

# ACTIVITY GUIDE

WINTER | SPRING • JAN - MAY 2020

LOVELAND PARKS & RECREATION



City of  
**LOVELAND**  
PARKS & RECREATION

ONLINE REGISTRATION BEGINS  
Monday Dec. 9 at 6:00 p.m.

WALK-IN REGISTRATION BEGINS  
Tuesday Dec. 10 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

How do you improve your local economy, conserve your natural environment, strengthen your community and, at the same time, enhance the well-being of your residents? You provide public park and trail areas, recreational facilities and leisure programs!



Elizabeth R. Kayl, CPM, CPRP  
Director, Parks & Recreation

Parks & Recreation exists to enhance the quality of life for all citizens of Loveland through the development of recreation programs that promote a lifestyle of wellness, physical activities and cultural experiences for all ages. We're especially excited to announce that our Small Fries Preschool program recently earned a Level 5 rating with the Colorado Shines Program! Our quality, state-licensed preschool program focuses on a balance of play, discovery, small group activities and kindergarten readiness.

Loveland's Open Lands & Trails staff traveled to Steamboat Springs to receive the Starburst Award from the Colorado Lottery for the Longview Trail, plus the Blue Grama Award from the Colorado Open Space Alliance. This award is the state's top honor, annually recognizing Colorado's most outstanding achievement by an organization. These accolades demonstrate a strong commitment to the citizens of our community in preserving an abundance of open lands and trail corridors.

Spring is a wonderful opportunity to celebrate children in the City of Loveland! Stop by Fairgrounds Park on April 20 as we celebrate Children's Day with enriching activities, demonstrations and interactive booths. For those a bit older, we are elated to present the second annual Mountainfilm On Tour February 1 at the Rialto Theater. These culturally rich, adventure-packed documentary films use the power of film and art to inspire each of us to create a better world.

Our outdoor recreation programs will get you hiking, biking, skateboarding, snowshoeing, paddling and even hunting for hidden treasures. Browse through this activity guide for more ways to reach your goals, discover new adventures, increase your knowledge and most of all, have FUN doing it! Continue to keep in touch and get involved with Parks and Recreation. We are here for you and want to assist you in finding your kind of play, health and fitness.

**Elizabeth R. Kayl, CPM, 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            Call or go 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

cityofloveland.org/webtrac

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# CHILSON RECREATION & SENIOR CENTER

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

### Winter Break & Spring Break Pass

Stay active this season! Purchase a winter break or spring break pass for UNLIMITED use of the Chilson Recreation Center during the dates below.

Winter Break: 12/21/19-1/5/20 (on sale 11/22/19)

Youth: \$17 | Adult: \$22

College Students: 3 weeks: \$34 or 4 weeks: \$44

Spring Break: 3/14/20-3/22/20 (on sale 2/17/20)

Youth: \$12 | Adult: \$17

### 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
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
S, 4/12 Easter	CLOSED	CLOSED
M, 5/25 Memorial Day	5:30A-2:00P	CLOSED

### FEES - Chilson Recreation/Senior Center

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

Age	Daily Fee	10-Visit**
<b>Toddlers</b> (2-5 Years)	\$3.25	\$29.25
<b>Youth</b> (6-18 Years)	\$4.25	\$38.25
<b>Adults</b> (19-61 Years)	\$5.75	\$51.75
<b>Seniors</b> (62+)	\$4.50	\$40.50

### Age 3 Month ★

<b>Youth</b> (6-18 Years)	\$86.50
<b>Adults</b> (19-61 Years)	\$157
<b>Seniors</b> (62+)	\$90
<b>Family*</b>	\$229

### Age 6 Month ★ 1 Year ★

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

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

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

\*\*10-Visit pass is valid for 3 years

★ Pass fees include 1-week facility closure for annual maintenance. Additional area closures may also occur.

### 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 & (Sep-May) 4:00-7:00P
Saturday	Only Sep-May: 9:00A-12:00P

### FEES - Childcare

**Daily Fee:** \$2.50

**10-Visits:** \$22.50

### Upgrade your annual pass:

\$90 1<sup>st</sup> 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](http://cityofloveland.org/groupswim) at least 48 hours in advance to be eligible for a \$4.00/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.

Winter/Spring 2020

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

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
<b>LAP POOL:</b>							
<b>Lap/Open Swim</b>	5:30A-9P	5:30A-9P	5:30A-9P	5:30A-9P	5:30A-9P	6A-5:30P	11A-5:30P
<b>Aqua Fitness</b>	6A-12:45P	7A-12:45P	6A-12:45P 5:30-6:30P	7A-12:45P	6A-12:45P	---	---
<b>Swim Lessons</b>	5-7:30P	5-7:30P	---	5-7:30P	---	8:30A-12P	---
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.							
<b>LEISURE POOL:</b>							
<b>Open Swim</b>	10A-9P*	10A-9P*	10A-9P	10A-9P*	10A-9P	10A-5:30P	11A-5:30P
<b>Zero Depth</b>	9-10A**	9-10A**	9-10A**	9-10A**	9-10A**	9-10A**	---
<b>Lazy River &amp; Water Walking</b>	6-8A	6-9A	6-7A	6-9A	6-8A	6-9A	---
<b>Aqua Classes</b>	8-10A	9-10A	7-10A	9-10A	8-10A	8-9A (in Jan)	---
<b>Speed Slide</b>	1-9P	1-9P	1-9P	1-9P	1-9P	11A-5:30P	12-5:30P

\* **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](http://cityofloveland.org/chilson) and aquatics area.



# SPECIAL EVENTS

Back by popular demand! Join us at the Rialto Theater on February 1 for the second annual Mountainfilm On Tour. This brand new selection of culturally rich, adventure-packed and incredibly inspiring documentary films made its original debut in Telluride. The tour visits Loveland with films that explore Mountainfilm's mission: using the power of film, art and ideas to inspire audiences to create a better world.

## 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

## 2/1 Mountainfilm On Tour

Mountainfilm on Tour brings a selection of culturally rich, adventure-packed and incredibly inspiring documentary films curated from the Mountainfilm festival held every Memorial Day weekend in Telluride, Colorado. The tour will visit Loveland with films that will explore the themes connected to Mountainfilm's mission: using the power of film, art and ideas to inspire audiences to create a better world. Brought to you by the City of Loveland Parks & Recreation Department and hosted by the Rialto Theater. Sponsorship opportunities available; contact Kerry Helke 970.962.2446. Tickets available now. Location: Rialto Theater, 228 E. Fourth St.

Sa	2/1	2:00P matinee	\$15
Sa	2/1	7:00P evening	\$19

## 2/15 P.S. I Love You Day: Valentine Dance Presented by Loveland P&R Junior Leadership Committee

Join Chilson's first valentine dance in support of P.S. I Love You Day, a non-profit organization whose mission is to bring awareness to the importance of mental health by spreading the message of love and kindness. Help us support this nationally recognized day by wearing the color purple. Prizes will be awarded for those dressed to impress in the following categories: Fanciest, Most Creative and Most Purple. Dads/daughters, moms/sons and grandparents/children will enjoy age-appropriate games, music, dancing, raffle prizes and a special treat for each child. A portion of the proceeds will be donated to the P.S. I Love You Day cause. Location: Chilson Recreation Center

Questions? 970.962.2487 or [cityofloveland.org/prevents](http://cityofloveland.org/prevents)

Ages: 2+

Sa 2/15 6:00-8:00P 256900-1

Fee \$15/adult & child pair in advance\*, \$5 each additional child

\*Fees increase if purchased at the door: \$20/adult & child pair

## 2/21 Dive-In Movie Night

Enjoy a movie while floating in the pool with your friends! Movie: TBD Location: Chilson pool

All ages

F 2/21 7:00-9:00P Daily fee/Chilson pass

**2/25 Volunteer Open House**

Learn how you can be part of the Open Lands & Trails team at this informational meeting for prospective volunteers. A variety of opportunities will be presented, including environmental education, public outreach, trail hosting and conservation projects such as trail building & habitat restoration. **Register:** [offero.cityofloveland.org](mailto:offero.cityofloveland.org)  
**Questions?** 970.962.2643 or [michele.vanhare@cityofloveland.org](mailto:michele.vanhare@cityofloveland.org)  
 Location: P&R Administration Office, 500 E. Third St.

**All ages**

T	2/25	5:00-7:00P	FREE
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**3/10-3/13 Env. Ed. Volunteer Training**

This is a training for Volunteer Environmental Educators to help teach outdoor sessions about Colorado wildlife, native plants and urban wild areas to grade school youth. Trained volunteers assist with school field trip programs that are offered on weekdays during spring and fall. **Register:** [offero.cityofloveland.org](mailto:offero.cityofloveland.org)  
**Questions?** 970.962.2643 or [michele.vanhare@cityofloveland.org](mailto:michele.vanhare@cityofloveland.org)  
 Location: River's Edge Natural Area, 960 W. First St.

**Age: 18+ \*All sessions not required**

T-F	3/10-3/13*	8:30A-1:00P	FREE
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**3/13 Glow Swim Party**

Come swim in the pool where the lights are dim and the party is bright. Get your glow on with fun games! Location: Chilson pool

**All ages**

F	3/13	7:00-9:00P	Daily fee/Chilson pass
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**3/17 St. Patrick's Day Luncheon**

Have fun celebrating St. Patrick's Day with delicious corned beef and cabbage, shamrock cake and lively Irish entertainment. Bring a canned food donation for the *House of Neighborly Service*. Reservations must be made by 1:30P on Thursday, 3/12 by calling 970.472.9630. Seating is limited. **Fee:** \$2.50 suggested donation for the VOA meal program

**Age: 60+**

T	3/17	11:45A-1:00P	\$2.50 suggested
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**4/18 Pancake Breakfast & Plant Sale**

Have a delicious breakfast of pancakes, sausage, ham, juice and coffee, then browse through the plant sale to find the perfect plant! Entertainment and good food make this a great morning for the entire family. Breakfast tickets available at the Senior Center front desk or pay at the door. This fundraising event is sponsored by the Chilson Senior Advisory Committee. Co-sponsored by *Village Inn*. Location: Senior Center

**All ages**

Sa	4/18	8:00-11:00A	FREE to browse
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Adults: \$4 in advance, \$5 at door

Children (12 & under): \$2.50 in advance, \$3 at door

**4/20 Children's Day at Fairgrounds Park**

Join the City of Loveland as we celebrate our children! Come see the best the city has all in one place – Fairgrounds Park. There will be games, demos and a variety of interactive booths. For information on this event and activity schedules, please visit [cityofloveland.org/childrensday](http://cityofloveland.org/childrensday)

Location: Fairgrounds Park, 700 S. Railroad Ave.

**All ages**

M	4/20	11:00A-2:00P	FREE
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**4/25 Fishing Loveland Open Lands**

Join this drop-in style public fishing event for all ages and angler skill levels. Stations provide advice from fishing club members and Open Lands volunteers including accessing rivers and ponds in the Loveland area. Activities include viewing river macro-invertebrates under microscopes and a fish handling station to foster good angler habits and ethics. Perfect for families, scout groups and others to learn about fishing. **Register:** [offero.cityofloveland.org](mailto:offero.cityofloveland.org)  
**Questions?** 970.962.2643 or [michele.vanhare@cityofloveland.org](mailto:michele.vanhare@cityofloveland.org)  
 Location: River's Edge Natural Area, 960 W. 1st St.

**All ages**

Sa	4/25	9:00-11:00A	FREE
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**5/2 Pickleball Open House**

Join the Parks & Recreation Department and the Loveland Pickleball Club for an introduction to pickleball, the fastest growing sport in America! Try your hand against other players and learn the basics of the game. Have an opportunity to register for a Pickleball Beginning Skills class (see page 55) and visit pickleball vendors. Location: Mehaffey Park, 3350 W. 29th St.

**All ages**

Sa	5/2	9:00A-2:00P	FREE
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**5/13 Fashion Show & Tea**

Enjoy this relaxing afternoon featuring tea, treats and beautiful spring fashions from local stores. Location: Cherry

**Age: 18+**

W	5/13	1:30-3:30P	\$8	291032-1
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**5/15 & 5/16 Volunteer Trail Host Training**

This training certifies volunteers as Trail Hosts to be the "eyes and ears" of Loveland Open Lands & Trails, gathering data, noting maintenance needs and interacting with visitors to city natural areas. No experience necessary and all training and materials are FREE. (You should be in good physical condition, capable of an easy 1-mile hike.) **Register:** [offero.cityofloveland.org](mailto:offero.cityofloveland.org)  
**Questions?** 970.962.2643 or [michele.vanhare@cityofloveland.org](mailto:michele.vanhare@cityofloveland.org)

**Age: 18+ \*Both sessions required**

F	5/15*	4:00-6:30P	P&R Admin Office
Sa	5/16*	9:00-11:30A	River's Edge Natural Area

**5/16 Kids to Parks Day at North Lake Park**

Aye matey - it's Pirate Day! Get outdoors and kick off summer at this national day of play. Sponsorship opportunities available, call 970.962.2446. Location: North Lake Park, 2750 N. Taft Ave.

- Mobile Recreation Trailer • Arts & Crafts • Pirate Photo Booth
- Family Geocaching Treasure Hunt (see page 45)
- Pirate Picnic (BYO picnic; desserts provided)
- A treasure chest of goodies and information for all the great summer events and classes from the City of Loveland Parks & Recreation Department.

**All ages**

Sa	5/16	11:00A-2:00P	FREE
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**6/5 Tee Off For Kids Golf Tournament**

Golfers! Play this tournament where ALL proceeds benefit youth recreation scholarships. Includes 18-hole round, cart, prizes, awards and dinner! **Registrations accepted through May.** **More info:** 970.962.2728 or [cityofloveland.org/teeoffforkids](http://cityofloveland.org/teeoffforkids)  
 Location: Mariana Butte Golf Course, 701 Clubhouse Dr.

**Age: 18+**

F	6/5	8:00A shotgun	\$230 per 2-person team
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# PARKS

If Mother Nature cooperates, make sure to check out the free outdoor Fitness Court® at Fairgrounds Park. Download the free Fitness Court® app to track and learn new workouts.

Join us April 20 for Children's Day, also at Fairgrounds Park. We're celebrating children in Loveland with free games, demos, interactive booths and more. Visit our website for more info and vendor applications.

## 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](http://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](http://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](http://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](http://cityofloveland.org/parks)



### 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 \*No class 3/16-3/21**

M	1/6-2/24	5:10-5:40P	\$34	200003-01
M	1/6-2/24	6:20-6:50P	\$34	200003-02
M	3/2-4/27*	5:10-5:40P	\$34	200003-03
M	3/2-4/27*	6:20-6:50P	\$34	200003-04
T,Th	1/7-1/30	5:45-6:15P	\$34	200003-10
T,Th	1/7-1/30	6:55-7:25P	\$34	200003-11
T,Th	2/4-2/27	5:45-6:15P	\$34	200003-12
T,Th	2/4-2/27	6:55-7:25P	\$34	200003-13
T,Th	3/3-4/2*	5:45-6:15P	\$34	200003-14
T,Th	3/3-4/2*	6:55-7:25P	\$34	200003-15
T,Th	4/7-4/30	5:45-6:15P	\$34	200003-16
T,Th	4/7-4/30	6:55-7:25P	\$34	200003-17
Sa	1/11-2/29	9:00-9:30A	\$34	200003-20
Sa	1/11-2/29	10:45-11:15A	\$34	200003-21
Sa	3/7-5/2*	9:00-9:30A	\$34	200003-22
Sa	3/7-5/2*	10:45-11:15A	\$34	200003-23

### 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 \*No class 3/16-3/21**

M	1/6-2/24	5:45-6:15P	\$34	200004-01
M	1/6-2/24	6:55-7:25P	\$34	200004-02
M	3/2-4/27*	5:45-6:15P	\$34	200004-03
M	3/2-4/27*	6:55-7:25P	\$34	200004-04
T,Th	1/7-1/30	5:10-5:40P	\$34	200004-10
T,Th	1/7-1/30	6:20-6:50P	\$34	200004-11
T,Th	2/4-2/27	5:10-5:40P	\$34	200004-12
T,Th	2/4-2/27	6:20-6:50P	\$34	200004-13
T,Th	3/3-4/2*	5:10-5:40P	\$34	200004-14
T,Th	3/3-4/2*	6:20-6:50P	\$34	200004-15
T,Th	4/7-4/30	5:10-5:40P	\$34	200004-16
T,Th	4/7-4/30	6:20-6:50P	\$34	200004-17
Sa	1/11-2/29	10:10-10:40A	\$34	200004-20
Sa	1/11-2/29	11:20-11:50A	\$34	200004-21
Sa	3/7-5/2*	10:10-10:40A	\$34	200004-22
Sa	3/7-5/2*	11:20-11:50A	\$34	200004-23

### 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 \*No class 3/16-3/21**

M	1/6-2/24	6:20-6:50P	\$34	200005-01
M	3/2-4/27*	6:20-6:50P	\$34	200005-02
T,Th	1/7-1/30	5:45-6:15P	\$34	200005-10
T,Th	2/4-2/27	5:45-6:15P	\$34	200005-11
T,Th	3/3-4/2*	5:45-6:15P	\$34	200005-12
T,Th	4/7-4/30	5:45-6:15P	\$34	200005-13
Sa	1/11-2/29	9:35-10:05A	\$34	200005-20
Sa	3/7-5/2*	9:35-10:05A	\$34	200005-21

### 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+ \*No class 3/16-3/21**

M	1/6-2/24	5:10-5:40P	\$34	200006-01
M	1/6-2/24	6:20-6:50P	\$34	200006-02
M	3/2-4/27*	5:10-5:40P	\$34	200006-03
M	3/2-4/27*	6:20-6:50P	\$34	200006-04
T,Th	1/7-1/30	5:45-6:15P	\$34	200006-10
T,Th	1/7-1/30	6:55-7:25P	\$34	200006-11
T,Th	2/4-2/27	5:45-6:15P	\$34	200006-12
T,Th	2/4-2/27	6:55-7:25P	\$34	200006-13
T,Th	3/3-4/2*	5:45-6:15P	\$34	200006-14
T,Th	3/3-4/2*	6:55-7:25P	\$34	200006-15
T,Th	4/7-4/30	5:45-6:15P	\$34	200006-16
T,Th	4/7-4/30	6:55-7:25P	\$34	200006-17
Sa	1/11-2/29	9:00-9:30A	\$34	200006-20
Sa	1/11-2/29	10:10-10:40A	\$34	200006-21
Sa	3/7-5/2*	9:00-9:30A	\$34	200006-22
Sa	3/7-5/2*	10:10-10:40A	\$34	200006-23

