuring a memorable experience for you and your guests.

What is maintenance shutdown?

From 8/26-9/2 we will be closed to the public, but there will be a LOT going on behind the scenes! We are working hard to keep Chilson looking and running great for our community. Projects include annual pool maintenance, equipment replacement, hardwood floor refinishing, AV installation in the multi-purpose rooms and lots of cleaning.

Stop back in after 9/2 to see what we did!

HOURS - Recreation Center

Monday-Friday	5:30A-9:30P
Saturday	6:00A-6:00P
Sunday	11:00A-6:00P

HOURS - Senior Center

Monday-Friday	8:00A-5:00P
Saturday	Open 9A-12P Billiards ONLY

HOLIDAY & MAINTENANCE CLOSURES

Dates	Rec Center	Senior Center
8/26-9/2 Maintenance	CLOSED	CLOSED
Th, 11/28 Thanksgiving	CLOSED	CLOSED
F, 11/29 Day after	5:30A-9:30P	9A-12P <small>billiards only</small>
T, 12/24 Christmas Eve	5:30A-2:00P	CLOSED
W, 12/25 Christmas	CLOSED	CLOSED
T, 12/31 New Years Eve	5:30A-5:00P	8:00A-3:00P
W, 1/1 New Years Day	CLOSED	CLOSED

FEES - Chilson Recreation/Senior Center

Infants (1 & under) are FREE w/paid adult

Age	Daily Fee	10-Visit
Toddlers (2-5 Years)	\$2.75	\$24.75
Youth (6-18 Years)	\$3.75	\$33.75
Adults (19-61 Years)	\$5.25	\$47.25
Seniors (62+)	\$4.00	\$36.00

Age	3 Month	NEW!
Youth (6-18 Years)	\$86.50	3-month passes available year-round!
Adults (19-61 Years)	\$157	
Seniors (62+)	\$90	
Family*	\$229	

Age	6 Month Res NR	1 Year Res NR
Youth (6-18 Years)	\$140 \$163	\$248 \$278
Adults (19-61 Years)	\$265 \$297	\$465 \$520
Seniors (62+)	\$157 \$169	\$260 \$291
Family*	\$382 \$429	\$683 \$768

Monthly Billing	Initial 2 Month Payment	Monthly Payment
Age	Res NR	Res NR
Youth	\$41.40 \$46.40	\$22.66 \$25.16
Adults	\$77.50 \$86.70	\$40.75 \$45.33
Seniors	\$43.40 \$48.50	\$23.66 \$26.25
Family*	\$113.90 \$128.00	\$58.91 \$66.00
Childcare (add on)	\$15.00 \$10.00 (1 st child 2 nd +)	\$7.50 \$5.00 (1 st child 2 nd +)

*Family = 1-2 adults + child(ren) under age 21 at home

Drop-In Childcare

Parents, legal guardians and persons in charge (immediate family members) participating in classes/working out may utilize drop-in childcare for ages 3 months through 8 years. Infants 3 through 7 months require a reservation. Call 970.962.2386 or stop in for details.

MAX VISIT: 2 hour limit per day

HOURS - Childcare

Monday-Thursday	8:45A-1:30P & 4:00-8:00P
Friday	8:45A-1:30P & (Nov-Apr) 4:00-7:00P
Saturday	Only Nov-Apr: 9:00A-12:00P

FEES - Childcare

Daily Fee: \$2.00

10-Visits: \$18.00

NEW!

Upgrade your annual pass:

\$90 1st child; \$60 ea. additional child
 Also see monthly billing options below.

Recreation Center Fees

Fees provide access to fitness equipment, gym, weight room, exercise track, racquetball courts, most fitness classes, swimming pools, hot tubs, steam room and locker room with locker.

Cancellation fee may apply for passes or visit cards.

See bottom of pg. 3 for pool rules.

Group Rate

Bringing a group of 10 or more? Please submit a group attendance request form online: cityofloveland.org/groupswim at least 48 hours in advance to be eligible for a \$3.50/person group rate. Group requests may be made only for the current calendar year and are on a first-come, first-served basis, subject to space and staff availability.

Senior Center Fees

No fees are required to enjoy activities in the lobby including billiards, cards, chess, etc. Refer to the Active Generation pages for Senior Activity Card (SAC) benefits and fees for classes/activities.

DROP-IN	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LARGE GYM: West (front)							
Basketball 18+ full court	5:30A-3:30P 5:00-9:30P	10:00A-1:00P	5:30A-1:00P 5:00-9:30P	9:00A-1:00P	5:30A-1:00P	3:00-6:00P	3:00-6:00P
Family/Open Basketball	3:30-5:00P	1:00-9:30P	1:00-5:00P	1:00-9:30P	1:00-9:30P	11:00A-3:00P	11:00A-3:00P
LARGE GYM: East (back)							
Basketball 18+ full court	---	---	---	9:00A-1:00P	---	---	---
Family/Open Basketball	9:30A-9:00P	10:00A-5:30P	1:00-9:30P	3:30-9:30P	5:30A-1:00P 7:00-9:00P	8:00A-6:00P	3:00-6:00P
Pickleball	6-9A 50+ 1:30-3:30P 50+	6:00-9:00A 50+	6-9A 50+ 9A-1P All ages	6-9A 50+ 1:30-3:30P 50+	1:30-7:00P 50+	---	11:00A-1:30P 50+
Volleyball - Coed	---	5:30-9:30P	---	---	---	---	---
SMALL GYM:							
Volleyball - Coed	---	5:30-9:30P	---	---	4:30-9:30P	---	11:00A-2:00P
Volleyball - Senior 50+	---	9:00-11:00A	---	---	1:30-3:30P	---	---
RACQUETBALL COURTS: Call 970.962.2438 or go online to reserve: cityofloveland.org/webtrac							
Reservation Slots	6:00A-9:00P	6:00A-9:00P	6:00A-4:00P 8:00-9:00P	6:00A-9:00P	6:00A-12:00P 2:00-9:00P	6:00A-6:00P	11:00A-6:00P
Racquetball Challenge Court	Courts 2, 3 12:00-2:00P	Courts 2, 3 12:00-2:00P	Courts 2, 3 12:00-2:00P Courts 1, 2, 3 4:00-8:00P	Courts 2, 3 12:00-2:00P	Courts 2, 3 12:00-2:00P	---	Courts 2, 3 11:00A-2:00P
Wallyball	---	---	---	Challenge Court 3 7:00-9:00P	Drop-In Court 1 12:00-2:00P	---	---

Schedules may be updated periodically; revised schedules posted at the front desk. For more information, please call 970.962.2383. Racquetball equipment rental: \$1.50 per person/per hour. Racquetball challenge court provides opportunities to meet players/practice. All levels invited. Games are played in order of player arrival and are coed. Play to 15 points; winner plays next player waiting, up to 3 consecutive games.

AQUATICS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LAP POOL:							
Lap/Open Swim	5:30A-9:00P	5:30A-9:00P	5:30A-9:00P	5:30A-9:00P	5:30A-9:00P	6:00A-5:30P	11:00A-5:30P
Aqua Fitness	6:00A-12:45P	7:00A-12:45P	6:00A-12:45P 5:30-6:30P	7:00A-12:45P	6:00A-12:45P	---	---
Swim Lessons	5:00-7:30P	5:00-7:30P	---	5:00-7:30P	---	8:30A-12:00P	---
Please anticipate limited space availability during time frames listed for aqua fitness classes and swim lessons. See the fitness schedule available at the front desk and online for details on aqua fitness classes.							
LEISURE POOL:							
Open Swim	10:00A-9:00P*	10:00A-9:00P*	10:00A-9:00P	10:00A-9:00P*	10:00A-9:00P	10:00A-5:30P	11:00A-5:30P
Zero Depth	9:00-10:00A**	9:00-10:00A**	9:00-10:00A**	9:00-10:00A**	9:00-10:00A**	9:00-10:00A**	---
Lazy River & Water Walking	6:00-8:00A	6:00-9:00A	6:00-7:00A	6:00-9:00A	6:00-8:00A	6:00-9:00A	---
Aqua Classes	8:00-10:00A	9:00-10:00A	7:00-10:00A	9:00-10:00A	8:00-10:00A	7:30-8:15A	---
Speed Slide	1:00-9:00P	1:00-9:00P	1:00-9:00P	1:00-9:00P	1:00-9:00P	11:00A-5:30P	12:00-5:30P

* Swim lessons are held during open swim hours in the leisure pool on Mon/Tues/Thur 5:00-7:30P and Sat 8:30A-12:00P
 ** Zero depth area for tots/toddlers (without water features) open Mon-Sat for 1 hour prior to open swim. **Open swim pool schedules are subject to change without notice.** Please inquire at the front desk if there are any closures/deviations. Children under age 6 must be within arm's reach of and actively supervised by someone 16 or older while in the water. Children ages 6-7 must be directly supervised on the pool deck by someone 16 or older. Youth (under 16) are not permitted to use steam room/outdoor hot tub. **Proof of age may be required.** The use of flotation devices in all bodies of water is limited to water wings or small inner tubes only. Mermaid tails are permitted in the lap pool only. Aquatics policies are posted at: cityofloveland.org/chilson and aquatics area.



SPECIAL EVENTS

Community. It's what we're all about. Join us this fall for a variety of special events designed to help you make connections – whether old or new – with the places, people and activities designed by Parks & Recreation that make Loveland so special. Bring your appetite to the Chilson Senior Center for the Harvest Bazaar, buy or sell your sporting goods equipment at the 37th annual Ski & Sports Swap and #OptOutside with us on Black Friday.

8/3 & 8/4 Starting New at Golf (SNAG)

Bring out the whole family to try the Mini-Course at Cattail Creek. Get an introduction to golf utilizing specialized SNAG equipment, try the 4 swings and learn basic golf terminology. Then put your skills to work and play 9 holes on the Mini-Course for FREE! For more information, visit cityofloveland.org/minicourse. **You must call 970.663.5310 to reserve a time for your group.**

All ages

Sa,Su 8/3, 8/4 11:00A-12:30P FREE

Thru 9/7 Outdoor Yoga at Mehaffey Park

Increase flexibility, improve balance and calm your mind while enjoying the fresh air. Open to all fitness levels; no yoga experience required. Bring a yoga mat or beach towel to these drop-in classes. Meet east of the bathrooms by the playground. Weather permitting. You may drop in using a Chilson pass, 10-Visit pass or SilverSneakers® pass for these classes (no payments are taken at the park). Instructor: Sondra Love
Location: Mehaffey Park, 3285 W. 22nd St.

Age: 15+

Sa Thru 9/7 8:15-9:15A Chilson, 10-Visit or SilverSneakers® pass

See page 10 for special events in the water!
[Glow Swim Party and Dive-In Movie Night](#)

9/14 Harvest Bazaar

Join us at this annual fundraising event for the Chilson Senior Advisory Committee where proceeds benefit the Senior Center scholarship program for Loveland seniors. Get your holiday gifts early as you browse the craft tables for handmade treasures. Purchase fall produce and enjoy hearty soups, chili and delicious pies! Produce donations accepted beginning 9/11.

Location: Chilson Senior Center **Questions?** 970.962.2783

Sa 9/14	9:00A-1:30P	FREE to browse
Meal Deal (soup or chili, pie & drink)		\$5 advance \$6 at door
Coffee & Pie		\$2

CRAFTERS NEEDED!

Craft table reservations are IN PERSON ONLY beginning Tuesday, 7/30 at 8:00A at the Senior Center. First-come, first-served. **Cash or check only. All crafts must be homemade. No food items.**
Fee: \$15 half table, \$30 full table

COMING SOON

Want to get the word out about your business or event? Watch for details on a new vendor event in the Chilson lobby!

9/25 10th Annual Senior Fishing Derby

Enjoy a well-stocked lake full of jumping trout at the 10th annual Senior Fishing Derby co-sponsored by the Loveland Fishing Club, City of Loveland and Colorado Parks & Wildlife. Fishing license, poles and other equipment provided. Free food and prizes! Fish cleaned for your trip home or catch/release. Waivers due upon registration. Transportation on your own. Call Ray Park 303.868.9164 for info or register at the Chilson Senior Center.

Location: Flatiron Reservoir, 1800 SCR 31, Loveland

Must pre-register by 9/9

W 9/25 9:00A-1:00P FREE for seniors

Thru 9/30 City of Loveland Farmers Market

Voted one of the 10 best farmers markets in the state of Colorado! Farm fresh produce, baked goods, crafters and entertainment. SNAP/Double Up onsite. Fun for the whole family!

Sundays thru 9/30, 9:00A-1:30P at Fairgrounds Park

Questions: 970.962.2446 or cityofloveland.org/farmersmarket

- **Drop-in Yoga:** 9:00A (\$5)
- **Monthly Artist Market:** 8/18, 9/22
- **Beer Garden:** 10A-1P while supplies last: 8/25, 9/29
- **Honey Festival:** 9/8 - beekeeping demos/vendor booths, mead, bee-friendly gardening, cooking with honey, health and nutritional benefits, massage and honey for healing, kids' activities
- **Shop With a Chef:** 9/15 - Join a professional chef at the market to help you select the yummiest foods; then head to the Chilson kitchen to learn how to create a meal with those ingredients. Must pre-register (#451901-1), see page 40 for more info.

10/2 Volunteer Appreciation

If you have volunteered at the Senior Center in any capacity this past year, you are invited to attend this year's volunteer recognition and appreciation! Come have some fun, be pampered for all you have done for the Senior Center and be recognized for all your hard work! **Pre-register by 9/25.** Location: Senior Center, Cherry Rm

Age: 50+

W 10/2 11:00A-2:00P FREE 495040-1

10/5 Critter Scene Investigation (CSI)

Participants can solve a wildlife mystery as they visit stations along the trail with a clue book, gathering information and eliminating suspects. The final station will reveal the critter culprit. Keep your clue book and earn a collectible button! This is a semi-self-guided drop-in activity. For more information and to register for weather updates, please visit offer.cityofloveland.org.

Location: Morey Wildlife Reserve, 5439 Cedar Valley Dr.

All ages

Sa 10/5 10:30A-1:30P FREE

10/19 Fall Movie at the Foundry

In the spirit of community and fun, we are extending our popular Movies in the Park series! Who you gonna call? Come shriek and scream at the screening of the original *Ghostbusters* (PG). Bring blankets and chairs. Food trucks will be onsite. Weather permitting.

Questions? 970.962.2446 Location: Foundry Plaza, downtown

All ages

Sa 10/19 7:30P *Ghostbusters* (PG) FREE

11/1-12/19 Chilson 32-Mile Challenge

Celebrate Chilson's 32nd anniversary with a virtual challenge! Beginning 11/1, you have 50 days to complete the 32-mile challenge with the option to do it on foot (walking or running), on bike (stationary or group cycling) or in the water (swimming). Run 32 miles, bike 96 miles or swim 8 miles. You may mix and match activities with this self-tracking challenge. Register and pick up your mileage log at the Chilson front desk (available beginning 10/29). Successfully complete the challenge and receive a t-shirt, finisher medal and prize drawing entry. Come to the celebration event on Friday, 12/20 from 4:30-6:00P at the Chilson Recreation Center.

Age: 12+

Dates: 11/1-12/19 **Fee:** \$32 (#499932-1)

11/6 Veterans Day Salute

Join us as we pay tribute to our Veterans in recognition of Veterans Day. Enjoy a speaker and music to honor our Veterans. Celebrate our heroes and heroines from the past and the present. Enjoy refreshments and warm conversation at the end of the event!

Must pre-register. Location: Senior Center, Cherry/Hickory Rm

Age: 18+

W 11/6 1:30-3:30P FREE 495013-1

11/8 & 11/9 37th Annual Ski & Sports Swap

Skiers, boarders, snowshoers and outdoor enthusiasts...sell your old stuff and buy new stuff at the 37th annual Ski & Sports Swap. Sell your gently used equipment, gear and apparel or browse inventory from community members and local retailers at a fraction of the cost! Discounted lift tickets, food trucks, giveaways and door prizes add to the fun. Sponsorship opportunities available.

Questions? Visit cityofloveland.org/skiswap or call 970.962.2446

Location: Chilson Recreation Center, Large Gym

Dates/Times: Friday, 11/8 5:00-8:30P | Saturday, 11/9 9:00A-2:00P

11/29 #OptOutside Guided Hike

Join in the third annual #OptOutside Mariana Butte Hill Climb on Black Friday. Open Lands & Trails staff and volunteers will lead a guided hike along the trails at Mariana Butte and Hidden Hogback, with options to summit the Butte. Learn about local flora and fauna along with some history of the area. **Must pre-register.** For more information and to register, please visit offer.cityofloveland.org.

Location: Mariana Butte, 701 Clubhouse Dr.

All ages

F 11/29 8:00-10:00A FREE

12/4 Tree Decoration Party

Join in the festivities and get into the holiday spirit while decorating the Chilson Senior Center! We have all the decorations and delicious refreshments, but we need YOU to help set the holiday scene in the lobby. Call 970.962.2783 to sign up or put your name on the list at the Senior Center. Join us for the festive fun!

Age: 18+

W 12/4 1:30-3:00P FREE

12/11 Ugly Sweater Holiday Lunch

Celebrate the holidays with us at Chilson and enjoy lunch and holiday music. Guaranteed to delight and remind you of holidays past. We might even have a game or two for fun. Prizes for the ugliest sweater, so be sure to create and wear yours!

Location: Senior Center, Cherry Rm

Age: 18+

W 12/11 12:00-2:30P \$8 495016-1



PARKS

We love to play, especially on new playground equipment. Have you been to the new playground at Namaqua Park yet? The marsh, cattail and nature theme of the play structure fits right in with the river right next to the park.

Want an extra dose of fitness? Drop by the new free outdoor Fitness Court® at Fairgrounds Park. Follow the posted workouts, download the Fitness Court® app or join one of the free fitness court classes. More info is available on our website at cityofloveland.org/parksrecreation

The City of Loveland Parks & Recreation Department maintains numerous areas with amenities available for the community:

- 22 softball fields • 8 baseball fields • 2 inline skate hockey rinks
- 3 skate parks • 28 outdoor tennis courts • 10 outdoor basketball courts • 12 outdoor pickleball courts • 1 outdoor swimming pool
- 27 playgrounds • 35 parks - 24 with amenities only (no reservable shelters); 11 with amenities and reservable gazebos/ shelters/ pavilions • Open space and natural areas • Indoor recreation facilities at the Chilson Recreation/Senior Center • and more!

Memorial Bench & Tree Donations

are made through the Parks & Recreation Department's nonprofit Foundation. Call 970.962.2729 for more information.

Want to see park pavilion and shelter photos?

Visit cityofloveland.org/parks and check them out!

See page 60 & 62 for park locations and recreation trail maps.

PAVILIONS | SHELTERS

Non-reserved (or unreserved) pavilions, gazebos and shelters are available free of charge on a first-come, first-served basis. Reservations must be made at least five (5) business days prior to the desired date. Reservations accepted beginning the first working day of January for the current year.

Fees and deposits are due upon reservation, and vary depending upon the location and invited guest total. **Call 970.962.2727 or go online for details: cityofloveland.org/webtrac.**

Alcohol permits allow facility users to have alcohol at events. In addition to the shelter & deposit fees, an alcohol permit is a \$35 fee plus a \$35 deposit. Alcohol permits expire on the day of the reservation. **By City ordinance, alcohol is NOT permitted in a City facility without an alcohol permit and facility reservation.**

Large groups may be assessed a site impact fee to recover extra maintenance costs incurred for large group/event reservations. The Police Department may require an added application and approval process for large events. Please inquire for information.

PAVILION | SHELTER RESERVATIONS

Online Reservations: cityofloveland.org/webtrac. Walk-in reservations are accepted at the Parks & Recreation Administration office Monday-Friday (except on City holidays) from 8:00A-4:30P, 500 E. Third St., Suite 200 Loveland, CO 80537.

- **Benson Park - 1125 W. 29th Street**
Features one reservation gazebo and sculpture displays throughout the park. Limited parking; carpooling suggested. *Large group reservations (48+) not accepted.*
- **Centennial Park - 977 W. First Street**
Features one reservation shelter, baseball fields, stream fishing, pickleball courts, horseshoe courts, playground & rec trail access.
- **Dwayne Webster Park - 401 W. 13th Street**
Features three reservation shelters, basketball, tennis, horseshoe courts, playground and cannon sculpture. *Large group reservations (48+) not accepted.*
- **Fairgrounds Park - 700 S. Railroad Avenue**
Features two reservation pavilions, basketball, dog park, playgrounds, skate park, spray park, tot lot, ballfields, fishing with river access, historic sites, sculpture and rec trail access. *¼ or ½ pavilion rentals online; whole pavilion rentals in person only.*
- **Kroh Park - 5200 N. Garfield Avenue**
Features one reservation shelter, athletic and softball fields, a backstop and a playground.
- **Loveland Sports Park - 950 N. Boyd Lake**
Features three reservation shelters, athletic fields, spray playground, skate park, in-line hockey rinks, basketball and volleyball courts & concession area. *Large group reservations (60+) not accepted.*
- **Mehaffey Park - 3285 W. 22nd Street**
Features two reservation shelters, a dog park, pond fishing, athletic fields, pickleball & tennis courts, skate park, playground, water feature and rec trail access.
- **North Lake Park - 2750 N. Taft Avenue**
Features four reservation shelters, fishing, baseball/softball athletic fields, tennis/basketball/horseshoe courts, pond fishing, mini railroad (seasonal), swim beach (seasonal) and two playgrounds.
- **Namaqua Park - 730 N. CR 19E (Namaqua Road)**
Features one reservation shelter, fishing, horseshoe courts and a playground. *Large group reservations (48+) not accepted.*
- **Seven Lakes Park - 1975 Park Drive**
Features one reservation shelter, soccer fields, basketball court, playground and rec trail access. *Large group reservations (56+) not accepted.*

Areas that are reserved in person (not online):

- Athletic fields • Ball fields
- Fairgrounds Park pavilions (whole)
- Hammond Amphitheater • Winona Outdoor Pool

Please call the office at 970.962.2727 to inquire about availability.

Neighborhood parks that do not have reservation areas may still be used on a first come, first-served basis for small groups.

PARK RULES & REGULATIONS

Park Hours

Most Loveland parks are open from 6:00A-10:30P daily unless otherwise specified on-site. All parks except Viestenz-Smith Mountain Park will remain open in the winter months. Loveland Sports Park may be closed due to weather conditions and restrooms may remain closed for the season and/or during extremely cold temperatures. Please refer to specific park web pages or call 970.962.2727 for more information.

Grills

The grills located in the parks are for charcoal use. When using the grills, you must make sure the coals are completely extinguished before vacating the site. You may leave the remaining coals/ash to continue cooling, and our parks workers will eliminate the ashes when they clean the grills before their next use. If you prefer to use a gas grill, you are welcome to bring your own to the park, as long as you use it on a paved/cement surface and you allow it time to cool so you may take it with you when you leave.

Pets

- Pet owners are required to pick up and remove pet waste. Pets must be leashed and under human control at all times, except in designated dog park enclosures. Dogs at the dog park enclosure must remain under voice control. A leash is still required for arrival/departure at the dog park, or if there are control issues in the dog park areas.
- Pets are NOT allowed inside the Barnes Softball Complex at Fairgrounds Park or Centennial Park baseball complex, on inline hockey rinks, skate park areas, spray park areas, playgrounds, basketball and volleyball courts, the Championship Field at Loveland Sports Park or within 100 feet of any other athletic courts or fields while practices or games are being played.

Permitted Items

- Only small pop-up shade shelters with removable walls are allowed (10' x 10' max) and must be weighted down. No stakes are to be driven into the ground more than 6" for any reason (irrigation lines are present). Camping as defined as setting up a tent or like structure for privacy is prohibited. Overnight parking or camping is prohibited.
- No jump castles, dunk tanks, pony rides or similar set-ups.
- No silly string, paint or any other item which may contain dyes and cause permanent damage.
- Collecting, removing, destroying or defacing any natural or manmade object is NOT permitted.
- Vending is not allowed in City parks, open land areas or trails without prior permission from the Parks & Recreation Dept.
- Smoking is prohibited, except in designated areas.
- Glass containers/ bottles are prohibited.
- No open fires or flames except in provided grills.
- No gathering or cutting firewood.
- Motorized vehicles (except authorized) are not allowed outside of established streets and parking areas.
- Remote control (RC) boating questions are addressed by the Colorado Parks & Wildlife Division through the office in Fort Collins. Please call 970.472.4300 for information. In Loveland, battery powered RC boats have been approved for use on small City-owned bodies of water only; suggested sites would be the Foote Lagoon or North Lake Park - Duck Pond.
- New regulation as of August 1, 2018: No hang gliding, paragliding or powered paragliding in any park or open land area.

For detailed rules: cityofloveland.org/parks



AQUATICS

Sign up for swimming lessons to perfect your floating and kicks in time for our glow swim party and dive-in movie. For those needing a little more quiet in the water, we invite you and your family to sensory-friendly family swim. The crowd is smaller, the environment accepting and most of the water features are turned off.

Private | Semi-Private Swim Lessons

Private swim lessons are a great way to improve skills in a one-on-one setting tailored to your needs and desires. Taught by City of Loveland swim instructors who have excellent teaching and coaching experience. Two options now available!

NEW! Mini pre-scheduled lessons (online keyword: #mini)

No waitlist. No limit. Sign up for private lesson time slots online.

Private: 1 person, 20 min \$15 paid online

Private lesson waitlist 400017-1

Enroll on the waitlist and an available swim instructor will contact you to schedule a lesson with your preferred schedule.

Private: 1 person, 30 min \$20 paid at lesson

Semi-Private: up to 3 people, 30 min \$30 paid at lesson

Make a BIG SPLASH with a swim party!

Reserve the Chilson Party Room and celebrate your birthday at the Chilson Pool. For detailed information, visit cityofloveland.org/birthdayparties. We also offer gymnastics parties with facilitated gymnastics activities!

Chilson parties: 970.962.2468

Aqua classes: cityofloveland.org/fitnesswellness

Swim Parent/Infant Min/Max: 4/12

Parents help introduce infants to the water while learning how to work with their child safely in the pool. Basic body position and holding techniques are introduced. One adult per child required.

Age: 0.5-1.5 *3 weeks

M	9/9-10/28	5:45-6:15P	\$34	400001-01
M	11/4-12/23	5:45-6:15P	\$34	400001-02
T,Th	9/3-9/26	5:10-5:40P	\$34	400001-10
T,Th	10/1-10/24	5:10-5:40P	\$34	400001-11
T,Th	10/29-11/21	5:10-5:40P	\$34	400001-12
T,Th	12/3-12/19*	5:10-5:40P	\$26	400001-13
Sa	9/7-10/26	9:00-9:30A	\$34	400001-20
Sa	11/2-12/21	9:00-9:30A	\$34	400001-21

Swim Parent/Toddler Min/Max: 4/12

Parents help introduce toddlers to the water using songs, working on building confidence, becoming comfortable in and around the pool, and staying safe. Basic water activities are introduced. One adult per child required. **Age: 1.5-3 *3 weeks**

M	9/9-10/28	5:10-5:40P	\$34	400002-01
M	11/4-12/23	5:10-5:40P	\$34	400002-02
T,Th	9/3-9/26	6:20-6:50P	\$34	400002-10
T,Th	10/1-10/24	6:20-6:50P	\$34	400002-11
T,Th	10/29-11/21	6:20-6:50P	\$34	400002-12
T,Th	12/3-12/19*	6:20-6:50P	\$26	400002-13
Sa	9/7-10/26	10:10-10:40A	\$34	400002-20
Sa	11/2-12/21	10:10-10:40A	\$34	400002-21

Swim Preschool 1 Min/Max: 4/8

For the swimmer with no or limited water experience and who is uncomfortable putting their face in the water. Front and back floats introduced along with interactive water games.

Age: 3-5 *3 weeks

M	9/9-10/28	5:10-5:40P	\$34	400003-01
M	9/9-10/28	6:20-6:50P	\$34	400003-02
M	11/4-12/23	5:10-5:40P	\$34	400003-03
M	11/4-12/23	6:20-6:50P	\$34	400003-04
T,Th	9/3-9/26	5:45-6:15P	\$34	400003-10
T,Th	9/3-9/26	6:55-7:25P	\$34	400003-11
T,Th	10/1-10/24	5:45-6:15P	\$34	400003-12
T,Th	10/1-10/24	6:55-7:25P	\$34	400003-13
T,Th	10/29-11/21	5:45-6:15P	\$34	400003-14
T,Th	10/29-11/21	6:55-7:25P	\$34	400003-15
T,Th	12/3-12/19*	5:45-6:15P	\$26	400003-16
T,Th	12/3-12/19*	6:55-7:25P	\$26	400003-17
Sa	9/7-10/26	9:00-9:30A	\$34	400003-20
Sa	9/7-10/26	10:45-11:15A	\$34	400003-21
Sa	11/2-12/21	9:00-9:30A	\$34	400003-22
Sa	11/2-12/21	10:45-11:45A	\$34	400003-23

Swim Preschool 2 Min/Max: 4/8

Prerequisite: Preschool 1 or demonstrate requirements. For the swimmer who will comfortably submerge face and head underwater. Learn to float independently on front and back for 5 seconds. Swimming on front is also introduced.