### 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+ \*No class 3/16-3/21**

M	1/6-2/24	5:45-6:15P	\$34	200007-01
M	1/6-2/24	6:55-7:25P	\$34	200007-02
M	3/2-4/27*	5:45-6:15P	\$34	200007-03
M	3/2-4/27*	6:55-7:25P	\$34	200007-04
T,Th	1/7-1/30	5:10-5:40P	\$34	200007-10
T,Th	1/7-1/30	6:20-6:50P	\$34	200007-11
T,Th	2/4-2/27	5:10-5:40P	\$34	200007-12
T,Th	2/4-2/27	6:20-6:50P	\$34	200007-13
T,Th	3/3-4/2*	5:10-5:40P	\$34	200007-14
T,Th	3/3-4/2*	6:20-6:50P	\$34	200007-15
T,Th	4/7-4/30	5:10-5:40P	\$34	200007-16
T,Th	4/7-4/30	6:20-6:50P	\$34	200007-17
Sa	1/11-2/29	9:35-10:05A	\$34	200007-20
Sa	1/11-2/29	10:45-11:15A	\$34	200007-21
Sa	3/7-5/2*	9:35-10:05A	\$34	200007-22
Sa	3/7-5/2*	10:45-11:15A	\$34	200007-23

### 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+ \*No class 3/16-3/21**

M	1/6-2/24	5:45-6:15P	\$34	200008-01
M	3/2-4/27*	5:45-6:15P	\$34	200008-02
T,Th	1/7-1/30	5:10-5:40P	\$34	200008-10
T,Th	2/4-2/27	5:10-5:40P	\$34	200008-11
T,Th	3/3-4/2*	5:10-5:40P	\$34	200008-12
T,Th	4/7-4/30	5:10-5:40P	\$34	200008-13
Sa	1/11-2/29	9:35-10:05A	\$34	200008-20
Sa	3/7-5/2*	9:35-10:05A	\$34	200008-21

**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+ \*No class 3/16-3/21**

M	1/6-2/24	5:10-5:40P	\$34	200009-01
M	3/2-4/27*	5:10-5:40P	\$34	200009-02
T,Th	1/7-1/30	6:20-6:50P	\$34	200009-10
T,Th	2/4-2/27	6:20-6:50P	\$34	200009-11
T,Th	3/3-4/2*	6:20-6:50P	\$34	200009-12
T,Th	4/7-4/30	6:20-6:50P	\$34	200009-13
Sa	1/11-2/29	11:20-11:50A	\$34	200009-20
Sa	3/7-5/2*	11:20-11:50A	\$34	200009-21

### 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+ \*No class 3/16-3/21**

M	1/6-2/24	6:20-6:50P	\$34	200010-01
M	3/2-4/27*	6:20-6:50P	\$34	200010-02
T,Th	1/7-1/30	5:45-6:15P	\$34	200010-10
T,Th	2/4-2/27	5:45-6:15P	\$34	200010-11
T,Th	3/3-4/2*	5:45-6:15P	\$34	200010-12
T,Th	4/7-4/30	5:45-6:15P	\$34	200010-13
Sa	1/11-2/29	10:45-11:15A	\$34	200010-20
Sa	3/7-5/2*	10:45-11:15A	\$34	200010-21

### 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+ \*No class 3/16-3/21**

Sa	1/11-2/29	11:20-11:50A	\$34	200011-20
Sa	3/7-5/2*	11:20-11:50A	\$34	200011-21

### 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+ \*No class 3/16-3/21**

T,Th	1/7-1/30	6:55-7:25P	\$34	200012-10
T,Th	2/4-2/27	6:55-7:25P	\$34	200012-11
T,Th	3/3-4/2*	6:55-7:25P	\$34	200012-12
T,Th	4/7-4/30	6:55-7:25P	\$34	200012-13

**Adult Beginner Age: 16+ \*No class 3/16-3/21**

M	1/6-2/24	6:55-7:25P	\$34	200015-01
M	3/2-4/27*	6:55-7:25P	\$34	200015-02
Sa	1/11-2/29	8:25-8:55A	\$34	200015-20
Sa	3/7-5/2*	8:25-8:55A	\$34	200015-21

### Dive-In Movie Night

Enjoy a movie while floating in the pool with your friends!

Movie: TBD Location: Chilson pool

**All ages**

F	2/21	7:00-9:00P	Daily fee/Chilson pass
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### Glow Swim Party

Come swim in the pool where the lights are dim and the party is bright. Get your glow on with fun games! Location: Chilson Pool

**All ages**

F	3/13	7:00-9:00P	Daily fee/Chilson pass
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### 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) \$2.50; Youth (6-18 yrs) \$3.00;

Adult (19-61 yrs) \$4.25; Senior (62+ yrs) \$3.50

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

**Dates:** 1/19, 2/16, 3/17, 4/21, 5/19

Make a difference!

**WE love OUR LIFEGUARDS!**

**JOIN THE TEAM.**

Ages 16+

**NOW HIRING at the CHILSON CENTER!**

All shifts. Great perks.

[cityofloveland.org/jobs](http://cityofloveland.org/jobs)

### 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. **Pre-course test:** Tuesday, May 5 at 4:00P. Successful completion is necessary to continue on to the class.

Location: Chilson pool/Winona pool

**Age: 15+ \*Note the different times on Saturday**

W,F	5/6-5/16	4:30-8:30P	\$99	203001-01
& Sa*		9A-5P and 9A-12P		

### Waterfront Lifeguard Certification Min/Max: 5/15

The purpose of the waterfront skills module is to teach lifeguards the skills and knowledge needed to prevent and respond to emergencies in non-surf, open-water areas found at public parks, resorts, summer camps and campgrounds. **Prerequisite:** 550 yard continuous swim using front crawl and breaststroke. Must have current American Red Cross Lifeguard Certification.

Location: Chilson pool

**Age: 15+**

Su	5/17	9:00A-1:00P	\$49	203002-01
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**FAST**  
FORT COLLINS AREA SWIM TEAM

**FREE  
TWO WEEK  
CLINIC!**

**NEW LOVELAND SITE NOW AVAILABLE  
FOR ATHLETES 8TH GRADE AND OLDER!**

IN LOVELAND WE WELCOME ALL SKILL LEVELS, NO PLACEMENT TEST REQUIRED!

FOR MORE INFORMATION VISIT [FORTCOLLINSAREASWIMTEAM.ORG](http://FORTCOLLINSAREASWIMTEAM.ORG)  
OR EMAIL COACH SARAH AT [SARAH@FORTCOLLINSAREASWIMTEAM.ORG](mailto:SARAH@FORTCOLLINSAREASWIMTEAM.ORG)

*Paid advertisement*

**LOVELAND**  
**SWIM CLUB** EST 1966

**Open Try-Outs!**  
For More Information Visit Our Website:  
**[lovelandswimclub.com](http://lovelandswimclub.com)**  
Or contact us at [lovelandswimming@gmail.com](mailto: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

Come inside where it's warm and get in shape for spring break and summer fun! From personal training, group fitness classes or workouts on your own time, we've got the facility and the equipment to help you live your best life.

Did you know you get access to over 70 drop-in fitness classes with a Chilson pass? Drop by for a free tour, enjoy a free 7-day pass then pick the ongoing pass that's right for you. At Chilson Recreation Center, we have something for everyone.

## 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](http://cityofloveland.org/personaltrainers)

**Age: 16+**

### 30-Minute Power Sessions

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

Perfect for any goal, effective and accommodates your busy schedule

### By the Hour

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

## 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
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## 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](http://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	1/6-2/12	6:30-7:15P	\$104	112012-01
M	1/6-2/10	6:30-7:15P	\$53	112012-02
W	1/8-2/12	6:30-7:15P	\$53	112012-03
M,W	2/17-4/1	6:30-7:15P	\$104	112012-04
M	2/17-3/30	6:30-7:15P	\$53	112012-05
W	2/19-4/1	6:30-7:15P	\$53	112012-06
M,W	4/6-5/13	6:30-7:15P	\$104	212012-01
M	4/6-5/11	6:30-7:15P	\$53	212012-02
W	4/8-5/13	6:30-7:15P	\$53	212012-03

## 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](mailto:ryann@redefinefitco.com) for questions or to enroll.** Location: Chilson

**Age: 16+**

### AM Camp - 3 days per week

M,W,F	1/6-2/14	6:00-7:00A	\$245	+ Sat bonus camps
M,W,F	3/2-4/10	6:00-7:00A	\$245	+ Sat bonus camps
M,W,F	4/27-6/5	6:00-7:00A	\$245	+ Sat bonus camps

### NOON Camp - 2 days per week

M,Th	1/6-2/13	12:00-1:00P	\$165	+ Sat bonus camps
M,Th	3/2-4/9	12:00-1:00P	\$165	+ Sat bonus camps
M,Th	4/27-6/4	12:00-1:00P	\$165	+ Sat bonus camps

## Boot Camp for Seniors 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	1/13-2/17	8:10-8:50A	\$56	112015-01
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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+**

F	1/10-1/31	9:30-10:10A	\$30	116115-1
F	2/7-2/28	9:30-10:10A	\$25	116115-2
F	3/6-4/3	9:30-10:10A	\$30	216115-1
F	4/10-5/1	9:30-10:10A	\$30	216115-2
F	5/8-5/29	9:30-10:10A	\$30	216115-3

## 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+**

Sa	1/11-2/15	11:00-11:45A	\$47	116116-1
Sa	2/22-4/4	11:00-11:45A	\$47	116116-2
Sa	4/11-5/16	11:00-11:45A	\$47	216116-01

## 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 Genger at 970.962.2630, ext. 2.

**Age: 12-13**

\$25 Dec-Feb, 112001-01 | Mar-May, 212001-01

## 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

### Body Reset Cleanse Min/Max: 5/40

Are you looking to stop unhealthy cravings, jump start weight loss, learn about foods you may be sensitive to and discover a whole new energy? If so, this program is exactly what you need. In just 10 days you can feel like a completely new you! This is a complete cleanse system that reprograms your metabolism, mind and body. The reset includes: two group meetings with a health coach; meal plans for every day; recipes; shopping guides; kitchen clean-out sheets and email access to your coach. The first session provides materials, tips for success and Q&A. The second session offers you continued coaching for success.

**Questions?** 970.962.2795 Location: Oak

**Age: 16+**

W	1/8, 1/29	6:00-7:00P	\$66	213900-1
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### Foam Rolling -Deep Tissue Massage Min/Max: 8/20

Learn how to stretch tight tissue that can linger in the body and loosen the hips, glutes, quads, hamstrings, t-band, upper and lower back, neck and chest using foam rollers. Wear clothing that will allow you to move easily. Foam rollers provided. Handouts included. Location: Party Rm

Instructor: Nancy Stilson-Herzog, certified personal trainer

**Age: 14+**

T	2/11	6:30-8:00P	\$35	218009-1
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**Stay fit all season! Check out drop-in fitness classes on pages 16-17.**

**Have you tried our NEW Stages cycling bikes? See page 43 for info.**

**See next page for yoga classes for 15+.**

## YOGA

### Restorative Yoga Min/Max: 8/16

This is unlike any yoga class you have 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. By moving the spine in different ways, fully supported by bolsters and other props, well-being is enhanced. Each 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	1/14-2/4	6:45-8:00P	\$32	218905-1
T	2/11-3/3	6:45-8:00P	\$32	218905-2
T	3/10-3/31	6:45-8:00P	\$32	218905-3

### 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, 6:00-7:00P**

**Dates:** 1/20, 2/3, 2/17, 3/2, 3/16, 4/6, 4/20, 5/4

**Fee:** \$72 **Class #:** 218006-1

### Yamuna Body Rolling Min/Max: 6/16

All levels; must be comfortable getting up and down from floor. Handouts provided. Location: Fitness/Dance Studio

**Section I:** Tight hips and a sore lower back take all the fun out of exercising and living your life. Learn specific routines to increase hip flexibility and mobility. Focus on ways to reduce pain in the lower back and pelvic floor.

**Section II:** Shoulder impairments and neck tightness can cause headaches, wrist pain and even breathing difficulty. Focus on improving shoulder mobility as well as reducing upper back pain and neck tightness.

**Age: 16+**

Sec. I	Sa	1/25	2:15-3:45P	\$26	219903-1
Sec. II	Sa	2/22	2:15-3:45P	\$26	219903-2

### Yoga for Osteoporosis Min/Max: 6/12

One in two women and up to one in four men will break a bone in their lifetime due to osteoporosis. Learn how yoga can help and what yoga poses are recommended to reduce the risk of osteoporosis. Modify these poses if you already have osteoporosis or osteopenia. Handouts provided. Location: Fitness/Dance Studio

**Age: 15+**

Sa	2/29	2:45-4:15P	\$30	218004-1
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### Yoga for Golfers Min/Max: 8/25

Yoga is a great way to build strength, balance, focus and flexibility. Learn how to avoid the popular complaint of lower back pain from the repeated spinal rotation of the golf swing. Work with focusing your mind, which allows you to be in the moment on and off the course. Bring a golf club and prepare yourself for the approaching golf season. Location: Maple/Spruce

Instructor: Linda Bestor, personal trainer and yoga instructor

**Dates:** 5/18, 6/1, 6/15, 6/29

**Age: 16+**

M	5/18-6/29	6:00-7:00P	\$50	218007-1
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## 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. Location: Fitness/Dance Studio Instructor: Jacqui Gee  
**Age: 18+** **Min/Max: 5/25**

**TUESDAYS**

**Beginning, 6:00-6:50P**

**Intermediate/Advanced, 7:00-8:00P**

**FRIDAYS**

**Beginning, 12:00-1:00P**

**Intermediate, 1:15-2:15P**

**Advanced, 2:30-3:30P**

**Beginning - attend 1x/week on Tuesday OR Friday**

1/3-1/31	\$45	292006-1
2/4-2/28	\$45	292006-2
3/3-3/31	\$45	292006-3
4/3-4/28	\$45	292006-4
5/1-5/29	\$45	292006-5

**Intermediate/Advanced or Advanced - attend 1x/week Tuesday OR Friday**

1/3-1/31	\$45	292007-1
2/4-2/28	\$45	292007-2
3/3-3/31	\$45	292007-3
4/3-4/28	\$45	292007-4
5/1-5/29	\$45	292007-5

**NEW! Unlimited - attend as many classes as you'd like within the month**

1/3-1/31	\$56	292008-1
2/4-2/28	\$56	292008-2
3/3-3/31	\$56	292008-3
4/3-4/28	\$56	292008-4
5/1-5/29	\$56	292008-5

## FENCING

Join Loveland Fencing Club in 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: 6/20** Location: Hickory

**Age: 7-18**

Su	1/12-3/1	4:15-5:45P	\$144	261200-1
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### Spa Services for All Ages

**Therapeutic massage & medically based foot care**

Call 970.962.2098 for info or to schedule an appt.

### 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

## 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 respect and courtesy. Instructor will provide information about additional testing dates and uniforms at first class. For multiple family member discount, register at the Chilson Center front desk (must be attending in the same month). Min/Max: 5/30  
 Location: Chilson Instructor: Sabum Baldwin, Heart of Loveland  
**\*No class 1/1, 1/3, 3/18, 3/20, 4/10, 5/22**

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

### Age: 3-5

W	1/8-1/29	4:30-5:30P	\$40	257700-1
W	2/5-2/26	4:30-5:30P	\$40	257700-2
W	3/4-3/25*	4:30-5:30P	\$30	257700-3
W	4/1-4/29*	4:30-5:30P	\$40	257700-4
W	5/6-5/27*	4:30-5:30P	\$30	257700-5

### Age: 6-9 Youth

W,F	1/8-1/31	5:30-6:30P	\$48	258700-1
W,F	2/5-2/28	5:30-6:30P	\$48	258700-2
W,F	3/4-3/27*	5:30-6:30P	\$36	258700-3
W,F	4/1-4/29*	5:30-6:30P	\$48	258700-4
W,F	5/1-5/29*	5:30-6:30P	\$48	258700-5

### Age: 10+ Adult

W,F	1/8-1/31	6:30-8:30P	\$48	259700-1
W,F	2/5-2/28	6:30-8:30P	\$48	259700-2
W,F	3/4-3/27*	6:30-8:30P	\$36	259700-3
W,F	4/1-4/29*	6:30-8:30P	\$48	259700-4
W,F	5/1-5/29*	6:30-8:30P	\$48	259700-5

## KRAV MAGA SELF-DEFENSE

A self-defense training for civilians adapted from Israeli Defense Forces with techniques that are easy to learn. 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	January	4:30-5:15P	\$90	261500-1
M,W	February	4:30-5:15P	\$90	261500-2
M,W	March	4:30-5:15P	\$90	261500-3
M,W	April	4:30-5:15P	\$90	261500-4
M,W	May	4:30-5:15P	\$90	261500-5

### Age: 11-13 Teen Warriors

T,Th	January	4:30-5:30P	\$90	261510-1
T,Th	February	4:30-5:30P	\$90	261510-2
T,Th	March	4:30-5:30P	\$90	261510-3
T,Th	April	4:30-5:30P	\$90	261510-4
T,Th	May	4:30-5:30P	\$90	261510-5

**Adult** Focus on prevention, recognition of threats, attacks and counter-attacks and use of items/tools for defense.

### Age: 14+

M,W	January	5:30-6:30P	\$90	262500-1
M,W	February	5:30-6:30P	\$90	262500-2
M,W	March	5:30-6:30P	\$90	262500-3
M,W	April	5:30-6:30P	\$90	262500-4
M,W	May	5:30-6:30P	\$90	262500-5

### Women Only

T,Th	January	10:05-11:05A	\$90	262510-1
T,Th	February	10:05-11:05A	\$90	262510-2
T,Th	March	10:05-11:05A	\$90	262510-3
T,Th	April	10:05-11:05A	\$90	262510-4
T,Th	May	10:05-11:05A	\$90	262510-5



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While supplies last.