Age: 3-5 *3 weeks

M	9/9-10/28	5:45-6:15P	\$34	400004-01
M	9/9-10/28	6:55-7:25P	\$34	400004-02
M	11/4-12/23	5:45-6:15P	\$34	400004-03
M	11/4-12/23	6:55-7:25P	\$34	400004-04
T,Th	9/3-9/26	5:10-5:40P	\$34	400004-10
T,Th	9/3-9/26	6:20-6:50P	\$34	400004-11
T,Th	10/1-10/24	5:10-5:40P	\$34	400004-12
T,Th	10/1-10/24	6:20-6:50P	\$34	400004-13
T,Th	10/29-11/21	5:10-5:40P	\$34	400004-14
T,Th	10/29-11/21	6:20-6:50P	\$34	400004-15
T,Th	12/3-12/19*	5:10-5:40P	\$26	400004-16
T,Th	12/3-12/19*	6:20-6:50P	\$26	400004-17
Sa	9/7-10/26	10:10-10:40A	\$34	400004-20
Sa	9/7-10/26	11:20-11:50A	\$34	400004-21
Sa	11/2-12/21	10:10-10:40A	\$34	400004-22
Sa	11/2-12/21	11:20-11:50A	\$34	400004-23

Swim Preschool 3 Min/Max: 4/8

Prerequisite: Preschool 2 or demonstrate requirements. For the swimmer who is able to float independently on front and back for 5 seconds. Learn to swim 5 body lengths on front without stopping and become more comfortable in deeper water. Treading water is also introduced.

Age: 3-5 *3 weeks

M	9/9-10/28	6:20-6:50P	\$34	400005-01
M	11/4-12/23	6:20-6:50P	\$34	400005-02
T,Th	9/3-9/26	5:45-6:15P	\$34	400005-10
T,Th	10/1-10/24	5:45-6:15P	\$34	400005-11
T,Th	10/29-11/21	5:45-6:15P	\$34	400005-12
T,Th	12/3-12/19*	5:45-6:15P	\$26	400005-13
Sa	9/7-10/26	9:35-10:05A	\$34	400005-20
Sa	11/2-12/21	9:35-10:05A	\$34	400005-21

Swim Level 1 Min/Max: 4/8

For the swimmer with little or no water comfort. Become comfortable submerging entire body in the water and learn to float independently on front and back. Swimming on front is also introduced.

Age: 6+ *3 weeks

M	9/9-10/28	5:10-5:40P	\$34	400006-01
M	9/9-10/28	6:20-6:50P	\$34	400006-02
M	11/4-12/23	5:10-5:40P	\$34	400006-03
M	11/4-12/23	6:20-6:50P	\$34	400006-04
T,Th	9/3-9/26	5:45-6:15P	\$34	400006-10
T,Th	9/3-9/26	6:55-7:25P	\$34	400006-11
T,Th	10/1-10/24	5:45-6:15P	\$34	400006-12
T,Th	10/1-10/24	6:55-7:25P	\$34	400006-13
T,Th	10/29-11/21	5:45-6:15P	\$34	400006-14
T,Th	10/29-11/21	6:55-7:25P	\$34	400006-15
T,Th	12/3-12/19*	5:45-6:15P	\$26	400006-16
T,Th	12/3-12/19*	6:55-7:25P	\$26	400006-17
Sa	9/7-10/26	9:00-9:30A	\$34	400006-20
Sa	9/7-10/26	10:10-10:40A	\$34	400006-21
Sa	11/2-12/21	9:00-9:30A	\$34	400006-22
Sa	11/2-12/21	10:10-10:40A	\$34	400006-23

Swim Level 2 Min/Max: 4/8

Prerequisite: Successful completion of Level 1 or demonstrate requirements. For the swimmer who can put their face in the water comfortably and float independently. Learn to swim 5 body lengths on front without stopping and learn to tread water.

Age: 6+ *3 weeks

M	9/9-10/28	5:45-6:15P	\$34	400007-01
M	9/9-10/28	6:55-7:25P	\$34	400007-02
M	11/4-12/23	5:45-6:15P	\$34	400007-03
M	11/4-12/23	6:55-7:25P	\$34	400007-04
T,Th	9/3-9/26	5:10-5:40P	\$34	400007-10
T,Th	9/3-9/26	6:20-6:50P	\$34	400007-11
T,Th	10/1-10/24	5:10-5:40P	\$34	400007-12
T,Th	10/1-10/24	6:20-6:50P	\$34	400007-13
T,Th	10/29-11/21	5:10-5:40P	\$34	400007-14
T,Th	10/29-11/21	6:20-6:50P	\$34	400007-15
T,Th	12/3-12/19*	5:10-5:40P	\$26	400007-16
T,Th	12/3-12/19*	6:20-6:50P	\$26	400007-17
Sa	9/7-10/26	9:35-10:05A	\$34	400007-20
Sa	9/7-10/26	10:45-11:15A	\$34	400007-21
Sa	11/2-12/21	9:35-10:05A	\$34	400007-22
Sa	11/2-12/21	10:45-11:15A	\$34	400007-23

Swim Level 3 Min/Max: 4/10

Prerequisite: Successful completion of Level 2 or demonstrate requirements. For the swimmer who can swim on front 5 body lengths without stopping. Learn rotary breathing, front crawl and elementary backstroke. Must be able to jump into shallow/deep water and move to the side comfortably.

Age: 6+ *3 weeks

M	9/9-10/28	5:45-6:15P	\$34	400008-01
M	11/4-12/23	5:45-6:15P	\$34	400008-02
T,Th	9/3-9/26	5:10-5:40P	\$34	400008-10
T,Th	10/1-10/24	5:10-5:40P	\$34	400008-11
T,Th	10/29-11/21	5:10-5:40P	\$34	400008-12
T,Th	12/3-12/19*	5:10-5:40P	\$26	400008-13
Sa	9/7-10/26	9:35-10:05A	\$34	400008-20
Sa	11/2-12/21	9:35-10:05A	\$34	400008-21

Unsure of your swim level for lessons?

Call 970.962.2493 to set up a test session for best placement.

See next page for more swim classes.

Swim Level 4 Min/Max: 4/10

Prerequisite: Successful completion of Level 3 or demonstrate requirements. For the swimmer who can swim 25 yards front crawl without stopping and is comfortable in deep water. Learn back crawl, breaststroke, sidestroke while building endurance on front crawl and elementary backstroke.

Age: 6+ *3 weeks	
M	9/9-10/28 5:10-5:40P \$34 400009-01
M	11/4-12/23 5:10-5:40P \$34 400009-02
T,Th	9/3-9/26 6:20-6:50P \$34 400009-10
T,Th	10/1-10/24 6:20-6:50P \$34 400009-11
T,Th	10/29-11/21 6:20-6:50P \$34 400009-12
T,Th	12/3-12/19* 6:20-6:50P \$26 400009-13
Sa	9/7-10/26 11:20-11:50A \$34 400009-20
Sa	11/2-12/21 11:20-11:50A \$34 400009-21

Swim Level 5 Min/Max: 4/10

Prerequisite: Successful completion of Level 4 or demonstration of requirements. For the swimmer who can swim 50 yards front crawl, perform the breaststroke and back crawl for 25 yards and can tread water continuously for at least one minute. The butterfly stroke and flip turns on front and back are also introduced.

Age: 6+ *3 weeks	
M	9/9-10/28 6:20-6:50P \$34 400010-01
M	11/4-12/23 6:20-6:50P \$34 400010-02
T,Th	9/3-9/26 5:45-6:15P \$34 400010-10
T,Th	10/1-10/24 5:45-6:15P \$34 400010-11
T,Th	10/29-11/21 5:45-6:15P \$34 400010-12
T,Th	12/3-12/19* 5:45-6:15P \$26 400010-13
Sa	9/7-10/26 10:45-11:15A \$34 400010-20
Sa	11/2-12/21 10:45-11:15A \$34 400010-21

Swim Level 6 / Fitness Min/Max: 4/10

Prerequisite: Successful completion of Level 5 or demonstrate requirements. For the swimmer who can swim a minimum of two laps without stopping and is efficient in competition strokes including front crawl (freestyle), breaststroke, butterfly and back crawl (backstroke). Work on refining strokes, developing power and smoothness over greater distances.

Age: 6+	
Sa	9/7-10/26 11:20-11:50A \$34 400011-20
Sa	11/2-12/21 11:20-11:50A \$34 400011-21

Swim Teen/Tween & Adult Beginner Min/Max: 4/8

Become more comfortable in the water and learn basic skills to achieve a minimum level of water competency. Focus is on breath control, submerging, floating and learning the front crawl and elementary backstroke.

Teen/Tween Age: 12+ *3 weeks	
T,Th	9/3-9/26 6:55-7:25P \$34 400012-10
T,Th	10/1-10/24 6:55-7:25P \$34 400012-11
T,Th	10/29-11/21 6:55-7:25P \$34 400012-12
T,Th	12/3-12/19* 6:55-7:25P \$26 400012-13

Adult Beginner Age: 16+

Sa	9/7-10/26 8:25-8:55A \$34 400015-20
Sa	11/2-12/21 8:25-8:55A \$34 400015-21
M	9/9-10/28 6:55-7:25P \$34 400015-01
M	11/4-12/23 6:55-7:25P \$34 400015-02

Work in the Water Join the aquatics team!
See openings at cityofloveland.org/jobs

Glow Swim Party

Back by popular demand! Come swim in the pool where the lights are dim and the party is bright. Get your glow on with glow games, photo booth, Aqua Zumba® and much more!
Location: Chilson pool

All ages

F 11/15 7:00-9:00P Daily fee/Chilson pass

Dive-In Movie Night

Did you catch our showing of *Jaws* at Winona Pool in July? Enjoy a movie while floating in the pool with your friends!
Movie: TBD Location: Chilson pool

All ages

F 10/4 7:00-9:00P Daily fee/Chilson pass

Sensory-Friendly Family Swim

The Chilson Center Pool is open after hours for families who include individuals with disabilities. The crowd is smaller, the environment accepting and the water features (except the lazy river) turned off. Parent(s) or caregiver participation is required. The entire family and all ages are welcome. Lifeguards are on duty and everyone must pay the special fee:

Toddler (2-5 yrs) \$2.00; Youth (6-18 yrs) \$2.50;
Adult (19-61 yrs) \$3.75; Senior (62+ yrs) \$3.00

3rd Sunday of the Month, 6:00-7:15P

Dates: 9/15, 10/20, 11/17, 12/15

Lifeguard Certification Min/Max: 5/15

Learn the basics of lifeguard skills. First aid and CPR/AED for the Professional Rescuer included. All participants must complete prerequisite prior to class. Prerequisite: 300 yard continuous swim; using front crawl, breaststroke or combination of both, retrieve a 10lb brick from bottom of pool, and tread water for two minutes.
Location: Chilson Pool

Age: 15+ *Note the different time on Saturday

T-F 11/19-11/23 4:00-8:30P \$99 403001-01
& Sa* 9:00A-5:30P*

STAFF SPOTLIGHT

CHEYENNE MEHN-CHAVEZ Lifeguard



What inspired you to become a lifeguard? I have been a swimmer for most my life, so I thought it would be a fun job to keep others safe while they are swimming. I also really liked the idea that lifeguards use real skills that are going to benefit them including first-aid, CPR and communication skills.

How long have you worked at Chilson?

I have worked at Chilson since May 2017.

What is the best part about being a lifeguard at Chilson?

All the people you encounter daily. You really get to build a strong bond with some of the regular guests who come in and with the staff.

What would you say makes a winning aquatics program?

I believe a winning aquatics program must have staff members who are all willing to get along and work together since that is very important for our jobs. I also think everyone needs to have a positive attitude because we work as a team, and one person can affect the rest of the group.

**GET TO KNOW
LOVELAND
PARKS &
RECREATION**

ATHLETIC FIELDS
Our parks department maintains over 30 softball & baseball fields, 28 tennis courts, 10 basketball courts and 12 outdoor pickleball courts!

PLAYGROUNDS
Loveland is home to over 35 park areas, 27 playgrounds and 2 spray parks. Reservable shelters are available at 11 of our parks.

AND MORE!

- 2 dog parks
- 3 skate parks
- 2 inline hockey rinks
- 3 golf courses
- NEW free outdoor Fitness Court®

**LOVELAND
SWIM CLUB** EST 1966

Open Try-Outs!
For More Information Visit Our Website:
lovelandswimclub.com
Or contact us at lovelandswimming@gmail.com

Lovleand Swim Club provides opportunities for all children in the Loveland area to participate in a year-round, competitive swimming program. Open to kids 4-18 who are water safe.

Paid advertisement



FITNESS & WELLNESS

Did you know we have over 70 drop-in fitness classes at Chilson Recreation Center? We know. We can't believe it, either! You'll get access to all of them when you purchase a Chilson pass. Want less commitment? Punch passes and daily fees are available, too.

Our personal trainers and amazing staff are here to give you a tour of the facility, show you how to use the fitness equipment and most importantly, make sure you're comfortable any time you walk through our doors. At Chilson, it's different here.

Personal Training

Get maximum results in minimal time! Learn what your body needs and how it reacts to effective exercise. Working with a certified trainer who understands fitness, nutrition and health is one of the fastest, easiest and most successful ways to improve your health. Achieve long-term weight loss and develop healthy life-long habits; receive expert guidance and motivation; enhance sports performance; establish realistic and achievable fitness and nutritional goals. Call 970.962.2630 for more info or inquire at the Chilson front desk. Personal trainer bios: cityofloveland.org/personaltrainers

Age: 16+

30-Minute Power Sessions

1 session	\$32
6 sessions	\$165
10 sessions	\$245

By the Hour

1 hour	\$50
3 hours	\$145
5 hours	\$215

Perfect for any goal, effective and accommodates your busy schedule

Intro to Personal Training Package

If you are new to training or have not trained in over one year, this is a great place to start! Our trainers will work to inspire and encourage you to develop healthy habits and effective workouts. Each session is one hour. Valid for one intro package per guest.
3 sessions \$99

TRX Suspension Training

From beginners to athletes, anyone can use the TRX system! Benefits: develop and maintain a rock-solid core; get toned and lose weight; get an intense cardio workout while incorporating strength training; improve balance and coordination. Check out TRX for seniors, too. Call 970.962.2453 for more info or pick up a class schedule at Chilson or view at cityofloveland.org/TRX
Location: Chilson

Age: 16+ \$30 per 4-week session

Impact Boot Camp Min/Max: 8/20

A circuit class including cardio, calisthenics and weighted exercises designed to build muscle, burn fat and get maximum results in 45 minutes. For those who want a high intensity workout that will challenge you and give you results. Location: Small Gym

Age: 16+

M,W	8/5-9/18	6:30-7:15P	\$96	412012-01
M	8/5-9/16	6:30-7:15P	\$44	412012-02
W	8/7-9/18	6:30-7:15P	\$53	412012-03
M,W	9/23-10/30	6:30-7:15P	\$104	412012-04
M	9/23-10/28	6:30-7:15P	\$53	412012-05
W	9/25-10/30	6:30-7:15P	\$53	412012-06
M,W	11/4-12/18	6:30-7:15P	\$104	412012-07
M	11/4-12/16	6:30-7:15P	\$53	412012-08
W	11/6-12/18	6:30-7:15P	\$53	412012-09

reDEFINE Fit Boot Camp

Get fit with a structured workout program, nutritional plan and the support of a team. This is for ALL fitness levels with a time table you can do. Pre and post camp assessments and Saturday bonus camps! Call 970.214.7900 or email ryann@redefinefitco.com for questions or to enroll. Location: Chilson

Age: 16+

AM Camp - 3 days per week

M,W,F	8/19-9/27	6:00-7:00A	\$245	+ Sat bonus camps
M,W,F	10/14-11/22	6:00-7:00A	\$245	+ Sat bonus camps
M,W,F	12/2-12/20	6:00-7:00A	\$120	+ Sat bonus camps

NOON Camp - 2 days per week

M,Th	8/19-9/26	12:00-1:00P	\$165	+ Sat bonus camps
M,Th	10/14-11/21	12:00-1:00P	\$165	+ Sat bonus camps
M,Th	12/2-12/19	12:00-1:00P	\$80	+ Sat bonus camps

NEW! Boomer Boot Camp Min/Max: 5/9

Calling all active baby boomers! Switch up your workout and explore different ways High Intensity Training (HIIT) can work for you. Challenge your cardio and muscular systems and improve your balance with this great workout. Get stronger, move better and feel invigorated with new energy. Some classes will be held outside weather permitting. Loc: Circuit Area Instructor: Lisa Foncannon

Age: 55+

M	10/21-11/25	8:10-8:50A	\$56	412015-01
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HIIT (High Intensity Interval Training) Min/Max: 5/12

HIIT is a variant of exercising that is the quickest way to burn fat and gain muscle simultaneously. How does HIIT work? It optimizes your workout time by utilizing a series of short, high-intensity intervals, followed by longer, low-intensity intervals. The best part? It boosts your metabolism and continues to burn calories hours after you are done! Location: Circuit Area Instructor: Amy Genger

Age: 16+

W	9/4-9/25	9:30-10:10A	\$30	416115-5
F	9/6-9/27	9:30-10:10A	\$30	416115-1
W	10/2-10/23	9:30-10:10A	\$30	416115-6
F	10/4-10/25	9:30-10:10A	\$30	416115-2
W	10/30-11/20	9:30-10:55A	\$30	416115-7
F	11/1-11/22	9:30-10:10A	\$30	416115-3
W	12/4-12/18	9:30-10:10A	\$23	416115-8
F	12/6-12/20	9:30-10:10A	\$23	416115-4

Cross-HIIT Training Min/Max: 5/8

Stay motivated with this powerful HIIT class! A combo of cardio and strength training to burn more fat, improve endurance and build strength. Get results in less time! Instructor: Amy Genger

Age: 16+ *No class 8/31 **No class 11/30

Sa	8/10-9/21*	11:00-11:45A	\$47	416116-1
Sa	9/28-11/2	11:00-11:45A	\$47	416116-2
Sa	11/9-12/21**	11:00-11:45A	\$47	416116-3

Lift Strong Weight Training

Meet with a personal trainer and learn the fundamentals of weight training. Get set up on a weight training program and receive a wristband showing completion of the class to allow use of the strength equipment without parental supervision. Parents are NOT required to attend.

Call Amy at 970.962.2630, ext. 2.

Age: 12-13

\$30	412001-01
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YOGA

Restorative Yoga Min/Max: 8/16

This is unlike any yoga class you've ever taken. It can strengthen your immune system, relieve stress in the body and calm the mind allowing you to sleep better and feel better overall. By moving the spine in different ways, fully supported by bolsters and other props, well-being is enhanced. Each fully supported pose is held for a minimum of five minutes or longer for optimum results.

Location: Maple/Spruce Instructor: Maria Maldonado-Dunn

Age: 15+

T	9/10-10/1	6:45-8:00P	\$28	418905-1
T	10/8-10/29	6:45-8:00P	\$28	418905-2
T	11/5-11/26	6:45-8:00P	\$28	418905-3

Yoga Nidra Relaxation Min/Max: 8/26

Yoga Nidra is a systematic method of inducing complete physical, mental and emotional relaxation. It is an ancient practice of deep relaxation bringing about conscious sleep through a guided meditation. Known benefits include stress and anxiety reduction, improved memory, strengthened immune system and rejuvenation of the body. Certified instructor Linda Bestor guides you through this deeply relaxing practice. You will be lying on the floor through the entire class. Bring a blanket. Location: Maple/Spruce **Age: 15+**

1st & 3rd Monday of the month, 5:30-6:30P

Dates: 9/16, 9/30, 10/7, 10/21, 11/4, 11/18, 12/2, 12/16

Fee: \$64 **Class #:** 418906-1

Deepen Your Yoga Experience Min/Max: 7/18

A five-week series designed to teach you more about the practice of yoga. **See full descriptions online: cityofloveland.org/yoga**

Loc: Fitness/Dance Rm Instructors: Mo Geraghty/Annika Frieberg

Age: 15+

FULL SERIES - includes all sessions below - a \$10 discount!

Sa	9/28-10/26	2:45-4:15P	\$65	418907-1
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Intro to the History of Yoga Learn where yoga comes from and its original connection to hinduism/buddhism.

Sa	9/28	2:45-4:15P	\$15	418909-1
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Yoga for a Healthy Spine Develop a toolbox of spinal movements that soften and/or energize each part of the spine.

Sa	10/5	2:45-4:15P	\$15	418910-1
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How to Use Props Props are used to help you open into poses in restorative and gentle ways. Learn to create good angles/rotation.

Sa	10/12	2:45-4:15P	\$15	418911-1
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Breath Work/Pranayama & Meditation Experience a number of breathing exercises followed by relaxing meditation techniques.

Sa	10/19	2:45-4:15P	\$15	418912-1
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Develop a Home Practice Learn how to take your yoga on the road and personalize it depending on your mood and energy levels.

Sa	10/26	2:45-4:15P	\$15	418913-1
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Check out drop-in yoga!

cityofloveland.org/fitnesswellness

Spa Services for All Ages

Therapeutic massage & medically based foot care

Call 970.962.2098 for info or to schedule an appointment.

Drop-in Chair Massage

2nd & 4th Tuesday of the month, 9:00A-12:00P

For more info, call Joyce Meis, LMT at 970.691.3441

Location: Chilson lobby **Fee:** \$1 per minute

HEALTH & WELLNESS

Health/Nutrition Coaching

Improve your health. Transform your life. Work one-on-one with certified health & nutrition coach Marci Lary. She will work with you to create a highly personalized lifestyle wellness program to help you find balance, lose and maintain weight, prevent illness and capitalize on the healing properties of food. Call Marci at 970.962.2500, ext. 1450.

½ hr session	\$28	
1 hr session	\$50	
3 sessions	\$130	(1st session is 1 hr, follow-ups are 45 min.)
6 sessions	\$210	(1st session is 1 hr, follow-ups are 45 min.)

Rossiter Coaching

Rossiter is a powerful two-person stretching technique that targets areas of connective tissue to relieve pain and restore range of motion. The results are due to loosening tight connective tissue and restoring space in and around the joints. Relieve neck and shoulder pain, sciatica, headaches and muscle stiffness! Register at the Chilson front desk. **Questions?** Nancy Stilson-Herzog at 970.962.2630, ext 7.

Age: 16+

1/2 hr: \$45 45 min: \$55 1 hour: \$65

Current Diet Trends Min/Max: 8/50

Keto, paleo, fasting - you've heard of these, but what are they? Are they good for you? Which one is best? Join Rachel Soderquist R.D. as she helps you understand what might be best for you. Includes a basic meal component guide and a day of recipes (breakfast, lunch, dinner, snack). Location: Oak

Age: 14+

T 9/24 6:00-7:30P \$15 416002-1

Breaking the Sugar Habit Min/Max: 10/35

Is it possible to permanently change your relationship with sugar? In this interactive lecture with health & nutrition coach Marci Lary, we will define sugar and discuss the effects of this all-pervasive, seductive white stuff, from cravings, energy imbalances, weight challenges, fatigue and mood swings. Learn how to reduce cravings for sugar, discover whole foods that are naturally sweet and feel at peace knowing you can control your cravings. Location: Oak

Age: 14+

W 9/25 6:00-7:00P \$10 413905-1

Stress Less, Relax More Series Min/Max: 7/25

Learn ways to relax and find more tranquility in your life. Experience relaxation and stress-reduction techniques including: breathing, body awareness, progressive muscle relaxation, guided imagery, yoga, positive affirmations, aromatherapy and more. Location: Oak Instructor: Jen Strating, Biofeedback Specialist

Age: 14+

Th 10/3-10/24 5:30-6:30P \$60 418904-1

Blood Sugar Control Min/Max: 8/50

Are you struggling to maintain or lose weight because of your blood sugar? Join Rachel Soderquist R.D. as she helps you understand what blood sugar is, how it works in your body and how it influences your weight. You do not have to be diabetic to attend. Includes a basic meal component guide and a day of recipes. Location: Oak

Age: 14+

M 10/21 6:00-7:30P \$15 416003-1

Mindfulness Series Min/Max: 7/30

Find calm in the chaos of your busy life. Mindfulness reduces stress and anxiety, improves mood and sleep quality, increases focus and attention and more. Learn the science behind the practice of meditation and mindfulness, several easy-to-use techniques and how to incorporate these practices into everyday life.

Location: Party Rm Instructor: Jen Strating, Biofeedback Specialist

Age: 15+

W 10/30-11/20 6:30-7:30P \$60 419805-1

Right Weight for Life Min/Max: 8/16

This is a comprehensive lifestyle change program that will assist in creating a healthier you. Education sessions help you create awareness of your daily habits, learn simple ways to fit exercise into your life, plan and prepare food for optimal weight loss and work toward maintaining permanent weight loss. Introductions to a variety of movement options help rev up your metabolism and allow you to be accountable with exercise buddies. Includes two sessions with our health/nutrition coach and follow up sessions on 12/18/19 and 1/15/20. **Questions?** 970.685.2700 Location: Oak

Age: 16+

W 10/2-11/20 5:30-6:30P \$198 413904-2

TAI CHI ♦

Develop strong bones and balance from a firm rooting in the feet. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements with each posture flowing into the next without pause, ensuring that your body is in constant motion. Loc: Fitness/Dance (F), Cherry (T) Instructor: Jacqui Gee

Age: 18+ Min/Max: 7/20

Beginning *No class 11/29, 12/24, 12/29

Day	Date	Time	Fee	SAC	Class #
F	9/6-10/25	12:00-1:00P	\$72	\$70	492006-1
T	9/10-10/29	6:00-6:50P	\$72	\$70	492007-1
F	11/1-12/20*	12:00-1:00P	\$63	\$61	492006-2
T	11/5-12/17	6:00-6:50P	\$63	\$61	492007-2

Intermediate & Advanced

Enroll monthly for unlimited access to all class sessions.

Monthly fee: \$48, \$47 w/SAC

Level	Day	Time	September	492008-1
Intermediate	F	1:15-2:15P	October	492008-2
Intermediate/Adv	T	7:15-8:15P	November	492008-3
Advanced	F	2:30-3:30P	December	492008-4

FENCING

Join this fast growing Olympic sport to THINK, LEARN and PLAY WELL with Youth Enrichment League {YEL!}. Classes follow four basic components:

- Teach It! - Learn from professional coach, John Cade
- Practice It! - pair up and practice fencing moves and concepts
- Move It! - participate in matches using only learned moves
- Play It! - spend time each class matched up with multiple fencers

May include an in-class tournament. All equipment provided.

Min/Max: 6/14 Location: Hickory

Age 7-10 Youth

Su 9/8-11/3 3:00-4:00P \$144 461209-1

Age 11-18 Teen

Su 9/8-11/3 4:15-5:45P \$153 461219-1

TAE KWON-DO

Tae Kwon-Do is a traditional Chan Hun style Korean martial art. Students learn to use their training to better their lives while learning the respect and courtesy that goes along with achieving each rank. Instructor will provide information about additional testing dates and uniforms at first class. For multiple family member discount, register in person at the Chilson Center front desk (must be attending in the same month). Min/Max: 5/30
 Loc: Maple/Spruce Instructor: Sabum Baldwin, Heart of Loveland
***No class 11/6, 11/27, 11/29, 12/4, 12/20, 12/25, 12/27**

Little Dragons Traditional Tae Kwon-Do moves are used to help children learn to follow commands, learn respect and focus. This class also helps them learn colors, shapes, and left from right all while learning the moves needed to complete a special ranking for the Dragon program and for movement into the next level.

Age: 3-5

W	9/4-9/25	4:30-5:30P	\$40	457609-1
W	10/2-10/30	4:30-5:30P	\$50	457609-2
W	11/13-11/20*	4:30-5:30P	\$20	457609-3

Age: 6-9 Youth

W,F	9/4-9/27	5:30-6:30P	\$48	458609-1
W,F	10/2-10/30	5:30-6:30P	\$54	458609-2
W,F	11/1-11/22*	5:30-6:30P	\$36	458609-3
W,F	12/6-12/18*	5:30-6:30P	\$24	458609-4

Age: 10+ Adult

W,F	9/4-9/27	6:30-8:30P	\$48	459609-1
W,F	10/2-10/30	6:30-8:30P	\$54	459609-2
W,F	11/1-11/22*	6:30-8:30P	\$36	459609-3
W,F	12/6-12/18*	6:30-8:30P	\$24	459609-4

KRAV MAGA SELF-DEFENSE

A self-defense training for civilians adapted from Israeli Defense Forces, Krav Maga provides everyone with the skills to defend themselves and others effectively. Techniques are easy to learn and can be implemented quickly. Min/Max: 1/10
 Location: Krav Maga Loveland Studio, 567 N. Denver Ave.

Youth & Teen Focus on awareness/prevention, self-confidence, de-escalation and/or escape and self-defense.

Age: 6-10 Juniors

M,W	September	4:30-5:15P	\$90	461509-1
M,W	October	4:30-5:15P	\$90	461509-2
M,W	November	4:30-5:15P	\$90	461509-3
M,W	December	4:30-5:15P	\$90	461509-4

Age: 11-13 Teen Warriors

T,Th	September	4:30-5:30P	\$90	461519-1
T,Th	October	4:30-5:30P	\$90	461519-2
T,Th	November	4:30-5:30P	\$90	461519-3
T,Th	December	4:30-5:30P	\$90	461519-4

Adult Focus on prevention, recognition of threats, attacks and counter-attacks, use of items/tools for defense, defense against threat with weapons and defense against one or multiple attackers

Age: 14+

M,W	September	5:30-6:30P	\$90	462509-1
M,W	October	5:30-6:30P	\$90	462509-2
M,W	November	5:30-6:30P	\$90	462509-3
M,W	December	5:30-6:30P	\$90	462509-4

Age: 14+ Women Only

T,Th	September	10:05-11:05A	\$90	462519-1
T,Th	October	10:05-11:05A	\$90	462519-2
T,Th	November	10:05-11:05A	\$90	462519-3
T,Th	December	10:05-11:05A	\$90	462519-4



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AQUA & ACTIVE GENERATION FITNESS CLASSES

EZflow Aqua Yoga* This water based, gentle total-body strengthening workout includes yoga balancing poses with EZ flow breathing, Pilates movements and core strength exercises. These mindful, flowing and graceful movements work the entire body while providing a reprieve from the hurried pace of life.