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**Boulder**  
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Boulder, CO | 303-284-5602  
Next to Whole Foods

**Downtown Golden**  
700 12th Street, Unit 140  
Golden, CO | 303-284-5602  
1 Block East of Washington

**Park Meadows Mall**  
8401 Park Meadows Center Dr.  
Lone Tree, CO | kiosk in front  
of Dick's Sporting Goods  
303-816-0429

**Flatirons Crossing Mall**  
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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](http://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. **Parent | Child Partner Yoga for ages 2-4 on page 35.**

**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 12-13 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](http://cityofloveland.org/TRX)**



# ADAPTED REC

**New! Adaptive Cheer Squad with Steele Athletics welcomes individuals with or without special needs to cheer as a unified team. See page 34.**

**Check out sensory-friendly family swim the third Sunday of the month. Families can enjoy a quieter time in the Chilson pool where the crowd is smaller and most of the water features are turned off. For those who prefer their feet on the ground, we offer Come Dance With Me!, an inclusive, free-flow dance class.**

## 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: \$40.50**

*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. **Special fees:** Toddler (2-5 yrs) \$2.50; Youth (6-18 yrs) \$3.00; Adult (19-61 yrs) \$4.25; Senior (62+ yrs) \$3.50

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

**Dates:** 1/19, 2/16, 3/17, 4/21, 5/19

## 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: Hickory Instructor: Nicole Kutella

**Age: 6-12**

Th	2/6-3/12	4:30-5:15P	\$38	258000-1
Th	4/2-5/7	4:30-5:15P	\$38	258000-2

## 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.

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# ADULT ATHLETICS

Want to be a champion? Join our Adult Athletic Leagues. We offer a variety of sports that will make you want to play like a champion. Registration begins in January, so be the first to register!

P.S. Don't miss out on our new kickball league coming this spring!

## 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](mailto: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](http://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 <a href="mailto:athletics@cityofloveland.org">athletics@cityofloveland.org</a>
Adult & Youth Softball	Allan 970.962.2444 <a href="mailto:allan.coseo@cityofloveland.org">allan.coseo@cityofloveland.org</a>
Adult & Youth Volleyball	
Adult Basketball	
Adult Kickball	
Batting Cages	
Adult & Youth Soccer	Savannah 970.962.2445 <a href="mailto:savannah.garcia@cityofloveland.org">savannah.garcia@cityofloveland.org</a>
Volunteer Program	
Youth Baseball & T-Ball	Dana 970.962.2450 <a href="mailto:dana.redford@cityofloveland.org">dana.redford@cityofloveland.org</a>
Youth Basketball	
Youth Flag Football	
Cornhole	
Adult & Youth Tennis	Kim 970.962.2437 Senior Athletic Coordinator <a href="mailto:kim.miller@cityofloveland.org">kim.miller@cityofloveland.org</a>
Gymnastics	
Youth In-Line Hockey	
Youth Lacrosse	

### 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.

Age: 16+

#### Women

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

#### Coed

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

Age: 16+

#### Men

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

#### Women

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

### Spring Coed Soccer

Register 1/27-2/24

Early Bird (thru 2/17).....\$685/team  
 Team Fee (2/18-2/24).....\$735/team  
 Schedules online 3/4 after 4pm. League begins week of 3/8.  
 Location: Loveland Sports Park (LSP)

Day	Start Date	Level	Class #
Su	3/8	Coed 1	277201-1
Su	3/8	Coed 2	277201-2

### Spring Basketball

Register 1/27-2/24

Early Bird (thru 2/17).....\$415/team  
 Team Fee (2/18-2/24).....\$465/team  
 Schedules online 3/18 after 4pm. League begins week of 3/23.

#### Men

Day	Start Date	Level	Class #
T	3/24	Men's Lower	273001-1

#### Women

Day	Start Date	Level	Class #
W	3/25	Women's	273101-1

### Spring Volleyball

Register 2/10-3/9

Early Bird (thru 3/2).....\$315/team  
 Team Fee (3/3-3/9).....\$340/team  
 Schedules online 3/18 after 4pm. League begins week of 3/23.

#### Women

Day	Start Date	Level	Class #
M	3/23	Women's 1	271101-1
M	3/23	Women's 2	271101-2

#### Coed

Day	Start Date	Level	Class #
Th	3/26	Coed 1	271201-1
Th	3/26	Coed 2	271201-2
W	3/25	Coed 3	271201-3

### Spring Softball

Register 2/10-3/9

Early Bird (thru 3/2).....\$425/team  
 Team Fee (3/3-3/9).....\$475/team  
 Schedules online 3/18 after 4pm. League begins week of 3/23.

Day	Start Date	Level	Class #
T	3/24	Men's D	274001-1
T	3/24	Men's E1	274002-1
Th	3/26	Men's E2	274002-2
T	3/24	Men's E3	274002-3
Th	3/26	Men's E4	274002-4
T	3/24	Men's E5	274002-5
Th	3/26	Women's E1	274102-1
M	3/23	Coed D	274201-1
M	3/23	Coed E1	274202-1
M	3/23	Coed E2	274202-2
M	3/23	Coed E3	274202-3
M	3/23	Coed E4	274202-4

### Spring Softball: Doubleheader

Register 2/10-3/9

Early Bird (thru 3/2).....\$785/team  
 Team Fee (3/3-3/9).....\$835/team  
 Schedules online 3/18 after 4pm. League begins week of 3/23.

Day	Start Date	Level	Class #
W	3/25	Men's Upper	274003-1
W	3/25	Men's Lower	274003-2

### NEW! Spring Kickball

Register 2/10-3/9

Early Bird (thru 3/1).....\$250/team  
 Team Fee (3/2-3/9).....\$300/team  
 Schedules online 3/18 after 4pm. League begins week of 3/23.

Day	Date	Level	Class #
W	3/25	Recreation	276201-1

### Spring Cornhole Leagues

Register 3/9-4/6

Bring the family (10 yrs+) on Monday nights and a date on Friday nights. Come play this popular relaxing game! Games played outdoors to the west side of the Chilson Center. Sign up your team today! Min/Max: 4/10 **Fee: \$20/team** **Registration deadline: 4/6**  
**Time: 6:00-8:00P**

Day	Date	Level	Class #
M	4/20-5/11	Family Night	277901-1
F	4/17-5/8	Date Night	277901-2

See next page for adult summer leagues.

### Barnes Softball Complex Batting Cages at Fairgrounds Park - 405 S. Cleveland (Hwy. 287)

Features: 6 slowpitch softball, 2 fastpitch softball and 4 baseball stations with varying speeds. Proper gear/shoes required; bats and helmets available. The batting cages are now operated by Colby Bexley of Snack Attack Concessions. Call 970.689.4434 to reserve cages or for more information.

#### 2020 Spring Hours: opening mid-March

Monday-Thursday.....4:00-8:00P  
 Friday.....Closed  
 Saturday.....1:00-8:00P  
 Sunday.....1:00-6:00P

**Fee: \$2 for 20 pitches** **Cage Rentals: \$20/half hour; \$35/hour**

**Summer Softball**

Register 4/6-5/4

Early Bird (thru 4/26).....\$720/team  
 Team Fee (4/28-5/4).....\$770/team  
 Includes USSSA sanction fee.

Schedules online 5/15 after 4pm. League begins week of 5/18.

Day	Start Date	Level	Class #
Th	5/21	Men's D	374001-1
M	5/18	Men's E1	374002-1
M	5/18	Men's E2	374002-2
M	5/18	Men's E3	374002-3
M	5/18	Men's E4	374002-4
W	5/20	Men's E5	374002-5
T	5/19	Men's E6	374002-6
W	5/20	Men's E7	374002-7
Th	5/21	Men's E8	374002-8
M	5/18	Women's D	374101-1
T	5/19	Women's E	374102-1
W	5/20	Coed D	374201-1
W	5/20	Coed E1	374202-1
W	5/20	Coed E2	374202-2
T	5/19	Coed E3	374202-3
T	5/19	Coed E4	374202-4
F	5/22	Coed Upper	374202-5
F	5/22	Coed Lower	374202-6
M	5/18	Men's Church 1	374301-1
Th	5/21	Men's Church 2	374301-2

**Summer Volleyball**

Register 4/20-5/18

Early Bird (thru 5/11).....\$120/team  
 Team Fee (5/12-5/21).....\$145/team  
 Schedules online 5/27 after 4pm. League begins week of 6/1.

Day	Start Date	Level	Class #
Th	6/4	4x4 Coed 1 Sand	371501-1
Th	6/4	4x4 Coed 2 Sand	371501-2
T	6/2	4x4 Coed 1 Grass	371601-1
T	6/2	4x4 Coed 2 Grass	371601-2
M	6/1	4x4 Women 1 Grass	371602-1
M	6/1	4x4 Women 2 Grass	371602-2
W	6/3	2x2 Men Upper Sand	371701-1
W	6/3	2x2 Men Lower Sand	371701-2

**Summer Coed Soccer**

Register 4/27-5/26

Early Bird (thru 5/18).....\$685/team  
 Team Fee (5/19-5/26).....\$735/team  
 Schedules online 6/3 after 4pm. League begins week of 6/7.  
 Location: Loveland Sports Park (LSP)

Day	Start Date	Level	Class #
Su	6/7	Coed 1	377201-1
Su	6/7	Coed 2	377201-2

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

Check out [teamsideline.com/loveland](https://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!**

**SPORTS 50+**

**Pickleball Beginning Skills ♦** Min/Max: 5/8

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.

All equipment provided. Location: Large Gym, East  
 Instructors: Pamela McGee/Bob Monroe

Age: 50+

Day	Date	Time	Fee	SAC	Class #
Su	1/12-3/1	1:45-2:45P	\$30	\$28	296006-1
M	1/13-3/2	3:45-4:45P	\$30	\$28	296006-2
Th	1/16-2/20	3:45-3:45P	\$30	\$28	296006-3
Su	3/8-4/19	1:45-2:45P	\$30	\$28	296006-4
M	3/9-4/20	3:45-4:45P	\$30	\$28	296006-5
Th	3/12-4/23	3:45-4:45P	\$30	\$28	296006-6

**Pickleball Open House | Saturday 5/2, 9A-2P at Mehaffey Park - details on page 5**

**Senior Volleyball League** Min/Max: 5/12

Join this competitive 50+ volleyball league with the Colorado Senior Volleyball Association. For more information contact Jeff McCoy 970.800.3885 or Rich Waldron 970.214.3276.

Age: 50+

W	1/15-3/25	1:15-2:15P	\$235	196003-1
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**NEW! Bocce Ball League**

Bocce is a fun game played with eight large colored balls and one small object ball (pallino). The intent of the game is for each team to throw their balls as close to the pallino as possible, while knocking other opponent's balls away. If you are interested in registering for a summer outdoor league, contact the Senior Center front desk 970.962.2783. **Age: 50+**

**Drop-in Sports 50+**

**Fee:** Chilson fitness pass, SilverSneakers® pass or pay the daily fee (unless otherwise noted)

**See full drop-in gym schedule on page 3.**

**Volleyball** Location: Small Gym

T	9:00-11:00A	F	1:30-3:30P
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**Pickleball** 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.

M	6:00-9:00A
	1:30-3:30P
T	6:00-9:00A
W	6:00-9:00A
	9:00A-1:00P
Th	6:00-9:00A
	1:30-3:30P
F	6:00-10:00A
	1:30-7:00P
Su	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



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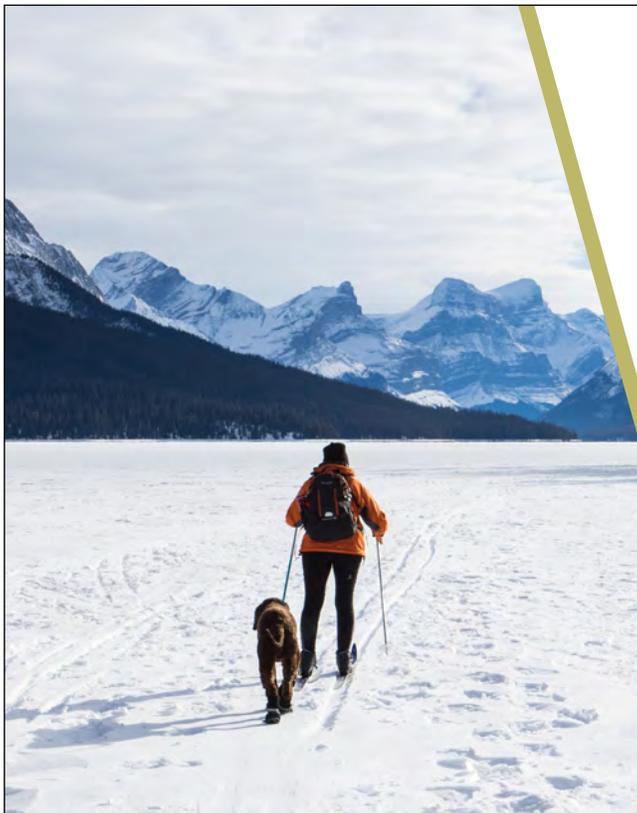
**LOVELAND** 1888 W. Eisenhower Blvd., 970.669.1355  
**JOHNSTOWN** 4848 Thompson Pkwy., 970.663.7600

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# YOUTH ATHLETICS

Take a whack at our youth sports league this year! Choose from a variety of sports that focus on fun, skill development, teamwork and health. Whatever the sport, get your child involved and active.

## NEW! Youth Athletic Registration Deadlines

Please note the new registration deadlines for our Youth Athletic Team Sports. 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
<b>WINTER</b> basketball	10/28/19	11/25/19	12/9/19	1/13
<b>SPRING</b> soccer, volleyball	12/9/19	2/17	3/2	3/23
<b>SPRING</b> hockey, IBB** basketball	12/9/19	2/17	3/2	3/28
<b>SPRING</b> outdoor basketball	12/9/19	3/2	3/16	3/31
<b>SUMMER</b> girls softball, baseball, soccer, basketball, lacrosse, t-ball	4/13	5/4	5/18	Varies beg. 6/1

\*Early Bird registration begins at 6:00P \*\*Itty Bitty Ballers

**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).

**Youth Athletic T-Shirts** Each participant is required to wear a Youth Athletics T-Shirt unless otherwise noted (purchase at Mountain Rentals, Inc. 401 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](https://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](https://teamsideline.com/loveland) and click the VOLUNTEER! button.

## Community Youth Athletic Organizations

Other affiliated associations offering programs in Loveland are:

**United Soccer Club** - spring/fall soccer  
970.461.9358 • [unitedsoccerco.org](https://unitedsoccerco.org)

**Loveland Baseball Association** - spring/summer/fall baseball  
970.670.0540 • [lovelandbaseball.org](https://lovelandbaseball.org)

**Loveland Youth Athletic Association (LYAA)** - fall tackle football  
[lyaa.colorado@gmail.com](mailto:lyaa.colorado@gmail.com)/[thelyaa.com](https://thelyaa.com)

**Loveland Swim Club** - year-round swim team, summer camps  
970.203.1374 • [lovelandswimclub.com](https://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.*

### Winter|Spring 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

Th	1/9-1/30	10:00-10:25A	\$36	260000-1
Th	2/6-2/27	10:00-10:25A	\$36	260000-2
Th	3/12-4/9	10:00-10:25A	\$45	260000-3
Th	4/16-5/14	10:00-10:25A	\$45	260000-4
F	1/10-1/31	10:00-10:25A	\$36	260000-5
F	2/7-2/28	10:00-10:25A	\$36	260000-6
F	3/13-4/10	10:00-10:25A	\$45	260000-7
F	4/17-5/15	10:00-10:25A	\$45	260000-8

#### Age: 2.5-5 Toddler/Preschool

T	1/7-1/28	5:00-5:45P	\$36	260010-1
T	2/4-2/25	5:00-5:45P	\$36	260010-2
T	3/10-4/7	5:00-5:45P	\$45	260010-3
T	4/14-5/12	5:00-5:45P	\$45	260010-4
Th	1/9-1/30	10:30-11:15A	\$36	260010-5
Th	2/6-2/27	10:30-11:15A	\$36	260010-6
Th	3/12-4/9	10:30-11:15A	\$45	260010-7
Th	4/16-5/14	10:30-11:15A	\$45	260010-8
F	1/10-1/31	9:10-9:55A	\$36	260010-9
F	2/7-2/28	9:10-9:55A	\$36	260010-10
F	3/13-4/10	9:10-9:55A	\$45	260010-11
F	4/17-5/15	9:10-9:55A	\$45	260010-12

### Winter Basketball Boys 2nd-4th 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 at the Chilson Center and local schools. Required: Youth Athletic T-Shirt

Register: 10/28-12/9

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

Grade: 2-3 Min/Max 6/10

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 @ MB	132013-15

Grade: 4 Min/Max 6/10

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 @ MB	132014-15

### Winter Basketball Boys 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 at the Chilson Center and local schools. Required: Youth Athletic T-Shirt

Register: 10/28-12/9

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

Grade: 5 Min/Max 6/10

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 @ MB	132015-10

### Spring 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. Location: all practices/games held at the Chilson Center, Small Gym

Register: 12/9-3/2

Fee: \$47 (Early Bird thru 2/16), \$62 (after 2/16)

Grade: K-1st

Sa	3/28-4/25	9:30-10:30A		232021-01
Sa	3/28-4/25	9:30-10:30A		232021-02
Sa	3/28-4/25	10:30-11:30A		232021-03
Sa	3/28-4/25	10:30-11:30A		232021-04
Sa	3/28-4/25	11:30A-12:30P		232021-05
Sa	3/28-4/25	11:30A-12:30P		232021-06

### Spring 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 4/2 at the Chilson Center or Truscott Elementary.

Register: 12/9-3/2

Fee: \$57 (Early Bird thru 2/16), \$72 (after 2/16)

Grade: 2-3

M,W	3/23-5/2	5:00-6:15P	Namaqua	237002-01
M,W	3/23-5/2	5:00-6:15P	Centennial	237002-02
T,Th	3/24-5/2	5:00-6:15P	Winona	237002-03
T,Th	3/24-5/2	5:00-6:15P	Carrie Martin	237002-04

Grade: 4-5

M,W	3/23-5/2	6:30-7:45P	Namaqua	237004-01
M,W	3/23-5/2	6:30-7:45P	Winona	237004-02
T,Th	3/23-5/2	6:30-7:45P	Centennial	237004-03
T,Th	3/24-5/2	6:30-7:45P	Carrie Martin	237004-04

### Spring Outdoor Basketball 3-on-3 Min/Max: 3/8

Register your team today for 3-on-3 outdoor half-court basketball! Minimum of 2 games played per day. Games will be self-officiated. 6 players allowed per team. Levels determined by participant's current school grade 2019-20. Location: North Lake Park OD Ct.