Aqua Core* This class will assist you in learning to use slow, precise movements to increase muscle strength and coordination. Different pieces of equipment will be used such as bands, weights and balls to help bring the physical body into balance. This class also will help with posture and balance.

Aqua Fitness Water exercise increases flexibility and muscle strength and gives your cardiovascular system the workout it needs. It takes stress off joints & muscular-skeletal system, yet works the muscles, heart & lungs. Classes contain cardio, strength and stretching components. **Advanced level includes swim skills.**

Aqua HIIT HIIT optimizes your workout time by utilizing a series of short, high intensity intervals designed to improve your cardio and strength & increase your metabolism. Class includes a warm up, interval training section, strength work and cool down.
LAZY RIVER AQUA HIIT Cross train in the lazy river - the buoyancy of the water takes stress off the joints and allows you to challenge your regular running form (cadence and elbow drive.) This workout may be gentle on the joints but challenges your cardiovascular system and balances your current land workout!

Aqua Motion* The cushioning effect of the water takes the jarring movement out of the joints, offering an opportunity for a lower-stress exercise experience. This class consists of 40-45 minutes of low impact cardio exercise along with gentle toning exercises and stretching.

AQUA MOTION PLUS* This class also includes 15 minutes of gentle Chi Gong or stretching exercises designed to cultivate energy, breath, movement & balance.

Aqua Zumba® Make a splash by adding a low-impact, high-energy aquatic exercise to your fitness routine. It blends the Zumba® philosophy with water resistance. There is less impact on your joints, so you can really let loose. The natural resistance means every step is more challenging and helps tone your muscles.

Deep Water Held in the deep end of the pool and designed to improve cardiovascular health, muscle strength, core and flexibility. Belts/noodles are provided for flotation. **Sessions are held at Mountain View High School for fall/winter/spring; summer sessions are held at Winona Pool.**

Hydro Dance An opportunity to get "fit" and have fun while learning dance routines in the water. A fun, challenging workout that utilizes the resistance of the water.

River Walking* Water walking and full-body exercises including walking with and against the current in the Lazy River; builds strength, cardiovascular fitness and balance.

Water Walking* Work at your own pace while walking, lunging and side stepping through the pool. Includes low impact toning exercises and short intervals of stationary balance followed by stretching for a well-balanced (low impact) workout.

Cardio Power* An advanced group exercise class designed for active adults who desire a safe and effective low-impact cardiovascular workout. Energizing, easy-to-follow movements promote heart-healthy, total-body conditioning to increase cardiovascular and muscular endurance. A variety of strength training options are offered to provide a well-rounded workout.

Drop-In Weight Room Orientation*

Provides a walk-through of the weight room to give you a better understanding of the setup and how to properly position yourself on our machines so that you can learn how to use the fitness equipment and cardio machines safely & effectively. Does not provide an exercise plan.

Low Impact Fitness* Strength work, balance and coordination choreography complement the stretching & cool down. Mondays have a larger cardio component, Wednesdays prioritize strength.

Power, Agility & Strength* Increase power, agility, strength and balance. You will become stronger and more flexible. Hand weights and floor work included.

Strength Training* Improve fitness, muscle strength, bone mass and reduce risks of osteoporosis with circuit machines & free weights. Perfect for the beginning exerciser or those who require extra help (e.g., arthritis, MS or joint replacement). Assistance is provided as you strive toward independent workouts. **Call Julie at 970.962.2462 prior to your initial class visit or attend a fitness orientation. Must be able to ambulate/transfer independently within environment.**

Zumba Gold®* For the active older adult and beginners of all ages, Zumba Gold® takes the Zumba® formula and modifies the moves and pacing to fit beginners and active seniors.



SS Classic* Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance. A chair is available if needed for seated or standing support.

SS Circuit* Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers® ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

SS Yoga* Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Breathing exercises and final relaxation will promote stress reduction and mental clarity.

* These classes are geared toward participants age 50+; however, all ages are welcome to attend.

CARDIO & CORE STRENGTH FITNESS CLASSES

Fitness Schedules

are available at the front desk and online. To view the most up-to-date schedule, visit cityofloveland.org/fitnesswellness

Use your Chilson pass or pay the daily fee for these ongoing drop-in classes. 970.962.2FUN

Barre Classes include components of yoga, Pilates and ballet in a fun, upbeat environment. Use your own body weight to achieve the toned and lean muscles you desire. All fitness levels are welcomed to this challenging yet low impact fitness class. No experience required!

Core & More Develop balance and core strength by working leg strength, abdominals and back muscles with fit balls, body weight exercises and yoga balance movements.

Country Cardio Lace up your cross trainers for these high energy line dances! Includes a progressive aerobic format with step-by-step instructions. Dance patterns are repeated, and everyone learns at the same pace. Learn contemporary as well as classic line dances. Dress for cardio country movin'! You won't need a partner.

Flexible Strength Combines yoga positions with dynamic movement to build strength, stamina, balance and flexibility. Best suited for those with prior instruction in physical alignment who are physically fit without current injuries.

Group Cycling One of the most effective and motivating group exercise classes on our schedule! Provides great motivation AND allows for a variety of ages and levels. Arrive 15 minutes early for your first session.

- **MOVIE RIDE** A great workout! Time will fly by as you watch a movie and ride.
- **SENIOR CYCLING** A heart-pumping cycling class that strengthens your legs, glutes and core, improves balance and keeps your mind sharp...all to music. Designed to ensure proper form and alignment for a safe and effective workout.

Interval Cardio Aerobics A combination of step training, hi-low aerobics and strength and flexibility exercises all packed into one workout. Just what you need to start your day and feel energized!

Pilates While focusing on the Pilates breath, learn fundamental exercises using correct posture, alignment and understanding of the control and function of abdominal muscles used for exercises.

Pilates Plus Improve your core and postural muscle strength and endurance using Bender Ball and Bender Barre methods, resistance bands, fitballs and other apparatus. Increase muscle and joint mobility and improve blood flow, coordination and balance. Learn effective fascial active stretching, muscle activation and release techniques using myofascia balls, foam rollers and tennis balls.

PiYo PiYo is a total-body fitness class that combines the practices of Pilates and yoga to help you build strength and increase flexibility. Upbeat music and challenging movement patterns make this fusion class loads of fun.

Power Toning One of the fastest ways to get in shape. With a combination of great body sculpting routines, you will work every major muscle group in the body. Strengthen, tone and increase flexibility using weights, bands and balls. Appropriate for all fitness levels.

- **POWER BAR TONING** adds barbell and weight plates.
- **POWER TONE PLUS** is a total body workout with a variety of cardio intervals and core conditioning.

Step A medium impact cardio activity that ensures you will meet your step goal each day. Classes vary in the level of choreography. All instructors offer various options for different levels of intensity (step height) and coordination.

- **LEVEL I** A series of basic moves strung together into a sequence.
- **LEVEL II** Incorporates elements in combination such as turns, mambo and stomps.

Yoga Explore your body and mind with postures, breath and meditation. Emphasis on alignment and self-awareness for safe practice. Develop and maintain strength, focus, flexibility & balance for health and well-being. **Mommy & Me: Partner Yoga for ages 2-4 on page 31.**

Yoga - Int/Adv (*some Yoga background suggested*) Vinyasa Flow combines all of the elements of a classic yoga class in a flowing format. Standing and balance poses are incorporated into sun salutations that allow you to wake up and be energized for your day!

Zumba® Party yourself into shape. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and energy levels will soar! It's easy, effective and exhilarating.

See pages 12-14 for personal training, Rossiter and health/nutrition coaching, plus more fitness classes!



From beginners to athletes. Pick up a class schedule at Chilson for these 4-week class sessions or view at cityofloveland.org/TRX



ADAPTED REC

Inclusive and welcoming, our adapted recreation program can help you find the classes and experiences that are just the right fit. Arrange a personalized exercise program, drop in for sensory-friendly family swim or meet up for a social opportunity. **New! Come Dance With Me!** is a free-flow dance class designed for those with adaptive needs or those who are hesitant to get involved in a structured dance program.

Adapted Exercise

Do you have a special need and want to exercise but aren't sure where to start? The good news is a fitness plan can be designed for just about anyone. The Adapted Recreation program will help you find the class most appropriate for your needs or help you design a program to help you meet your individual fitness goals. Call Julie at 970.962.2462 with questions or to discuss how to meet your fitness goals.

Specialized Fitness Orientation

Are you able to work out independently but need an orientation to our facility tailored to your own unique needs? Call 970.962.2462 to schedule a free one-time orientation tailored just for you. Guests pay the Chilson Center daily admission fee.

Senior & Specialized 10-Visit Fitness Pass

Participate in drop-in fitness classes with access to the fitness/weight equipment, swimming pool, hot tub and walking track.

Cost: \$36

The City of Loveland welcomes individuals of all abilities into all of our classes and programs. If you would like to participate in any class and are not sure what type of assistance or modifications can be made or if you would like help in making your recreation and leisure choices, please call the Adapted Recreation Coordinator at 970.962.2462. If you arrange for a friend or family member to provide needed assistance, that support person will be admitted at no extra charge except where noted. Call the Adapted Recreation Coordinator for more information.

Sensory-Friendly Family Swim

The Chilson Center Pool is open after hours for families who include individuals with disabilities. The crowd is smaller, the environment accepting and the water features (except the lazy river) turned off. Parent(s) or caregiver participation is required. The entire family and all ages are welcome. Lifeguards are on duty and everyone must pay the special fee:

Toddler (2-5 yrs) \$2.00; Youth (6-18 yrs) \$2.50;

Adult (19-61 yrs) \$3.75; Senior (62+ yrs) \$3.00

3rd Sunday of the Month, 6:00-7:15P

Dates: 9/15, 10/20, 11/17, 12/15

NEW! Come Dance With Me! Min/Max: 4/12

An inclusive, free-flow dance class designed specially for those with adaptive needs or for those more hesitant to get involved in a structured dance program. Socialize with family and peers while expressing emotion through active movement.

Location: Fitness/Dance Rm Instructor: Nicole Kutella

Age: 6-12

Sa	10/12-11/16	1:40-2:20P	\$38	458029-1
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Social Opportunities

A social group for adults with intellectual disabilities (and their parents or providers if assistance is needed) meets right here in Loveland most Thursday evenings from 4:30-6:00P. The 2nd Thursday of the month usually includes activities at the Chilson Center or other Parks & Recreation locations throughout Loveland. Call 970.962.2462 to get a copy of the current calendar or for info.

PEDIATRIC DENTISTRY OF LOVELAND

Dr. Louis Gerken • Dr. Katherine Galm



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- Free Exam for Children Under 3
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ADULT ATHLETICS

Join a league for your favorite team sports this fall: volleyball, softball, soccer and basketball. Plan ahead for winter sports, too. Early bird registration for volleyball and basketball ends in early December. Use the extra cash you'll save for holiday shopping, or you could just register for more athletics!

League Skill Definitions

LEVEL 1 - Competitive (Age 16+)

For teams who wish to play in the highest level of competition. Players should be very proficient in all skills and strategies.

LEVEL 2 & 3 - Recreation (Age 16+)

For teams who wish to play for reasons other than exercise without getting into highly competitive levels of play. Players should have average to above average skills & knowledge of the sport.

LEVEL 4 & 5 - Leisure (Age 16+)

For teams who wish to play for exercise in a low-key environment. Players should be beginners learning skills and techniques.

Payments & Rosters

Full payment for each team is required at the time of registration. Major credit cards accepted. Rosters are required prior to the teams' first game. Bring them to Chilson, the first game or email to allan.coseo@cityofloveland.org.

TeamSideline is used for all sport schedules, tournament dates, information packets, weather notifications and more! Check it out: teamsideline.com/loveland

Volunteer youth coaches needed!

Many activities need assistance! Call the coordinator for your area of expertise. Have FUN and make a difference this season.

Athletic Coordinators

General Athletics Info	970.962.2445 athletics@cityofloveland.org
Adult & Youth Softball	Allan 970.962.2444 allan.coseo@cityofloveland.org
Adult & Youth Volleyball	
Adult Basketball	
Batting Cages	
Adult & Youth Soccer	Savannah 970.962.2445 savannah.garcia@cityofloveland.org
Youth Baseball & T-Ball	Dana 970.962.2450 dana.redford@cityofloveland.org
Youth Basketball	
Youth Flag Football	
Cornhole	
Adult & Youth Tennis	Kim 970.962.2437 Senior Athletic Coordinator kim.miller@cityofloveland.org
Gymnastics	
Youth In-Line Hockey	
Youth Lacrosse	

Fall Volleyball Register 8/5-9/3
 Early Bird (thru 8/25).....\$315/team
 Team Fee (8/26-9/3).....\$340/team
 Includes end of season tournament.
 Schedules online 9/11 after 4pm. League begins week of 9/16.

Women

Day	Start Date	Level	Class #
M	9/16	Women's 1	471101-1
M	9/16	Women's 2	471101-2

Coed

Day	Start Date	Level	Class #
Th	9/19	Coed 1	471201-1
Th	9/19	Coed 2	471201-2
W	9/18	Coed 3	471201-3

Fall Softball Register 7/15-8/12
 Early Bird (thru 8/4).....\$425/team
 Team Fee (8/5-8/12).....\$475/team
 Includes end of season tournament.
 Schedules online 8/22 after 4pm. League begins week of 8/26.

Day	Start Date	Level	Class #
T	8/27	Men's D	474001-1
T	8/27	Men's E1	474002-1
T	8/27	Men's E2	474002-2
T	8/27	Men's E3	474002-3
T	8/27	Women's D	474101-1
T	8/27	Women's E Upper	474102-1
T	8/27	Women's E Lower	474102-2
M	8/26	Coed 11"/12" D	474201-1
M	8/26	Coed 11"/12" E1	474202-1
M	8/26	Coed 11"/12" E2	474202-2
M	8/26	Coed 11"/12" E3	474202-3
M	8/26	Coed 11"/12" E4	474202-4
Th	8/29	Men's Church	474301-1

Men's Doubleheaders Register 7/15-8/12
 Early Bird (thru 8/4).....\$810/team
 Team Fee (8/5-8/12).....\$860/team
 Includes end of season tournament.
 Schedules online 8/22 after 4pm. League begins week of 8/26.

Day	Start Date	Level	Class #
Th	8/29	Upper	474003-1
Th	8/29	Lower	474003-2

Fall Coed Soccer Register 7/8-8/5
 Early Bird (thru 7/28).....\$685/team
 Team Fee (7/29-8/5).....\$735/team
 Schedules online 8/14 after 4pm. League begins week of 8/18.
 Location: Loveland Sports Park (LSP)

Day	Start Date	Level	Class #
Su	8/18	Coed 1	477201-1
Su	8/18	Coed 2	477201-2

Fall Basketball Register 8/5-9/3
 Early Bird (thru 8/25).....\$440/team
 Team Fee (8/26-9/3).....\$465/team
 Includes end of season tournament.
 Schedules online 9/11 after 4pm. League begins week of 9/16.

Day	Start Date	Level	Class #
T	9/17	Men's	473001-2
W	9/18	Women's	473101-1

Winter Adult Volleyball Register 11/18-12/16
 Early Bird (thru 12/8).....\$315/team
 Team Fee (12/9-12/16).....\$340/team
 Schedules online 12/24 after 4pm. League begins week of 1/6/20.

Age: 16+ Women

Day	Start Date	Level	Class #
M	1/6/20	Women's 1	171101-1
M	1/6/20	Women's 2	171101-2

Coed

Day	Start Date	Level	Class #
Th	1/9/20	Coed 1	171201-1
Th	1/9/20	Coed 2	171201-2
W	1/8/20	Coed 3	171201-3

Winter Adult Basketball Register 11/18-12/16
 Early Bird (thru 12/9).....\$495/team
 Team Fee (12/10-12/16).....\$545/team
 Schedules online 12/24 after 4pm. League begins week of 1/5/20.

Age: 16+ Men

Day	Start Date	Level	Class #
T	1/7/20	Leisure	173001-3
Su	1/5/20	Recreation	173001-4

Women

Day	Start Date	Level	Class #
W	1/8/20	Recreation	173101-1

Pickleball Beginning Skills, 50+ ♦ Min/Max: 5/10
 A structured, fun class to learn basic strokes, rules and scoring through a program of demonstrations, drills and practice. Learn key fundamentals and develop basic skills so you're ready to participate in the drop-in pickleball sessions - see page 3. Equipment provided. Location: Large Gym
 Instructors: Pamela McGee/Bob Monroe *SAC fee

Day	Date	Time	Fee	Class #
Su	9/8-10/13	1:45-2:45P	\$30 \$28*	496006-1
M	9/9-10/14	3:45-4:45P	\$30 \$28*	496006-2
Th	9/12-10/17	3:45-4:45P	\$30 \$28*	496006-3
Su	10/27-12/8	1:45-2:45P	\$30 \$28*	496006-4
M	10/28-12/9	3:45-4:45P	\$30 \$28*	496006-5
Th	10/31-12/12	3:45-4:45P	\$30 \$28*	496006-6

Volleyball League, 50+ ♦ Min/Max: 5/12
 Our competitive 50+ Loveland team is a part of the Colorado Senior Volleyball Association with home/away games played against other front range teams. **Questions?** Jeff McCoy 970.800.3885

Day	Date	Time	Fee	Class #
W	9/4-11/13	1:15-2:15P	\$235	496004-1

Bocce Ball League, 50+ ♦ Min/Max: 5/10
 Bocce is a fun game played with large colored balls and a small object ball (pallino). Each team throws their balls as close to the pallino as possible, while knocking other opponent's balls away. Join the fun and meet new people! Location: Centennial Park
 Instructor: Tony Mancina *SAC fee

Day	Date	Time	Fee	Class #
Th	9/12-10/17	5:30-7:30P	\$8 \$6*	496010-1



YOUTH ATHLETICS

Introduce your child to a variety of ball sports to see which ones they might have an inclination for by enrolling them in Amazing Athletes. For the older bunch, our youth teams encourage teamwork, agility, sportsmanship and an all-around good time. Now that's a perk!

NEW! Youth Athletic Registration Deadlines

Please make note of the new registration deadlines for our Youth Athletic Team Sports beginning with our **FALL** programs. Registration will begin the season prior with hard deadlines approximately 2-3 weeks before the program start date to allow for improved planning and coordination.

Youth Sport	Early Bird Fee	Regular Fee	Registration Deadline	Start Date
FALL soccer, flag football, volleyball	7/8	7/29	8/12	9/4
FALL basketball	7/8	9/23	10/7	10/21
WINTER 2020 basketball	10/28	11/25	12/9	1/13/20

Wait List Policy If a class is full, you may be placed on ONE wait list. You are contacted when there is a cancellation or if a class is added (depends on facility, coach, participants). Indicate a DAYTIME phone for the wait list!

Youth Athletic T-Shirts Each participant is required to wear the Youth Athletics T-Shirt unless otherwise noted (purchase at Mountain Rentals, Inc. 400 E. Eisenhower Blvd in Loveland).

No Jewelry For the safety of participants, wearing jewelry is not allowed at practices or games. Medic Alert IDs will not be removed; chains should be taped properly to prevent injury.

TeamSideline is used for all sport schedules, tournament dates, information packets, weather notifications and more! Check it out: teamsideline.com/loveland.

Volunteer Coaches Needed! Volunteer coaches are **essential** to our athletic programs! Coaching can be rewarding and the coach's child's player registration fee is waived! Materials and equipment provided. Sign up to coach at teamsideline.com/loveland and click the VOLUNTEER! button.

Weather Cancellations Visit teamsideline.com/loveland. Check up to 30 min. before practice/games are scheduled to begin.

Community Youth Athletic Organizations

Other affiliated associations offering programs in Loveland are:

United Soccer Club - spring/fall soccer
970.461.9358 • unitedsoccerco.org

Loveland Baseball Association - spring/summer/fall baseball
970.670.0540 • lovelandbaseball.org

Loveland Youth Athletic Association (LYAA) - fall tackle football
lyaa.colorado@gmail.com/thelyaa.com

Loveland Swim Club - year-round swim team, summer camps
970.203.1374 • lovelandswimclub.com

These contacts are provided as a courtesy to you and are only suggestions (not exclusively endorsed by the City of Loveland). There are other options available in the surrounding communities.

Fall Amazing Athletes Min/Max: 6/12

These action-packed classes explore the basics of nine different ball sports in a fun, non-competitive learning-based environment. Each class includes kid-friendly cardio, muscle terminology, motor development skills, speed & agility and teamwork.

Location: Small Gym (Tuesday classes held in Hickory Rm)

Age: 1.5-2.5 Parent/Tot *No class 11/26, 11/28, 11/29

Th	9/5-10/3	11:00-11:25A	\$45	460029-1
Th	10/10-11/7	11:00-11:25A	\$45	460029-2
Th	11/14-12/19*	11:00-11:25A	\$45	460029-3
F	9/6-10/4	11:00-11:25A	\$45	460029-4
F	10/11-11/8	11:00-11:25A	\$45	460029-5
F	11/15-12/20*	11:00-11:25A	\$45	460029-6

Age: 2.5-3.5 Toddler *No class 11/26, 11/28, 11/29

Th	9/5-10/3	9:15-9:45A	\$45	460039-1
Th	10/10-11/7	9:15-9:45A	\$45	460039-2
Th	11/14-12/19*	9:15-9:45A	\$45	460039-3
F	9/6-10/4	9:15-9:45A	\$45	460039-4
F	10/11-11/8	9:15-9:45A	\$45	460039-5
F	11/15-12/20*	9:15-9:45A	\$45	460039-6

Age: 3.5-5 Preschool *No class 11/26, 11/28, 11/29

T	9/3-10/1	5:00-5:45P	\$45	460049-1
T	10/8-11/5	5:00-5:45P	\$45	460049-2
T	11/12-12/17*	5:00-5:45P	\$45	460049-3
Th	9/5-10/3	10:00-10:45A	\$45	460049-4
Th	10/10-11/7	10:00-10:45A	\$45	460049-5
Th	11/14-12/19*	10:00-10:45A	\$45	460049-6
F	9/6-10/4	10:00-10:45A	\$45	460049-7
F	10/11-11/8	10:00-10:45A	\$45	460049-8
F	11/15-12/20*	10:00-10:45A	\$45	460049-9

Fall Itty Bitty Ballers Basketball Min/Max 6/10

This is a fun new coed program for boys and girls in kindergarten and 1st grade to learn the fundamentals of basketball in a team setting with modified rules and basket height. All practices/games held at the Chilson Center, Large Gym

Register: 7/8-10/7 Fee: \$47 (Early Bird thru 9/22), \$72 (after 9/22)

Grade: K-1st *No class 11/30

Sa	11/2-12/7*	9:00-10:00A		432021-01
Sa	11/2-12/7*	9:00-10:00A		432021-02
Sa	11/2-12/7*	10:00-11:00A		432021-03
Sa	11/2-12/7*	10:00-11:00A		432021-04
Sa	11/2-12/7*	11:00A-12:00P		432021-05
Sa	11/2-12/7*	11:00A-12:00P		432021-06

Fall Basketball Girls 2nd-3rd Grade Min/Max: 6/10

Learn fundamentals, enhance current skills, develop good sportsmanship and have fun! Practices held at area elementary schools two days a week; games played Saturdays beginning 11/2 at the Chilson Recreation Center and local schools. Required:

*Youth Athletic T-shirts *Non-marking soled shoes *No jewelry.

Register: 7/8-10/7 Fee: \$57 (Early Bird thru 9/22), \$72 (after 9/22)

Grade: 2-3 *No practice/games 11/25, 11/26, 11/27, 11/28, 11/30

T,Th	10/22-12/7*	6:00-7:00P	Carrie Martin	432023-01
M,W	10/21-12/7*	6:00-7:00P	Centennial	432023-02
T,Th	10/22-12/7*	7:00-8:00P	Coyote Ridge	432023-03
M,W	10/21-12/7*	7:00-8:00P	Garfield	432023-04
M,W	10/21-12/7*	6:00-7:00P	Mary Blair	432023-05
T,Th	10/22-12/7*	6:00-7:00P	Monroe	432023-06
T,Th	10/22-12/7*	5:00-6:00P	Namaqua	432023-07
T,Th	10/22-12/7*	7:00-8:00P	Ponderosa	432023-08
T,Th	10/22-12/7*	6:00-7:00P	Winona	432023-09
T,Th	10/22-12/7*	5:00-6:00P	High Plains	432023-10

Fall Basketball Girls 4th-5th Grade Min/Max: 6/10

Learn fundamentals, enhance current skills, develop good sportsmanship and have fun! Practices held at area elementary schools two days a week; games played Saturdays beginning 11/2 at the Chilson Recreation Center and local schools. Required:

*Youth Athletic T-shirts *Non-marking soled shoes *No jewelry.

Register: 7/8-10/7 Fee: \$57 (Early Bird thru 9/22), \$72 (after 9/22)

Grade: 4 *No practice/games 11/25, 11/26, 11/27, 11/28, 11/30

T,Th	10/22-12/7*	7:00-8:00P	Carrie Martin	432024-01
M,W	10/21-12/7*	7:00-8:00P	Centennial	432024-02
T,Th	10/22-12/7*	5:00-6:00P	Coyote Ridge	432024-03
M,W	10/21-12/7*	5:00-6:00P	Garfield	432024-04
M,W	10/21-12/7*	7:00-8:00P	Mary Blair	432024-05
T,Th	10/22-12/7*	5:00-6:00P	Monroe	432024-06
T,Th	10/22-12/7*	6:00-7:00P	Namaqua	432024-07
T,Th	10/22-12/7*	6:00-7:00P	Ponderosa	432024-08
T,Th	10/22-12/7*	7:00-8:00P	Winona	432024-09
T,Th	10/22-12/7*	6:00-7:00P	High Plains	432024-10

Grade: 5 *No practice/games 11/25, 11/26, 11/27, 11/28, 11/30

T,Th	10/22-12/7*	6:00-7:00P	Coyote Ridge	432025-01
M,W	10/21-12/7*	6:00-7:00P	Garfield	432025-02
T,Th	10/22-12/7*	7:00-8:00P	Monroe	432025-03
T,Th	10/22-12/7*	7:00-8:00P	Namaqua	432025-04
T,Th	10/22-12/7*	5:00-6:00P	Ponderosa	432025-05
T,Th	10/22-12/7*	7:00-8:00P	High Plains	432025-06

Fall Flag Football Min/Max: 10/16

This is an instructional program that is designed to teach the fundamentals of football to elementary-aged children. Practices are held two times per week from 5:30-6:30P with games on Saturdays beginning 9/14 at Loveland Sports Park (LSP), fields 6 & 7.

Required: Youth Athletic T-shirt

Register: 7/8-8/12 Fee: \$57 (Early Bird thru 7/28), \$72 (after 7/28)

Grade: 1-2

T,Th	9/5-10/19	5:30-6:30P	Centennial	438101-01
T,Th	9/5-10/19	5:30-6:30P	High Plains	438101-02
M,W	9/4-10/19	5:30-6:30P	Kroh 6	438101-03
M,W	9/4-10/19	5:30-6:30P	Loch Lon 4	438101-04
T,Th	9/5-10/19	5:30-6:30P	Loch Lon 4	438101-05
M,W	9/4-10/19	5:30-6:30P	LSP 6	438101-06
T,Th	9/5-10/19	5:30-6:30P	LSP 6	438101-07
M,W	9/4-10/19	5:30-6:30P	Mehaffey N	438101-08

Grade: 3-4

M,W	9/4-10/19	5:30-6:30P	Centennial	438103-01
T,Th	9/5-10/19	5:30-6:30P	High Plains	438103-02
M,W	9/4-10/19	5:30-6:30P	Kroh 6	438103-03
M,W	9/4-10/19	5:30-6:30P	Loch Lon 4	438103-04
T,Th	9/5-10/19	5:30-6:30P	Loch Lon 4	438103-05
M,W	9/4-10/19	5:30-6:30P	LSP 6	438103-06
T,Th	9/5-10/19	5:30-6:30P	LSP 6	438103-07
T,Th	9/5-10/19	5:30-6:30P	Mehaffey N	438103-08

Grade: 5-6

T,Th	9/5-10/19	5:30-6:30P	High Plains	438105-01
T,Th	9/5-10/19	5:30-6:30P	Kroh 6	438105-02
T,Th	9/5-10/19	5:30-6:30P	Loch Lon 4	438105-03
M,W	9/4-10/19	5:30-6:30P	Mehaffey N	438105-04

**Looking for basketball for boys?
See page 25 for winter classes.**

Practice fields map on page 60

Fall Soccer/Pre-K Instructional Min/Max: 6/10

Drills and fun games are used to introduce soccer basics. Basics are taught during scheduled practice times only. No additional games played on Saturdays. Youth Athletic T-Shirts not required.

Age: 4-6

Register: 7/8-8/12 Fee: \$47 (Early Bird thru 7/28), \$62 (after 7/28)

M,W	9/16-10/9	5:45-6:30P	Kroh 9	433000-01
T,Th	9/17-10/10	5:45-6:30P	Kroh 9	433000-02
M,W	9/16-10/9	4:30-5:15P	Loch Lon 4	433000-03
T,Th	9/17-10/10	5:45-6:30P	Loch Lon 4	433000-04
M,W	9/16-10/9	4:30-5:15P	NL Train 1	433000-05
T,Th	9/17-10/10	5:30-6:15P	Mehaffey A	433000-06

Fall Youth Soccer Leagues

Emphasizes equal participation while learning basic soccer fundamentals and having fun! Practices are two times per week. Games are on Saturdays at Kroh Park beginning 9/14. Youth Athletic T-Shirts and shin guards required. No jewelry.

Fall Soccer/Pre-K League Min/Max 6/8

Age: 4-5

Register: 7/8-8/12 Fee: \$57 (Early Bird thru 7/28), \$72 (after 7/28)

M,W	9/4-10/19	4:30-5:30P	Kroh 3	433004-01
M,W	9/4-10/19	5:30-6:30P	Kroh 3	433004-02
M,W	9/4-10/19	4:30-5:30P	Loch Lon 3	433004-11
M,W	9/4-10/19	5:30-6:30P	Loch Lon 3	433004-12
T,Th	9/5-10/19	4:30-5:30P	LSP 6	433004-21
T,Th	9/5-10/19	5:30-6:30P	LSP 6	433004-22
T,Th	9/5-10/19	4:30-5:30P	NL Train 2	433004-31
T,Th	9/5-10/19	5:30-6:30P	NL Train 2	433004-32

Fall Soccer/Pre-K League Min/Max 6/8

Age: 5-6

Register: 7/8-8/12 Fee: \$57 (Early Bird thru 7/28), \$72 (after 7/28)

T,Th	9/5-10/19	4:30-5:30P	Kroh 3	433006-01
T,Th	9/5-10/19	5:30-6:30P	Kroh 3	433006-02
T,Th	9/5-10/19	4:30-5:30P	Loch Lon 3	433006-11
T,Th	9/5-10/19	5:30-6:30P	Loch Lon 3	433006-12
M,W	9/4-10/19	4:30-5:30P	LSP 6	433006-21
M,W	9/4-10/19	5:30-6:30P	LSP 6	433006-22
M,W	9/4-10/19	4:30-5:30P	NL Train 2	433006-31
M,W	9/4-10/19	5:30-6:30P	NL Train 2	433006-32

Fall Soccer/1st & 2nd Grade Min/Max: 8/12

Register: 7/8-8/12 Fee: \$57 (Early Bird thru 7/28), \$72 (after 7/28)

Boys

M,W	9/4-10/19	4:30-5:30P	Kroh 8	433011-01
T,Th	9/5-10/19	4:30-5:30P	Kroh 8	433011-02
T,Th	9/5-10/19	5:30-6:30P	Loch Lon 2	433011-03
M,W	9/4-10/19	5:30-6:30P	Loch Lon 3	433011-04
M,W	9/4-10/19	4:30-5:30P	LSP 6	433011-05
T,Th	9/5-10/19	5:30-6:30P	LSP 6	433011-06
M,W	9/4-10/19	4:30-5:30P	Namaqua El.	433011-07
T,Th	9/5-10/19	4:30-5:30P	NL Train 1	433011-08
M,W	9/4-10/19	5:30-6:30P	Kroh 8	433011-09

Girls

M,W	9/4-10/19	4:30-5:30P	Kroh 7	433021-01
T,Th	9/5-10/19	4:30-5:30P	Kroh 7	433021-02
M,W	9/4-10/19	4:30-5:30P	Loch Lon 2	433021-03
T,Th	9/5-10/19	5:30-6:30P	Loch Lon 3	433021-04
M,W	9/4-10/19	4:30-5:30P	LSP 6	433021-05
T,Th	9/5-10/19	5:30-6:30P	LSP 6	433021-06
T,Th	9/5-10/19	4:30-5:30P	Namaqua El.	433021-07
T,Th	9/5-10/19	5:30-6:30P	NL Train 1	433021-08

Fall Soccer/3rd & 4th Grade Min/Max 11/14

Register: 7/8-8/12 Fee: \$57 (Early Bird thru 7/28), \$72 (after 7/28)

Boys

M,W	9/4-10/19	4:30-5:30P	Kroh 7	433013-01
M,W	9/4-10/19	5:30-6:30P	Kroh 7	433013-02
T,Th	9/5-10/19	5:30-6:30P	Kroh 7	433013-03
M,W	9/4-10/19	4:30-5:30P	Loch Lon 2	433013-04
M,W	9/4-10/19	5:30-6:30P	LSP 7	433013-05
T,Th	9/5-10/19	4:30-5:30P	LSP 7	433013-06
M,W	9/4-10/19	5:30-6:30P	Namaqua El.	433013-07

Girls

M,W	9/4-10/19	4:30-5:30P	Kroh 8	433023-01
M,W	9/4-10/19	5:30-6:30P	Kroh 8	433023-02
T,Th	9/5-10/19	5:30-6:30P	Kroh 8	433023-03
M,W	9/4-10/19	5:30-6:30P	Loch Lon 2	433023-04
M,W	9/4-10/19	5:30-6:30P	LSP 7	433023-05
T,Th	9/5-10/19	4:30-5:30P	LSP 7	433023-06
T,Th	9/5-10/19	5:30-6:30P	Namaqua El.	433023-07

Fall Soccer/5th & 6th Grade Min/Max 11/14

Register: 7/8-8/12 Fee: \$57 (Early Bird thru 7/28), \$72 (after 7/28)

Boys

M,W	9/4-10/19	5:30-6:30P	Kroh 7	433015-01
M,W	9/4-10/19	5:30-6:30P	Loch Lon 2	433015-02
T,Th	9/5-10/19	5:30-6:30P	LSP 7	433015-03
M,W	9/4-10/19	5:30-6:30P	Namaqua El.	433015-04
M,W	9/4-10/19	4:30-5:30P	Kroh 3	433015-05

Girls

T,Th	9/5-10/19	4:30-5:30P	Kroh 7	433025-01
T,Th	9/5-10/19	5:30-6:30P	Loch Lon 2	433025-02
M,W	9/4-10/19	4:30-5:30P	LSP 7	433025-03
T,Th	9/5-10/19	5:30-6:30P	Namaqua El.	433025-04
T,Th	9/5-10/19	5:30-6:30P	Kroh 8	433025-05
T,Th	9/5-10/19	5:30-6:30P	Kroh 7	433025-06

Fall Coed Youth Volleyball Min/Max: 6/10

This program emphasizes the basics while having fun! Rules may be adapted to meet skill levels of all players. Parents are encouraged to participate as coaches. Practices are held twice per week with games played on Saturday mornings beginning 9/14 at the Chilson Recreation Center.

Register: 7/8-8/12 Fee: \$57 (Early Bird thru 7/28), \$72 (after 7/28)

Grade: 2-3

T,Th	9/5-10/12	5:00-6:15P	Carrie Martin	437002-01
M,W	9/4-10/12	6:30-7:45P	Centennial	437002-02
M,W	9/4-10/12	5:00-6:15P	Coyote Ridge	437002-03
T,Th	9/5-10/12	6:30-7:45P	Coyote Ridge	437002-04
T,Th	9/5-10/12	6:30-7:45P	Monroe	437002-05
T,Th	9/5-10/12	5:00-6:15P	Namaqua	437002-06
M,W	9/4-10/12	5:00-6:15P	Ponderosa	437002-07
T,Th	9/5-10/12	5:00-6:15P	Garfield	437002-08
M,W	9/4-10/12	7:00-8:15P	High Plains	437002-09
T,F	9/3-10/12	5:00-6:15P	St Johns	437002-10

Grade: 4-5

T,Th	9/5-10/12	6:30-7:45P	Carrie Martin	437004-01
M,W	9/4-10/12	5:00-6:15P	Centennial	437004-02
M,W	9/4-10/12	6:30-7:45P	Coyote Ridge	437004-03
T,Th	9/5-10/12	5:00-6:15P	Coyote Ridge	437004-04
T,Th	9/5-10/12	5:00-6:15P	Monroe	437004-05
T,Th	9/5-10/12	6:30-7:45P	Namaqua	437004-06
M,W	9/4-10/12	6:30-7:45P	Ponderosa	437004-07
T,Th	9/5-10/12	6:30-7:45P	Garfield	437004-08
T,Th	9/5-10/12	7:00-8:15P	High Plains	437004-09
T,F	9/3-10/12	5:00-6:15P	St Johns	437004-10

Winter Basketball Boys 2nd-5th Grade

Learn fundamentals, enhance current skills, develop good sportsmanship and have fun! Teams have two one-hour practices a week plus six games on Saturdays beginning 1/25/20 at the Chilson Recreation Center and local schools. Required: *Youth Athletic T-shirts *Non-marking soled shoes *No jewelry.

Register: 10/28-12/9

Fee: \$57 (Early Bird thru 11/24), \$72 (after 11/24)

Grade: 2-3

T,Th	1/14-2/29	4:00-5:00P	Big Thompson	132013-01
T,Th	1/14-2/29	7:00-8:00P	Carrie Martin	132013-02
M,W	1/13-2/29	7:00-8:00P	Centennial	132013-03
M,W	1/13-2/29	6:00-7:00P	Cottonwood	132013-04
T,Th	1/14-2/29	6:00-7:00P	Coyote Ridge	132013-05
T,Th	1/14-2/29	6:00-7:00P	Edmondson	132013-06
M,W	1/13-2/29	7:00-8:00P	Garfield	132013-07
M,W	1/13-2/29	6:00-7:00P	Lincoln	132013-08
M,W	1/13-2/29	7:00-8:00P	Mary Blair	132013-09
T,Th	1/14-2/29	5:00-6:00P	Monroe	132013-10
T,Th	1/14-2/29	5:00-6:00P	Namaqua	132013-11
T,Th	1/14-2/29	6:00-7:00P	Ponderosa	132013-12
T,Th	1/14-2/29	6:00-7:00P	Winona	132013-14
T,Th	1/14-2/29	5:00-6:00P	High Plains	132013-15

Grade: 4

T,Th	1/14-2/29	5:00-6:00P	Big Thompson	132014-01
T,Th	1/14-2/29	5:00-6:00P	Carrie Martin	132014-02
M,W	1/13-2/29	6:00-7:00P	Centennial	132014-03
M,W	1/13-2/29	7:00-8:00P	Cottonwood	132014-04
T,Th	1/14-2/29	5:00-6:00P	Coyote Ridge	132014-05
T,Th	1/14-2/29	7:00-8:00P	Edmondson	132014-06
M,W	1/13-2/29	6:00-7:00P	Garfield	132014-07
M,W	1/13-2/29	7:00-8:00P	Lincoln	132014-08
M,W	1/13-2/29	6:00-7:00P	Mary Blair	132014-09
T,Th	1/14-2/29	6:00-7:00P	Monroe	132014-10
T,Th	1/14-2/29	6:00-7:00P	Namaqua	132014-11
T,Th	1/14-2/29	7:00-8:00P	Ponderosa	132014-12
T,Th	1/14-2/29	5:00-6:00P	Winona	132014-14
T,Th	1/14-2/29	6:00-7:00P	High Plains	132014-15

Grade: 5

T,Th	1/14-2/29	6:00-7:00P	Carrie Martin	132015-01
M,W	1/13-2/29	5:00-6:00P	Centennial	132015-02
M,W	1/14-2/29	5:00-6:00P	Cottonwood	132015-03
T,Th	1/14-2/29	7:00-8:00P	Coyote Ridge	132015-04
T,Th	1/14-2/29	7:00-8:00P	Monroe	132015-05
T,Th	1/14-2/29	7:00-8:00P	Namaqua	132015-06
T,Th	1/14-2/29	5:00-6:00P	Ponderosa	132015-07
T,Th	1/14-2/29	7:00-8:00P	Winona	132015-09
T,Th	1/14-2/29	7:00-8:00P	High Plains	132015-10
T,Th	1/14-2/29	5:00-6:00P	Monroe	132013-10

**Volunteer to coach youth sports!
Share your LOVE of the game.**

Use your knowledge and skills and inspire young players in youth athletics. Free enrollment for your child. Training and background check required. Sign up at teamsideline.com/loveland and click on the **Volunteer** button to get ready to have FUN! Call with questions 970.962.2445.

Ready for a career where you can MAKE A DIFFERENCE?

Have you always wanted to work with children? Are you interested in being your own boss and running your own business? Become a Licensed Family Child Care Provider and make a difference both in your life and in the lives of local families.

The Early Childhood Council of Larimer County offers support to prospective Licensed Child Care Home Providers for pre-licensing requirements and financial assistance.

For more information, contact:

Child Care Outreach Specialist
ccos@ecclc.org or 970-377-3388 ext. 200



Every single day, you'll be making a difference.



ecclc.org

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STAFF SPOTLIGHT

SAVANNAH GARCIA Athletics Specialist



What exactly does it mean when we say "athletics"? Athletics allows for youth and adults to attain the skills and knowledge to be physically active as a part of a healthy lifestyle. I believe being involved in athletics can help boost self-esteem, teach teamwork and problem solving skills, help maintain a healthy life, and promote FUN!

What is your favorite thing about working with the Athletics Division? The comradery between our athletics crew. The sports industry attracts tremendous people who have a shared passion – and that's not always true in other industries; its great knowing that I am part of a team who is willing to do whatever it takes to make sure our athletics are fun, engaging, and safe for everyone. I also really enjoy that our department is super hands on; we go out to practices and games to engage with youth and coaches.

What advice do you have for Lovelanders looking to get involved with Parks & Recreation? Go out and volunteer with our organization! Parks and recreation organizations value people who are eager to help and engage with their communities. Volunteers are an integral element to Loveland Parks & Recreation. They create connections, leave a lasting impact in our community and make fun happen! Contact me at 970.962.2445 or visit teamsideline.com/loveland to volunteer.

TENNIS FOR ALL

Tennis - Parent/Tot Min/Max: 4/8

Introduce your 3-4 year old to the game of tennis. Toddlers bring an adult buddy to help you improve hand/eye coordination, learn exciting games and have fun! Enroll child only.

Age: 3-4 Fee: \$30

Sa	9/7-9/28	11:00-11:45A	D. Webster Ct 1	422401-01
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Tennis - Parent/Child Min/Max: 4/8

A great class for parent and child ages 10+ to bond while learning and improving their game. Enroll both child and adult.

Age: 10+ Fee: \$28 ea.

M	9/9-9/30	6:30-7:30P	Mehaffey Ct 6	422405-70
W	9/11-10/2	6:30-7:30P	Mehaffey Ct 6	422405-71

Tennis - 10 & Under Min/Max: 4/8

This program utilizes the new and exciting 10 & under format which encourages confidence through immediate progress. Smaller racquets, slower and lighter balls and shorter court dimensions make the learning process easier and more fun! Junior racquets and tennis balls provided.

Age: 5-7 Fee: 1x/wk: \$31; 2x/wk: \$49 *No class 10/31

Sa	9/7-9/28	9:00-9:45A	D. Webster Ct 1	421401-01
T,Th	9/10-10/3	5:30-6:15P	D. Webster Ct 1	421401-02
Sa	9/7-9/28	10:00-10:45A	Mehaffey Ct 6	421401-70
M,W	9/9-10/2	4:30-5:15P	Mehaffey Ct 6	421401-71
Sa	10/12-11/2	10:00-10:45A	NL Ct 7	421501-40
T,Th	10/15-11/12*	4:30-5:15P	NL Ct 7	421501-41

Age: 8-10 Fee: 1x/wk: \$34; 2x/wk: \$55 *No class 10/31

Sa	9/7-9/28	10:00-11:00A	D. Webster Ct 1	421410-01
M,W	9/9-10/2	6:30-7:30P	D. Webster Ct 1	421410-02
T,Th	9/10-10/3	4:30-5:30P	D. Webster Ct 1	421410-03
Sa	9/7-9/28	9:00-10:00A	Mehaffey Ct 6	421410-70
M,W	9/9-10/2	5:30-6:30P	Mehaffey Ct 6	421410-71
Sa	10/12-11/2	11:00A-12P	NL Ct 7	421510-40
T,Th	10/15-11/12*	5:15-6:15P	NL Ct 7	421510-41

Tennis - Beginner Min/Max: 4/8

Basic fundamentals are taught and students are introduced to different types of grips, footwork, forehand, backhand, serve, volley and scoring. A great starting point for those who have never played or for those needing to review and master basic skills.

Age: 11-17 1x/wk: \$34; 2x/wk: \$55

M,W	9/9-10/2	5:30-6:30P	D. Webster Ct 1	422410-01
T,Th	9/10-10/3	6:30-7:30P	D. Webster Ct 1	422410-02
Sa	9/7-9/28	11:00A-12P	Mehaffey Ct 6	422410-70
Sa	10/12-11/2	12:00-1:00P	NL Ct 7	422510-40

Age: 18+ 1x/wk: \$34; 2x/wk: \$55 *No Class 10/31

Sa	9/7-9/28	8:00-9:00A	D. Webster Ct 1	423410-01
M,W	9/9-10/2	7:30-8:30P	D. Webster Ct 1	423410-02
T,Th	10/15-11/12*	7:15-8:15P	NL Ct 7	423510-41

**Did you see our drop-in gymnastics opportunities on page 28?
Come run, jump, roll, climb and play!**

Tennis - Intermediate Min/Max: 4/8

The intermediate player should be able to rally using forehands and backhands. Accelerated instruction and drills to improve stroke development & increase confidence in forehand, backhand, serve, return of serve and volley mid-court volleys.

Age: 11-17 Fee: \$55 *No class 10/31

M,W	9/9-10/2	4:30-5:30P	D. Webster Ct 1	422430-01
T,Th	9/10-10/3	7:30-8:30P	D. Webster Ct 1	422430-02
T,Th	10/15-11/12*	6:15-7:15P	NL Ct 7	422530-40

Age: 18+ Fee: 1x/wk: \$34; 2x/wk: \$55

Sa	9/7-9/28	8:00-9:00A	Mehaffey Ct 6	423430-70
Sa	10/12-11/2	9:00-10:00A	NL Ct 7	423530-40

Tennis - Advanced Min/Max: 4/8

Players have more dependable strokes and are able to judge where the ball is going. Introduces strategies for singles and doubles, drills for power, lob, overhead and half volleys.

Age: 18+ Fee: \$74

M,W	9/9-10/2	9:30-11:00A	NL Ct 7	423440-41
M,W	10/14-11/6	10:00-11:30A	NL Ct 7	423540-40

TENNIS: PRIVATE LESSONS

Improve your skills quickly with focused attention! Call 970.962.2437 to request a specific instructor; otherwise, an instructor will contact you to arrange the date, time and location of the lesson once the registration process is complete.

Age: 5+

Private (one-on-one) Enjoy one-on-one time with your instructor and focus on skills that make your game better.

Fee: \$35 (1 person/1hr) 424401-01

Semi-Private (one-on-two) Share a lesson with one or two other people and receive the benefits of a personalized lesson!

Fee: \$28/person (2 people/1hr) 424451-01

Fee: \$25/person (3 people/1hr) 424471-01

Have you signed up to receive athletics e-newsletters and text alerts?

Check out teamsideline.com/loveland and get info for all sport schedules, tournament dates, information packets, weather notifications and more! With a click of a button, you can also sign up for e-newsletters and text alerts. Get connected!



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THERE'S ONLY ONE

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GYMNASTICS & DANCE

Swing to new heights on the high bar in gymnastics classes. Leap or tap your way to better body awareness in dance. Simmer down with Mommy & Me Partner Yoga. Whatever your child's movement style, they'll fall into fun with gymnastics and dance.

Preschool Playtime Min/Max: 4/15

Come run, jump, roll, climb and play in our gymnastics room! Bring an adult buddy to play with. A staff person is present to assist as needed. Space is limited to 15 participants. Pay for child only and present your receipt to the staff person.

Age: 3-6 Fee: \$5 ea.

Tuesdays, 12:30-1:30P

September

9/10	430466-01
9/17	430466-02
9/24	430466-03

October

10/1	430466-04
10/8	430566-01
10/15	430566-02
10/22	430566-03
10/29	430566-04

November

11/5	430666-01
11/12	430666-02
11/19	430666-03
11/26	430666-04

Fridays, 11:00A-12:00P

September

9/13	430467-01
9/20	430467-02
9/27	430467-03

October

10/4	430467-04
10/11	430567-01
10/18	430567-02
10/25	430567-03

November

11/1	430567-04
11/15	430667-01
11/22	430667-02

December

12/6	430667-03
12/13	430667-04

Open Gym Saturdays Min/Max: 4/15

Drop in for extra workouts or practice skills on our equipment in an unstructured, safe environment. An instructor is present to lead a warm-up, set up stations, spot skills and assist.

Location: Gymnastics

Age: 6-16 Fee: \$5 ea.

Saturdays, 1:30-2:30P

September

9/7	430470-01
9/14	430470-02
9/21	430470-03
9/28	430470-04

October

10/5	430570-01
10/12	430570-02
10/19	430570-03
10/26	430570-04

November

11/2	430670-01
11/16	430670-02
11/23	430670-03

December

12/7	430670-04
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**Drop in and RUN,
JUMP, ROLL,
CLIMB & PLAY!**

Flip Out With a Gymnastics Party! Celebrate your birthday with your friends in the gymnastics room with facilitated activities. Visit cityofloveland.org/birthdayparties for detailed info. We also offer swim parties. Call 970.962.2468 and get ready for FUN!

Parent/Tot Tumbling Min/Max: 4/12

Spend time with your little one while helping them increase spatial awareness, gross motor and social skills through fun obstacle courses, swinging on bars and balancing on beams. Basic safety and spotting covered. An adult buddy is required; all children participating must be registered. Location: Gymnastics

Age: 1.5-3 *No class 11/9, 11/27, 11/28, 11/29, 11/30				
Sa	9/7-9/28	9:00-9:30A	\$29	430401-01
M	9/9-9/30	10:15-10:45A	\$29	430401-02
M	9/9-9/30	6:00-6:30P	\$29	430401-03
T	9/10-10/1	9:00-9:30A	\$29	430401-04
W	9/11-10/2	9:30-10:00A	\$29	430401-05
Th	9/12-10/3	10:00-10:30A	\$29	430401-06
F	9/13-10/4	10:30-11:00A	\$29	430401-07
Sa	10/5-10/26	9:00-9:30A	\$29	430501-01
M	10/7-10/28	10:15-10:45A	\$29	430501-02
M	10/7-10/28	6:00-6:30P	\$29	430501-03
T	10/8-10/29	9:00-9:30A	\$29	430501-04
W	10/9-10/30	9:30-10:00A	\$29	430501-05
Th	10/10-10/31	10:00-10:30A	\$29	430501-06
F	10/11-11/1	10:30-11:00A	\$29	430501-07
Sa	11/2-12/7*	9:00-9:30A	\$29	430601-01
M	11/4-11/25	10:15-10:45A	\$29	430601-02
M	11/4-11/25	6:00-6:30P	\$29	430601-03
T	11/5-11/26	9:00-9:30A	\$29	430601-04
W	11/6-12/4*	9:30-10:00A	\$29	430601-05
Th	11/7-12/5*	10:00-10:30A	\$29	430601-06
F	11/15-12/13*	10:30-11:00A	\$29	430601-07

Wiggle Worms Min/Max: 4/6

Get your wiggles out as we move, tumble, climb, bounce & swing! A transitional class for 3 year olds seeking more independence Parent participation optional. Location: Gymnastics

Age: 3 *No class 11/27, 11/29				
M	9/9-9/30	11:00-11:30A	\$29	430403-01
T	9/10-10/1	10:30-11:00A	\$29	430403-02
W	9/11-10/2	9:00-9:30A	\$29	430403-03
F	9/13-10/4	9:45-10:15A	\$29	430403-04
M	10/7-10/28	11:00-11:30A	\$29	430503-01
T	10/8-10/29	10:30-11:00A	\$29	430503-02
W	10/9-10/30	9:00-9:30A	\$29	430503-03
F	10/11-11/1	9:45-10:15A	\$29	430503-04
M	11/4-11/25	11:00-11:30A	\$29	430603-01
T	11/5-11/26	10:30-11:00A	\$29	430603-02
W	11/6-12/4*	9:00-9:30A	\$29	430603-03
F	11/15-12/13*	9:45-10:15A	\$29	430603-04

Tumbling Tots Min/Max: 4/6

Experience obstacle courses, increase strength, balance and flexibility in a fun, creative environment while enhancing socialization and independence. Explore the bars, beams, vault, trampoline and tumbling in this fun-filled class!

Location: Gymnastics

Age: 3-4				
Sa	9/7-9/28	9:45-10:30A	\$35	430406-01
M	9/9-9/30	11:30A-12:15P	\$35	430406-02
T	9/10-10/1	9:45-10:30A	\$35	430406-03
W	9/11-10/2	10:15-11:00A	\$35	430406-04
W	9/11-10/2	4:30-5:15P	\$35	430406-05
Th	9/12-10/3	10:45-11:30A	\$35	430406-06
F	9/13-10/4	9:00-9:45A	\$35	430406-07

Tumbling Tots (continued)

Location: Gymnastics

Age: 3-4 *No class 11/9, 11/27, 11/28, 11/29, 11/30				
Sa	10/5-10/26	9:45-10:30A	\$35	430506-01
M	10/7-10/28	11:30A-12:15P	\$35	430506-02
T	10/8-10/29	9:45-10:30A	\$35	430506-03
W	10/9-10/30	10:15-11:00A	\$35	430506-04
W	10/9-10/30	4:30-5:15P	\$35	430506-05
Th	10/10-10/31	10:45-11:30A	\$35	430506-06
F	10/11-11/1	9:00-9:45A	\$35	430506-07
Sa	11/2-12/7*	9:45-10:30A	\$35	430606-01
M	11/4-11/25	11:30A-12:15P	\$35	430606-02
T	11/5-11/26	9:45-10:30A	\$35	430606-03
W	11/6-12/4*	10:15-11:00A	\$35	430606-04
W	11/6-12/4*	4:30-5:15P	\$35	430606-05
Th	11/7-12/5*	10:45-11:30A	\$35	430606-06
F	11/15-12/13*	9:00-9:45A	\$35	430606-07

Tumble Mania Min/Max: 4/8

Is your child constantly jumping, rolling, flipping and bouncing? This class will teach them how to safely do those things and much more. Learn rolls, handstands, cartwheels, roundoffs, backbends and handstands. Most skills and drills will first be learned on the Tumbl Trak trampoline then progress to the floor exercise mat. As the child progresses, more advance tumbling skills are introduced.

Location: Gymnastics

Age: 3.5-5 *No class 11/29				
M	9/9-9/30	12:30-1:15P	\$35	430408-01
T	9/10-10/1	11:15A-12:00P	\$35	430408-02
F	9/13-10/4	12:15-1:00P	\$35	430408-03
M	10/7-10/28	12:30-1:15P	\$35	430508-01
T	10/8-10/29	11:15A-12:00P	\$35	430508-02
F	10/11-11/1	12:15-1:00P	\$35	430508-03
M	11/4-11/25	12:30-1:15P	\$35	430608-01
T	11/5-11/26	11:15A-12:00P	\$35	430608-02
F	11/15-12/13*	12:15-1:00P	\$35	430608-03
Age: 6-12 *No class 11/27				
W	9/11-10/2	7:00-8:00P	\$42	430409-01
W	10/9-10/30	7:00-8:00P	\$42	430509-01
W	11/6-12/4*	7:00-8:00P	\$42	430609-01

Kidnastics Min/Max: 4/8

Age-appropriate skills are taught through the use of obstacle courses and fun stations for the development of strength, balance and flexibility. Introduction to basic gymnastic skills on the bars, beam, vault and floor exercise. Location: Gymnastics

Age: 4-5				
Sa	9/7-9/28	10:30-11:30A	\$42	430410-01
M	9/9-9/30	9:15-10:00A	\$35	430410-02
M	9/9-9/30	1:15-2:00P	\$35	430410-03
M	9/9-9/30	5:00-5:45P	\$35	430410-04
W	9/11-10/2	5:15-6:00P	\$35	430410-05
Th	9/12-10/3	11:30A-12:15P	\$35	430410-06
F	9/13-10/4	1:00-1:45P	\$35	430410-07
Sa	10/5-10/26	10:30-11:30A	\$42	430510-01
M	10/7-10/28	9:15-10:00A	\$35	430510-02
M	10/7-10/28	1:15-2:00P	\$35	430510-03
M	10/7-10/28	5:00-5:45P	\$35	430510-04
W	10/9-10/30	5:15-6:00P	\$35	430510-05
Th	10/10-10/31	11:30A-12:15P	\$35	430510-06
F	10/11-11/1	1:00-1:45P	\$35	430510-07

More Kidnastics classes on next page

Kidnastics (continued)

Location: Gymnastics

Age: 4-5 *No class 11/9, 11/27, 11/28, 11/29, 11/30

Sa	11/2-12/7*	10:30-11:30A	\$42	430610-01
M	11/4-11/25	9:15-10:00A	\$35	430610-02
M	11/4-11/25	1:15- 2:00P	\$35	430610-03
M	11/4-11/25	5:00- 5:45P	\$35	430610-04
W	11/6-12/4*	5:15- 6:00P	\$35	430610-05
Th	11/7-12/5*	11:30A-12:15P	\$35	430610-06
F	11/15-12/13*	1:00- 1:45P	\$35	430610-07

Advanced Kidnastics Min/Max: 4/8

For those 4 & 5 year olds who are ready for more advanced skills.

Instructor approval required. Location: Gymnastics

Age: 4-5 *No class 11/27, 11/28

W	9/11-10/2	5:15-6:00P	\$35	430415-01
Th	9/12-10/3	12:30-1:15P	\$35	430415-02
W	10/9-10/30	5:15-6:00P	\$35	430515-01
Th	10/10-10/31	12:30-1:15P	\$35	430515-02
W	11/6-12/4*	5:15-6:00P	\$35	430615-01
Th	11/7-12/5*	12:15-1:00P	\$35	430615-02

Intro to Gymnastics Min/Max: 4/8

New to gymnastics? This is the place to start! You will be introduced to all apparatus and terminology and be prepared for Novice Level 1.