Register: 12/9-3/16

Fee: \$50 (Early Bird thru 3/1), \$65 (after 3/1)

Grade: 7-8	T	3/31-4/28	5:30-7:00P	232010-08
Grade: 9-10	W	4/1-4/29	5:30-7:00P	232010-10
Grade: 11-12	Th	4/2-4/30	5:30-7:00P	232010-12

**Spring Soft Lacrosse** Min/Max: 4/20

Introduce your young athlete to the sport of lacrosse. Soft lacrosse is a modified version of the game in which gender-neutral sticks and soft balls are used to teach the fundamentals of the game through drills and fun games. All equipment provided; no additional costs.

**Fee: \$34**

**Age: 6-8 Boys & Girls**

W	4/8-4/29	4:30-5:30P	Kroh 1	231301-01
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**Spring Lacrosse Skills** Min/Max: 4/20

Come see why this is the fastest growing team sport in the nation. This is a four-week class designed to introduce you to the basics of the sport and to give you a taste of the game prior to our summer league. The only equipment you need for this class is a lacrosse stick, and boys need a helmet with a face mask (hockey helmet is okay); girls need goggles.

**Fee: \$34**

**Age: 8-15 Girls**

W	4/8-4/29	6:30-7:30P	Kroh 1	231200-01
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**Age: 8-10 Boys**

W	4/8-4/29	5:30-6:30P	Kroh 1	231100-01
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**Age: 11-15 Boys**

W	4/8-4/29	6:30-7:30P	Kroh 1	231100-02
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**Spring In-Line Hockey 1st-5th Grade** Min/Max: 5/12

This exciting program is a no contact, no checking, coed program that emphasizes skill development, proper technique, safety, cooperation, sportsmanship and good clean fun! Combining practices and games in a camp-like atmosphere provides players a complete hockey experience. Practice groups and teams are formed onsite. All experience levels welcome. All practices/games held at the Loveland Sports Park hockey rinks, 950 N. Boyd Lake Ave. Game days/scrimmages determined by the coaches based on player's preparedness. Required: in-line skates, hockey stick, elbow and knee pads with or without shin guards, gloves, helmet with face mask, mouth guard and a Youth Athletics T-Shirt.

**Register: 12/9-3/2**

**Fee: \$57 (Early Bird thru 2/16), \$72 (after 2/16)**

**Grade: 1-3**

T,Th	3/24-5/7	5:30-6:30P	LSP Rink 2	240002-01
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**Grade: 3-5**

T,Th	3/24-5/7	5:30-6:30P	LSP Rink 2	240004-01
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**YOUTH SPORTS CAMPS**

**at Loveland Sports Park - 950 N. Boyd Lake Ave.**

Visit the websites below for info and to register.

• **Challenger International Soccer Camps**

**Age: 3-14 | challengersports.com**

Learn respect, responsibility, and sportsmanship while playing hard, having fun and making new friends.

Session 1: 6/8-6/12      Session 2: 7/27-7/31

• **Skyhawks Sports Camps – June & July**

**Age: 4-14 | skyhawks.com/colorado**

Week-long camps that focus on a positive introduction to sports through skills, drills, fun games to practice and some scrimmages, as well as life skills like respect, responsibility, teamwork, leadership and sportsmanship.

2020 camps: baseball, basketball, flag football, volleyball, and Mini-Hawk (baseball, basketball, soccer combo)

**Spring Soccer Pre-K Instructional** Min/Max: 6/10

Drills and fun games are used to introduce soccer basics to 4-6 year olds during scheduled practice times only. No additional games played on Saturdays. Youth Athletic T-Shirt NOT required.

**Register: 12/9-3/30**

**Fee: \$47 (Early Bird thru 3/8), \$62 (after 3/8)**

**Age: 4-6**

M,W	4/13-5/6	4:30-5:15P	Kroh 9	233000-01
T,Th	4/14-5/7	5:45-6:30P	Kroh 9	233000-02
M,W	4/13-5/6	4:30-5:15P	Loch Lon 4	233000-03
T,Th	4/14-5/7	5:45-6:30P	Loch Lon 4	233000-04
M,W	4/13-5/6	5:45-6:30P	Mehaffey So.A	233000-05
T,Th	4/14-5/7	5:45-6:30P	NL Train 1	233000-06

**Spring 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 April 4. Youth Athletic T-Shirt and shin guards required. No jewelry.

**Spring Soccer Pre-K League** Min/Max 6/8

**Register: 12/9-3/2**

**Fee: \$57 (Early Bird thru 2/16), \$72 (after 2/16)**

**Age: 4-5**

M,W	3/23-5/9	4:30-5:30P	Kroh 3	233004-01
M,W	3/23-5/9	5:30-6:30P	Kroh 3	233004-02
M,W	3/23-5/9	4:30-5:30P	Loch Lon 3	233004-11
M,W	3/23-5/9	5:30-6:30P	Loch Lon 3	233004-12
M,W	3/23-5/9	4:30-5:30P	LSP 6	233004-21
M,W	3/23-5/9	5:30-6:30P	LSP 6	233004-22
T,Th	3/24-5/9	4:30-5:30P	LSP 6	233004-23
T,Th	3/24-5/9	5:30-6:30P	LSP 6	233004-24
T,Th	3/24-5/9	4:30-5:30P	NL Train 2	233004-31
T,Th	3/24-5/9	5:30-6:30P	NL Train 2	233004-32

**Age: 5-6**

T,Th	3/24-5/9	4:30-5:30P	Kroh 3	233006-01
T,Th	3/24-5/9	5:30-6:30P	Kroh 3	233006-02
T,Th	3/24-5/9	4:30-5:30P	Loch Lon 3	233006-11
T,Th	3/24-5/9	5:30-6:30P	Loch Lon 3	233006-12
T,Th	3/24-5/9	4:30-5:30P	LSP 6	233006-21
T,Th	3/24-5/9	5:30-6:30P	LSP 6	233006-22
M,W	3/23-5/9	4:30-5:30P	LSP 6	233006-23
M,W	3/23-5/9	5:30-6:30P	LSP 6	233006-24
M,W	3/23-5/9	4:30-5:30P	NL Train 2	233006-31
M,W	3/23-5/9	5:30-6:30P	NL Train 2	233006-32

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

**Register: 12/9-3/2**

**Fee: \$57 (Early Bird thru 2/16), \$72 (after 2/16)**

**Boys**

M,W	3/23-5/9	4:30-5:30P	Kroh 7	233011-01
M,W	3/23-5/9	5:30-6:30P	Kroh 7	233011-02
T,Th	3/24-5/9	4:30-5:30P	Kroh 3	233011-03
T,Th	3/24-5/9	5:30-6:30P	Kroh 7	233011-04
M,W	3/23-5/9	4:30-5:30P	Loch Lon 2	233011-05
T,Th	3/24-5/9	5:30-6:30P	Loch Lon 2	233011-06
M,W	3/23-5/9	4:30-5:30P	LSP 6	233011-07
M,W	3/23-5/9	5:30-6:30P	LSP 6	233011-08
T,Th	3/24-5/9	4:30-5:30P	LSP 6	233011-09
T,Th	3/24-5/9	5:30-6:30P	LSP 6	233011-10
M,W	3/23-5/9	4:30-5:30P	NL Train 1	233011-11
T,Th	3/24-5/9	5:30-6:30P	NL Train 1	233011-12

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

Register: 12/9-3/2

Fee: \$57 (Early Bird thru 2/16), \$72 (after 2/16)

#### Girls

M,W	3/23-5/9	5:30-6:30P	Kroh 7	233021-01
M,W	3/23-5/9	4:30-5:30P	Kroh 8	233021-02
T,Th	3/24-5/9	5:30-6:30P	Kroh 3	233021-03
M,W	3/23-5/9	4:30-5:30P	Loch Lon 3	233021-04
T,Th	3/24-5/9	5:30-6:30P	Loch Lon 3	233021-05
M,W	3/23-5/9	4:30-5:30P	LSP 6	233021-06
M,W	3/23-5/9	5:30-6:30P	LSP 6	233021-07
T,Th	3/24-5/9	5:30-6:30P	Namaqua El.	233021-08
T,Th	3/24-5/9	4:30-5:30P	NL Train 2	233021-09
T,Th	3/24-5/9	5:30-6:30P	NL Train 2	233021-10

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

Register: 12/9-3/2

Fee: \$57 (Early Bird thru 2/16), \$72 (after 2/16)

#### Boys

M,W	3/23-5/9	4:30-5:30P	Kroh 7	233013-01
M,W	3/23-5/9	5:30-6:30P	Kroh 4	233013-02
T,Th	3/24-5/9	4:30-5:30P	Kroh 7	233013-03
T,Th	3/24-5/9	5:30-6:30P	Kroh 7	233013-04
M,W	3/23-5/9	4:30-5:30P	Loch Lon 2	233013-05
T,Th	3/24-5/9	4:30-5:30P	Loch Lon 2	233013-06
M,W	3/23-5/9	4:30-5:30P	LSP 7	233013-07
T,Th	3/24-5/9	5:30-6:30P	LSP 7	233013-08
T,Th	3/24-5/9	5:30-6:30P	Namaqua El.	233013-09

#### Girls

M,W	3/23-5/9	4:30-5:30P	Kroh 8	233023-01
T,Th	3/24-5/9	4:30-5:30P	Kroh 8	233023-02
T,Th	3/24-5/9	5:30-6:30P	Kroh 8	233023-03
M,W	3/23-5/9	5:30-6:30P	Loch Lon 2	233023-04
T,Th	3/24-5/9	4:30-5:30P	Loch Lon 3	233023-05
M,W	3/23-5/9	5:30-6:30P	LSP 7	233023-06
T,Th	3/24-5/9	5:30-6:30P	LSP 7	233023-07
M,W	3/23-5/9	4:30-5:30P	Namaqua El.	233023-08

### Spring Soccer 5th & 6th Grade Min/Max 11/14

Register: 12/9-3/2

Fee: \$57 (Early Bird thru 2/16), \$72 (after 2/16)

#### Boys

M,W	3/23-5/9	5:30-6:30P	Kroh 8	233015-01
T,Th	3/24-5/9	4:30-5:30P	Kroh 4	233015-02
M,W	3/23-5/9	5:30-6:30P	Loch Lon 2	233015-03
T,Th	3/24-5/9	5:30-6:30P	LSP 7	233015-04
M,W	3/23-5/9	5:30-6:30P	Namaqua El.	233015-05

#### Girls

M,W	3/23-5/9	4:30-5:30P	Kroh 4	233025-01
T,Th	3/24-5/9	5:30-6:30P	Kroh 4	233025-02
T,Th	3/24-5/9	5:30-6:30P	Loch Lon 2	233025-03
M,W	3/23-5/9	5:30-6:30P	LSP 7	233025-04
T,Th	3/24-5/9	5:30-6:30P	Namaqua El.	233025-05

### Summer Soft Lacrosse Min/Max: 4/30

Introduce your young athlete to the sport of lacrosse. Soft lacrosse is a modified version of the game in which gender-neutral sticks and soft balls are used to teach the fundamentals of the game through drills and fun games. All equipment provided; no additional costs.

Age: 6-8 Boys & Girls

Register: 4/13-5/18

Session 1 Fee: \$47 (Early Bird thru 5/3), \$62 (after 5/3)

T,Th	6/2-6/25	6:00-7:00P	Kroh Fld 3	331301-01
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Register: 4/13-6/22

Session 2 Fee: \$47 (Early Bird thru 6/14), \$62 (after 6/14)

T,Th	7/7-7/30	6:00-7:00P	Kroh Fld 3	331301-02
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### Summer Boys Lacrosse Min/Max: 7/48

Designed for players of all abilities to learn and improve on the fundamentals of the game, this program combines practices and games in a camp-like environment. Teams are formed onsite.

The 6-week program follows these guidelines:

**Wk 1:** dedicated to learning skills and practicing

**Wk 2-3:** Tuesday practices; Thursday games

**Wk 4-6:** games played on both days

Determining age group: use the child's age as of 8/31/20.

Required equipment: all purpose soccer shoes (soft cleats) or tennis shoes; mouthguard; stick; helmet with a face mask (hockey helmets allowed); gloves (hockey gloves allowed); arm pads; shoulder pads; cup; Youth Athletic T-Shirt (for games).

Register: 4/13-5/18

Fee: \$57 (Early Bird thru 5/3), \$72 (after 5/3)

\*No practice/games 7/2

Age: 8-10

T,Th	6/9-7/23*	5:00-6:00P	Kroh Fld 4	331101-01
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Age: 11-12

T,Th	6/9-7/23*	6:00-7:00P	Kroh Fld 4	331111-01
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Age: 13-15

T,Th	6/9-7/23*	6:00-7:00P	Kroh Fld 4	331121-01
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### Summer Soccer Pre-K Instructional Min/Max: 6/10

Drills and fun games are used to introduce soccer basics to 4-6 year olds during scheduled practice times only. No additional games played on Saturdays. Youth Athletic T-Shirt NOT required.

Age: 4-6

Register: 4/13-5/18

Session 1 Fee: \$47 (Early Bird thru 5/3), \$62 (after 5/3)

T,Th	6/2-6/25	9:00-9:45A	Kroh 1	333001-01
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T,Th	6/2-6/25	9:45-10:30A	Kroh 1	333001-02
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T,Th	6/2-6/25	5:15-6:00P	Loch Lon 3	333001-04
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T,Th	6/2-6/25	6:00-6:45P	Loch Lon 3	333001-05
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M,W	6/1-6/24	5:15-6:00P	LSP 5	333001-06
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M,W	6/1-6/24	6:00-6:45P	LSP 5	333001-07
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M,W	6/1-6/24	9:00-9:45A	NL Train	333001-08
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M,W	6/1-6/24	9:15-10:00A	NL Train	333001-09
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T,Th	6/2-6/25	5:15-6:00P	NL Train	333001-10
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T,Th	6/2-6/25	6:00-6:45P	NL Train	333001-11
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Register: 4/13-6/22

Session 2 Fee: \$47 (Early Bird thru 6/14), \$62 (after 6/14)

T,Th	7/7-7/30	9:00-9:45A	Kroh 1	333002-01
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T,Th	7/7-7/30	9:45-10:30A	Kroh 1	333002-02
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T,Th	7/7-7/30	5:15-6:00P	Loch Lon 3	333002-04
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T,Th	7/7-7/30	6:00-6:45P	Loch Lon 3	333002-05
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M,W	7/6-7/29	5:00-6:00P	LSP 5	333002-06
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M,W	7/6-7/29	6:00-7:00P	LSP 5	333002-07
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M,W	7/6-7/29	9:00-9:45A	NL Train	333002-08
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M,W	7/6-7/29	9:45-10:30A	NL Train	333002-09
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T,Th	7/7-7/30	5:15-6:00P	NL Train	333002-10
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T,Th	7/7-7/30	6:00-6:45P	NL Train	333002-11
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### Summer Soccer/Pre-K Leagues Min/Max: 5/10

Soccer fundamentals are taught using drills and fun activities during practice times. Games are held on same days/locations as practices; games at both 9:00A and 10:00A. No additional games played on Saturdays. Required: Youth Athletic T-Shirt, shin guards, water bottle. No jewelry. \*No practice/games 6/30, 7/2

Register: 4/13-5/18

Fee: \$57 (Early Bird thru 5/3), \$72 (after 5/3)

Age: 4-6

T,Th	6/2-7/16*	9:00-10:00A	LSP 5	333010-01
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T,Th	6/2-7/16*	9:00-10:00A	LSP 5	333010-02
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T,Th	6/2-7/16*	10:00-11:00A	LSP 5	333010-03
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T,Th	6/4-7/18*	10:00-11:00A	LSP 5	333010-04
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**Summer T-Ball** Min/Max 9/12

Designed to introduce children to the game of baseball. Schedule: practices/games held on Mon/Wed at Kroh Park or North Lake Park.