Location: Gymnastics

Age: 6-12 *No class 11/9, 11/27, 11/28, 11/30

Sa	9/7-9/28	11:30A-12:30P	\$42	430417-01
M	9/9-9/30	6:45-7:45P	\$42	430417-02
T,Th	9/10-10/3	4:30-5:30P	\$57	430417-03
W	9/11-10/2	6:00-7:00P	\$42	430417-04
Sa	10/5-10/26	11:30A-12:30P	\$42	430517-01
M	10/7-10/28	6:45-7:45P	\$42	430517-02
T,Th	10/8-10/29	4:30-5:30P	\$50	430517-03
W	10/9-10/30	6:00-7:00P	\$42	430517-04
Sa	11/2-12/7*	11:30A-12:30P	\$42	430617-01
M	11/4-11/25	6:45-7:45P	\$42	430617-02
T,Th	11/5-12/3*	4:30-5:30P	\$57	430617-03
W	11/6-12/4*	6:00-7:00P	\$42	430617-04

Novice Level 1 Min/Max: 4/8

The fundamentals of gymnastics are taught on each event - vault, uneven bars, balance beam and floor exercise.

Location: Gymnastics

Age: 6-12 *No class 11/9, 11/27, 11/28, 11/30

Sa	9/7-9/28	11:30A-12:30P	\$42	430420-01
M	9/9-9/30	6:45-7:45P	\$42	430420-02
T,Th	9/10-10/3	4:30-5:30P	\$57	430420-03
W	9/11-10/2	6:00-7:00P	\$42	430420-04
Sa	10/5-10/26	11:30A-12:30P	\$42	430520-01
M	10/7-10/28	6:45-7:45P	\$42	430520-02
T,Th	10/8-10/29	4:30-5:30P	\$50	430520-03
W	10/9-10/30	6:00-7:00P	\$42	430520-04
Sa	11/2-12/7*	11:30A-12:30P	\$42	430620-01
M	11/4-11/25	6:45-7:45P	\$42	430620-02
T,Th	11/5-12/3*	4:30-5:30P	\$57	430620-03
W	11/6-12/4*	6:00-7:00P	\$42	430620-04

**Children perform better when
parents and siblings observe from
the viewing area. Thank you!**

Beginner Level 2 Min/Max: 4/8

For those who have completed and mastered the skills in Novice Level 1 and are ready for more challenging skills.

Location: Gymnastics

Age: 6-12 *No class 11/9, 11/27, 11/28, 11/30

Sa	9/7-9/28	12:30-1:30P	\$42	430425-01
T,Th	9/10-10/3	5:30-6:30P	\$57	430425-02
W	9/11-10/2	7:00-8:00P	\$42	430425-03
Sa	10/5-10/26	12:30-1:30P	\$42	430525-01
T,Th	10/8-10/29	5:30-6:30P	\$50	430525-02
W	10/9-10/30	7:00-8:00P	\$42	430525-03
Sa	11/2-12/7*	12:30-1:30P	\$42	430625-01
T,Th	11/5-12/3*	5:30-6:30P	\$57	430625-02
W	11/6-12/4*	7:00-8:00P	\$42	430625-03

Advanced Beginner Level 3 Min/Max: 4/8

This level continues to build a strong foundation of skills on each event. Location: Gymnastics

Age: 6-12 *No class 11/28

T,Th	9/10-10/3	5:30-6:30P	\$57	430430-01
T,Th	10/8-10/29	5:30-6:30P	\$50	430530-02
T,Th	11/5-12/3*	5:30-6:30P	\$57	430630-01

Intermediate Level 4 Min/Max: 4/8

A more involved class focusing on fine tuning and correct execution of all skills on each event while continuing to learn new ones.

Location: Gymnastics

Age: 6-12 *No class 11/28

T,Th	9/10-10/3	6:30-8:00P	\$72	430435-01
T,Th	10/8-10/29	6:30-8:00P	\$63	430535-01
T,Th	11/5-12/3*	6:30-8:00P	\$72	430635-01

Intermediate Level 5 Min/Max: 4/8

This level corresponds with USAG Level 5 in which advanced skills, strength and flexibility are emphasized. Location: Gymnastics

Age: 6-12 *No class 11/28

T,Th	9/10-10/3	6:30-8:00P	\$72	430440-01
T,Th	10/8-10/29	6:30-8:00P	\$63	430540-01
T,Th	11/5-12/3*	6:30-8:00P	\$72	430640-01

Homeschool Gymnastics Min/Max: 4/8

Join other homeschoolers for an hour of fun gymnastics. We will utilize our developmental program curriculum to ensure growth and progress in a fun and safe environment. A great way to incorporate physical education into your homeschool curriculum.

Location: Gymnastics

Age: 5-16 *No class 11/27

W	9/11-10/2	11:15A-12:15P	\$42	430450-01
W	10/9-10/30	11:15A-12:15P	\$42	430550-01
W	11/6-12/4*	11:15A-12:15P	\$42	430650-01

Adult Gymnastics Fitness Min/Max: 4/8

Round out your fitness routine with this unique class! We will teach and use basic gymnastics skills and equipment to increase whole body strength, flexibility and cardio. No gymnastics experience necessary! Location: Gymnastics

Age: 16+ *No class 11/28

Th	9/12-10/3	9:00-9:45A	\$35	430480-01
Th	10/10-10/31	9:00-9:45A	\$35	430580-01
Th	11/7-12/5*	9:00-9:45A	\$35	430680-01

DANCE | MOVEMENT

Mommy & Me: Partner Yoga Min/Max: 4/12

Introduce your child to calming connections through partner poses, visualization stories and group games. *Single day enrollments are available for \$6, or save money by enrolling in all class dates in a session. Location: Fitness/Dance Rm Instructor: Nicole Kutella

Age: 2-4

Sa	9/7-9/28	9:45-10:30A	\$6 \$20*	457049-1
Sa	10/5-10/26	9:45-10:30A	\$6 \$20*	457049-2
Sa	11/2-11/23	9:45-10:30A	\$6 \$20*	457049-3

Mommy & Me: Dance Min/Max: 4/10

Introduce your child to the very basics of ballet, tap and jazz. Movement skills will be enhanced while utilizing developmentally appropriate music and props. Ballet shoes are recommended, but not required. Class fee includes 1 child and 1 adult only (no additional, unregistered siblings please).

Location: Fitness/Dance Rm Instructor: Debby Jantzen

Age: 2.5-5 *No class 11/26

T	9/17-10/8	10:30-11:10A	\$28	457009-1
T	10/15-11/5	10:30-11:10A	\$28	457009-2
T	11/12-12/10*	10:30-11:10A	\$28	457009-3

Tiny Hip Hop Min/Max: 4/12

Get your jam on and learn basic hip hop dance techniques in this high-energy class for your youngest dancer.

Location: Fitness/Dance Rm Instructor: Nicole Kutella

Age: 2.5-4

Sa	9/7-9/28	10:40-11:25A	\$48	457039-1
Sa	10/5-10/26	10:40-11:25A	\$48	457039-2
Sa	11/2-11/23	10:40-11:25A	\$48	457039-3

Ballet, Tap & Jazz Techniques Min/Max: 4/10

Introduce your child to beginning ballet, jazz rhythm and movement skills. Children benefit by building memory, concentration, coordination, creativity and self-confidence in a positive atmosphere. Ballet shoes are recommended but not required. Location: Fitness/Dance Rm Instructor: Debby Jantzen

Age: 3.5-6 *No class 11/26

T	9/17-10/8	11:20A-12:00P	\$29	457029-1
T	10/15-11/5	11:20A-12:00P	\$29	457029-2
T	11/12-12/10*	11:20A-12:00P	\$29	457029-3

Youth Dance: Movement & Floor Gymnastics

Beginning dancers smile and learn the basics of putting together a choreographed dance. Elements of floor gymnastics including breathing and stretching are used for warm-ups and cool-downs.

Min/Max: 3/8 Location: Gymnastics Instructor: Marcy Littrell

Age: 4-6

M	9/9-9/30	4:00-4:45P	\$24	458149-1
M	10/7-10/28	4:00-4:45P	\$24	458149-2
M	11/4-11/25	4:00-4:45P	\$24	458149-3

Zumba® Kids Jr Min/Max: 4/12

This is a dance 'n' play party for little feet where pint-sized animals get silly, dream big and begin their journey to a healthy future. Kids have a chance to socialize, move to age-appropriate music and play games with peers. Location: Hickory Instructor: Sarah Vrem

Age: 4-6

W	9/4-9/25	5:30-6:10P	\$24	457209-1
W	10/2-10/23	5:30-6:10P	\$24	457209-2
W	10/30-11/20	5:30-6:10P	\$24	457209-3

NEW! Beginning Irish Dance Min/Max: 6/12

The Avoca Irish Dance Academy (formerly Moriarty-Moffitt School of Longmont) has arrived in Loveland! Children are introduced to Irish dance techniques such as turn out, good posture, timing, arching feet, elevation and toe height. Champion Irish dance instructors lead students in learning their first soft-shoe Irish dances. Parents: join us on the final day of each session for a fun presentation! Location: 649 N. Denver Ave

Age: 5-12

W,F	9/4-9/25	4:30-5:30P	\$62	461809-1
W,F	10/2-10/23	4:30-5:30P	\$62	461809-2
W,F	10/30-11/20	4:30-5:30P	\$62	461809-3

Youth Hip Hop Min/Max: 4/12

Get your groove on in this high-energy class, learning basic hip-hop techniques and a short routine. Kids gain confidence while they dance! Location: Fitness/Dance Rm Instructor: Nicole Kutella

Age: 5-8

Sa	9/7-9/28	11:30A-12:15P	\$48	458009-1
Sa	10/5-10/26	11:30A-12:15P	\$48	458009-2
Sa	11/2-11/23	11:30A-12:15P	\$48	458009-3

NEW! Come Dance With Me! Min/Max: 4/12

An inclusive, free-flow dance class designed specially for those with adaptive needs or for those more hesitant to get involved in a structured dance program. Socialize with family and peers while expressing emotion through active movement.

Location: Fitness/Dance Rm Instructor: Nicole Kutella

Age: 6-12

Sa	10/12-11/16	1:40-2:20P	\$38	458029-1
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Youth Dance: Beginning Ballet with Pilates

Beginning dancers have fun while they learn the basics of ballet, incorporating Pilates techniques to help build a strong core through balance, coordination, good posture and flexibility. Min/Max: 3/8

Location: Gymnastics Instructor: Marcy Littrell

Age: 7-10

F	9/6-9/27	4:15-5:05P	\$28	458159-1
F	10/4-10/25	4:15-5:05P	\$28	458159-2
F	11/1-11/22	4:15-5:05P	\$28	458159-3

Zumba® Kids Min/Max: 4/12

The perfect program for your younger Zumba® fan! Students get to be active and jam out to their favorite age-appropriate music with moves that get them movin' to the beat. It is all about feeling fearless on the dance floor and dancing like no one is watching!

Location: Fitness/Dance Rm Instructor: Sarah Vrem

Age: 7-11

M	9/9-10/14	5:30-6:10P	\$30	458209-1
M	10/21-11/18	5:30-6:10P	\$25	458209-2

Lyrical Dance Min/Max: 4/12

Pour your emotions into motion with this freestyle dance class.

Students learn age-appropriate, contemporary moves to their favorite hit music. Location: Hickory Instructor: Nicole Kutella

Age: 7-12

T	9/10-10/15	4:15-4:55P	\$28	458019-1
T	10/22-11/19	4:15-4:55P	\$24	458019-2

**Looking for adult dance classes?
See page 48 and try something new.**



The 37th Annual

Ski & Sports SWAP

Friday, November 8
5:00 - 8:30P

Saturday, November 9
9:00A - 2:00P

CLOSEOUT DISCOUNT SALE: SAT, 12:00 - 2:00P

Chilson Recreation Center | 700 E. Fourth St. | 970.962.2FUN

SELL old Stuff! **BUY** New Stuff!

Sell your gently used equipment or buy some great SKI and SPORTS EQUIPMENT at a fraction of the cost. Discounted lift tickets, food trucks, giveaways and door prizes add to the fun! Volunteers needed - contact us!

This event raises funds for Parks & Recreation events and for youth scholarships through the Parks & Recreation Foundation.



Questions? 970.962.2446 or cityofloveland.org/skiswap

NEW!

Chilson

32-MILE CHALLENGE

NOVEMBER 1 - DECEMBER 19

To celebrate Chilson's 32nd anniversary we are hosting a

VIRTUAL CHALLENGE

for the Loveland community.

You have **50 DAYS** to complete the challenge with the option to do it on **FOOT** (walking or running), on **BIKE** (stationary or group cycling) or in the **WATER** (swimming).

**RUN 32 miles | BIKE 96 miles
or SWIM 8 miles**

Mix and match activities with this self-tracking challenge. Register and pick up your mileage log at the Chilson front desk (available beginning 10/29). Successfully complete the challenge and receive a t-shirt, finisher medal and prize drawing entry. Come to the celebration event on Friday, 12/20 from 4:30-6:00P at Chilson!

Begins Nov 1 • Fee: \$32 #499932-1

REGISTER cityofloveland.org/webtrac
or at the Chilson front desk

AGE: 12+

FOR ALL LEVELS

WORK AT YOUR OWN PACE

MORE INFO: 970.962.2FUN



Chilson
Recreation Center





PRESCHOOL

Calling all early learners! Explore nature with Wild Within Reach, enjoy a family night hike or prep your youngsters for preschool with our Preschool Prep Series. At Loveland Parks & Recreation, we love our littles.

FALL 2019 SMALL FRIES PRESCHOOL



A quality rated licensed childcare for 3 to 5 year olds that includes a balance of play-based, child-directed discovery and teacher-led, small group activities. Kindergarten-readiness is ensured through the encouragement of self-regulation, critical thinking and problem-solving skills. The Small Fries Preschool program follows the Colorado Early Learning & Developmental Guidelines to build curriculum in the following content areas:

- Social/Emotional Development
- Cognitive Development
- Language & Early Literacy
- Fine & Gross Motor Skills
- Creative Arts Expression
- Health & Physical Development
- Logic & Reasoning
- Approaches to Learning

REGISTRATION FOR FALL 2019 BEGAN FEBRUARY 1, 2019.
 REGISTRATION IS NOT AVAILABLE ONLINE.
 Visit cityofloveland.org/smallfries to download a registration form and submit it in person at the Chilson Center. Open spaces are filled on a first-come, first-served basis.

For more information or to schedule a tour, call 970.962.2467.

- An annual, non-refundable registration fee of \$35 is due at the time of enrollment. Session fees may be paid in full or broken down into monthly tuition payments that are due on the 1st of each month during the session.
- The Fall 2019 session runs September 3 through December 20 and generally follows the Thompson School District calendar for district-wide holiday breaks and other school closures. Orientation meetings will be held the week of August 19. The Chilson Center is CLOSED August 26-September 2 for maintenance and training.
 *No classes held 10/4, 10/10, 10/11, 11/27, 11/28, 11/29

Pre-K: age: 4-5				
M-W	9/3-12/18*	9:00-11:30A	\$736	555019-1
M-W	9/3-12/18*	12:30-3:00P	\$736	555019-2
Preschool: age: 3-4				
Th,F	9/5-12/20*	9:00-11:30A	\$378	555019-3
Th,F	9/5-12/20*	12:30-3:00P	\$378	555019-4

Family Night Hike: Nocturnal Animals & Echolocation

Min/Max: 10/30

Meet at River's Edge Natural Area for a fun, family-oriented discussion about creatures of the night including bats and owls. Learn about echolocation, play flashlight games and take a short walk on the Rec Trail. Program will meet in most weather conditions - dress accordingly! No registration/fee required for children under 2 years. Location: River's Edge, 960 W. First St.

All ages

Individual

W	10/30	6:30-7:30P	\$5	460419-1
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Family - up to 4 people

W	10/30	6:30-7:30P	\$15	460419-2
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NEW! Key Magia Music Classes

Encourage the development of your child's musical skills with a curriculum that captures children's imagination and builds connections between music, movement and early learning. Classes are designed to teach foundational music skills and also to promote increased attention span, impulse control and language skills. Location: Oak

Age: 1.5-4.5 (with required accompanying adult)

Musical Families Join in with other children and caregivers as we play and explore music together! Fun activities begin to build music competency and lay a foundation for a lifetime love of music. Musical play includes singing, dancing, finger plays, scarf games and instrument play. Simple echo games help young children begin to hear basic rhythm and melody patterns, the building blocks of music. An adult caregiver is required to attend with each enrolled child or sibling group. Full adult participation is needed to interact with and assist each child.

Min/Max: 4/12 ***No class 11/28**

Th	9/12-10/17	9:30-10:15A	\$28	460719-1
Th	10/24-12/5*	9:30-10:15A	\$28	460719-2

Age: 4-6

Musical Child Cultivate your child's musical development through singing, echoing, ensemble playing and learning tonal and rhythm patterns. Children participate in simple ensembles and focused listening times as well as singing and movement activities. Experimenting with vocal sounds and "drawing" these sounds on paper will lead to creating simple compositions.

Min/Max: 4/10 ***No class 11/28**

Th	9/12-10/17	3:00-4:00P	\$36	460729-1
Th	10/24-12/5*	3:00-4:00P	\$36	460729-2

NEW! Nature-Based Education with Wild Within Reach

Min/Max: 4/10

Learn about nature, explore the outdoors and get WILD right here in our own backyard. Children reconnect with nature in their own community while cultivating a lifelong connection with the outdoors. Programs spend time outdoors - please dress your child in layers for all weather conditions, including appropriate closed-toe shoes that can get dirty. Location: Oak

Age: 2-5 Wild Tykes See page 36 for ages 5-12

Wild About Bugs & Invertebrates! Catch bugs, learn how they grow and why they are important.

W	9/11-10/2	2:00-2:45P	\$38	460409-1
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Wild About Fall: Trees & Tracks Learn what plants and animals are doing to prepare for winter.

W	10/30-11/20	2:00-2:45P	\$38	460409-2
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Early Learners Preschool Prep Series

Children get the hands-on experience they need to start school with excitement. These targeted prep classes focus on the social-emotional AND academic skills they need to take their love of learning to the next level. One adult per child is welcome to stay but is encouraged to initiate the drop-off process. Children are not required to be fully toilet-trained; however, caregivers must remain onsite as restrooms are located outside the classroom.

Min/Max: 4/12 Location: Oak

Age 2-3.5 (Tuesdays)

Age 3-4.5 (Fridays)

Awesome Autumn Colors Children explore the world of colors with inspiration from the changing seasons, identifying colors in the environment around them and practicing color-mixing.

T	9/17-10/8	9:30-11:00A	\$42	455309-1
F	9/20-10/11	9:30-11:00A	\$42	455309-2

Fairy Tale Fun Children use their imagination to step into the world of knights, princesses and castles, all the while learning and engaging in songs, dramatic play and fantastical art.

T	10/15-11/5	9:30-11:00A	\$42	455319-1
F	10/18-11/8	9:30-11:00A	\$42	455319-2

Chica, Chica, Count With Me Using the book *Chica Chica 123* as a springboard, children explore numbers through art, games and songs all centered on counting and grouping.

***No class 11/26, 11/29**

T	11/12-12/10*	9:30-11:00A	\$42	455329-1
F	11/15-12/13*	9:30-11:00A	\$42	455329-2

Family Barn Days at Zippity Zoo Barnyard

Registrations are per person. Children under 2 years are free. Leave all pets at home and dress for a working farm. Bring your camera and a picnic lunch while the kids explore the tree house and horse swings in the Fun Zone. Min/Max: 5/30 Location: 6921 Ridge Valley Ct.

Age: 2+

Kids Mornings on the Farm Tour the farm and visit with animals including free-range chickens, potbelly pigs and beautiful alpacas. Meet Ricky & Bobby our friendly goats, Jazzman the "kissing" llama and Daffy and the devilish ducks! Little farmers will help to feed and water their new friends and practice doing real farm chores.

Guided Tour & Story Time (age 2-5)

Sa	9/7	9:30-11:00A	\$5	460309-1
M	9/16	9:30-11:00A	\$5	460309-2

Self-Guided Tour & Scavenger Hunt (age 5+)

Sa	9/7	11:00A-1:00P	\$5	461609-1
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Pumpkin Patch Play Date (all ages) Schedule a play date with family and friends and come explore a working farm. Come anytime between 10A and 12P, but farm closes promptly at noon. Receive \$1 off price of pumpkins with registration.

F	10/4	10:00A-12:00P	\$5	460319-1
F	10/11	10:00A-12:00P	\$5	460319-2

Dribble, shoot, score!

See page 23 for tot sports - Amazing Athletes and Itty Bitty Ballers Basketball.

Let kids get out their wiggles with yoga, gymnastics & dance classes on page 28.



YOUTH & TEENS

Find a place to call your own during winter break with Adventure Bound Day Camp, or get your wheels rolling in a scooter/BMX clinic. Prefer four wheels? Check out SkateStart and learn to skateboard so you can olly all over town.

Scooter & BMX Clinic Min/Max: 5/15

Pro Scooter and BMX introduction. We will go through set-up and beginner to intermediate tricks. The first class will be at Mehaffey Skate Park and the second class will be at Loveland Sports Park. Bring your scooter/bike and a helmet.

Age: 5-14

Su	9/8-9/15	9:00-10:30A	\$100	453914-1
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NEW! Nature-Based Education with Wild Within Reach Min/Max: 4/15

Learn about nature, explore the outdoors and get WILD right here in our own backyard. Children reconnect with nature in their own community while cultivating a lifelong connection with the outdoors. Programs spend time outdoors - please dress your child in layers for all weather conditions, including appropriate closed-toe shoes that can get dirty. Location: Oak

Age: 5-12 Wild Child See page 35 for ages 2-5

Wild About Bugs & Invertebrates! Catch bugs, learn how they grow and why they are important.

W	9/11-10/2	4:00-5:00P	\$46	461409-1
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Wild About Fall: Trees & Tracks Learn what plants and animals are doing to prepare for winter.

W	10/30-11/20	4:00-5:00P	\$46	461409-2
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Adventure Bound Day Camps Min/Max: 6/22

Children spend school days out and holiday breaks at the Chilson Center in our full-day licensed child care programs. A variety of crafts, games, enrichment activities and off-site field trips will keep brains and bodies actively engaged in a healthy dose of FUN!

More info on daily activity schedules, program policies and required online camper profiles available after registration. **An additional non-refundable \$35 annual registration fee is due at the time of enrollment (not applicable if already paid earlier in 2019).**

Age: 5-12 Time: 7:30A-5:30P *includes pizza lunch

School Days Out

F	10/4	Pumpkin Patch	\$42	456409-1
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Winter Break Camps - registration closes 12/16

M	12/23	Chilson Pool	\$42	456709-1
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F	12/27	Bowling/Movie	\$42	456709-2
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M	12/30	NYE Glow Party	\$42	456709-3
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F	1/3	Snow Tube Trip*	\$60	456709-4
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SkateStart 1-Day Camp Min/Max: 4/14

Your little ripper will develop their skills, learning drop-ins, ollies and more. Other activities: skateboard assembly, scavenger hunts, proper pad usage, fun games and ventures throughout the park. Kids will have a blast and make new friends. A helmet and proper shoes are required. SkateStart patented skateboards are provided.

NEW! Skatestart is offering its skateboards for purchase - call 970.962.2446. Bring water. Sunscreen provided by *Sun Bum*.

Instructor: Patrick O'Toole Location: Mehaffey Park, 3350 W. 29th St.

Age: 5-12

F	10/4	9:00A-12:00P	\$65	453913-1
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GPS Family Treasure Hunt - see page 42

LEGO® with Play-Well TEKnologies Min/Max: 6/12

Gear up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Location: Party Rm
Age: 6-12

Halloween Creations Get spooky and get into the Halloween spirit with LEGO® spiders, bats, ghosts or haunted houses.

F 10/11 9:00A-12:00P \$36 461119-1

Winter Wonderland Workshop Apply engineering, architecture, creativity and fun to create motorized contraptions like snowmobiles, gondolas, a hilltop village or slopes for LEGO® skiers and sleds.

Th,F 12/26-12/27 9:00A-12:00P \$71 461129-1

Colorado Youth Adventures Trip Min/Max: 4/12

Join other Rec districts around Colorado for some extreme fun! Fee includes transportation from the Chilson Center, admission to all activities and supervision throughout the day. Additional waivers may be required. More details provided on registration receipts. Location: Chilson Lobby

Age: 10-14

Stanley Hotel Ghost Tour Immerse yourself in the rich story of the historic Stanley Hotel. Meet Mr. F.O. Stanley, his wife Flora, Stephen King and other noteworthy visitors of last 110 years.

Explore the hotel, ask questions and perhaps leave with a few stories of your own. Lunch cost is included in trip fee.

Sa 10/26 9:30A-3:00P \$45 456309-1

See pages 14-15 for Tae Kwon-Do, Krav Maga and Fencing for Youth.

Babysitter Course Series Min/Max: 6/20

Comprehensive skills-based classes cover topics including business and leadership principles, discipline, communication, safe play, basic care for infants and children, disaster preparedness and responding to emergencies. Taking the Ultimate Babysitter's Boot Camp first is recommended; however, classes can be taken individually based on personal preference. For detailed info on individual courses visit cityofloveland.org/webtrac. Location: Chilson

Age: 11-16

Ultimate Babysitter's Boot Camp (CPR certification NOT included)

Sa 9/21 8:30A-5:00P \$75 461719-1

F 10/11 8:30A-5:00P \$75 461719-2

Sa 11/9 8:30A-5:00P \$75 461719-3

Be Disaster Ready (certificate of completion & 72-hour "bug-out" bag)

Sa 9/7 8:30A-3:00P \$69 461729-1

Inner Power & Self-Confidence

F 10/4 8:30A-3:00P \$69 461739-1

Entrepreneurship (certificate of completion & starter business package)

Sa 11/23 8:30A-3:00P \$69 461749-1

Junior Leadership Committee Min/Max: 4/10

Calling all teens to engage in this action-oriented, community leadership opportunity that focuses on the 3 pillars of the Loveland Parks & Recreation Department: Conservation, Health & Wellness and Social Equity. Participants undergo team building and leadership trainings and will play a vital role in developing, planning and implementing the activities the group engages in. *Additional dates may be added based on involvement in current activities and events. Location: Chilson TBD

Grade: 6-10

1st Saturday of the month, 9:00-10:00A

Dates*: 9/7, 10/5, 11/2, 12/7

Fee: Free **Class #:** 456809-1



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THANK YOU
 Loveland

for making our new Mobile Recreation Trailer such a HUGE success!

Watch for us this fall as we spread JOY & FUN to our community!



ART & COOKING

Did you know we have an art studio inside Chilson Recreation Center? Paint, mold and uncover your inner artist with a variety of mediums. Mold something new!

Avoid the obesity epidemic by growing your skills in the kitchen with a variety of cooking classes. We promise not to judge if you lick the bowl.

Art & Ceramic Classes at Artisan You! Studio

All supplies included. Completed projects will be kiln-fired onsite and ready for pick-up one week after class dates.

Location: 405 E. 7th St.

Age: 2-5

Preschool Art & Story Time Engage with your child while we read *If You Give A Cat A Cupcake* then paint a cupcake shaped dish (parent/caregiver attendance required). Min/Max: 1/10

F	9/27	1:00-1:45P	\$12	460119-1
F	10/25	1:00-1:45P	\$12	460119-2

Age: 6-12

Sugar Skull Plate Kids work with some different painting tools we have in the studio and learn to transfer a pattern onto pottery as they complete this sugar skull-themed plate. Min/Max: 1/10

Sa	10/12	1:00-2:30P	\$25	461049-1
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Age: 7-12

Fused Glass: Pumpkin Sun Catcher or Dish Kids learn to work with glass tools, cutting and designing their own pumpkin sun catcher or bowl. Safety is emphasized. Min/Max: 1/8

Sa	9/7	1:00-2:00P	\$25	461039-1
F	10/4	6:30-7:30P	\$25	461039-2

Age: 13+

Ceramic Stoneware Mug Learn to combine specialty stoneware glazes on a mug to easily create unique flowing color combinations for stoneware ceramics. Min/Max: 1/6

Th	9/26	1:00-3:00P	\$45	462019-1
F	10/11	6:30-8:30P	\$45	462019-2

Youth Pastel & Painting Min/Max: 4/10

Work in paint or pastels and create your own art with these very user-friendly and forgiving mediums. Structured lessons in a fun and creative environment with emphasis on drawing and blending with pastels or painting composition. No prior experience necessary. **\$7 supply fee due to instructor at each class.**

Location: Chilson Art Studio Instructor: Doreen Thurston

Age: 8-13

Pet Portraits Bring along a photo of your pet to class and have fun learning how to portray them in pastels.

Sa	9/21	1:00-3:00P	\$15	458319-1
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Jack O'Lanterns Paint a Halloween-themed composition in acrylic paint complete with pumpkins, ghosts and your imagination.

Sa	10/19	1:00-3:00P	\$15	458319-2
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Snowman Painting It's cold outside, so come inside to art class and create a snowman on canvas using acrylic paints.