Register: 4/13-5/18

Fee: \$62 (Early Bird thru 5/3), \$77 (after 5/3)

Age: 4-6 \*No practice/games 7/1

M,W	6/8-7/22*	4:45-6:00P	Kroh 1	335001-01
M,W	6/8-7/22*	4:45-6:00P	Kroh 1	335001-02
M,W	6/8-7/22*	4:45-6:00P	Kroh 1	335001-03
M,W	6/8-7/22*	4:45-6:00P	Kroh 1	335001-04
M,W	6/8-7/22*	4:45-6:00P	Kroh 1	335001-05
M,W	6/8-7/22*	4:45-6:00P	Kroh 1	335001-06
M,W	6/8-7/22*	4:45-6:00P	Kroh 1	335001-07
M,W	6/8-7/22*	4:45-6:00P	Kroh 1	335001-08
M,W	6/8-7/22*	4:45-6:00P	NL Fields	335002-01
M,W	6/8-7/22*	4:45-6:00P	NL Fields	335002-02
M,W	6/8-7/22*	4:45-6:00P	NL Fields	335002-03
M,W	6/8-7/22*	4:45-6:00P	NL Fields	335002-04
M,W	6/8-7/22*	4:45-6:00P	NL Fields	335002-05
M,W	6/8-7/22*	4:45-6:00P	NL Fields	335002-06
M,W	6/8-7/22*	4:45-6:00P	NL Fields	335002-07
M,W	6/8-7/22*	4:45-6:00P	NL Fields	335002-08
M,W	6/8-7/22*	6:30-7:45P	Kroh 1	335003-01
M,W	6/8-7/22*	6:30-7:45P	Kroh 1	335003-02
M,W	6/8-7/22*	6:30-7:45P	Kroh 1	335003-03
M,W	6/8-7/22*	6:30-7:45P	Kroh 1	335003-04
M,W	6/8-7/22*	6:30-7:45P	Kroh 1	335003-05
M,W	6/8-7/22*	6:30-7:45P	Kroh 1	335003-06
M,W	6/8-7/22*	6:30-7:45P	Kroh 1	335003-07
M,W	6/8-7/22*	6:30-7:45P	Kroh 1	335003-08
M,W	6/8-7/22*	6:30-7:45P	NL Fields	335004-01
M,W	6/8-7/22*	6:30-7:45P	NL Fields	335004-02
M,W	6/8-7/22*	6:30-7:45P	NL Fields	335004-03
M,W	6/8-7/22*	6:30-7:45P	NL Fields	335004-04
M,W	6/8-7/22*	6:30-7:45P	NL Fields	335004-05
M,W	6/8-7/22*	6:30-7:45P	NL Fields	335004-06
M,W	6/8-7/22*	6:30-7:45P	NL Fields	335004-07
M,W	6/8-7/22*	6:30-7:45P	NL Fields	335004-08

**Summer Girls Softball** Min/Max: 10/14

Promotes skill development and sportsmanship for girls ages 8-13 as of 8/31/20. Games at Barnes Complex at Fairgrounds Park.

Age 8-10 play games on Tues/Thurs; Age 11-13 play on Mon/Wed

Register: 4/13-5/18

Fee: \$60 (Early Bird thru 5/3), \$75 (after 5/3)

Age: 8-10 MACHINE PITCH - Practices \*No games 6/30, 7/2

M	6/1-7/27*	6:00-7:00P	Garfield Pk	336201-01
M	6/1-7/27*	5:00-6:00P	Garfield Pk	336201-02
M	6/1-7/27*	6:00-7:00P	Kroh 3	336201-03
M	6/1-7/27*	7:00-8:00P	Kroh 3	336201-04
M	6/1-7/27*	5:00-6:00P	NL Fields	336201-05
M	6/1-7/27*	6:00-7:00P	NL Fields	336201-06
M	6/1-7/27*	6:00-7:00P	Silver Glen	336201-07
M	6/1-7/27*	5:00-6:00P	Silver Glen	336201-08
M	6/1-7/27*	6:00-7:00P	High Plains	336201-09

Fee: \$75 (Early Bird thru 5/3), \$90 (after 5/3)

Age: 11-13 PLAYER PITCH - Practices \*No games 6/29, 7/1

T	6/2-7/30*	6:00-7:00P	Garfield Pk	336202-01
Th	6/4-7/30*	5:00-6:00P	Garfield Pk	336202-02
Th	6/4-7/30*	6:00-7:00P	Garfield Pk	336202-03
T	6/2-7/30*	6:00-7:00P	Kroh 3	336202-04
T	6/2-7/30*	7:00-8:00P	Kroh 3	336202-05
T	6/2-7/30*	6:00-7:00P	Silver Glen	336202-06
Th	6/4-7/30*	6:00-7:00P	Osborn BB	336202-07
T	6/2-7/28*	5:00-6:00P	Woodmere	336202-08
Th	6/4-7/30*	7:00-8:00P	Woodmere	336202-09

**Summer Baseball** Min/Max 10/15

Designed to introduce the game of baseball beyond T-Ball.

Schedule: practices/games are held on Tues/Thurs at either Fairgrounds Park fields or North Lake Park/Owens fields.

Register: 4/13-5/18

Fee: \$72 (Early Bird thru 5/3), \$87 (after 5/3)

COACH PITCH Age: 6-8 \*No practice/games 7/2

T,Th	6/2-7/23*	4:15-5:45P	Owens BB	335053-01
T,Th	6/2-7/23*	4:15-5:45P	Owens BB	335053-02
T,Th	6/2-7/23*	4:15-5:45P	Owens BB	335053-03
T,Th	6/2-7/23*	4:15-5:45P	Owens BB	335053-04
T,Th	6/2-7/23*	4:15-5:45P	Owens BB	335053-05
T,Th	6/2-7/23*	4:15-5:45P	Owens BB	335053-06
T,Th	6/2-7/23*	4:15-5:45P	Owens BB	335053-07
T,Th	6/2-7/23*	4:15-5:45P	Owens BB	335053-08
T,Th	6/2-7/23*	6:15-7:45P	Owens BB	335054-01
T,Th	6/2-7/23*	6:15-7:45P	Owens BB	335054-02
T,Th	6/2-7/23*	6:15-7:45P	Owens BB	335054-03
T,Th	6/2-7/23*	6:15-7:45P	Owens BB	335054-04
T,Th	6/2-7/23*	6:15-7:45P	Owens BB	335054-05
T,Th	6/2-7/23*	6:15-7:45P	Owens BB	335054-06
T,Th	6/2-7/23*	6:15-7:45P	Owens BB	335054-07
T,Th	6/2-7/23*	6:15-7:45P	Owens BB	335054-08
T,Th	6/2-7/23*	6:15-7:45P	Owens BB	335054-09
T,Th	6/2-7/23*	6:15-7:45P	Owens BB	335054-10
T,Th	6/2-7/23*	6:15-7:45P	Owens BB	335054-11
T,Th	6/2-7/23*	6:15-7:45P	Owens BB	335054-12

MACHINE PITCH Age: 6-8 \*No practice/games 6/30, 7/2

T,Th	6/2-7/23*	8:30-10:00A	Barnes #8	335051-01
T,Th	6/2-7/23*	8:30-10:00A	Barnes #8	335051-02
T,Th	6/2-7/23*	8:30-10:00A	Barnes #8	335051-03
T,Th	6/2-7/23*	8:30-10:00A	Barnes #8	335051-04

MACHINE PITCH Age: 8-10 \*No practice/games 6/30, 7/2

T,Th	6/2-7/23*	10:30A-12:00P	Barnes #8	335052-01
T,Th	6/2-7/23*	10:30A-12:00P	Barnes #8	335052-02
T,Th	6/2-7/23*	10:30A-12:00P	Barnes #8	335052-03
T,Th	6/2-7/23*	10:30A-12:00P	Barnes #8	335052-04

**Summer Outdoor Basketball 3-on-3** Min/Max: 3/8

Register your team today for 3-on-3 outdoor half-court basketball! Minimum of 2 games played per day. 6 players allowed per team.

Levels determined by participant's grade entering school in fall 2020.

Location: North Lake Park OD Courts

Register: 4/13-5/18

Fee: \$115 (Early Bird thru 5/3), \$135 (after 5/3)

Grade: 5-8 \*No games 6/30, 7/2

Boys

Grade: 5-6	T/Th	6/2-7/9*	8:00-9:30A	332010-05
Grade: 7-8	T/Th	6/2-7/9*	9:30-11:00A	332010-07

Girls

Grade: 5-6	T/Th	6/2-7/9*	8:00-9:30A	332010-25
Grade: 7-8	T/Th	6/2-7/9*	9:30-11:00A	332010-27

**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](https://teamsideline.com/loveland) and click on the **Volunteer** button to get ready to have FUN! Call with questions 970.962.2445.

# 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	3/7-4/4	11:30A-12:15P	NL Ct 7	222101-40
Sa	4/18-5/9	11:30A-12:15P	NL Ct 7	222201-40

## 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.**

Sa	3/7-4/4	11:00A-12:00P	Mehaffey Ct 6	222105-70
Sa	4/18-5/9	11:00A-12:00P	Mehaffey Ct 6	222205-70

## 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**

Sa	3/7-4/4	9:00-9:45A	Mehaffey Ct 6	221101-71
M,W	3/9-4/8	5:30-6:15P	NL Ct 7	221101-40
T,Th	3/10-4/9	4:30-5:15P	D. Webster Ct 1	221101-02
T,Th	3/10-4/9	5:30-6:15P	Mehaffey Ct 6	221101-70
Sa	4/18-5/9	9:00-9:45A	Mehaffey Ct 6	221201-71
M,W	4/20-5/13	5:30-6:15P	NL Ct 7	221201-40
T,Th	4/21-5/14	4:30-5:15P	D. Webster Ct 1	221201-01
T,Th	4/21-5/14	5:30-6:15P	Mehaffey Ct 6	221201-70

**Age: 8-10 Fee: 1x/wk: \$34; 2x/wk: \$55**

Sa	3/7-4/4	10:00-11:00A	Mehaffey Ct 6	221110-71
M,W	3/9-4/8	4:30-5:30P	NL Ct 7	221110-40
T,Th	3/10-4/9	5:30-6:30P	D. Webster Ct 1	221110-02
T,Th	3/10-4/9	4:30-5:30P	Mehaffey Ct 6	221110-70
Sa	4/18-5/9	10:00-11:00A	Mehaffey Ct 6	221210-71
M,W	4/20-5/13	4:30-5:30P	NL Ct 7	221210-40
T,Th	4/21-5/14	4:30-5:30P	Mehaffey Ct 6	221210-70
T,Th	4/21-5/14	5:30-6:30P	D. Webster Ct 1	221210-01

## 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**

Sa	3/7-4/4	10:30-11:30A	NL Ct 7	222110-40
T,Th	3/10-4/9	6:30-7:30P	D. Webster Ct 1	222110-01
Sa	4/18-5/9	10:30-11:30A	NL Ct 7	222210-40
T,Th	4/21-5/14	6:30-7:30P	D. Webster Ct 1	222210-01

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

Sa	3/7-4/4	8:00-9:00A	NL Ct 7	223120-40
T,Th	3/10-4/9	6:30-7:30P	Mehaffey Ct 6	223120-70
Sa	4/18-5/9	8:00-9:00A	Mehaffey Ct 6	223220-40
T,Th	4/21-5/14	6:30-7:30P	Mehaffey Ct 6	223220-70

## 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 and increase confidence in forehand, backhand, serve, return of serve and volley mid-court volleys.

**Age: 11-17 Fee: \$55**

M,W	3/9-4/8	6:30-7:30P	NL Ct 7	222130-40
M,W	4/20-5/13	6:30-7:30P	NL Ct 7	222230-40

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

Sa	3/7-4/4	8:00-9:00A	Mehaffey Ct 6	223130-70
Sa	4/18-5/9	8:00-9:00A	Mehaffey Ct 6	223230-70

## 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	3/9-4/8	9:30-11:00A	NL Ct 7	223140-41
M,W	4/20-5/13	9:30-11:00A	NL Ct 7	223240-41

## Tennis - CARA Pre-Season Min/Max: 4/12

Get a jump on summer! Focus on concepts, skills and strategies to develop and improve your matchplay.

**Age: 7-17 Fee: \$42**

Sa	3/7-4/4	9:00-10:30A	NL Ct 7	225101-40
Sa	4/18-5/9	9:00-10:30A	NL Ct 7	225201-40

## 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) 224101-01**

**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) 224151-01**

**Fee: \$25/person (3 people/1hr) 224171-01**

**Did you see our drop-in gymnastics opportunities on page 30? Come run, jump, climb and play!**



# GYMNASTICS & DANCE

Adults can tumble, too! No gymnastics experience necessary. Come learn the basics with us and get a great cardio workout while building strength and flexibility.

New! Cheer with Steele Athletics is a performance cheer team that performs in-house or at local community events.

## Preschool Playtime Min/Max: 4/15

Come run, jump, 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**

### January

1/7 130166-01

1/14 130166-02

1/21 130166-03

1/28 130166-04

### February

2/4 130266-01

2/11 130266-02

2/18 130266-03

2/25 130266-04

### March

3/3 230166-01

3/10 230166-02

3/24 230166-03

3/31 230166-04

### April

4/7 230266-01

4/14 230266-02

4/21 230266-03

4/28 230266-04

**Fridays, 11:00A-12:00P**

### January

1/10 130167-01

1/17 130167-02

1/24 130167-03

1/31 130167-04

### February

2/7 130267-01

2/14 130267-02

2/21 130267-03

2/28 130267-04

### March

3/6 230167-01

3/13 230167-02

3/27 230167-03

### April

4/3 230167-04

4/10 230267-01

4/17 230267-02

4/24 230267-03

### May

5/1 230267-04

## 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**

### January

1/11 130170-01

1/18 130170-02

1/25 130170-03

### February

2/1 130170-04

2/8 130270-01

2/15 130270-02

2/22 130270-03

2/29 130270-04

### March

3/7 230170-01

3/14 230170-02

3/28 230170-03

### April

4/4 230170-04

4/11 230270-01

4/18 230270-02

4/25 230270-03

### May

5/2 230270-04

**Drop in and RUN, JUMP, 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](http://cityofloveland.org/birthdayparties) for detailed info. We also offer swim parties! Call 970.962.2468 and get ready to jump, tumble and play!

### Gymnastics: 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 3/16, 3/17, 3/18, 3/19, 3/20, 3/21				
M	1/6-1/27	10:15-10:45A	\$29	130101-01
M	1/6-1/27	6:00-6:30P	\$29	130101-02
T	1/7-1/28	9:00-9:30A	\$29	130101-03
W	1/8-1/29	9:30-10:00A	\$29	130101-04
Th	1/9-1/30	10:00-10:30A	\$29	130101-05
F	1/10-1/31	10:30-11:00A	\$29	130101-06
Sa	1/11-2/1	9:00-9:30A	\$29	130101-07
M	2/3-2/24	10:15-10:45A	\$29	130201-01
M	2/3-2/24	6:00-6:30P	\$29	130201-02
T	2/4-2/25	9:00-9:30A	\$29	130201-03
W	2/5-2/26	9:30-10:00A	\$29	130201-04
Th	2/6-2/27	10:00-10:30A	\$29	130201-05
F	2/7-2/28	10:30-11:00A	\$29	130201-06
Sa	2/8-2/29	9:00-9:30A	\$29	130201-07
M	3/2-3/30*	10:15-10:45A	\$29	230101-01
M	3/2-3/30*	6:00-6:30P	\$29	230101-02
T	3/3-3/31*	9:00-9:30A	\$29	230101-03
W	3/4-4/1*	9:30-10:00A	\$29	230101-04
Th	3/5-4/2*	10:00-10:30A	\$29	230101-05
F	3/6-4/3*	10:30-11:00A	\$29	230101-06
Sa	3/7-4/4*	9:00-9:30A	\$29	230101-07
M	4/6-4/27	10:15-10:45A	\$29	230201-01
M	4/6-4/27	6:00-6:30P	\$29	230201-02
T	4/7-4/28	9:00-9:30A	\$29	230201-03
W	4/8-4/29	9:30-10:00A	\$29	230201-04
Th	4/9-4/30	10:00-10:30A	\$29	230201-05
F	4/10-5/1	10:30-11:00A	\$29	230201-06
Sa	4/11-5/2	9:00-9:30A	\$29	230201-07

### Gymnastics: Wiggle Worms Min/Max: 4/6

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

Location: Gymnastics

Age: 3 *No class 3/16, 3/17, 3/18, 3/20				
M	1/6-1/27	11:00-11:30A	\$29	130103-01
T	1/7-1/28	10:30-11:00A	\$29	130103-02
W	1/8-1/29	9:00-9:30A	\$29	130103-03
F	1/10-1/31	9:45-10:15A	\$29	130103-04
M	2/3-2/24	11:00-11:30A	\$29	130203-01
T	2/4-2/25	10:30-11:00A	\$29	130203-02
W	2/5-2/26	9:00-9:30A	\$29	130203-03
F	2/7-2/28	9:45-10:15A	\$29	130203-04
M	3/2-3/30*	11:00-11:30A	\$29	230103-01
T	3/3-3/31*	10:30-11:00A	\$29	230103-02
W	3/4-4/1*	9:00-9:30A	\$29	230103-03
F	3/6-4/3*	9:45-10:15A	\$29	230103-04
M	4/6-4/27	11:00-11:30A	\$29	230203-01
T	4/7-4/28	10:30-11:00A	\$29	230203-02
W	4/8-4/29	9:00-9:30A	\$29	230203-03
F	4/10-5/1	9:45-10:15A	\$29	230203-04

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

### Gymnastics: 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 *No class 3/16, 3/17, 3/18, 3/19, 3/20, 3/21				
M	1/6-1/27	11:30A-12:15P	\$35	130106-01
T	1/7-1/28	9:45-10:30A	\$35	130106-02
W	1/8-1/29	10:15-11:00A	\$35	130106-03
W	1/8-1/29	4:30-5:15P	\$35	130106-04
Th	1/9-1/30	10:45-11:30A	\$35	130106-05
F	1/10-1/31	9:00-9:45A	\$35	130106-06
Sa	1/11-2/1	9:45-10:30A	\$35	130106-07
M	2/3-2/24	11:30A-12:15P	\$35	130206-01
T	2/4-2/25	9:45-10:30A	\$35	130206-02
W	2/5-2/26	10:15-11:00A	\$35	130206-03
W	2/5-2/26	4:30-5:15P	\$35	130206-04
Th	2/6-2/27	10:45-11:30A	\$35	130206-05
F	2/7-2/28	9:00-9:45A	\$35	130206-06
Sa	2/8-2/29	9:45-10:30A	\$35	130206-07
M	3/2-3/30*	11:30A-12:15P	\$35	230106-01
T	3/3-3/31*	9:45-10:30A	\$35	230106-02
W	3/4-4/1*	10:15-11:00A	\$35	230106-03
W	3/4-4/1*	4:30-5:15P	\$35	230106-04
Th	3/5-4/2*	10:45-11:30A	\$35	230106-05
F	3/6-4/3*	9:00-9:45A	\$35	230106-06
Sa	3/7-4/4*	9:45-10:30A	\$35	230106-07
M	4/6-4/27	11:30A-12:15P	\$35	230206-01
T	4/7-4/28	9:45-10:30A	\$35	230206-02
W	4/8-4/29	10:15-11:00A	\$35	230206-03
W	4/8-5/6	4:30-5:15P	\$35	230206-04
Th	4/9-4/30	10:45-11:30A	\$35	230206-05
F	4/10-5/1	9:00-9:45A	\$35	230206-06
Sa	4/11-5/2	9:45-10:30A	\$35	230206-07

### Gymnastics: 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 handsprings.

Most skills and drills will first be learned on the Tumbler 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 3/16, 3/17, 3/20				
M	1/6-1/27	12:30-1:15P	\$35	130108-01
T	1/7-1/28	11:15A-12:00P	\$35	130108-02
F	1/10-1/31	12:15-1:00P	\$35	130108-03
M	2/3-2/24	12:30-1:15P	\$35	130208-01
T	2/4-2/25	11:15A-12:00P	\$35	130208-02
F	2/7-2/28	12:15-1:00P	\$35	130208-03
M	3/2-3/30*	12:30-1:15P	\$35	230108-01
T	3/3-3/31*	11:15A-12:00P	\$35	230108-02
F	3/6-4/3*	12:15-1:00P	\$35	230108-03
M	4/6-4/27	12:30-1:15P	\$35	230208-01
T	4/7-4/28	11:15A-12:00P	\$35	230208-02
F	4/10-5/1	12:15-1:00P	\$35	230208-03
Age: 6-12 *No class 3/18				
W	1/8-1/29	7:00-8:00P	\$42	130109-01
W	2/5-2/26	7:00-8:00P	\$42	130209-01
W	3/4-4/1*	7:00-8:00P	\$42	230109-01
W	4/8-4/29	7:00-8:00P	\$42	230209-01

### Gymnastics: 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 *No class 3/16, 3/18, 3/19, 3/20, 3/21				
M	1/6-1/27	9:15-10:00A	\$35	130110-01
M	1/6-1/27	1:15-2:00P	\$35	130110-02
M	1/6-1/27	5:00-5:45P	\$35	130110-03
W	1/8-1/29	5:15-6:00P	\$35	130110-04
Th	1/9-1/30	11:30A-12:15P	\$35	130110-05
F	1/10-1/31	1:00-1:45P	\$35	130110-06
Sa	1/11-2/1	10:30-11:30A	\$42	130110-07
M	2/3-2/24	9:15-10:00A	\$35	130210-01
M	2/3-2/24	1:15-2:00P	\$35	130210-02
M	2/3-2/24	5:00-5:45P	\$35	130210-03
W	2/5-2/26	5:15-6:00P	\$35	130210-04
Th	2/6-2/27	11:30A-12:15P	\$35	130210-05
F	2/7-2/28	1:00-1:45P	\$35	130210-06
Sa	2/8-2/29	10:30-11:30A	\$42	130210-07
M	3/2-3/30*	9:15-10:00A	\$35	230110-01
M	3/2-3/30*	1:15-2:00P	\$35	230110-02
M	3/2-3/30*	5:00-5:45P	\$35	230110-03
W	3/4-4/1*	5:15-6:00P	\$35	230110-04
Th	3/5-4/2*	11:30A-12:15P	\$35	230110-05
F	3/6-4/3*	1:00-1:45P	\$35	230110-06
Sa	3/7-4/4*	10:30-11:30A	\$42	230110-07
M	4/6-4/27	9:15-10:00A	\$35	230210-01
M	4/6-4/27	1:15-2:00P	\$35	230210-02
M	4/6-4/27	5:00-5:45P	\$35	230210-03
W	4/8-4/29	5:15-6:00P	\$35	230210-04
Th	4/9-4/30	11:30A-12:15P	\$35	230210-05
F	4/10-5/1	1:00-1:45P	\$35	230210-06
Sa	4/11-5/2	10:30-11:30A	\$42	230210-07

### Gymnastics: Advanced Kidnastics Min/Max: 4/8

For those 4 and 5 year olds who are ready for more advanced skills. Instructor approval required. Location: Gymnastics

Age: 4-5 *No Class 3/18, 3/19				
W	1/8-1/29	5:15-6:00P	\$35	130115-01
Th	1/9-1/30	12:30-1:15P	\$35	130115-02
W	2/5-2/26	5:15-6:00P	\$35	130215-01
Th	2/6-2/27	12:30-1:15P	\$35	130215-02
W	3/4-4/1*	5:15-6:00P	\$35	230115-01
Th	3/5-4/2*	12:30-1:15P	\$35	230115-02
W	4/8-4/29	5:15-6:00P	\$35	230215-01
Th	4/9-4/30	12:30-1:15P	\$35	230215-02

### 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 3/18				
W	1/8-1/29	11:15A-12:15P	\$42	130150-01
W	2/5-2/26	11:15A-12:15P	\$42	130250-01
W	3/4-4/1*	11:15A-12:15P	\$42	230150-01
W	4/8-4/29	11:15A-12:15P	\$42	230250-01

### Gymnastics: Intro 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 3/16, 3/17, 3/18, 3/19, 3/21				
M	1/6-1/27	6:45-7:45P	\$42	130117-01
T,Th	1/7-1/30	4:30-5:30P	\$57	130117-02
W	1/8-1/29	6:00-7:00P	\$42	130117-03
Sa	1/11-2/1	11:30A-12:30P	\$42	130117-04
M	2/3-2/24	6:45-7:45P	\$42	130217-01
T,Th	2/4-2/27	4:30-5:30P	\$57	130217-02
W	2/5-2/26	6:00-7:00P	\$42	130217-03
Sa	2/8-2/29	11:30A-12:30P	\$42	130217-04
M	3/2-3/30*	6:45-7:45P	\$42	230117-01
T,Th	3/3-4/2*	4:30-5:30P	\$57	230117-02
W	3/4-4/1*	6:00-7:00P	\$42	230117-03
Sa	3/7-4/4*	11:30A-12:30P	\$42	230117-04
M	4/6-4/27	6:45-7:45P	\$42	230217-01
T,Th	4/7-4/30	4:30-5:30P	\$57	230217-02
W	4/8-4/29	6:00-7:00P	\$42	230217-03
Sa	4/11-5/2	11:30A-12:30P	\$42	230217-04

### Gymnastics: 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 3/16, 3/17, 3/18, 3/19, 3/21				
M	1/6-1/27	6:45-7:45P	\$42	130120-01
T,Th	1/7-1/30	4:30-5:30P	\$57	130120-02
W	1/8-1/29	6:00-7:00P	\$42	130120-03
Sa	1/11-2/1	11:30A-12:30P	\$42	130120-04
M	2/3-2/24	6:45-7:45P	\$42	130220-01
T,Th	2/4-2/27	4:30-5:30P	\$57	130220-02
W	2/5-2/26	6:00-7:00P	\$42	130220-03
Sa	2/8-2/29	11:30A-12:30P	\$42	130220-04
M	3/2-3/30*	6:45-7:45P	\$42	230120-01
T,Th	3/3-4/2*	4:30-5:30P	\$57	230120-02
W	3/4-4/1*	6:00-7:00P	\$42	230120-03
Sa	3/7-4/4*	11:30A-12:30P	\$42	230120-04
M	4/6-4/27	6:45-7:45P	\$42	230220-01
T,Th	4/7-4/30	4:30-5:30P	\$57	230220-02
W	4/8-4/29	6:00-7:00P	\$42	230220-03
Sa	4/11-5/2	11:30A-12:30P	\$42	230220-04

### Gymnastics: 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 3/17, 3/18, 3/19, 3/21				
T,Th	1/7-1/30	5:30-6:30P	\$57	130125-01
W	1/8-1/29	7:00-8:00P	\$42	130125-02
Sa	1/11-2/1	12:30-1:30P	\$42	130125-03
T,Th	2/4-2/27	5:30-6:30P	\$57	130225-01
W	2/5-2/26	7:00-8:00P	\$42	130225-02
Sa	2/8-2/29	12:30-1:30P	\$42	130225-03
T,Th	3/3-4/2*	5:30-6:30P	\$57	230125-01
W	3/4-4/1*	7:00-8:00P	\$42	230125-02
Sa	3/7-4/4*	12:30-1:30P	\$42	230125-03
T,Th	4/7-4/30	5:30-6:30P	\$57	230225-01
W	4/8-4/29	7:00-8:00P	\$42	230225-02
Sa	4/11-5/2	12:30-1:30P	\$42	230225-03

### Gymnastics: Advanced Beginner Level 3

This level continues to build a strong foundation of skills on each event. Min/Max: 4/8 Location: Gymnastics

Age: 6-12 *No Class 3/17, 3/19				
T,Th	1/7-1/30	5:30-6:30P	\$57	130130-01
T,Th	2/4-2/27	5:30-6:30P	\$57	130230-01
T,Th	3/3-4/2*	5:30-6:30P	\$57	230130-01
T,Th	4/7-4/30	5:30-6:30P	\$57	230230-01

### Gymnastics: 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 3/17, 3/19				
T,Th	1/7-1/30	6:30-8:00P	\$72	130135-01
T,Th	2/4-2/27	6:30-8:00P	\$72	130235-01
T,Th	3/3-4/2*	6:30-8:00P	\$72	230135-01
T,Th	4/7-4/30	6:30-8:00P	\$72	230235-01

### Gymnastics: 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 3/17, 3/19				
T,Th	1/7-1/30	6:30-8:00P	\$72	130140-01
T,Th	2/4-2/27	6:30-8:00P	\$72	130240-01
T,Th	3/3-4/2*	6:30-8:00P	\$72	230140-01
T,Th	4/7-4/30	6:30-8:00P	\$72	230240-01

### Gymnastics: Adult 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 3/19, 3/21				
Th	1/9-1/30	9:00-9:45A	\$35	130180-01
Sa	1/11-2/1	2:30-3:15P	\$35	130180-02
Th,Sa	1/9-2/1	9:00-9:45A (Th) 2:30-3:15P (Sa)	\$57	130180-03
Th	2/6-2/27	9:00-9:45A	\$35	130280-01
Sa	2/8-2/29	2:30-3:15P	\$35	130280-02
Th,Sa	2/6-2/29	9:00-9:45A (Th) 2:30-3:15P (Sa)	\$57	130280-03
Th	3/5-4/2*	9:00-9:45A	\$35	230180-01
Sa	3/7-4/4*	2:30-3:15P	\$35	230180-02
Th,Sa	3/5-4/4*	9:00-9:45A (Th) 2:30-3:15P (Sa)	\$57	230180-03
Th	4/9-4/30	9:00-9:45A	\$35	230280-01
Sa	4/11-5/2	2:30-3:15P	\$35	230280-02
Th,Sa	4/9-5/2	9:00-9:45A (Th) 2:30-3:15P (Sa)	\$57	230280-03

**Dance to the beat of your dreams!**  
Grab your friends and check out page 35 for hip hop, ballet, tap, jazz, Irish dance and more!

## 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@eccl.org or 970-377-3388 ext. 200

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

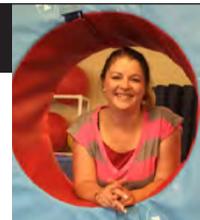


eccl.org

*Paid advertisement*

## STAFF SPOTLIGHT

### MARCY LITRELL Gymnastics Instructor



#### What is your favorite part about teaching gymnastics?

Getting to work with the kids and building relationships with them as well as just being in the gymnastics arena. It is absolutely one of my favorite activities and sports and something that I'm very passionate about. I see them develop confidence and self-esteem as well as their gymnastics skills and abilities. It's wonderful getting to work with them and challenging them to see all of the potential they have.

#### How does gymnastics help kids - physically? Mentally? Socially?

Gymnastics helps children develop their muscles as well as gain strength and flexibility (for adults it helps to maintain strength for fall prevention). Because gymnastics is a sport and skill that requires focus, the brain is sharpened and focus and concentration are improved and heightened. When kids take gymnastics, they get a social aspect added. Not only do they learn how to interact with their coaches and adults, but just as important, they learn foundational tools to interact with their classmates and peers, such as teamwork/ taking turns, sharing, encouraging others, having fun and being nice to each other.

## CHEER WITH STEELE ATHLETICS

### NEW! Cheer Performance Team Min/Max: 3/40

Learn how to stunt, jump and dance while learning full cheerleading routines and chants. The team performs in-house or at community events. **\$15 cheer shirt not included.**

Location: Steele Athletics, 148 Second St. SW

#### Age: 3-4

M	1/6-1/27	4:00-4:55P	\$48	239901-01
F	1/10-1/31	4:00-4:55P	\$48	239904-01
M	2/3-2/24	4:00-4:55P	\$48	239901-02
F	2/7-2/28	4:00-4:55P	\$48	239904-02
M	3/2-3/30	4:00-4:55P	\$60	239901-03
F	3/6-3/27	4:00-4:55P	\$48	239904-03
F	4/3-4/24	4:00-4:55P	\$48	239904-04
M	4/6-4/27	4:00-4:55P	\$48	239901-04
F	5/1-5/29	4:00-4:55P	\$60	239904-05
M	5/4-5/18	4:00-4:55P	\$36	239901-05

#### Age: 5-8

M	1/6-1/27	5:00-5:55P	\$48	239902-01
F	1/10-1/31	5:00-5:55P	\$48	239905-01
M	2/3-2/24	5:00-5:55P	\$48	239902-02
F	2/7-2/28	5:00-5:55P	\$48	239905-02
M	3/2-3/30	5:00-5:55P	\$60	239902-03
F	3/6-3/27	5:00-5:55P	\$48	239905-03
F	4/3-4/24	5:00-5:55P	\$48	239905-04
M	4/6-4/27	5:00-5:55P	\$48	239902-04
F	5/1-5/29	5:00-5:55P	\$60	239905-05
M	5/4-5/18	5:00-5:55P	\$36	239902-05

#### Age: 8-14

M	1/6-1/27	6:00-6:55P	\$48	239903-01
M	2/3-2/24	6:00-6:55P	\$48	239903-02
M	3/2-3/30	6:00-6:55P	\$60	239903-03
M	4/6-4/27	6:00-6:55P	\$48	239903-04
M	5/4-5/18	6:00-6:55P	\$36	239903-05

### NEW! Ninja Min/Max: 3/40

Perform like a Ninja with challenging obstacle courses to bring out your Ninja identity. Location: Steele Athletics, 148 Second St. SW

#### Age: 3-5

W	1/8-1/29	4:00-4:55P	\$48	239930-01
F	1/10-1/31	5:00-5:55P	\$48	239932-01
W	2/5-2/26	4:00-4:55P	\$48	239930-02
F	2/7-2/28	5:00-5:55P	\$48	239932-02
W	3/4-3/25	4:00-4:55P	\$48	239930-03
F	3/6-3/27	5:00-5:55P	\$48	239932-03
W	4/1-4/29	4:00-4:55P	\$60	239930-04
F	4/3-4/24	5:00-5:55P	\$48	239932-04
F	5/1-5/29	5:00-5:55P	\$60	239932-05
W	5/6-5/27	4:00-4:55P	\$48	239930-05

#### Age: 6-12

W	1/8-1/29	5:00-5:55P	\$48	239931-01
F	1/10-1/31	6:00-6:55P	\$48	239933-01
W	2/5-2/26	5:00-5:55P	\$48	239931-02
F	2/7-2/28	6:00-6:55P	\$48	239933-02
W	3/4-3/25	5:00-5:55P	\$48	239931-03
F	3/6-3/27	6:00-6:55P	\$48	239933-03
W	4/1-4/29	5:00-5:55P	\$60	239931-04
F	4/3-4/24	6:00-6:55P	\$48	239933-04
F	5/1-5/29	6:00-6:55P	\$60	239933-05
W	5/6-5/27	5:00-5:55P	\$48	239931-05

### NEW! Adaptive Cheer Squad Min/Max: 3/40

Individuals with or without special needs experience cheering and dancing together as a unified team.

**\$15 cheer shirt not included.**

Location: Steele Athletics, 148 Second St. SW

#### Age: 3+

Th	1/9-1/30	5:30-7:00P	\$48	239940-01
Th	2/6-2/27	5:30-7:00P	\$48	239940-02
Th	3/5-3/26	5:30-7:00P	\$48	239940-03
Th	4/2-4/30	5:30-7:00P	\$60	239940-04
Th	5/7-5/28	5:30-7:00P	\$48	239940-05

### NEW! Cheer Recreation Tumbling Min/Max: 3/40

Perfect your cheerleading tumbling skills! Learn handstands, bridges, back walkovers, front walkovers, round offs and back handsprings.

Location: Steele Athletics, 148 Second St. SW

#### Age: 5-14

M	1/6-1/27	5:00-5:55P	\$48	239920-01
T	1/7-1/28	6:00-6:55P	\$48	239921-01
F	1/10-1/31	6:00-6:55P	\$48	239922-01
M	2/3-2/24	5:00-5:55P	\$48	239920-02
T	2/4-2/25	6:00-6:55P	\$48	239921-02
F	2/7-2/28	6:00-6:55P	\$48	239922-02
M	3/2-3/30	5:00-5:55P	\$60	239920-03
T	3/3-3/31	6:00-6:55P	\$60	239921-03
F	3/6-3/27	6:00-6:55P	\$48	239922-03
F	4/3-4/24	6:00-6:55P	\$48	239922-04
M	4/6-4/27	5:00-5:55P	\$48	239920-04
T	4/7-4/28	6:00-6:55P	\$48	239921-04
F	5/1-5/29	6:00-6:55P	\$60	239922-05
M	5/4-5/18	5:00-5:55P	\$36	239920-05
T	5/5-5/26	6:00-6:55P	\$48	239921-05

### NEW! Intro to Middle School Cheer Min/Max: 3/40

Learn the skills you need to try out for your high school cheer team. Learn how to stunt, jump and dance while learning motions and chants. This group performs in-house or at community events. **\$15 cheer shirt not included.**

Location: Steele Athletics, 148 Second St. SW

#### Grade: 6-8

T	1/7-1/28	5:00-5:55P	\$48	239910-01
T	2/4-2/25	5:00-5:55P	\$48	239910-02
T	3/3-3/31	5:00-5:55P	\$60	239910-03
T	4/7-4/28	5:00-5:55P	\$48	239910-04
T	5/5-5/26	5:00-5:55P	\$48	239910-05

### Looking for birthday party ideas?

Stay cool in the pool with a swim party or jump, tumble and play with a gymnastics party with facilitated gymnastics activities!  
[cityofloveland.org/birthdayparties](http://cityofloveland.org/birthdayparties)

Learn to waltz or foxtrot! See page 51 for adult dance classes. Then use your new skills at monthly social dances with live bands - page 55.