Sa	11/30	1:00-3:00P	\$15	458319-3
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Ukrainian Egg Painting Min/Max: 8/12

Ukrainian Egg Painting is called Pysanka and follows a tradition over 2,000 years old. In the craft, the artist begins with a raw white egg, symbol of life and rebirth. Using heated beeswax, designs are drawn onto the shell and the egg is placed in a series of dye baths. Loc: Party Rm (9/25), Cherry (10/22) Instructor: Ron Rosco

Age: 18+

W	9/25	1:30- 4:30P	\$21	491402-1
T	10/22	1:30- 4:30P	\$21	491402-2

Watercolor Painting Min/Max: 5/12

You want to use watercolors because of their vibrancy and spontaneity but the the last time you tried you created a mud puddle! Learn about watercolor surfaces, mixing and controlling paint and various types of watercolor painting and brushes. Supply list provided on your receipt. Location: Cherry

Age: 18+

M	10/7-11/4	2:00-3:30P	\$45	491096-1
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Cruisin' Canvas Painting Party Min/Max: 8/24

Be an artist for the day! Everything is provided - canvas, paints, refreshments, music and of course the fun. Everyone will paint the same picture with instruction on how to create your very own Van Gogh. Location: Oak Instructor: Tami Showers

Age: 50+

W	8/21	1:30-3:30P	\$20	391006-2
W	12/18	1:30-3:30P	\$20	491006-2

CHILSON ART STUDIO: POTTERY

Use of all tools, glazes and kiln firings included in class fees. Youth classes also include use of recycled clay. Adult classes include 25 lbs. of new clay – additional clay can be purchased with cash/check from instructor (6 lbs. recycled clay = \$10; 25 lbs. new clay = \$20).

Mommy & Me Clay Series Min/Max: 4/8

Work with your child to complete a unique project for your home or gift-giving. Completed projects will be ready for pick-up two weeks after completion of class. Instructor: Shanel Cass-Caskey

Age 2-5 (12:30-2:00P)**Age 6-12 (2:30-4:00P)**

Fairy Houses Spend the first week assembling the shape and defining the uniqueness of your clay fairy house. Finish the class by learning a variety of glazing techniques. ***No class 9/21**

Sa	9/14-9/28*	12:30-2:00P	\$32	463003-2
Sa	9/14-9/28*	2:30-4:00P	\$32	463003-1

Holiday Treasures Come engage with your child, learn a new skill, and maybe start a new tradition! An experience for those of all ages, get messy and create wonderful memories with clay.

Sa	11/2-11/23	12:30-2:00P	\$48	463003-4
Sa	11/2-11/23	2:30-4:00P	\$48	463003-3

Clay for Preschoolers Min/Max: 4/8

Spend quality time with your little one as you learn hand-building techniques such as roll, slab, pinch and coil. Your preschooler develops their fine motor skills and creative expression while you create tangible memories that will last a lifetime. All projects will be completed stoneware to take home. Instructor: Carolyn Pearce

Age: 3-5

T	9/10-10/8	10:00-11:00A	\$38	463000-1
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Pottery for Youth Min/Max: 4/8

Concentrate on the basics of hand-built stoneware, including various methods of forming pieces, glazing techniques, firing, tools and more! Returning students from previous classes work on more advanced techniques. Instructor: Carolyn Pearce

Age: 7-16

T	9/3-10/8	4:30-6:00P	\$66	463001-1
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Holiday Clay for Youth Min/Max: 4/8

A fun opportunity for youth to make ornaments and other holiday projects while learning a variety of hand building techniques. Students will experiment with glazes to add a special touch to each piece. Instructor: Carolyn Pearce

Grade: 1-6 *No class 11/26

T	11/12-12/10*	4:30-6:00P	\$44	463002-1
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Intro to Hand & Wheel Min/Max: 4/8

Learn to transform a lump of clay into a finished pottery piece. Instruction includes throwing on the wheel, hand building with slabs and extruded pieces, decorating and glazing techniques. Instructor: Judy Petersen

Age: 13+

Th	9/19-11/14	1:00-3:30P	\$135	463004-1
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Int/Adv Hand & Wheel Min/Max: 4/9

Learn advanced throwing skills, hand building techniques and make complicated forms such as large pieces, lidded jars and teapots. Wheels, slab roller and extruder are available for projects. Glazing and decorating techniques are covered. Instructor: Judy Petersen

Age: 16+

Th	9/19-11/14	9:00-11:30A	\$135	463005-1
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Hand Building Basics Min/Max: 4/8

Learn to work with clay using the slab roller, extruder and various hand tools. Create one-of-a-kind pieces while learning a variety of glazing techniques. Instructor: Shanel Cass-Caskey

Age: 13+

M	9/9-10/21	6:00-8:00P	\$84	463007-1
M	10/28-12/9	6:00-8:00P	\$84	463007-2

Exploring the Wheel Min/Max: 4/8

For beginning students through advanced learners; learn how to throw on the wheel or refine your skills as you focus on making functional forms. Instructor: Shanel Cass-Caskey

Age: 13+

F	9/13-10/18	6:00-8:00P	\$72	463008-1
F	10/25-12/6	6:00-8:00P	\$72	463008-2

Hand Built Heirlooms Min/Max: 4/8

Create hand built pieces using slab and coil construction. Find your inner creativity to produce wall art, home decor and serving dishes. Learn surface texture, design and glazing techniques to complete your one-of-a-kind heirloom pieces. Instructor: Rena Stuck

Age: 16+

W	9/25-11/13	3:00-5:00P	\$96	463009-1
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Saturday Open Pottery Studio Min/Max: 6/12

Attend as many of these open studio dates as you like. An instructor is present to assist you with your own projects or to offer ideas to start something new. NOTE: Studio projects may not receive priority.

Age: 13+

Sa	9/14-11/16	9:00A-12:00P	\$198	463010-1
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Pottery Lab Nights Min/Max: 4/10

Students enrolled in a current Chilson pottery class may use lab nights to make up a missed class or to continue working on current projects outside of class. An instructor attends for supervision only. Projects started outside of primary class time do not receive priority firing. Instructor: Jack Hamill ***No class 11/26**

Age: 13+

T	9/10-12/10*	6:15-8:15P	\$8	463039-1
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COOKING

Youth Cooking Series Min/Max: 6/18

All supplies included. A consent form is required.

Location: Cherry Instructor: Sapna Von Reich

Age: 6-13

Cooking Up Halloween Surprises Let's have some fun creating SWEET & SPOOKY delights. We promise that these are seriously healthy treats, which will surprise even YOU!

Su 10/27 1:30-3:30P \$25 464100-1

Fun and Festive Sides for Thanksgiving Give thanks to delicious foods. Get creative with good old ingredients like cranberries, pumpkins, sweet potatoes and pomegranates to come up with cool side dishes. Impress your family and friends!

Su 11/17 1:30-3:30P \$25 464102-1

Let's Bake for the Holidays Learn all the tips and tricks to make sure your baked goodies turn out perfect and healthy every time. All recipes are vegan-vegetarian friendly. Menu: cookies, muffins and a chocolate cake.

Su 12/8 1:30-3:30P \$25 464103-1

Holiday Brunch The holidays are great time to have some fun and eat some good food! This class will share recipes which are fun and easy to cook. All recipes are vegan-vegetarian friendly.

Su 12/22 1:30-3:30P \$25 464104-1

Plant-Based Cheese and Yogurt Min/Max: 4/13

Whether you are lactose intolerant, fighting high cholesterol or just looking for some healthy plant-based alternative to cheese and yogurt, learn how to make homemade dairy-free cheese and yogurt from scratch. Menu: almond feta, parmesan, cashew cream cheese, nacho cheese and cashew yogurt (mango) Lassi. All supplies included. Location: Cherry Instructor: Sapna Von Reich

Age: 14+

T 9/24 6:00-8:15P \$38 464200-1

Homemade Indian Flatbreads Min/Max: 4/13

Impress your family and friends with some exotic and fantastic Indian bread. Menu: spinach and mint bread, cauliflower and spiced chickpea flour bread, potato-stuffed bread, Chai tea. All supplies included. Location: Cherry Instructor: Sapna Von Reich

Age: 14+

W 10/9 10:00A-12:15P \$38 464201-1

Tasty Turkish Cuisine Min/Max: 4/13

Explore the depths of delicious Turkish dishes. Menu: red lentil and bulgur kebabs, mint and dill rice pilaf, black-eyed pea Pilaki, eggplant with yogurt sauce, sesame Tahini Halva (nutritious dessert). All supplies included. Location: Cherry Instructor: Sapna Von Reich

Age: 14+

Th 11/7 6:00-8:15P \$38 464203-1

Slow Cooker Curries Min/Max: 4/13

Let your slow cooker make an authentic Indian curry for your dinner this winter. Join Sapna for this easy, delicious, gluten-free, dairy-free vegetarian class. Menu: spicy lentil soup, garbanzo bean curry, Saag - a popular spinach curry, vegetable Korma. All supplies included. Location: Cherry Instructor: Sapna Von Reich

Age: 14+

W 12/11 6:00-8:15P \$38 464204-1

Quick Thai Food Min/Max: 5/12

Who needs take-out when you can make your favorite Thai dishes at home? Sim, a native of Thailand, will teach you to use authentic ingredients to prepare and cook Thai food. Menu: stir fry basil chicken, pineapple curry, Jasmine rice and a Thai dipping sauce.

\$28 supply fee due to instructor. Location: Cherry

Instructor: Sim Suinn

Age: 16+

T 9/17 6:00-8:30P \$12 459643-1

Lunch Time in Bangkok Min/Max: 5/12

Learn how to fix a quick lunch or weeknight dinner in a dash with traditional ingredients, and how to balance the unique flavors found in Thai cuisine. Session 1: Menu: chicken and cashew nuts, Jasmine rice and Thai iced tea. Session 2: Menu: green curry fried rice, Thai iced coffee and fish sauce with chili. **\$18 supply fee due to instructor at each session.** Loc: Cherry Instructor: Sim Suinn

Age: 16+

Session 1

Sa 9/21 10:00-11:30A \$12 459644-1

Session 2

Sa 10/19 10:00-11:30A \$12 459646-1

Chinese Dishes at Home Min/Max: 5/12

In this hands-on class, Sim will walk you through techniques, tips and tricks for making your favorite Chinese takeout. Menu: tomato beef, stir fry spicy garlic eggplant and fried rice. **\$28 supply fee due to instructor.** Location: Cherry Instructor: Sim Suinn

Age: 16+

T 10/15 6:00-8:30P \$12 459645-1

Korean Table Min/Max: 5/12

Come make a Korean dinner that will bring you to Korea without traveling far. Menu: Jap Chae glass noodles and vegetables, spinach salad, sweet black bean and rice. **\$28 supply fee due to instructor.** Location: Cherry Instructor: Sim Suinn

Age: 16+

T 11/12 6:00-8:30P \$12 459647-1

Shop with a Chef Min/Max: 4/13

Join a professional chef at the farmer's market and shop for fresh ingredients together, then head over to the Chilson Recreation Center kitchen for a hands-on cooking class to prepare a meal with the fresh ingredients you just picked up. Transportation on your own. Ingredients for class will be purchased at Farmers Market by instructor. Meet at the City of Loveland Farmers Market at the market managers booth next to the music tent at 10:30A. Location: 700 S. Railroad Ave. Instructor: Sapna Von Reich

Age: 18+

Su 9/15 10:30A-1:00P \$39 451901-1

Food for Life-Cancer Prevention & Survival

Explore how the right food choices can help if you have had cancer, want to prevent a re-occurrence or reduce your risk of developing cancer. There are 8-10 demonstrations so bring your appetite for samples to eat throughout the day. Topics: introduction to how foods fight cancer, fueling up on low-fat, high-fiber foods, discovering dairy and meat alternatives, cancer-fighting compounds and healthy weight control. All supplies included. Min/Max: 6/20 Location: Cherry Instructor: Sapna Von Reich

Age: 18+

Su 10/20 11:30A-5:00P \$75 464202-1



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OUTDOOR REC

Bikes + wine + time outdoors = a recipe for relaxation. Join us for Velo 'N Vino to explore local wine. Like to walk? We've got hikes for that. Explore Loveland on foot or get a dose of history starting at the Boulder County Mining Museum.

GPS Family Treasure Hunt Min/Max: 2/5

Get your family and friends outside for a spooky Halloween treasure hunt this fall. Using GPS units, solve clues and find hidden treasures in a local park. Each session begins with a brief orientation on how to use the GPS unit and along the route, you may need to complete additional challenges. Bring water, snacks and dress appropriately for the weather. Closed-toed shoes encouraged. ***One registration fee covers up to five participants; one adult must be with the group at all times.**

Location: North Lake Park, 2750 N. Taft Ave. Instructor: Kerry Helke

Age: 1+

Sa	10/12	10:00-11:30A	\$25*	452910-1
Sa	10/12	12:00-1:30P	\$25*	452910-2
Sa	10/12	2:00-3:30P	\$25*	452910-3

Scooter & BMX Clinic Min/Max: 5/15

Pro Scooter and BMX introduction. We will go through set-up and beginner to intermediate tricks. The first class will be at Mehauffey Skate Park and the second class will be at Loveland Sports Park. Bring your scooter/bike and a helmet.

Age: 5-14

Su	9/8-9/15	9:00-10:30A	\$100	453914-1
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Get outside! See page 36 for nature-based education classes for ages 5-12.

SkateStart 1-Day Camp Min/Max: 4/14

No school, no problem - let's skate! Your little ripper will develop their skills, learning drop-ins, ollies and more. Other camp activities include skateboard assembly, scavenger hunts, proper pad usage, fun games and ventures throughout the park. Kids will have a blast and make new friends. A helmet and proper shoes are required. SkateStart patented skateboards are provided.

NEW! Skatestart is offering its skateboards for purchase - call 970.962.2446 for more info on how to get yours. Bring a water bottle. Sunscreen provided by *Sun Bum*. Instructor: Patrick O'Toole
Location: Mehauffey Park, 3350 W. 29th St.

Age: 5-12

F	10/4	9:00A-12:00P	\$65	453913-1
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NEW! Disc Golf Min/Max: 5/20

Disc golf is a growing sport, available to all ages. This 3-week clinic hosted by the Northern Colorado Disc Golf Club introduces you to rules and proper throwing technique. Each session will start as a group practicing and discussing the rules. Then you will play a round of disc golf at the Mehauffey Park Disc Golf Course. The registration fee includes one disc.

Location: Mehauffey Park, 3350 W. 29th St.

Age: 12+

Th	9/5-9/19	6:00-7:00P	\$30	453915-1
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CERTIFICATIONS

Hunter Education Conclusion Course

Hunter safety certification is required to obtain a Colorado hunting license if you were born after 1/1/1949. Students must complete a portion of the course online at their convenience prior to attending the conclusion course. **Class will meet at the Front Range Gun Club (697 N. Denver Ave. in Loveland; 970.622.7156) at 7:00A and classroom instruction will follow at the Chilson Recreation Center.** The major portion of this course is available at hunter-ed.com/colorado. Students must show the certificate of completion for the online course to attend the classroom session.

To register: register-ed.com/programs/colorado/99

Location: Maple/Spruce Instructor: James T. Merriott

Age: 10+ Fee: \$10 ea. Time: 7:00A-2:00P

Sundays: 9/15, 10/13, 11/10, 12/15

Lifeguard Certification Min/Max: 5/15

Learn the basics of lifeguard skills. First aid and CPR/AED for the Professional Rescuer included. All participants must complete prerequisite prior to class. Prerequisite: 300 yard continuous swim; using front crawl, breaststroke or combination of both, retrieve a 10lb brick from bottom of pool, and tread water for two minutes. Location: Chilson Pool

Age: 15+ *Note the different time on Saturday

T-F	11/19-11/23	4:00-8:30P	\$99	403001-01
& Sa*		9:00A-5:30P*		

TAKE A HIKE!

Hiking Tour of Loveland Min/Max: 5/10

Get to know your local hiking trails in and around the Loveland area. Learn about the trails, trail heads, basic hiking safety and other useful information. Hikes are 2 to 4 miles in length. Individuals must be comfortable walking on uneven terrain, with 200 to 600 feet of elevation gain. Transportation provided. Meet at the Chilson Senior Center. Details sent to participants after registration. Please make sure your email and phone number are accurate. Instructor: Kerry Helke

Age: 16+

T	9/10-10/1	1:30-4:30P	\$48	452039-1
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Historical Hike - Mines & Mills Min/Max: 5/11

Start the day by traveling to the *Boulder County Mining Museum* in Nederland for a one-hour tour, then head to the *Lakewood Mill Site* and *Lakewood Jail*. The morning ends with a walking tour of Gold Hill followed by lunch (cost on your own) at the historic *Gold Hill Store*. The afternoon includes stops at the Summerville site and *Bailey Assay House*. Local historian Ken Jessen makes the tour enjoyable for all ages and abilities. Transportation on your own. Meet at the Chilson Center for carpool. Instructor: Ken Jessen

Age: 16+

Th	9/26	9:00A-4:30P	\$60	453920-1
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BIKE RIDES

Velo 'N Vino Ride Min/Max: 8/18

Join us for a road ride and explore some locally produced wine. Sample wines, enjoy a picnic lunch at *Blue Mountain Vineyards* and finish with a wine and dessert pairing at *Starlight Dessert Bar*. Must provide your own bike. Helmets required. **Lunch, snacks and tastings included in the fee.** Location: Chilson Lobby
Instructor: Kerry Helke

Age: 21+

Sa	9/28	10:00A-4:00P	\$55	452950-1
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Tour de Brewer Ride Min/Max: 6/18

Join us for a cruise around town and explore some of Loveland's growing craft brewery scene. Sample beers with the brewers and whet your appetite with small bites along the route. Ride is approximately 5.5 miles. Must provide your own bike. Helmets required. **Snacks and tastings included in the fee.**

Location: Chilson Lobby Instructor: Kerry Helke

Age: 21+

Sa	10/5	1:00-4:30P	\$36	452920-1
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INSTRUCTOR SPOTLIGHT



JACK HAMILL Pottery Lab | Special Events

How long have you been with Parks & Recreation, and what positions have you held?

I've been here for 5 years. My permanent and part-time position is with the pottery program as a lab instructor. My seasonal position is with the special events team for Movies in the Park, Farmers Market, July 4th Festival and the children's recreational program.

What is your favorite thing about Parks & Recreation and/or Chilson Recreation Center?

The staff, starting with Chilson Center's front desk staff, the recreation coordinators and their activities, and the parks maintenance staff. All the staff are fantastic to work with.

Do you have a favorite story of someone or something that happened while you've been here?

After a recreational event, I received a thank you hug from a participant. What a positive response telling us that the recreation program makes a difference!

What advice do you have for Lovelanders looking to get involved with Parks & Recreation?

Stay connected by reading the seasonal Activity Guide, follow Parks & Recreation on Facebook, and subscribe to the City of Loveland's notifications through the website for activity updates, reminders and new activities which will keep us moving, active and involved.



OPEN LANDS & TRAILS

Have you seen our new recreation trail signs all over town? If not, now is your chance to explore Loveland's 26 miles of paved trail. When you're not on the trail, take advantage of a variety of free opportunities, including guided bird walks, astronomy nights and preschool environmental education. Don't forget to #OptOutside with us on Black Friday!

FREE PROGRAMS & ACTIVITIES

PEEPs = Preschool Environmental Education Program

SEPTEMBER

- 9/6 Foothills Life Guided Hike **R**
- 9/7 Guided Bird Walk **R**
- 9/13 Harvest Moon Guided Walk
- 9/15 Evening Orienteering **R**
- 9/19 PEEPs **R**
- 9/27 Art In Nature - Sketch Hike **R**

OCTOBER

- 10/5 Guided Bird Walk **R**
- 10/5 Critter Scene Investigation (CSI) - **see page 5**
- 10/6 Astronomy Night with NoCo Astronomical Society **R**
- 10/11 Evening of Storytelling
- 10/17 PEEPs **R**
- 10/18 Art In Nature - Sketch Hike **R**

R = Registration required for these events.
 Please visit offerocityofloveland.org for details.

NOVEMBER

- 11/2 Guided Bird Walk **R**
- 11/15 Art In Nature - Sketch Hike **R**
- 11/17 Astronomy Night with NoCo Astronomical Society **R**
- 11/21 PEEPs **R**
- 11/29 #OptOutside Guided Hike **R** - **see page 5**

DECEMBER

- 12/19 PEEPs **R**
- 12/20 Art In Nature - Sketch Hike **R**

Have you signed up for Offero yet?

Sign up to register for activities, receive updates, provide feedback and apply to be a volunteer! Visit offerocityofloveland.org to set up your account.



OPEN LANDS	AMENITIES/RECREATION OPPORTUNITIES											
Boise Bend 1225 S. Boise Ave.	✓			✓		✓		✓			✓	✓
Boyd Lake (State Parks Partnership) 6500 N. Cty. Rd. 11C	✓	✓	✓	✓				✓	✓		✓	✓
Cottonwood Run Taft-Wilson along Big Thompson River <small>at Wilson</small>	✓			✓	✓	✓	✓	✓			✓	✓
Devil's Backbone (Cty. Partnership) 1725 Hidden Valley Dr.	✓	✓	✓	✓	✓	✓					✓	✓
Emerald Glen Wilson Ave. & 43rd St.				✓				✓			✓	✓
King's Crossing 990 S. Lincoln Ave.	✓			✓		✓	✓	✓			✓	✓
Mariana Butte 701 Clubhouse Dr.	✓	✓		✓		✓					✓	✓
Meadowbrook 2000 Cascade Ave.				✓		✓	✓				✓	✓
Morey Wildlife Reserve 5439 Cedar Valley Dr.		✓		✓		✓		✓				✓
Namaqua (and Park) 816 N. Cty. Rd. 19E (Namaqua Rd.)	✓	✓	✓					✓			✓	✓
Old St. Louis 1010 S. St. Louis Ave.	✓			✓		✓					✓	✓
Oxbow 1135 & 1140 Rossum Dr.			✓	✓	✓	✓	✓	✓			✓	✓
River's Edge 960 W. First St.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Round Mountain (closed July-November 2019)	✓	✓		✓	✓	✓					✓	✓
Sunset Vista 1323 W. 57th St.	✓	✓		✓			✓				✓	✓
Viestenz-Smith 1211 W. Highway 34	✓	✓	✓	✓		✓		✓	✓		✓	✓

See page 61 for open lands & natural areas map and rules; see page 62 for recreation trail map.

OPEN LANDS & TRAILS VOLUNTEER OPPORTUNITIES More info at offer.cityofloveland.org

- Trail Hosts**
- Assist visitors and answer questions about natural areas
 - Engage in positive interactions with the public
 - Collect & report information for management of open lands

- Environmental Educators**
- Programs about local wildlife, plants & urban natural areas
 - For school groups, preschoolers, families and adults

- Special Projects & Stewardship**
- Hands-on projects like trail-building, planting, construction, wildlife monitoring, leading guided walks and clean-up

Flexible schedule, year-round opportunities
No previous knowledge or experience necessary
All training and materials provided
Volunteers should be in good physical condition, capable of an easy 1-mile hike

Questions?
 Michele Van Hare, Coordinator: michelevanhare@cityofloveland.org
 or call 970.962.2643



ADULT ENRICHMENT

Practice your poker face at the Chilson Senior Center and learn to play the game if you've never tried. Don't like to sit? Give one of our dance classes a whirl and waltz the night away.

GET YOUR JAM ON!

Beginning Drum and Strum Min/Max: 8/21
Learn basic drumming strikes and rhythms then SWITCH and spend the next 30 minutes learning to play the ukulele. At the end of each class, learned skills will be shared. Instruments and fun provided!
Loc: Party Rm Instructors: Nancy Brauhn-Curnes/Linda Emmerman

Age: 17+ *Drop-in fee \$15 **3-week class				
T	9/3-9/24	5:30-6:45P	\$52*	462704-1
T	10/1-10/22	5:30-6:45P	\$52*	462704-2
T	11/5-11/26	5:30-6:45P	\$52*	462704-3
T	12/3-12/17	5:30-6:45P	\$39**	462704-4

Ukulele for Beginners, Part 1/Part 2 Min/Max: 5/12
Learn the basics of how to play the ukulele with no musical background. Part 1: beginners; Part 2: players with experience or instructor permission. Location: Party Rm Instructor: Alyna Waters

Age 18+						
Part 1		T	9/10-10/15	11:30A-1:00P	\$47	491400-1
		T	10/29-12/3	11:30A-1:00P	\$47	491400-3
Part 2		T	9/10-10/15	1:30-3:00P	\$47	491400-2
		T	10/29-12/3	1:30-3:00P	\$47	491400-4

Ukulele Jam Session Min/Max: 5/12
Jam sessions plus workshoping songs for ukulele! No instruction; just time to play together as a group. Prerequisite: one session of ukulele with Alyna. Location: Party Rm Instructor: Alyna Waters

Age: 18+				
T	9/10-10/15	10:00-11:00A	\$36	491401-1

PLAY YOUR CARDS RIGHT

Bridge for Beginners, Part 1/Part 2 Min/Max: 8/25
Learn bridge basics, have time to practice with others and build your confidence. Part 1: Mini Bridge Start playing right away without having to know rules/language for bidding. Focus on card basics, etiquette, hand evaluation/counting points, how to play the cards to win tricks, defending, and scoring. **\$20 book fee due to instructor.** Part 2: Move on to no trump bids, responses, rebids, competitive knowledge with preempts and strong bids. Prerequisite: Part 1 or instructor permission. Location: TBA Instructor: Judy Lilly

Age: 18+					
Part 1	W	9/4-10/16	6:00-8:30P	\$84	491079-1
Part 2	W	10/30-12/18	6:00-8:30P	\$84	491079-2

Responsible Casino Gambling for Fun & Profit

Are you interested in Black Jack, Roulette or Baccarat? Here is your chance to play these games and learn the strategy as well as advanced techniques to make your next gambling junket profitable in a real casino. **\$25 book fee due to instructor.**

Min/Max: 8/15 Location: Cherry Instructor: Haiko Eichler

Age: 21+					
W	9/11-10/2	2:00-4:00P	\$10	490001-1	
W	10/16-11/6	2:00-4:00P	\$10	490001-2	
W	11/13-12/11	2:00-4:00P	\$10	490001-3	

Bluegrass Jam! 2nd Friday of the month at 2:00P - see page 51 for all the details.

OUTDOOR EDUCATION

Hiking in the Front Range Min/Max: 6/60

Join veteran Longmont hiker Pete KJ for two informative presentations on hiking the front range. He will let you know about some of his favorite nearby trail choices as described in his guidebook, *Base Camp Denver: 101 Hikes in Colorado's Front Range*. Location: Maple/Spruce

Age: 18+

Fall Hikes in the Front Range Fall is a brief season in the front range and one to enjoy to the fullest. Delve into the stories of history, geology, etymology and wildlife that goes with them.

Th	9/12	2:00-3:30P	FREE	491121-1
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Preparing to Hike the Front Range With so much great hiking close by, it is important to know how and where to begin! Enjoy an overview of geography, equipment and methods while learning about some great nearby trails.

M	9/30	2:00-3:30P	FREE	491120-1
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Loveland's Open Lands & Trails Min/Max: 5/60

Loveland Open Lands & Trails has preserved some 8,000 acres of natural areas and open land since its inception in 1995, through property acquisitions, partnerships and conservation easements. In the past three years, numerous sites throughout the city have been opened for public access, environmental education programming has reached thousands of citizens and more than 500 acres have been added to the open lands portfolio. This presentation highlights recent accomplishments and how you can get involved!

Location: Maple/Spruce

Age: 18+

M	9/16	2:00-3:30P	FREE	491090-1
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Presentations by Kenneth Jessen Min/Max: 5/40

Experienced lecturer Kenneth Jessen has taught adult education for CSU and is an author of over 2,200 illustrated articles and 21 published books. Location: Maple/Spruce

Age: 18+

History Lost, History Saved This program focuses on preservation of our history with examples of what we have saved as a society. It includes the many sites we have lost in Larimer County including several historic buildings.

Th	9/26	2:00-3:30P	\$3	491087-1
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Frontier Colorado Gunfight Colorado was part of the wild west and at times, law enforcement was a little shaky. A soft judicial system led to lynching. Each of these stories are quite different and some involve how mass murderers were brought to justice and how citizens took the law into their own hands. Every story presented involves gunplay.

T	10/29	2:00-3:30P	\$3	491088-1
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Larimer County Schools Filled with nostalgia, this look at the many small schools in the county recounts the days when there were schools every few miles prior to consolidation. Some of the medium size schools are also included. It shows that many have new purposes as meeting places and homes. Rare historical photographs are included.

Th	11/14	2:00-3:30P	\$3	491089-1
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Inspire your creative mind - see pages 38-39 for adult art classes.

GENERAL INTEREST

Basic Dog Obedience Min/Max: 4/12

Understand your dog's behavior and instill good habits in just six weeks! This outdoor training (weather permitting) includes: heel, sit on command, automatic-sit, sit-stay, down stay, standing stay, stop, come and more. Dogs must be 6 months old, vaccinated and be on leash. Additional home training is required. Location: Cherry

Age: 16+

Sa	9/21-10/26	9:00-10:00A	\$45	491095-1
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Essential Oils Min/Max: 4/18

Join Meghan Beecher, Certified Aromatherapist and Certified Herbalist as you learn the many benefits of essential oils.

\$3 supply fee due to instructor at each class. Location: Oak

Part 1: Essentials of Skincare Plants hold the key to revealing your skin's beauty. Learn how to incorporate oils into your routine to help increase micro-circulation, balance moisture levels and create an overall healthy glow. Make a nourishing facial oil to take home!

Part 2: Energetics Essential oils can impact us on a physical, emotional, mental and spiritual level. Learn the connection between energetics and chemistry of oils and how they can affect chakras and energetic bodies. Create a body and air mister to take home!

Age: 16+

Part 1	M	9/23	6:00-7:00P	\$15	491098-1
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Part 2	Sa	10/5	10:00-11:00A	\$15	491099-1
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Handwriting Analysis Min/Max: 4/4

Learn more about your character traits through the physical characteristics and patterns of strokes of cursive handwriting. This 15-min. meeting with Jerrold is a mini analysis. Call 970.962.2783 or sign up at the Senior Center for a 10:00A, 10:15A, 10:30A or 10:45A time slot. Location: Aspen Room Instructor: Jerrold Groves

Age: 18+ Fee: \$1 Time: 10:00-11:00A by appointment

Wednesdays: 9/18, 10/16, 11/20

Introduction to Spanish Min/Max: 8/20

Hola! This course will cover: starting a conversation, finding a hotel, weather/seasons, days/weeks/months, entertainment, meals/foods, clothing/sizes/measurements, basic colors, grocery shopping; laundry, countries/languages and much more. Come join this relaxed presentation of Spanish. Location: Oak

Age: 18+

Th	9/19-10/24	7:00-8:30P	\$46	491002-1
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Stay One Step Ahead of Scammers Min/Max: 6/60

The U.S. Postal Inspection Service will present information on current scams including foreign lotteries, sweepstakes, romance, identity theft and cybercrime. Learn how to avoid being defrauded! Pamphlets/DVDs provided. Location: Maple/Spruce

Age: 18+

W	9/25	2:00-4:00P	FREE	495010-1
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Kestrels and Barn Owls of Northern Colorado

Barn Owls and American Kestrel numbers have been declining throughout their ranges for years. Learn about these two magnificent birds of prey. Both species can be found in close proximity to one another as they both nest in nest structures and feed upon the same prey. Min/Max: 10/80 Location: Maple/Spruce Instructor: Scott Rashid

Age: 18+

W	10/23	2:00-4:00P	FREE	491411-1
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ADULT DANCE

Foxtrot & Waltz Min/Max: 10/40

Dance improves your heart health, overall muscle strength, balance and coordination and reduces depression. One of the most popular ballroom dances of all time, the waltz is a slow and smooth dance which allows partners to glide across the dance floor. It is comprised of soft, round, flowing movements and considered by some as the "mother of present day dances." Also learn the foxtrot which is very similar to the waltz. Instructor: Greg Wendling
Location: Fitness/Dance Studio (6:30P), Hickory (10:30A)

Age: 16+ Fee is per couple

F	9/20-9/27	10:30-11:30A	\$40	490038-4
F	9/20-9/27	6:30-7:30P	\$40	490038-1
F	10/18-10/25	10:30-11:30A	\$40	490038-5
F	10/18-10/25	6:30-7:30P	\$40	490038-2
F	11/15-11/22	6:30-7:30P	\$40	490038-3

Country Two Step for Couples Min/Max: 10/20

Originally called the Texas Shuffle Step, this dance became better known as Texas Two-Step. This style has roots with the foxtrot and basic two-step patterns and are equivalent to those of many other progressive partner dances. Benefits include improved condition of your heart and lungs, increased muscular strength, endurance and motor fitness and more! Join in the FUN! Instructor: Greg Wendling
Location: Fitness/Dance Studio (7:30P), Hickory (11:30A)

Age: 16+ Fee is per couple

F	9/20-9/27	11:30A-12:30P	\$40	490039-4
F	9/20-9/27	7:30-8:30P	\$40	490039-1
F	10/18-10/25	11:30A-12:30P	\$40	490039-5
F	10/18-10/25	7:30-8:30P	\$40	490039-2
F	11/15-11/22	7:30-8:30P	\$40	490039-3

Tap Dance - Level I & II Min/Max: 6/15

Always wanted to tap dance? Have FUN while exercising your body and your brain. Recent studies show dancing is the best activity for keeping our brains active. **Level 1: Beginner** tap basics for anyone who has not danced with Sally. Covers basic steps.

Level 2: Intermediate skills for those with recent experience; permission required. Moves faster, more complicated choreography.
Location: Loveland Dance Academy, 440 N. Lincoln Ave.

Instructor: Sally Nibbelink

Age: 16+

Level 1	T	9/10-10/22	10:00-11:00A	\$60	490017-1
	T	11/5-12/10	10:00-11:00A	\$51	490017-4
Level 2	T	9/10-10/22	11:15A-12:15P	\$60	490017-2
	T	11/5-12/10	11:15A-12:15P	\$51	490017-3

Drop-in Line Dance ♦ Min/Max: 6/30

Get exercise and socialize! Location: Fitness/Dance Rm

Dates: 9/5-9/26; 10/3-10/31; 11/7-11/21; 12/5-12/19

Instructor: Tracey Ingraham

Age: 18+

BEGINNING - Thursdays 12:15-1:15P

Drop-in fee: \$5 or 4-visit pass for \$20

CONTINUING - Thursdays 10:30A-12:00P

Drop-in fee: \$5.75 or 4-visit pass for \$23, \$21 w/SAC

Dance the night away! Attend social dances with live bands. See page 53 for details.

HEALTH & WELLNESS

Have a Say in Your Care! Min/Max: 5/12

The Health District of Northern Larimer County Advance Care Planning Team helps you create Colorado advance medical directives that represent your values and what is important to you, especially when it comes to end of life matters. Call 970.962.2423 for a 60-minute appointment. Help also is available to update and distribute existing directives. Walk-ins accepted as space allows. For additional times/locations, call 970.482.1909. Location: Aspen
Age: 18+ Fee: FREE Time: 8:30A-3:30P
Thursdays: 9/5, 10/3, 11/7, 12/5

Hearing Assessments Min/Max: 6/7

On the 3rd Thursday of every other month, the Hearing Rehab Center does basic hearing assessments at Chilson for ages 6+. Sign up at the Senior Center front desk for a 10-minute appointment or call 970.962.2783. Location: Senior Clinic
Instructor: Chris Hollabaugh

Age: 18+ Fee: FREE Time: 8:30-10:15A

3rd Thursday of every other month: 9/19, 11/21

Dementia Conversations Min/Max: 10/25

This workshop offers tips on how to have honest and caring conversations with family members about going to the doctor, deciding when to stop driving, and making legal and financial plans.
Location: Maple/Spruce Instructor: Angel Hoffman

Age: 18+

W 9/11 2:00-3:30P FREE 491010-1

NEW! What is the Patient Passport?

The Patient Passport is a FREE, convenient, portable, user-friendly tool that is similar to a travel passport but this one is for patients. Its purpose is to help with communication of essential health information to first responders and healthcare providers. Stop by the Chilson Senior Center front desk and pick one up today!

FRIDAY FUN

Friday Afternoon at the Movies Min/Max: 6/45

Enjoy movies on the Chilson Center big screen. Popcorn, candy and drinks available for a minimal fee. Put your name on the list at the Senior Center front desk or call 970.962.2783.

Age: 18+ Fee: FREE

F	8/23	1:30-3:30P	<i>Blue Hawaii</i>
F	9/6	1:30-3:30P	<i>Collateral Beauty</i>
F	9/27	1:30-3:30P	<i>Somewhere in Time</i>
F	10/11	1:30-3:30P	<i>October Sky</i>
F	10/25	1:30-3:30P	<i>Finding Your Feet</i>
F	11/8	1:30-3:30P	<i>Green Book</i>
F	11/15	1:30-3:30P	<i>Eddie the Eagle</i>
F	12/13	1:30-3:30P	<i>A Christmas Carol</i>

Fall B-I-N-G-O Min/Max: 6/45

Enjoy refreshments and games of BINGO. Fun prizes donated by Brookdale Senior Living. Put your name on the list at the Senior Center front desk or call 970.962.2783. Location: Maple/Spruce

Age: 18+

F 11/22 1:30-3:30P \$2 suggested donation

MORE THAN



FITNESS CLASSES

INCLUDED IN YOUR ADMISSION EACH WEEK!

Core&MoreBarreCountryCardioYogaGroupCycling
AquaMotionLowImpactFitnessPiYoZumba®WaterWalking
IntervalCardioAerobicsPowerAgility&StrengthPilatesPlus
SilverSneakers® ClassicRiverWalkingFlexibleStrengthStep
Zumba®GoldAquaCoreStrengthTrainingEZflowAquaYoga
PowerToningSilverSneakers® Circuit|CardioAquaZumba®
DeepWaterHydroDanceandmore!

Visit cityofloveland.org/fitnesswellness
to view our current fitness schedules.





ACTIVE GENERATION

Slip off those silver sneakers and buckle up for boot camp. Our boot camp for seniors is a new way to stay fit and healthy. Learn to play the fastest growing sport of pickleball or do-si-do a partner at one of our many senior dances.

Senior Activity Cards (SACs) Benefits! ♦

- Benefit #1** Registration priority for day trips
- Benefit #2** Discounted fees
- Benefit #3** Reduced admission to senior dances
- Benefit #4** Entry to many FREE programs

Anyone age 62 and over can purchase a card. The SAC is \$20 per person and is valid for one year. Please refer to listings denoted by this symbol: ♦ for discounted rates.

Welcome & Orientation

Join us for a "Get to Know You" presentation where we provide information about the Senior Center and answer your questions. This is for all new guests!

Last Wednesday of every month, 11:45A-12:30P

Dates: 9/25, 10/30 No Nov. or Dec. date

Fee: FREE

Financial Help Available

The Chilson Senior Advisory Committee (CSAC) has funds to assist Senior Center guests to participate in classes, programs and day trips. If you or someone you know wants to get involved but are unable due to financial or other reasons, call 970.962.2428.

VOA Senior Nutrition Lunch

Lunch is served at the Senior Center on Monday, Tuesday, Thursday and Friday at 12:00P by the VOA Senior Nutrition Program to those who are 60+. **Reservations required by calling 970.472.9630 by 1:00P the previous business day.** Check-in time is 11:30-11:45A. **Fee: \$2.50** suggested donation

Spa Services for All Ages

Call our providers directly to schedule an appointment. Gift certificates also available. Info: 970.962.2783

Therapeutic Massage

Joyce Meis, LMT: 970.691.3441

Drop-In Chair Massage, Chilson lobby

2nd & 4th Tuesday of every month, 9A-12P, \$1/minute

Medically Based Foot Care

SummerCares: 303.651.5224

Medicare Enrollment Assistance

Trained SHIP Medicare counselors answer questions for Medicare beneficiaries. UCHHealth Aspen Club at 970.624.1860.

CLUBS | ONGOING ACTIVITIES

Chilson Senior Advisory Committee (CSAC)

2nd Thursday of every month, 9:00A

Chair: Doug East 970.669.3159

The CSAC hosts several fundraising events for the Chilson Senior Center. Become a member!

National Association of Retired Federal Employees (NARFE)

2nd Tuesday of the month, 1:30P (Sept-May)

Chair: Dana Carlson 970.669.3034

Fishing Club

3rd Tuesday of the month, 2:00P

Contact: Jim Visger 970.893.1334

Cards & Games with Golden Age

Every Monday, 12:00P

Contact: Janice Soukup 970.669.3204

Meetings on 1st Monday; Potluck on 2nd Monday

Bluegrass Jam

2nd Friday of the month, 2:00P

Contact: Kathleen Barker 970.302.4399

Bring your instrument or your voice and come play!

BUNCO

1st & 3rd Thursday of the month, 1:30P

Contact: Senior Center 970.962.2783

CRAZY BUNCO

4th Thursday of the month, 1:15P

Contact: Eileen Donahue 702.273.8899

Chess

Every Tuesday & Thursday, 1:30P

Contact: Senior Center 970.962.2783

Rhythm Singers/Heartbeat Band

Last Tuesday of the month, 2:00P (Sept-May)

for Rhythm Singers; call for Heartbeats schedule

Contact: Wayne Graham 970.214.7102

Senior Bookworms

Last Monday of the month, 11:30A

Contact: Janice Benedict 970.593.0990

Current book list is on Senior Center bulletin board.

Dates: 9/30, 10/28, 11/25, 12/30

The Nurse Is In

4th Monday of the month, 9:00-11:00A

Contact: UCHHealth 970.624.1860

Drop-in for a FREE visit with an RN for blood pressure/pulse checks, tips to manage a chronic condition, healthy lifestyle info & helpful resources.

Dates: 9/23, 10/28, 11/25, 12/23

ENRICHMENT CLASSES

Cruisin' Canvas Painting Party Min/Max: 8/24

Be an artist for the day! Everything is provided - canvas, paints, refreshments, music and of course the fun. Everyone will paint the same picture with instruction on how to create your very own Van Gogh.

Location: Oak Instructor: Tami Showers

Age: 50+

W	8/21	1:30-3:30P	\$20	391006-2
W	12/18	1:30-3:30P	\$20	491006-2

Learn How To Serve Our Community as an RSVP Volunteer Min/Max: 5/50

Are you looking to get involved and give back in our community? Come learn about all Volunteers of America (VOA) and the Senior Corps Retired Senior Volunteer Program (RSVP) has to offer! VOA provides services to seniors as well as volunteer opportunities. RSVP is a network of nonprofits and helps volunteers find just the right fit to give back! Join VOA and RSVP employees and volunteers for a chance to talk about the various services VOA can help with such as the Handyman program, the Grocery program, the Smiling Spoon lunch program and the Caring Companion program. Learn about other volunteer opportunities outside of VOA as well.

Location: Cherry Rm

Age: 50+

W	9/18	10:00-11:00A	FREE	491004-1
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Safe Driving Course with AARP Min/Max: 6/30

This 4-hour AARP course covers comprehensive, safe driving techniques. We use videos and classroom discussion to remind participants of key points such as distracted driving, sharing the road with all types of vehicles, new Colorado laws, exercise programs and vehicle maintenance. Ages 16+ welcome. Seniors 55+ may be eligible for a discount on auto insurance.

Required book fee due to instructor; cash/check payable to AARP (\$15 AARP member, \$20 non-AARP member). Loc: Cherry (9/21), Oak (other dates)

Instructor: Kay Neckel

Age: 55+

Sa	9/21	9:00A-1:00P	\$5	491110-1
Sa	10/12	9:00A-1:00P	\$5	491110-2
Sa	11/9	9:00A-1:00P	\$5	491110-3
Sa	12/7	9:00A-1:00P	\$5	491110-4

See pages 46-48 for more enrichment classes and try something NEW!

HEALTH & WELLNESS

NEW! Boomer Boot Camp Min/Max: 5/9
 Calling all active baby boomers! Switch up your workout and explore different ways High Intensity Training (HIIT) can work for you. Challenge your cardio and muscular systems and improve your balance with this great workout. Get stronger, move better and feel invigorated with new energy. Some classes will be held outside weather permitting.
 Loc: Circuit Area Instructor: Lisa Foncannon
Age: 55+
 M 10/21-11/25 8:10-8:50A \$56 412015-01

Take Your Brain on a Walk Min/Max: 8/50
 Learn how to add cognitive components as you walk to enhance concentration and increase memory. The combination of mental and physical activities is a proven prescription for healthy aging. We will also practice some balance exercises utilizing the new Fitness Court at Fairgrounds Park.
 Location: Barnes #1, 405 S. Cleveland Ave.
 Instructor: Patti Welfare
Age: 60+
 W 9/4 9:00-10:00A FREE 491204-1

'N Balance Min/Max: 6/12
 A quality and effective fall prevention class that achieves results! Practice these evidence-based exercises and movements to strengthen your core balance and overcome the fear of falling. **Please call 970.962.2462 to find out about class requirements and to schedule the short balance evaluation occurring the week of 9/23. Sign up deadline: 9/15**
 Location: Fitness/Dance Rm
Age: 60+
 M,W 9/30-11/6 2:15-3:15P \$32 492002-1

Fitness Test Min/Max: 6/10
 Let us help you set and reach your goals for improving your fitness! Participate in a functional fitness assessment activity session to check your current fitness level and set goals for improving: cardiovascular endurance, flexibility, upper and lower body muscular strength and endurance, dynamic balance and agility and coordination for postural stability. Sign up for the test and expect to receive a call to set up an appointment time. Plan on the test taking approximately 15 minutes.
Sign up deadline: 11/6 Location: Cherry Rm
Age: 60+
 W 11/13 11:00A-1:15P \$5 492008-1

UCHEALTH ASPEN CLUB ♦

Min/Max: 8/50 Location: Maple/Spruce
Fee: \$4, *FREE w/SAC, Aspen Club pass or SilverSneakers® pass
Age: 50+ Days: Thursdays

Nutrition, Inflammation and Brain Health ♦

Learn how an anti-inflammatory diet can have a positive effect on your health. We'll review foods, lifestyle factors and how we can support our aging bodies, minds and digestion with wise food choices.
 Instructor: Deanna O'Connell, UCHealth dietitian and mindfulness practitioner

Date	Time	Fee	SAC	Class #
9/19	2:00-3:30P	\$4	FREE*	491206-1

Medicare Updates 2020 ♦

You can review and make changes to your Medicare Prescription Drug Plan (PDP) and Medicare Advantage Plan from October 15 through December 7. This presentation will prepare you by providing an overview of changes to plans and to Medicare in general.
 Instructor: UCHealth Medicare SHIP counselors

Date	Time	Fee	SAC	Class #
10/17	2:00-3:30P	\$4	FREE*	491207-1

The Conversation Project ♦

More than 9 out of 10 people feel it is important to talk about end-of-life issues, however less than 3 out of 10 have done so. Journalist Ellen Goodman developed a very impactful program to help people get this very important conversation started before a health crisis or emergency. This class will help you get the conversation started with important people in your life.

Date	Time	Fee	SAC	Class #
11/21	2:00-3:30P	\$4	FREE*	491208-1

Have you heard about the NEW free Patient Passport? What is it? See page 48 to find out!

SPORTS 50+

Pickleball Beginning Skills ♦ Min/Max: 5/10
 A structured, fun class to learn basic skills so you're ready to participate in "Drop in Pickleball" sessions - see page 3. All equipment provided. Loc: Large Gym
 Instructors: Pamela McGee/Bob Monroe
Age: 50+ Fee: \$30, \$28 w/SAC

Day	Date	Time	Class #
Su	9/8-10/13	1:45-2:45P	496006-1
M	9/9-10/14	3:45-4:45P	496006-2
Th	9/12-10/17	3:45-4:45P	496006-3
Su	10/27-12/8	1:45-2:45P	496006-4
M	10/28-12/9	3:45-4:45P	496006-5
Th	10/31-12/12	3:45-4:45P	496006-6

Volleyball League Min/Max: 5/12
 Our competitive Loveland team is a part of the Colorado Senior Volleyball Association with home and away games played against other front range teams. **Questions?** Jeff McCoy 970-800-3885
W 9/4-11/13 1:15-2:15P \$235 496004-1

Bocce Ball League ♦ Min/Max: 5/10
 Bocce is a fun game played with large colored balls and a small object ball (pallino). Each team throws their balls as close to the pallino as possible, while knocking other opponent's balls away. Join the fun!
 Location: Centennial Park Instructor: Tony Mancina
Date Time Fee SAC Class #
 9/12-10/17 5:30-7:30P \$8 \$6 496010-1

Drop-in Sports

Fee: Chilson fitness pass, SilverSneakers® pass or pay the daily fee (unless otherwise noted)
See full drop-in gym schedule on page 3.

Volleyball 50+ Location: Small Gym
 Tue 9:00-11:00A Fri 1:30-3:30P

Pickleball 50+ Location: Large Gym, east
 Drop-in pickleball play is recreational for players with experience and working knowledge of rules. All skill levels participate through rotation of play.
 Mon 6:00-9:00A Thu 6:00-9:00A
 1:30-3:30P 1:30-3:30P
 Tue 6:00-9:00A Fri 1:30-7:00P
 Wed 6:00-9:00A Sun 11:00A-1:30P

Table Tennis 50+ Mon|Wed|Thurs 1:30-4:00P
Fee: \$1 donation
Billiards 55+ Mon-Fri, 8:00A-5:00P
 Sat, 9:00A-12:00P
Fee: 50¢ donation

SPECIAL EVENTS

Loveland Senior Dances ♦
 Music provided by live bands. Enjoy delicious refreshments at most dances; some nights are potlucks*, so bring a favorite dish!
Age: 16+ Fee at the door: \$4, \$3.50 w/SAC
2nd & 4th Monday, 7:00-10:00P

9/9*	Big Twang Theory
9/23	Harris & Harris
10/14	Just Us
10/28	Rocky Mountain Dutch Hop Boys Halloween Dance (with Loveland HS)
11/11	Honkabilly Heroes, Veterans Day Dance
11/25*	Life in the Past Lane
12/9	Big Twang Theory
12/23	NO DANCE - happy holidays!

Harvest Bazaar

Join us at this annual fundraising event for the Chilson Senior Advisory Committee where proceeds benefit the Senior Center scholarship program for Loveland seniors. Get your holiday gifts early as you browse the craft tables for handmade treasures. Purchase fall produce and enjoy hearty soups, chili and delicious pies! Produce donations accepted beginning 9/11.
 Location: Chilson Senior Center

Sa 9/14	9:00A-1:30P	FREE to browse
Meal Deal (soup or chili, pie & drink)		\$5 (\$6 at door)
Coffee & Pie		\$2

CRAFTERS NEEDED! Craft table reservations are IN PERSON ONLY beginning Tuesday, 7/30 at 8:00A at the Senior Center. First-come, first-served. Cash or check only. All crafts must be homemade. No food items. **Fee:** \$15 half table, \$30 full table

Veterans Day Salute

Join us as we pay tribute to our Veterans in recognition of Veterans Day. Enjoy a speaker and music to honor our Veterans. Celebrate our heroes and heroines from the past and the present. Enjoy refreshments and warm conversation at the end of the event! Must pre-register. Location: Cherry/Hickory
Age: 18+
 W 11/6 1:30-3:30P FREE 495013-1

Don't miss these other upcoming special events! See pages 5 for all the details.

9/25 10th Annual Senior Fishing Derby
10/2 Volunteer Appreciation
12/11 Ugly Sweater Holiday Lunch

DAY TRIP REGISTRATION

- **Senior Activity Card (SAC) holders have priority registration Tues, 7/30 - Tues, 8/6** (during this time trips are not open to online registration).
- Adults 62+ are eligible to purchase a SAC for \$20.
- **Trip registrations open to all adults (18+) on 8/7.**
- Trip refunds may be granted pending circumstances of the trip. See page 56 & 64 for info and policies.
- Participants transported in City van or motor coach; all trips depart from the Senior Center and are escorted by activity leader Jenny Sanders unless otherwise noted and are subject to change.

Travel Training ♦

Join us for this fun and educational travel class on the bus! Learn how to read the bus schedule, plan your next bus trip and see how transit rider tools make riding easier than ever. Training includes riding COLT and FLEX buses to Fort Collins and continuing on the MAX with a stop for lunch at *Austin's* (includes lunch, non-alcoholic drink and tip). Destination: Fort Collins

Day	Date	Time	Fee	SAC	Class #
T	9/3	10:00A-3:30P	\$15		493199-1
T	10/1	10:00A-3:30P	\$15		493199-2
T	11/5	10:00A-3:30P	\$15		493199-3

Bird Banding ♦

In the last 25 years, the Bird Conservancy has banded more than 100,000 birds during their annual migrations for research purposes. Visit the Barr Lake Banding Station to watch and learn from an educator as scientists use mist nets to harmlessly catch birds including the Orange-Crowned Warbler, the Yellow-Rumped Warbler, the White-Crowned Sparrow, and the House Wren. Lunch at the *Double Tree* (cost on your own for \$9-\$15). Destination: Brighton

Day	Date	Time	Fee	SAC	Class #
W	9/11	8:15A- 3:30P	\$35	\$31	493100-1

Curt Gowdy State Park ♦

Enjoy a one-mile stroll to the beautiful Hidden Falls. Following the hike partake in the prime rib and seafood buffet at *Hathaways Restaurant* (cost on your own for \$15-\$18). Destination: Cheyenne

Day	Date	Time	Fee	SAC	Class #
F	9/13	7:45A-3:00P	\$32	\$28	493103-1

**Want to bike and hike this fall?
Check out page 43 for guided trips.**

Estes Park Trolley ♦

Experience the beauty and history of Estes Park while enjoying riding in a traditional, wooden seat trolley. Highlights of the two-hour informational tour include 100+ year old MacGregor Ranch, the haunted Stanley Hotel, the amazing engineering feat of the Alva Adams Tunnel and possibly some bugling elk. Lunch after the tour at the *Hunter's Chophouse* (cost on your own for \$12-\$17). Destination: Estes

Day	Date	Time	Fee	SAC	Class #
M	9/16	7:45A-2:30P	\$70	\$66	493102-1

Casino Trips - Mardi Gras ♦

Join the Ft Collins Senior Center on a fun and lucky time at the *Mardi Gras Casino*. Depart from Chilson. Dest: Black Hawk Escort: John Steinman **Age: 21+**

Day	Date	Time	Fee	SAC	Class #
T	9/17	8:15A-5:00P	\$10	\$8	493035-1
T	10/15	8:15A-5:00P	\$10	\$8	493035-2
T	11/19	8:15A-5:00P	\$10	\$8	493035-3

Rockies -vs- Mets ♦

Root for the Colorado Rockies as they play against the New York Mets. Our seats are in the shade near the third baseline. Pack your own lunch or choose from the many vendors at Coors Field (cost on your own for \$12-\$16). Destination: Denver

Day	Date	Time	Fee	SAC	Class #
W	9/18	10:30A-5:30P	\$42	\$38	493035-1

Miss Saigon at the Buell ♦

A young Vietnamese woman, orphaned by war, is forced to work in a bar run by a notorious character known as the Engineer. There she meets and falls in love with an American G.I. named Chris, but they are torn apart by the fall of Saigon. For 3 years, she goes on an epic journey of survival to find her way back to Chris, who has no idea he has fathered a son. Lunch at *Saigon Basil* before the show (cost on your own for \$10-\$14). Destination: Denver

Day	Date	Time	Fee	SAC	Class #
Su	9/22	10:00A-6:00P	\$74	\$70	493111-1

Lunch Bunch Trips ♦

Each month, explore a different restaurant in Northern Colorado. Lunch cost on your own for \$10-\$20.

Fee: \$23, \$19 w/SAC Time: 11:15A-2:30P

Day	Date	Restaurant	Class #
T	9/24	<i>Lucile's</i> , Cajun-Creole Destination: Longmont	493104-1
W	10/9	<i>Jay's Bistro</i> , American Destination: Fort Collins	493109-1
W	11/20	<i>Raffs Tavern</i> , Pub Fare Destination: Windsor	493112-1
M	12/30	<i>Rudy's Country BBQ</i> Destination: Greeley	493121-1

Lariat Loop Fall Colors Scenic Ride ♦

The Lariat Loop is a 40-mile route of an early 1920s motoring adventure exploring the foothills. This scenic byway includes Red Rocks Park, Dinosaur Ridge, Morrison, Bear Creek Canyon, Evergreen, Bergen Park, the Genesee-Lookout Mountain area and down the Lariat Trail to the City of Golden. Lunch at the *Morrison Inn* (cost on your own for \$12-\$18). Destination: Golden

Day	Date	Time	Fee	SAC	Class #
Th	9/26	9:00A-5:00P	\$34	\$30	493105-1

Nonsense at Jesters ♦

Nonsense is a hilarious spoof about the misadventures of five nuns trying to manage a fundraiser. Sadly, the rest of the sisterhood died from botulism after eating vichyssoise prepared by Sister Julia. Thus, the remaining nuns stage a talent show in order to raise the money to bury their dearly departed.

Fee includes show, featured entrée, non-alcoholic beverage and gratuities. Destination: Longmont

Day	Date	Time	Fee	SAC	Class #
Su	9/29	11:45A-4:30P	\$67	\$63	493106-1

Mile High Flea Market ♦

Shop 'til you drop at the Rocky Mountain region's largest year-round, open-air shopping and entertainment destination. Find incredible prices on new and used merchandise, farmers market, food, live music and more on 80 adventurous acres. Pack your own lunch or choose from the many vendors at the market (cost on your own for \$7-\$12).

Destination: Commerce City

Day	Date	Time	Fee	SAC	Class #
F	10/4	8:30A-3:30P	\$30	\$26	493107-1

Four Mile Historic Park ♦

Constructed in 1859, the Four Mile House was the last stop coming west to Denver along the Cherokee Trail. Nestled along Cherry Creek, it was a welcome site for weary travelers, a place to wash off the trail dust, have a drink of cool fresh water, find a home-cooked meal or spend the night before heading in to Denver. Visit the blacksmith shop, the bee house, the miner and trappers cabins, tipis and more. Have lunch beforehand at the *Bull and Bush Pub* (cost on your own for \$10-\$15). Destination: Denver

Day	Date	Time	Fee	SAC	Class #
Su	10/6	10:15A-5:00P	\$37	\$33	493110-1

Buy a Senior Activity Card (SAC) to receive discounts & priority registration!
See page 50 for more information.

Police Dog Demonstration ♦

The Larimer Retired K9 Foundation provides support for K9 Deputies when they retire from active duty due to age or work-related injuries. Learn how police dogs train to detect drugs and explosives, subdue suspects and assist in finding missing people. Then watch a live demonstration showing the K9 deputies in action. Lunch before the demo at the *Farmhouse* (cost on your own for \$11-\$15). Destination: Fort Collins

Day	Date	Time	Fee	SAC	Class #
W	10/16	11:15A-4:30P	\$27	\$23	493108-1

DU Pioneers Hockey ♦

Root for the Denver University Pioneers as they match up against the Boston College Eagles. In the 2018/2019 season the Pioneers made it all the way to the NCAA Frozen Four Hockey Tournament. Choose dinner from the many vendors at Magness Arena (cost on your own for \$12-\$15). Destination: Denver

Day	Date	Time	Fee	SAC	Class #
F	10/18	4:30-10:30P	\$40	\$36	493116-1

El Día de Los Muertos Exhibit ♦

People of all cultures honor the memories of their ancestors. In many parts of Mexico, South America and the United States, El Día de los Muertos, or the Day of the Dead, is a time to honor and celebrate deceased loved ones. The Longmont Museum exhibit includes Day of the Dead altars made by members of the community. Lunch at *Jefe's* before the museum visit (cost on your own for \$10-\$12).