# DANCE | MOVEMENT

## Parent | Child 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 Studio Instructor: Nicole Kutella  
**Age: 2-4** (with required accompanying adult)

Sa	2/8-3/7	9:45-10:30A	\$6   \$20*	257200-1
Sa	3/28-4/25	9:45-10:30A	\$6   \$20*	257200-2

## 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 Studio Instructor: Debby Jantzen

**Age: 2.5-5 \*No class 3/17**

T	1/7-1/28	10:30-11:10A	\$28	257220-1
T	2/4-2/25	10:30-11:10A	\$28	257220-2
T	3/3-3/31*	10:30-11:10A	\$28	257220-3
T	4/7-4/28	10:30-11:10A	\$28	257220-4

## Tiny Hip Hop Min/Max: 6/12

Get your jam on and learn basic hip hop dance techniques in this high-energy class for your youngest dancer.  
 Location: Fitness/Dance Studio Instructor: Nicole Kutella

**Age: 2.5-4**

Sa	2/1-3/7	10:40-11:25A	\$48	257210-1
Sa	4/4-5/9	10:40-11:25A	\$48	257210-2

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

An introduction 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 Studio Instructor: Debby Jantzen

**Age: 3.5-6 \*No class 3/17**

T	1/7-1/28	11:20A-12:00P	\$29	257230-1
T	2/4-2/25	11:20A-12:00P	\$29	257230-2
T	3/3-3/31*	11:20A-12:00P	\$29	257230-3
T	4/7-4/28	11:20A-12:00P	\$29	257230-4

## Movement & Floor Gymnastics Min/Max: 3/8

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.  
 Location: Gymnastics Instructor: Marcy Littrell

**Age: 4-6**

M	1/27-3/2	4:00-4:45P	\$36	258100-1
M	3/30-5/4	4:00-4:45P	\$36	258100-2

## 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 \*No class 3/18**

W	1/8-1/29	5:30-6:10P	\$24	257240-1
W	2/5-2/26	5:30-6:10P	\$24	257240-2
W	3/4-4/1*	5:30-6:10P	\$24	257240-3
W	4/8-4/29	5:30-6:10P	\$24	257240-4

## Beginning Irish Dance Max: 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: Creative Arts Space, 649 N. Denver Ave.

**Age: 5-12 \*No class 3/18**

W	1/8-1/29	4:30-5:30P	\$65	261800-1
W	2/5-2/26	4:30-5:30P	\$65	261800-2
W	3/4-3/25*	4:30-5:30P	\$48	261800-3
W	4/1-4/22	4:30-5:30P	\$65	261800-4
W	4/29-5/20	4:30-5:30P	\$65	261800-5

## Youth Hip Hop Min/Max: 6/12

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 Studio Instructor: Nicole Kutella

**Age: 5-8**

Sa	2/1-3/7	11:30A-12:15P	\$48	258250-1
Sa	4/4-5/9	11:30A-12:15P	\$48	258250-2

## 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: Hickory Instructor: Nicole Kutella

**Age: 6-12**

Th	2/6-3/12	4:30-5:15P	\$38	258000-1
Th	4/2-5/7	4:30-5:15P	\$38	258000-2

## 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 Studio Instructor: Sarah Vrem

**Age: 6-11 \*No class 1/20, 3/16, 4/20**

M	1/6-2/10*	5:30-6:10P	\$25	258200-1
M	2/24-3/30*	5:30-6:10P	\$25	258200-2
M	4/6-5/11*	5:30-6:10P	\$25	258200-3

## Beginning Ballet with Pilates Min/Max: 3/8

Allow your child to determine their interest in ballet without the formality of studio expectations. 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. Location: Gymnastics Instructor: Marcy Littrell

**Age: 7-10**

F	1/31-3/6	4:15-5:05P	\$42	258140-1
F	4/3-5/8	4:15-5:05P	\$42	258140-2

## 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	2/4-3/10	4:15-4:55P	\$42	258260-1
T	3/31-5/5	4:15-4:55P	\$42	258260-2



# PRESCHOOL

Our Small Fries Preschool recently earned a Level 5 rating with the Colorado Shines Program. Colorado Shines is a quality rating and improvement system that monitors and supports early learning programs. Its primary functions are to help participating programs and professionals improve their quality through assessment, training and tools, and to connect Colorado families with quality child care.

## 2020 SMALL FRIES PRESCHOOL

A quality-rated, state-licensed preschool program for your 3 to 5 year old 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 • Physical Health & Development  
 Logic & Reasoning • Approaches to Learning

**OPEN HOUSE** for Fall 2020 registration information on Thursday, January 23 from 4:00-5:00P in the classroom (located inside the Chilson Center lobby).

**PUBLIC REGISTRATION FOR FALL 2020 BEGINS MONDAY, FEBRUARY 3.** Registration is not available online. Visit [cityofloveland.org/smallfries](http://cityofloveland.org/smallfries) to download a registration form and submit it in person at the Chilson Center. Currently enrolled families receive priority registration through January 31. Remaining open spaces are filled on a first-come, first-served basis. An annual, non-refundable registration fee of \$35 is due at the time of enrollment.

**OPEN HOUSE  
 THURSDAY,  
 JANUARY 23  
 4:00-5:00P**

**FALL 2020  
 REGISTRATION  
 BEGINS MONDAY,  
 FEBRUARY 3!**

**SPRING 2020 SESSION** (call 962.2467 to inquire about wait lists)

- The Spring 2020 session runs January 6 through May 22 and generally follows the Thompson School District calendar for district-wide holiday breaks and other school closures. **\*No classes held 1/1-1/3, 1/20, 2/17, 2/26, 2/28, 3/16-3/20, 4/20**
- 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.

**Pre-K: Age: 4-5**

M-W	1/6-5/20*	9:00-11:30A	\$848	555019-1
M-W	1/6-5/20*	12:30-3:00P	\$848	555019-2

**Preschool: Age: 3-4**

Th,F	1/9-5/22*	9:00-11:30A	\$518	555019-3
Th,F	1/9-5/22*	12:30-3:00P	\$518	555019-4

### Key Magia Music Classes Min/Max: 4/12

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

#### Musical Toddlers

Join in with other children and caregivers as we play and explore music together! 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. Full adult participation is needed to interact with and assist each child.

**Age: 1.5-3.5** (with required accompanying adult) **\*No class 3/19**

Th	1/9-2/27	9:00-9:30A	\$38	260720-1
Th	3/5-4/30*	9:00-9:30A	\$38	260720-2

#### Musical Child

Celebrate your preschooler's growing independence with music activities designed to build attention and self-expression. Activities include singing, rhymes, movement games and playing instruments. Simple echo games will be further developed as they learn not only basic rhythm and melody patterns but also musical language for both rhythm and tonal patterns. Parents are required to stay; however, some activities are designed for their children to participate independently.

**Age: 3-4** (with required accompanying adult) **\*No class 3/19**

Th	1/9-2/27	9:45-10:30A	\$44	260730-1
Th	3/5-4/30*	9:45-10:30A	\$44	260730-2

### Nature-Based Education with

#### Wild Within Reach Min/Max: 6/10

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: 2-8**

**Wild About Winter** It's cold and snowy outside. Explore the outdoors and learn how winter can be a blast.

W	1/8-1/29	12:30-1:15P	\$40	260400-1
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**Wild About Ice** Snow and ice really are amazing. Come play and experiment in the outdoors with us!

W	2/5-2/26	12:30-1:15P	\$40	260400-2
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**Wild About Spring** Explore the beauty of this season and see what emerges as the weather starts to warm up.

W	4/8-4/29	12:30-1:15P	\$40	260400-3
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**Children's Day** is coming to Fairgrounds Park on Monday April 20, 11:00A-2:00P. Visit: [cityofloveland.org/childrensday](http://cityofloveland.org/childrensday)

**Not sure which sport your budding athlete likes?** Try out Amazing Athletes classes and explore the basics of nine different ball sports. See page 25 for all the details!

### 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 should 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)**

**Are You Sleeping?** Children have fun learning about bears and hibernation through stories, dramatic play and process art.

T	1/21-2/11	9:30-11:00A	\$42	255010-1
F	1/24-2/14	9:30-11:00A	\$42	255010-2

**Wonderful World of Pets** Children make social and emotional connections between caring for our furry friends and how to care for each other.

T	2/18-3/10	9:30-11:00A	\$42	255020-1
F	2/21-3/13	9:30-11:00A	\$42	255020-2

**Over the Rainbow** Children explore spring weather through simple science experiments, art projects and outdoor scavenger hunts.

T	3/24-4/14	9:30-11:00A	\$42	255030-1
F	3/27-4/17	9:30-11:00A	\$42	255030-2

**Beautiful Butterflies** Children get to examine live caterpillars, learn about their life cycles and finally release them as beautiful butterflies!

T	4/21-5/12	9:30-11:00A	\$42	255040-1
F	4/24-5/15	9:30-11:00A	\$42	255040-2

### Spring Break Mini-Camps Min/Max: 4/8

Supplement your child's preschool/kindergarten classroom experience with these hands-on, engaging adventure camps. Children should come prepared for active play with a water bottle and good play shoes. Camp days are filled with songs, games, crafts, dramatic play and sensory activities. Location: Tiny Tot Rm  
**Age: 2.5-4** (morning classes) **Age: 4-6** (afternoon classes)

**Flower Power** Children will plant a rainbow, make splatter art, play memory games and much more in this engaging discovery of emerging spring flowers.

M-W	3/16-3/18	9:30-11:30A	\$36	255200-1
M-W	3/16-3/18	12:30-3:00P	\$42	255200-2

**It's Mud Season** Puddle jumping, cooking in the mud kitchen and digging for worms are just a few of the ways we'll explore the changing earth in spring time.

Th,F	3/19-3/20	9:30-11:30A	\$24	255200-3
Th,F	3/19-3/20	12:30-3:00P	\$28	255200-4

**Aye matey!** Grab your pirate hat and celebrate Kids to Parks Day at North Lake Park on Saturday, 5/16 for outside fun. More info on page 5.

Let kids get out their wiggles with yoga, gymnastics, cheer and dance classes on pages 30-35.



# YOUTH & TEENS

We're all about setting up students for success. It's why we offer things like our new Counselor in Training class where participants can develop leadership skills with hands-on training to become a future camp counselor. For the younger ones, check out our ABDC camps when school is out to keep the fun and learning going all year long.

## Big Foot Camp Min/Max: 5/15

Get your climb on! Squeeze rocks, gain confidence, learn to take risks, make crafts and foster a love of a sport that is growing faster than you! This camp is appropriate for new as well as experienced climbers. Get out and climb our walls instead of your own. Lunch, equipment and professional instructors provided each day.

Location: Wooden Mountain Bouldering Gym, 1503 Taurus Ct.

Age: 5-13

M-Th 3/16-3/19 9:00A-2:00P \$215 253203-1

## Ultimate Babysitter's Boot Camp Min/Max: 6/20

A comprehensive skills-based class that covers topics including business and leadership principles, discipline, communication, safe play, basic care for infants and children, disaster preparedness and responding to emergencies. Receive a Child & Babysitting Safety certificate from the American Safety & Health Institute.

CPR certification is NOT included. Location: Tiny Tot Rm

Age: 11-16

Sa	1/18	8:30A-5:00P	\$75	261700-1
T	3/17	8:30A-5:00P	\$75	261700-2
M	4/20	8:30A-5:00P	\$75	261700-3
Sa	5/9	8:30A-5:00P	\$75	261700-4

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

## LEGO® with Play-Well TEKologies Min/Max: 8/16

Gear up your engineering skills with Play-Well TEKologies and tens of thousands of LEGO® parts! Location: Party Rm  
Age: 6-11

**Animal Architects** Let your imagination run wild as we design and build leaping dolphins, buzzing beehives and towering giraffes. Use LEGO® materials to design and build as never before. Play, create and learn in a world inspired by the animal kingdom.

M-W 3/16-3/18 9:00A-12:00P \$100 261110-1

## 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.

Call 970.962.2487 for more info. Location: Chilson TBD

Grade: 6-10 1st Saturday of the month, 9:00-10:00A

Dates\*: 1/4, 2/1, 3/7, 4/4, 5/2

Fee: FREE Class #: 256800-1

Seasons of FUN! Check out skateboarding camps on page 44.

## ADVENTURE BOUND DAY CAMPS

A state-licensed, childcare/camp program for children entering grades K-9. Awesome weekly field trips are included in camp fees. Location: Chilson Recreation Center

**More info:** [cityofloveland.org/abdc](http://cityofloveland.org/abdc) **Questions?** 970.962.2487

• **Registration Forms** can be picked up at the Chilson Center front desk or downloaded online at [cityofloveland.org/abdc](http://cityofloveland.org/abdc). Completed forms are accepted in person ONLY (see registration dates below).

• **Registration Fee:** An annual, non-refundable \$35 registration fee is due at the time of enrollment for each enrolled child (annual fee covers all school days out, winter break, spring break and summer camp programs).

• **Priority Spring Break/Summer Camp Registration for Returning 2019 Adventure Bound Families: February 3-6**

Drop off completed registration forms along with non-refundable \$35 registration fee and \$25/week deposit during Chilson hours (M-Th, 5:30A-9:30P) beginning Monday, February 3. Priority registration ends Thursday, February 6. Registration forms are collected and processed in the order they are received.

• **Public Spring Break/Summer Camp Registration begins Tuesday, February 11 at 7:30A**

Registration is not available online. New campers and returning families who missed priority registration can drop off completed registration forms along with non-refundable \$35 registration fee and \$25/week deposit in-person at the Chilson front desk only. Registration forms are processed at the time of drop-off. Payment methods include cash, check or credit card.

### ABDC Camps for Grades K-5

A combination of on-site crafts and games, Chilson enrichment activities, weekly swimming at Winona outdoor pool and a weekly field trip make for an exciting adventure! Info on daily schedules, policies and camper enrollment profiles available after registration.

**Camp Days & Times:** Monday through Friday 7:30A-5:30P

**School Days Out & Winter Break Fees\*\***

**Per Day Fee:** \$45 (\*Winter Break trip on 1/3 = \$60)

**Spring Break & Summer Camp Fees\*\***

**2-Day/Wk Fee:** \$88

**3-Day/Wk Fee:** \$129

**4-Day/Wk Fee:** \$168 (applies to Week 12 of summer camp only)

**5-Day/Wk Fee:** \$200

\*\***Sibling Discount:** 10% off for 2nd child; 15% off for additional children

**Winter Break** Registration began July 29 and closes Monday, December 16. Required online camper profiles must be completed by Wednesday, December 18. Daily Max: 22

M	12/23/19	Chilson Pool	456709-1
F	12/27/19	Bowling & Movie	456709-2
M	12/30/19	NYE Glow Party	456709-3
F	*1/3	Snow Tube Trip	456709-4

**School Days Out** Fun ways to spend the days! Daily Max: 22

M	1/20	Winter Wonderland	256400-1
M	2/17	Silly Science	256400-2
Th	2/27	Game Day Extravaganza	256400-3
F	2/28	Urban Air Adventures	256400-4

**Spring Break** Registration begins Tues, February 11 at 7:30A and closes Mon, March 9. Required online profiles must be completed by Wed, March 11. Field trip date: Thurs, 3/19 Daily Max: 34

T,Th	2 days	3/17, 3/19	256600-1
M,W,F	3 days	3/16, 3/18, 3/20	256600-2
M-F	5 days	3/16-3/20	256600-3

**Summer Camp** Children must be 5 years old and entering grades K-5 in Fall 2020. Register only for the weeks your child will attend. 2-day (T/Th), 3-day (M/W/F) and 5-day (M-F) options are available each week; commitment to those days is required. Daily Max: 78

Week	Dates	Theme
1	5/27-5/29 (W/Th/F)	Creative Kids
2	6/1-6/5	Moovin' & Groovin'
3	6/8-6/12	Wild Wild West
4	6/15-6/19	Back to the Future
5	6/22-6/26	Tropical Adventure
6	6/29-7/3	Team U.S.A.
7	7/6-7/10	Water Wonderland
8	7/13-7/17	Food & Fitness
9	7/20-7/24	Shipwrecked
10	7/27-7/31	Olympic Week
11	8/3-8/7	Safari
12	8/10-8/13 (M-Th)	Fair Frenzy

### ABDC Camps for Grades 6-9

Weekly Min/Max: 10/22 Has your camper outgrown traditional day camp programs? Let them spend their summer with us in these camps that focus on age-appropriate topics and activities. Campers must be entering grades 6-9 in Fall 2020.

**Registration Dates & Fees\*\*** See Adventure Bound Camp Program information. In-person registrations are accepted through Friday, April 24. Remaining open spaces available according to Summer Activity Guide registration dates. No camp held Fridays.