Destination: Longmont

Day	Date	Time	Fee	SAC	Class #
F	11/1	11:15A-4:00P	\$32	\$28	493115-1

Art Castings of Colorado ♦

Since 1972, Art Castings of Colorado has been the trusted choice of artists around the world with a reputation as one of the cleanest, most efficient bronze art foundries in North America. Take a guided tour of the 25,000 sq-ft building including the foundry, operations and administration. Lunch at the *Pour House* before the tour (cost on your own for \$10-\$18). Destination: Loveland

Day	Date	Time	Fee	SAC	Class #
Th	11/14	10:45A-3:00P	\$23	\$19	493113-1

December trips on next page

A Broadway Christmas Carol ♦

What the dickens happened to Scrooge? He sings (show tunes), he dances (time steps and classic Fosse) and he turns into a ham (and we're not talking spiral-cut). In an event that's perfect for both the young and young at heart, Charles Dickens' famous tale is whipped into a holiday confection, peppered with hilarious parodies of dozens of your favorite Broadway songs. Lunch at *Oak* (cost on your own for \$12-\$20). Destination: Boulder

Day	Date	Time	Fee	SAC	Class #
Sa	12/7	10:00A-5:00P	\$56	\$52	493118-1

A Colorado Christmas at Boettcher ♦

Enjoy this annual holiday favorite presented by the Colorado Symphony and friends. Delight in festive seasonal favorites including traditional Christmas carols, new winter tunes and even some newly arranged surprises – all with a chance to sing along to your heart's content! And you better not pout because Santa Claus and Mrs. Claus will be on hand to see who's naughty and who's nice in preparation for the big night. Lunch at *Cinzzetti's Italian Market* prior to the concert (cost on your own for \$12-\$20). Destination: Denver

Day	Date	Time	Fee	SAC	Class #
Sa	12/14	11:00A-6:00P	\$70	\$66	493117-1

Christkindl Market ♦

This annual event brings authentic German and European holiday traditions to Denver. Enjoy delicious cuisine, festive German drinks, handmade jewelry, toys, clothing, gifts and much more. Lunch cost is on your own for \$10-\$15. Destination: Denver

Day	Date	Time	Fee	SAC	Class #
W	12/18	10:00A-4:00P	\$31	\$27	493119-1

Garden of Lights at Spring Creek ♦

Stroll through the whimsically decorated and twinkling gardens lit by hundreds of thousands of LED lights. Visit your favorite perennial flower beds, huge sculptural flowers, a brilliant blue pond, grapevines, butterflies and a Primordial Forest with dinosaurs all created entirely from holiday lights. Dinner at *Carrabbas* beforehand (cost on your own for \$16-\$22). Destination: Fort Collins

Day	Date	Time	Fee	SAC	Class #
Th	12/19	4:15-9:30P	\$31	\$27	493120-1

Add new flavors to your recipe box!
Check out page 40 for hands-on cooking classes to tickle your tastebuds.

Senior Center Day Trip Policies

When you register for a day trip, we depend on your enrollment for a successful outing. Please plan your schedule carefully to avoid cancellations.

Cancellations and Refunds

- If you must cancel from a trip and you notify the Senior Center five days prior to the trip, and if tickets have not been purchased, you may receive a refund or credit. A \$5 service charge is assessed on all refunds.
- No refunds are given if you do not cancel within 24 hours prior to the trip departure.
- **Full Refunds:** If the Senior Center cancels the trip, a full refund is issued (no \$5 service charge is assessed).
- All refunds must be approved by the recreation coordinator or program supervisor. Our staff will make every attempt to find a replacement for you. If a replacement is not found, you will be charged the full amount of the trip.

STAFF SPOTLIGHT
SHARON STEINMAN
 Senior Center Clerk
**Tell us a little bit about yourself.**

For the past 14 years we've called Loveland home. We love being a part of the Chilson Center family. We are currently downsizing and moving into a new attached home near Mahaffey Park and the walking trails. We are looking forward to being more active in our new neighborhood and taking advantage of all the activities Loveland provides.

You used to be a volunteer here. What made you decide to take on a part-time position?

After retiring from long-term senior care as a Life Enrichment Coordinator, I realized there is no such thing as "retirement," so volunteering at the Senior Center came naturally. I enjoyed not only the guests we provide customer service to, but how the staff displayed amazing teamwork. So when the need for a part time admin/clerk support opened up, I thought, "Yeah, all this fun and get paid, too." That was five years ago.

What's your best advice for seniors in Loveland?

I have learned so much FROM our seniors here in Loveland, so I guess my best advice would be to never stop doing what you love doing for as long as you can. It's not the quantity of years you live, but the quality of life in which you live those years. Seniors have so many opportunities to get involved here in Loveland – an amazing variety of fitness classes, volunteer opportunities, life enrichment classes and day trips. All of these provide both continued learning as well as community social connections. I value the fact that all of the activities we provide reach out to a wide variety of demographics with varied interests.

THE VALUE OF PARKS

A park with one acre of trees absorbs the carbon dioxide produced by driving a car **11,000 miles.**



According to the National Association of Homebuilders, parks and recreation areas may enhance the values of nearby properties by up to **15-20%**.



Parks reduce the impact of large storms and flooding by soaking up run off from nearby paved surfaces. This helps **prevent flooding** and decreases property damage.



According to a study in an international health journal, higher levels of green space have been associated with **lower symptoms** of anxiety, depression and stress.

Children who have easy access to a playground are

5 times more likely to have a healthy weight than children who live in less green areas.



Source: National Recreation and Park Association (NRPA)

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GOLF

After a busy summer, ease into the game of golf with targeted lessons for ladies, adults and youth. Now is the time to get more comfortable with your game and have fun doing it!

No snow? Let's go! Loveland courses are open year-round. New to the game? Snag a cart and play when the course is less busy in the off season.

ADULT GOLF

Golf: Beginner Ladies Min/Max: 2/8

Take the very first steps to learning the game of golf without any intimidation! These beginner lessons mix learning new skills with fun. Learn skills for the four key swings: putting, chipping, pitching and full swing along with where each shot is used. Get answers to your golf questions on etiquette and safety. For your final session, play 3 holes of golf with instructors on the regulation Cattail Creek 9-hole, par 3 course. Grab your BFF and learn to golf together; it is fun to learn with a friend. All equipment provided. Call 970.663.5310 for additional information. Location: Cattail Creek

Age: 18+ Fee: \$50

M	9/9-10/7	5:30-6:30P	Cattail	466201-1
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Golf: Level 1 Ladies Min/Max: 2/8

These Level 1 lessons are the next step in playing the game of golf. You've already had an introduction to golf with Beginner lessons, now you're ready for the next level of skill building. Lessons include skill instruction and 3 holes of play with instructors on the regulation Cattail Creek 9-hole, par 3 course. All equipment provided. Call 970.663.5310 for additional information. Location: Cattail Creek

Age: 18+ Fee: \$50

M	9/9-10/7	4:15-5:15P	Cattail	466211-1
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Golf: Beginner Adult Min/Max: 2/6

This 5-session class includes 4 days of group lessons working on putting, chipping, pitch shots and full swings. Also covered are basic etiquette, rules and golf terminology/practices. On the last day, play 3 holes on the Cattail Creek 9-hole course complete with instruction. Golf equipment provided upon request. Call 970.663.5310 for additional information. Location: Cattail Creek

Age: 18+ Fee: \$75

Th	9/5-10/3	5:30-6:30P	Cattail	466221-1
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Starting New at Golf (SNAG) - Try it FREE!

Bring out the whole family to try the Mini-Course at Cattail Creek. Get a brief introduction to golf utilizing specialized SNAG equipment. Each person has the opportunity to try the 4 swings in golf and learn basic golf terminology. Then, put your skills to work and play 9-holes on the Mini-Course for FREE! For more information, visit cityofloveland.org/minicourse. **You must call 970.663.5310 to reserve a time for your group. Fee: FREE**

Sa	8/3	11:00A-12:30P
Su	8/4	11:00A-12:30P

YOUTH GOLF

Golf: Intro Ages 5-7 Min/Max: 4/12

This group class is perfect for the young golfer who is brand new to the game. Learn the first steps to becoming a life-long golfer in 5 sessions on the Mini-Course at Cattail Creek.

Day 1-2: Learn new skills: putting, chipping, pitching and full swing using specialized Starting New at Golf (SNAG) equipment

Day 3-4: Put those new skills into play on the Mini-Course playing 9 holes with instructors, all while learning course play management, safety & etiquette.

Day 5: Bring your family and teach them what you have learned by playing 9 holes on the Mini-Course together (no additional charge for family play).

Fee: \$50

T 9/3-10/1 5:30-6:15P Cattail 465101-1

Golf: Intro Ages 7-8 Min/Max: 4/12

Perfect for the young golfer ready to transition to regulation golf. 5 sessions mix learning new skills with fun on both the Mini-Course and the 9-hole regulation course at Cattail Creek.

Day 1: Learn new skills for the 4 key swings: putting, chipping, pitching and full swing using specialized Starting New at Golf (SNAG) equipment.

Day 2-3: Transfer those new skills to regulation golf equipment and continue to practice the key swings.

Day 4-5: Put your new swing skills into play on the regulation Cattail Creek 9-hole, Par 3 course while you golf 3 holes each day with instructors.

Fee: \$50

W 9/4-10/2 5:30-6:15P Cattail 465111-1

Games on the Range at Mariana Butte 4:00-8:00P every Friday, Saturday, Sunday Through Labor Day

Games on the Range combines golf games, friends, food and FUN! Specially designed for groups of friends or families, games are played simultaneously by all levels of golfers - no golf experience needed. Inhale fresh air with breathtaking sunset views at the top of the course.

The Wapiti Colorado Pub provides a full menu to make the evening even more enjoyable. Order and be served at your table right on the range!

Call 970.667.8308 to reserve your single or double bay.
\$25/hr single bay | \$40/hr double bay, 2 to 6 participants per bay. Includes table/chairs, golf clubs and unlimited range balls. Use the clubs provided or bring your own.

Golf Course Locations

golfloveland.com

Cattail Creek	Mariana Butte	The Olde Course
2116 W. 29th St. 970.663.5310	701 Clubhouse Dr. 970.667.8308	2115 W. 29th St. 970.667.5256

DID YOU KNOW?

**Loveland golf courses are open year-round.
Bring your swing and get out on the course!**

Off-Season Rates - Fall

Effective 11/1 - 11/30/19 and 3/1 - 3/31/20, any day/time

	Cattail Creek	The Olde Course	Mariana Butte
9 holes	\$9	\$14	\$18
18 holes	---	\$26	\$34

Off-Season Rates - Winter

Effective 12/1/19 - 2/28/20, any day/time

	Cattail Creek	The Olde Course	Mariana Butte
9 holes	\$8	\$13	\$16
18 holes	---	\$22	\$28

FUN FACTS about

CATTAIL CREEK | 970.663.5310

Free Club Rental

No clubs? No problem! Use our complimentary adult and youth rental clubs. Call for more information or stop by the pro shop.

3-Hole Round

Did you know that you can play just 3 holes at the regulation Par 3 Cattail Creek course? Perfect for beginners! Play a stress-free, fast round any day/time for only \$5.00. Clubs and on-course ball included! Walk-on players welcome or reserve tee times at the pro shop.

Give the GIFT of GOLF

Gift certificates, merchandise and stocking stuffers can be purchased from the pro shops at all Loveland golf courses or visit golfloveland.com for online gifts.



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Private Instruction

at the Olde Course

- Brad Thorberg, Brandon McDermott, Alex Gough
970.692.5270 | golftec.com/loveland
- Kim Stiner 970.227.2692 | lovelandgolfflessonzone.com
- Kristin Moreland 970.744.0354 | myswingschool.com

at Mariana Butte

- Winston Howe 970.667.8308 | winston.howe@cityofloveland.org
- Kevin Cohrs 970.667.8308 | kevin.cohrs@cityofloveland.org
- Jason Maddox 970.667.8308

CITY OF LOVELAND ATHLETIC FACILITIES

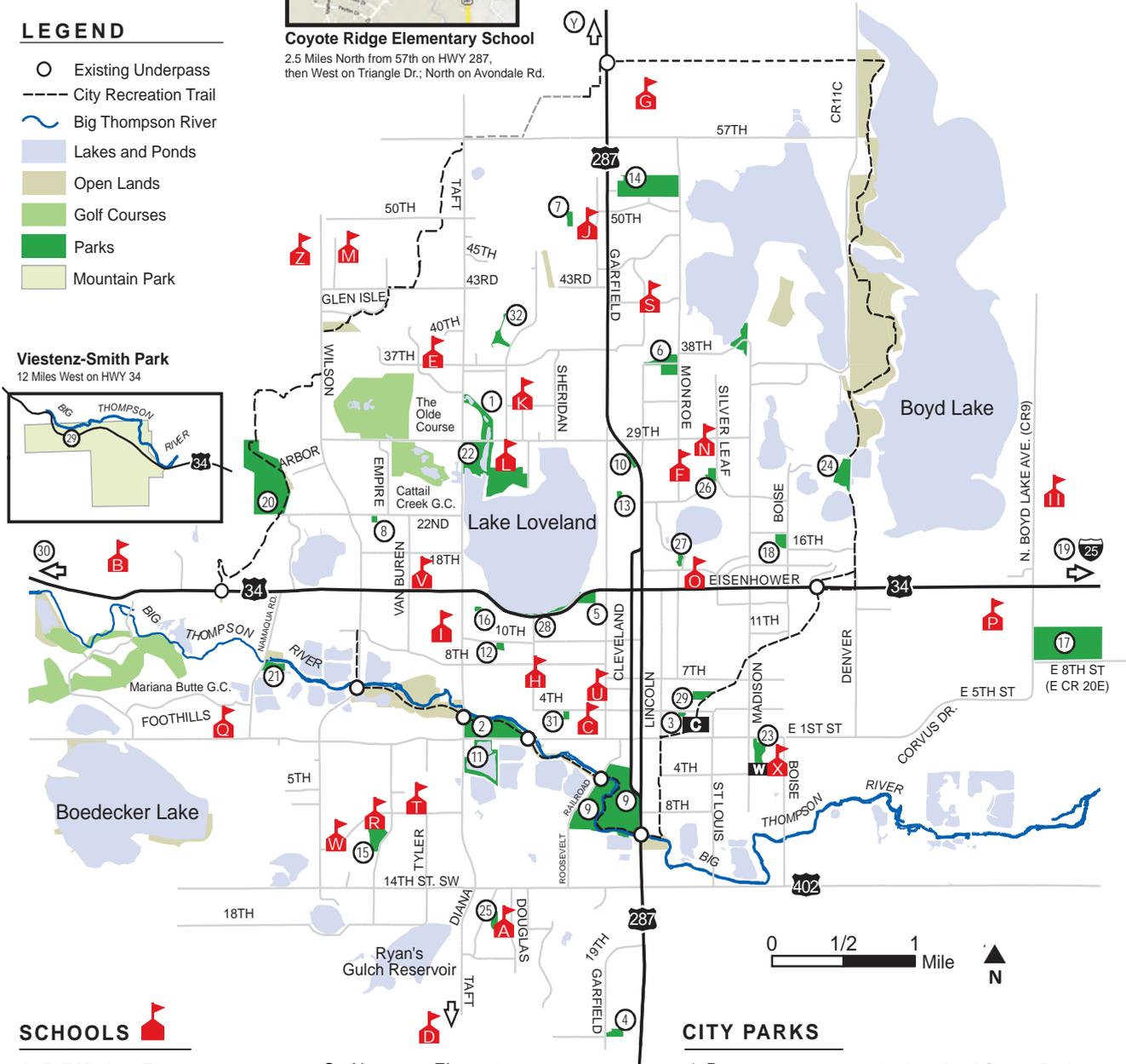
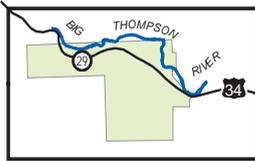
LEGEND

- Existing Underpass
- City Recreation Trail
- ~ Big Thompson River
- Lakes and Ponds
- Open Lands
- Golf Courses
- Parks
- Mountain Park



Coyote Ridge Elementary School
2.5 Miles North from 57th on HWY 287,
then West on Triangle Dr.; North on Avondale Rd.

Viestenz-Smith Park
12 Miles West on HWY 34



SCHOOLS

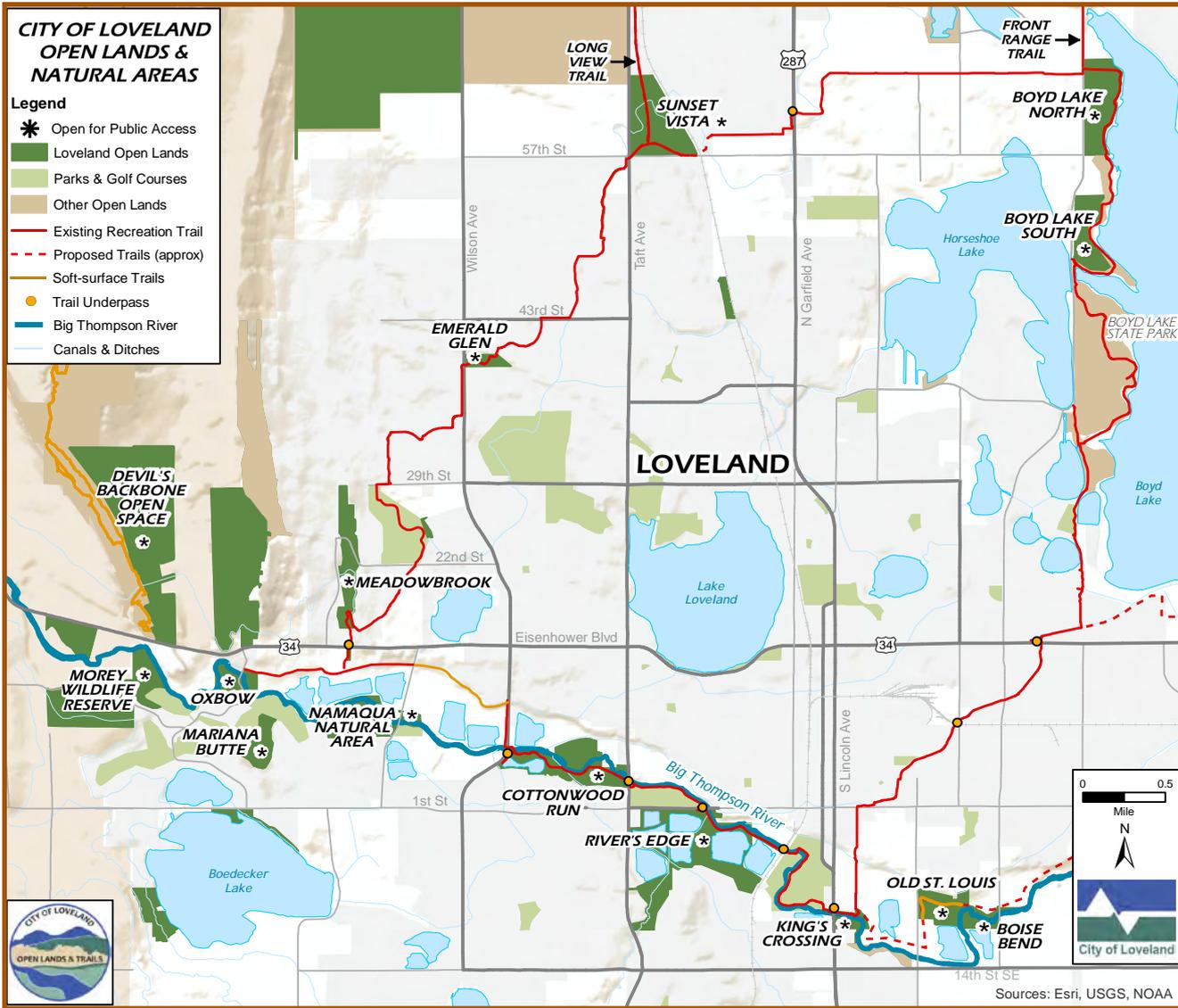
- A B F Kitchen Elementary
- B Big Thompson Elementary
- C Bill Reed Middle School
- D Carrie Martin Elementary
- E Centennial Elementary
- F Conrad Ball Middle School
- G Cottonwood Plains Elementary
- H Garfield Elementary
- I Harold Ferguson High School
- J Laurene Edmondson Elementary
- K Lincoln Elementary
- L Loveland High School
- M Lucile Erwin Middle School
- N Mary Blair Elementary
- O Monroe Elementary
- P Mountain View High School
- Q Namaqua Elementary
- R Sarah Milner Elementary
- S Stansberry Elementary
- T Thompson Valley High School
- U Truscott Elementary
- V Van Buren Elementary
- W Walt Clark Middle School
- X Winona Elementary
- Y Coyote Ridge Elementary
- Z Ponderosa Elementary
- II High Plains School

OTHER FACILITIES

- C** Chilson Recreation/Senior Center
- W** Winona Pool

CITY PARKS

- 1 Benson
- 2 Centennial
- 3 Civic Center
- 4 Derby Hill
- 5 Dwayne Webster
- 6 Eagleview
- 7 Edmondson
- 8 Estrella
- 9 Fairgrounds/Barnes
- 10 Glen Arbor
- 11 Jayhawker Ponds
- 12 Garfield Park
- 13 Kirkview
- 14 Kroh
- 15 Loch Lon
- 16 Loch Mount
- 17 Loveland Sports Park
- 18 McKee
- 19 McWhinney Hahn Sculpture
- 20 Mehaffey
- 21 Namaqua
- 22 North Lake
- 23 Osborn/Winona Pool
- 24 Seven Lakes
- 25 Sherri Mar
- 26 Silver Glen
- 27 Silver Lake
- 28 South Shore Parkway
- 29 Sunnyside
- 30 Viestenz-Smith
- 31 Westside
- 32 Woodmere



OPEN LANDS & TRAILS RULES & REGULATIONS Visit cityofloveland.org/openlands for detailed rules.

Hours Hours of operation are from 6:00A-10:30P, except Morey Wildlife Reserve and Mariana Butte Trails (open dawn until dusk). Overnight parking or camping is prohibited in open lands & trails.

Biking Bicycling permitted on designated trails only. Bicycles are not permitted at Morey Wildlife Reserve or Mariana Butte Trails. Bicyclists yield to other trail users.

Pets Pets must be leashed and under human control at all times. Owners must pick up and remove pet waste. Pets are not permitted at Morey Wildlife Reserve or in environmentally sensitive areas.

Fishing Fishing is regulated by Colorado State Regulations. Site-specific regulations apply. All persons age 16 and older are required to have a Colorado Fishing License.

Horses Horses (except police) are not permitted on City of Loveland Open Lands & Trails.

Alcohol Alcoholic beverages are not permitted. Glass containers/bottles are prohibited.

Fire Discharge or use of firearms, projectiles or fireworks is prohibited. No open fires or flames.

Trail Etiquette

- Please stay on the designated trail and respect the rights of adjacent property owners.
- Loveland's trails have many different types of users; please be courteous to others on the trail.
- Flow of traffic is similar to road traffic. Always ride or walk on the right side. When passing others on the trail, verbally warn them that you are passing on the left.
- Be predictable: ride or walk in a straight line - avoid weaving.
- Bicyclists are encouraged to use helmets; make sure your bike is operational and properly equipped (including reflectors and lights).

Maintenance Report maintenance concerns or vandalism to the Parks & Recreation Dept. at 970.962.2727.

HOW DO I REGISTER?

You may choose to register for activities by going ONLINE, MAILING IN your registration, or COMING IN to the Chilson Center to register in person.

1 WEBTRAC ONLINE REGISTRATION - BEGINS JULY 29, 6:00P

For Enrollment Online: cityofloveland.org/webtrac

Request your Household ID number by filling out the online form: cityofloveland.org/webtrac
OR call 970.962.2383 or 970.962.2727.

Once logged in to WebTrac, verify/update your household information prior to registration.

Receipt: A receipt will NOT automatically be mailed to you. We suggest that you print the webpage that shows your activities and fees paid before completing your enrollment process. Please call the Chilson Center at 970.962.2383 if you'd like your receipt mailed along with any other class or activity information specific to your registration.

2 WALK-IN | DROP-OFF REGISTRATION - BEGINS JULY 30, 8:30A

For Walk In/Drop-Off Registration

Drop off the completed registration form (on page 64) along with your check or credit card information.

For confirmation of registration, please include your e-mail address. Registrations may be dropped off at the Parks & Rec Administration Office and the Chilson Recreation/Senior Center during regular business hours.

Chilson Recreation Center

Mon-Fri 8:30A-4:30P
700 E. Fourth St.
Loveland, CO 80537
970.962.2386

Chilson Senior Center

Mon-Fri 8:00A-4:30P
700 E. Fourth St.
Loveland, CO 80537
970.962.2783

Parks & Rec Administration

Mon-Fri 8:00A-4:30P
500 E. Third St., Suite 200
Loveland, CO 80537
970.962.2727

3 MAIL-IN REGISTRATION - BEGINS JULY 30, 8:30A

Mail-In Registration

Mail in completed registration form (on page 64) along with your check or credit card information and e-mail address to:

Parks & Recreation Department

500 E. Third St., Suite 200
Loveland, CO 80537

Registrations received before the date above are held for processing on this date in the order they are received.

Notice of Non-Discrimination

It is the policy of the City of Loveland to provide equal services, programs and activities without regard to race, color, national origin, creed, religion, sex, sexual orientation, disability, or age and without regard to the exercise of rights guaranteed by state or federal law. It is the policy of the City of Loveland to provide language access services at no charge to populations of persons with limited English proficiency (LEP) and persons with a disability who are served by the City.

For more information on non-discrimination or for translation assistance, contact the City's Title VI Coordinator at: titlesix@cityofloveland.org or call 970.962.2372. The City will make reasonable accommodations for citizens in accordance with the Americans with Disabilities Act (ADA). For more information on ADA or accommodations, contact the City's ADA Coordinator at: jason.smitherman@cityofloveland.org or call 970.962.3319.

REGISTRATION POLICIES & PROCEDURES

Things To Know

- Please register at least one week prior to the first class. Class cancellation decisions are made three days prior to class start date. If class enrollments are below the minimum requirements, a class may be cancelled.
- Registrations cannot be approved by an instructor or the team coach.
- The Department has the right to cancel classes.
- Before you purchase supplies, call 970.962.2383 to verify that your class is occurring.
- The City of Loveland does not discriminate on the basis of race, color, national origin, creed, religion, sex, sexual orientation, age or disability in the provision of services. For disabled persons needing reasonable accommodation to attend or participate in a service or program/activity, call 970.962.2462 or TDD #962.2620.
- SAC holders have priority registration 7/30-8/6 for day trips listed in the Active Generation section, denoted by this symbol (◆). Non SAC holders can register on or after 8/7.

Use This Enrollment Checklist

- Complete the registration form below
- Double check class fees and total
- Include a 2nd and 3rd choice where possible
- Make checks payable to City of Loveland or include credit card number & expiration date
- Include email address for receipt confirmation

Cancellations

- When you sign up for a class, we depend on your enrollment for a successful class. Please plan your schedule carefully to avoid cancellations and/or refunds.
- If you must cancel your class spot, please call 970.962.2383 [seniors call 970.962.2783] at least five (5) business days before the class begins. You may choose to transfer to another class or to receive a refund. See Refunds.
- You are notified if a class is cancelled due to low enrollments, and are given options at that time.

Refunds

Unless otherwise noted, the following refund policy applies:

- Refund requests must be submitted in writing. Refund request forms are available at the Chilson Recreation Center front desk.
- After registration & up to 3 days prior to the class start date, a \$5 service charge will be assessed.
- Up to two days prior to the class start date, 50% of the class fee is refundable.
- No refunds are given after the 1st week of class.
- Full refunds are only given for fully cancelled classes.
- Allow 2 weeks for processing.
- No cash refunds.
- No refunds for Senior Activity Cards (SACs).
- All refunds must be approved by the Recreation Coordinator and/or the Program Supervisor.
- **Other Charges:** There is a \$20 charge for returned checks.

Loveland Parks & Recreation Registration Form				
Please fill out this registration form for use with all registration options. The information in shaded areas is required during the enrollment process.	Address:			
	City/Zip:			
Household ID #:	Home/Cell:		Work:	
Name: <i>Head of Household/Primary Guardian Full Name</i>	Email Address: <i>For City of Loveland internal use only. Your contact information is not shared.</i>			
Family Member Names:	Birthdates:	Activity/Program #:	Section #:	Fees Due:
				\$
				\$
				\$
				\$
Do you need a special accommodation to safely and enjoyably participate in these programs? ___ Yes ___ No. If yes, please state your special requirements: _____			Total Paid:	\$
Pay By: ___ Cash (<i>Do not send cash in the mail</i>) ___ Check (<i>Made out to: City of Loveland</i>)		Waiver for Participation: By signing below, I hereby release and absolve the Parks & Recreation Department, the City of Loveland, and all of its employees or agents of same from any claims of damages arising from injury received by the participation involved in this activity, whether due to negligent acts or omissions of said parties, other participants, or otherwise.		
Credit/Debit Card: ___ Visa ___ MC ___ Discover ___ AmEx Card #: _____ Expiration: _____		<i>Signature required showing I agree to the Waiver Statement above and agree to pay the charges listed here as stated.</i> Signature: _____		

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loveland@aims.edu
www.aims.edu/campus/loveland

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