**Camp Days & Times** Monday through Thursday 8:30A-4:30P

Week	Dates	Fee	Reg #
Art Around the World	6/1-6/4	\$160	356200-1
Jr. Counselor Camp	6/8-6/11	\$140	356210-1
Culinary Creations	6/15-6/18	\$160	356220-1
ABLE to Sail	6/22-6/25	\$275	356230-1
YOLO I & II*	7/6-7/9, 7/13-7/16	\$250	356240-1
Cardboard & Kinetics	7/20-7/23	\$140	356250-1
Colorado Adventures	7/27-7/30	\$190	356260-1
CO Adventures Overnight	7/31-8/1	\$65***	356260-2

\* 2-week registration required

\*\* **Sibling Discount:** 10% off for 2nd child; 15% off for additional children

\*\*\*Fee includes Friday night dinner and Saturday breakfast

### NEW! Counselor in Training Program (CIT)

Is your teen interested in working with children or becoming a future summer camp counselor? Our CIT program is designed to help participants develop leadership skills while having hands on experience engaging and leading children ages 5-12 in our state-licensed summer camp programs. Week 1 focuses on developing team building and leadership skills while also learning common policies & procedures of child care programs. Week 2 dives into hands-on planning and implementation of activities, all under the direct supervision of our Day Camp Director. CIT graduates will exit the program with Pediatric CPR and First Aid Certifications, disaster training, field trip and supply budget planning tools, a formal letter of recommendation and priority application status for Summer 2021 Seasonal Day Camp Aide positions with the City's P&R Dept. (must be 16 to apply). Join us at the City Council Study Session on Tues, August 4 where CIT graduates will receive special recognition for their dedication to serving the Loveland community. Min/Max: 4/8

**Prerequisite:** ABDC Jr. Counselor Camp or experience in a similar program (4-H, babysitting, etc.) **Questions?** 970.962.2487

**APPLICATIONS** Pick up at the Chilson Center front desk or visit [cityofloveland.org/abdc](http://cityofloveland.org/abdc). Drop off in-person at Chilson prior to Friday, 6/26. Accepted applicants will be notified by Friday, 7/10.

**Age: 14-17** \*See application for scholarship opportunities  
M-Th 7/20-7/23, 7/27-7/30 9:00A-3:30P \$349\* 356810-1



# ART & COOKING

We support local businesses whenever we get the chance, like our fellow artists at Artisan You! Studio. Join us at their location for some extra special art projects using clay, fused glass and more. Don't forget our in-house pottery studio for other clay activities, or whip up something in the kitchen with our tasty cooking classes.

## Art & Ceramic Classes at Artisan You! Studio

Projects will be kiln-fired onsite and ready for pick-up one week after class dates. Location: Artisan You!, 405 E. Seventh St.

### Preschool Art & Story Time Max: 10

Listen to the story of *Ellie the Painting Elephant* and then paint an elephant of your own!

**Age: 2-5** (with required accompanying adult)

F	1/17	2:00-2:45P	\$12	260110-1
F	3/13	2:00-2:45P	\$12	260110-2

### Mommy & Me: Father's Day Handprint BBQ Platter Max: 10

Choose from BBQ platter styles as we help turn your child's handprint into a hamburger – complete with lettuce and ketchup. Platters will be ready in time for Father's Day!

**Age: 2-10** (with required accompanying adult)

Sa	5/30	10:30A-12:00P	\$60	260130-1
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### Kid's Fused Glass: Erasable Message Board Max: 10

Create a glass message board! Frame it with a design of your choice while learning to work with glass tools (safety emphasized).

**Age: 5-12**

Sa	3/7	1:00-2:00P	\$25	261070-1
Sa	4/11	1:00-2:00P	\$25	261070-2

### Painted Owls in Winter Plate Max: 10

Make adorable owls come to life in a wintery scene. Learn paper masking, pattern tracing and more.

**Age: 8-12**

Sa	1/11	1:00-2:30P	\$25	261080-1
Sa	2/1	1:00-2:30P	\$25	261080-2

### Beginner Fused Glass: Suncatcher or Bowl Max: 8

Learn to use glass cutting tools as you create your choice of a suncatcher or bowl. Design your own or take inspiration from one of our samples!

**Age: 13+**

F	1/10	6:30-8:30P	\$45	262020-1
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### Painted Stoneware Pizza Stone Max: 10

Decorate a pizza stone while learning about stoneware glazes and easy ways to combine them to make your artwork stunning.

**Age: 16+**

F	1/17	6:30-8:30P	\$55	262030-1
Th	4/16	1:00-3:00P	\$55	262030-2

### 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**

**Self Portraits** Bring a photo and paint a self portrait in acrylic paint.

Sa	2/22	1:00-3:00P	\$15	258320-1
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**Colorful Parrots** Enjoy creating a bright pastel drawing of a parrot.

Sa	3/21	1:00-3:00P	\$15	258320-2
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**Paint a Panda Bear** Get creative painting with acrylic paints on a canvas board.

Sa	4/18	1:00-3:00P	\$15	258320-3
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**Watercolor Painting** Min/Max: 5/12

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

**Age: 18+**

Beg.	Th	1/30-2/27	1:30-3:00P	\$45	191096-1
Cont.	Th	3/12-4/9	1:30-3:00P	\$45	191096-2

**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. Location: Cherry Instructor: Ron Rosco

**Age: 18+**

M	3/30	1:30-4:30P	\$21	291403-2
M	4/6	1:00-4:00A	\$21	291403-3

**CHILSON ART STUDIO: POTTERY**

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

**You & 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: 2.5-5 (12:30-2:00P)****Age: 6-12 (2:30-4:00P)**

**Birdhouses** Build and assemble your birdhouse, define and decorate with different tools, then learn a variety of glazing techniques to make it one of a kind.

Sa	2/8-2/29	12:30-2:00P	\$48	263002-1
Sa	2/8-2/29	2:30-4:00P	\$48	263002-2

**Tea Cups** Create unique tea cup and saucer sets! Pieces are created in session 1, glazed in session 2 and ready for pick-up on/before Friday, 5/8 – in time for Mother's Day! **\*No class 4/11**

Sa	4/4-4/18*	12:30-2:00P	\$32	263003-1
Sa	4/4-4/18*	2:30-4:00P	\$32	263003-2

**Clay for Preschoolers** Min/Max: 3/6

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	1/21-2/18	10:00-11:00A	\$38	263000-1
T	4/14-5/12	10:00-11:00A	\$38	263000-2

**Youth Pottery** Min/Max: 4/10

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	1/14-2/18	4:30-6:00P	\$65	263001-1
T	4/7-5/12	4:30-6:00P	\$65	263001-2

**Intro to Hand & Wheel** Min/Max: 4/8

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

**Age: 13+**

Th	1/23-3/19	1:00-3:30P	\$135	263004-1
Th	4/2-5/7	1:00-3:30P	\$90	263004-2

**Hand & Wheel Int/Adv** Min/Max: 4/8

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	1/23-3/19	9:00-11:30A	\$135	263005-1
Th	4/2-5/7	9:00-11:30A	\$90	263005-2

**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	1/27-3/9	6:00-8:00P	\$84	263007-1
M	3/30-5/11	6:00-8:00P	\$84	263007-2

**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	1/31-3/13	6:00-8:00P	\$84	263008-1
F	3/27-5/8	6:00-8:00P	\$84	263008-2

**Hand Built Keepsakes** Min/Max: 4/8

Create hand built keepsakes in a atmosphere of fun and learning. Keep for yourself or give away as gifts! Suitable for beginners and experts alike. Projects will change each session so you can enjoy the class again and again. Instructor: Shanel Cass-Caskey

**Age: 13+**

F	2/7-2/28	3:00-5:00P	\$68	263009-1
F	4/3-4/24	3:00-5:00P	\$68	263009-2

**1-Day Workshop: Hand Built Vases** Min/Max: 4/10

Use hand building and slab construction to explore various texture techniques for your vase. Make a template to use again on future projects. Attend a Tuesday Lab Night or Saturday Studio date to glaze after pieces are bisque fired. Instructor: Nancy Zoller

**Age: 16+**

Sa	1/11	9:00A-12:00P	\$46	263006-1
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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 class time do not receive priority firings.

**Age: 13+** Instructor: Jack Hamill

T	1/21-5/12	6:15-8:15P	\$8 ea.	263039-1
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**Saturday Open Pottery Studio** Min/Max: 4/8

Attend as many of these open studio times 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+** Instructor: Shanel Cass-Caskey

Sa	1/18-3/7	9:00A-12:00P	\$158	263010-1
Sa	3/28-5/2	9:00A-12:00P	\$118	263010-2

## COOKING

### Comfort Foods for the Mind & Body Min/Max: 6/18

Indulge in easy and healthy comfort foods in this hands-on cooking class. Menu: creamy tomato soup, hearty burgers, homemade vegetable fries and warm chocolate cake. Bring an apron. All recipes are vegan/vegetarian friendly. A consent form is required.

Location: Cherry Instructor: Sapna Von Reich

**Age: 6-13**

Su	2/16	1:30-3:30P	\$25	262651-1
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### Curry in a Hurry Min/Max: 5/13

American efficiency meets authentic Indian curry. Make curry in the modern world without comprising taste or flavor by learning three different styles, each taking less than 20 minutes. Menu: red and black bean curry, butternut squash curry, mixed vegetable coconut curry. All supplies included. Loc: Cherry Instructor: Sapna Von Reich

**Age: 14+**

Th	1/23	6:00-8:15P	\$40	260647-1
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### Flatbread Flutter Min/Max: 4/13

If you are gluten-free you don't have to sacrifice the bread you crave. Let knowledge satisfy your cravings! Menu: red lentil savory pancake, quinoa pizza and crust, brown rice tortilla, Sorghum flatbread. All supplies included. Loc: Cherry Inst: Sapna Von Reich

**Age: 16+**

W	2/19	6:00-8:15P	\$40	262618-1
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### Healthy Greens, Indian Style Min/Max: 4/13

Leafy greens pack a punch of aesthetics, flavor and versatility. We invite you for a journey into the wondrous world of East Indian preparations of leafy greens. Many of us do not know how easy it is to cook dark leafy greens. They are a nutritional powerhouse and are not only delicious sautéed, but pair beautifully with a multitude of spices, grains, beans and proteins from all corners of the planet. Menu: collard greens with coconut, lentil curry with swiss chard, kale with peas and potatoes, turmeric rice. All supplies included.

Location: Cherry Instructor: Sapna Von Reich

**Age: 14+**

T	3/10	6:00-8:15P	\$40	260851-1
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### Ethiopian Made Easy Min/Max: 4/13

Learn to make a vegetarian Ethiopian meal that is easy to prepare and good for you. We will cook with all the colors of the rainbow! Menu: Key Sir Aliche (beets and potato stew), Swiss chard gomen, chickpea wot, Kik Aliche (yellow split peas), instant teff flour crepe. All supplies included. Location: Cherry Instructor: Sapna Von Reich

**Age: 14+**

W	4/22	6:00-8:15P	\$40	260854-1
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### Eastern Fusion Min/Max: 4/13

Experiment with Indian spices and use common local ingredients to create interesting recipes with eastern flavors. Recipes are vegan friendly. Menu: curried zucchini stir-fry, samosa pizza, spicy fruit salad, chai spiced milk shake. All supplies included.

Location: Cherry Instructor: Sapna Von Reich

**Age: 14+**

T	5/5	6:00-8:15P	\$40	260855-1
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### Thai Food Min/Max: 5/12

Thai food is not complicated with a little know how. Sim will show you cooking tips and tricks and how to choose quality ingredients to make your meals taste great! Menu: Tom Kha soup with coconut milk, stir fry red curry, jasmine rice, Thai dipping sauce, Thai iced tea with lime. **\$28 supply fee due to instructor.** Location: Cherry Instructor: Sim Suinn

**Age: 16+**

T	1/14	6:00-8:30P	\$12	259648-1
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### 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: BBQ pork, green papaya salad, sticky rice, lemongrass tea. **\$28 supply fee due to instructor.** Location: Cherry Instructor: Sim Suinn

**Age: 16+**

T	2/11	6:00-8:30P	\$12	259649-1
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### Thai Table 1 Min/Max: 5/12

Delicious Thai cuisine is all about balancing the complexity of sour, sweet, salty and bitter flavors into a harmonious dish. Sim will teach you how to combine aromatic herbs and spices with traditional ingredients and how to balance the unique flavors found in Thai cuisine. Menu: Tom Yum soup, stir fried basil chicken, Taro sticky rice balls in coconut milk, Thai dipping sauce. **\$28 supply fee due to instructor.** Location: Cherry Instructor: Sim Suinn

**Age: 16+**

T	3/3	6:00-8:30P	\$12	259651-1
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### Thai Table 2 Min/Max: 5/12

Expand your knowledge of Thai cooking by choosing quality ingredients. Menu: Pad Thai, fresh roll (rice paper wrap), sweet chili sauce, Thai iced tea. **\$28 supply fee due to instructor.** Location: Cherry Instructor: Sim Suinn

**Age: 16+**

W	3/11	6:00-8:30P	\$12	259652-1
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### Thai Table 3 Min/Max: 4/13

Learn all about curry paste and how to use authentic ingredients to prepare this unique, intensely flavorful Southeast Asian cuisine. Menu: Massaman curry, stir fried curry powder, stir fried red curry with Thai herbs, rice, Thai dipping sauce. **\$28 supply fee due to instructor.** Location: Cherry Instructor: Sim Suinn

**Age: 16+**

T	5/12	6:00-8:30P	\$12	259654-1
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### Lunch Time in Bangkok Min/Max: 5/12

Learn how to use Thai herbs in your cooking, tips and tricks and how to choose quality ingredients to make delicious meals! Menu: Tom Yum fried rice with shrimp, Thai iced coffee. **\$18 supply fee due to instructor.** Location: Cherry Instructor: Sim Suinn

**Age: 16+**

Sa	4/18	10:00-11:30A	\$12	259650-1
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**Watch for information on Food for Life Kids Nutrition & Cooking camps coming in May. Ask us for details and get cooking!**



**NEW**  
TO CHILSON!

Stages cycling bikes offer fitness tracking, Stages signature Sprint Shift and Stages state-of-the-art Power Meter.

- How much effort do you have to put in to get the results you desire?
- It's about measuring power and measuring your results.
- Experience Stages Flight, the most advanced and exciting indoor cycling group display, designed for every rider.

Riders of ALL fitness levels and experience will find motivation.



### NEW to indoor cycling?

Watch for our Stages bike orientation schedule to gain an understanding of Stages bike function, StagesFit and Stages Power Meter operation.



Current fitness schedule:  
[cityofloveland.org/fitnesswellness](http://cityofloveland.org/fitnesswellness)

**STAGESFLIGHT**



# OUTDOOR REC

Four wheels, no wheels, two feet or two hands – get outdoors with us to skateboard, wall climb, stand-up paddleboard, hike or snowshoe. We'll keep the adventures going. You just have to sign up.

## SkateStart 1-Day Camp Level 1 Min/Max: 6/14

Your son or daughter will learn the basics of skateboarding using the patented SkateStart skateboard, including proper foot placement and riding technique. This camp is for beginners and never-evers as well as those who don't have a skateboard. A helmet and proper shoes are required. SkateStart patented skateboards are provided. **NEW!** Skatestart is offering its skateboards for purchase - call 541.350.9296 for more info on how to get yours. Bring a water bottle.

Location: Loveland Sports Park, 950 N. Boyd Lake Ave.

Instructor: Patrick O'Toole

**Age: 5-12**

Sa	2/29	9:00-10:30A	\$55	253202-1
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## SkateStart 1-Day Camp Level 2 Min/Max: 6/14

Join us for an awesome spring break skate camp! Kids will learn new tricks, make new friends and most importantly have fun. We strive to promote health and determination through skateboarding. This camp is for kids who have experience or have completed a SkateStart Level 1 class. A helmet and proper shoes are required. SkateStart patented skateboards are provided.

**NEW!** Skatestart is offering its skateboards for purchase - call 541.350.9296 for more info on how to get yours. Bring a water bottle. Location: Mehaffey Park, 3350 W. 29th St.

Instructor: Patrick O'Toole

**Age: 6-12**

Th	3/19	9:00A-12:00P	\$65	253202-2
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## Big Foot Camp Min/Max: 5/15

Get your climb on! Squeeze rocks, gain confidence, learn to take risks, make crafts and foster a love of a sport that is growing faster than you! This camp is appropriate for new as well as experienced climbers. Get out and climb our walls instead of your own. Lunch, equipment and professional instructors provided each day.

Location: Wooden Mountain Bouldering Gym, 1503 Taurus Ct.

**Age: 5-13**

M-Th	3/16-3/19	9:00A-2:00P	\$215	253203-1
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## Beginner SUP Lessons Min/Max: 4/8

Learn the basics of stand up paddle boarding with a certified instructor including positioning, proper care and carry techniques. All equipment is provided. Location: Chilson Pool

**Age: 12+**

Sa	2/22	5:30-6:30P	\$45	253201-1
Sa	3/28	5:30-6:30P	\$45	253201-2
Sa	4/18	5:30-6:30P	\$45	253201-3

**Looking for more camps? See page 39 for winter, spring and summer camps, as well as school days out opportunities.**

## GET OUTSIDE!

### GPS Family Treasure Hunt Min/Max: 2/5

Get your family and friends outside for a real treasure hunt this spring. 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	5/16	10:00-11:30A	\$30*	251201-1
Sa	5/16	12:30-2:00P	\$30*	251201-2

### Snowshoe Outing Min/Max: 4/10

Enjoy a guided snowshoe hike this winter into the beautiful mountains near Loveland. Learn about the gear and clothing needed for snowshoeing or winter hiking as well as safety concerns and trail selection. **PLEASE NOTE: The first meeting will be indoors at the Chilson Center on Wednesday from 6:00-7:30P – then we will have our outing on Friday.** If dry conditions exist, we will explore some great winter hiking locations. Specific class information including equipment needs will be discussed in the Wednesday evening class. Transportation provided; meet at Chilson Center. Discounted snowshoe rentals available for class participants at Mountain Rentals, 401 E. Eisenhower. Call them at 970.667.2922 for information. Location: Oak Instructor: Kerry Helke

**Age: 16+**

W,F	3/4, 3/6	9:00A-4:30P	\$45	251020-1
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### 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 two to four 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+**

W	4/29-5/20	1:30-4:30P	\$48	251203-1
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**Volunteer with Open Lands & Trails!**  
**Become an Environmental Educator or Trail Host. Check out page 47 to find out how to get involved in Loveland.**

## 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.

**PLEASE NOTE: 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.

Instructor: James T Merriott

**Register:** register-ed.com/programs/colorado/99/

**Age: 10+**

Su	1/12	7:00A-2:00P	\$10
Su	2/9	7:00A-2:00P	\$10
Su	3/15	7:00A-2:00P	\$10
Su	4/19	7:00A-2:00P	\$10

**Get certified in the water and make a difference. See lifeguard certification classes on page 10.**

THE NORTH FACE PRESENTS  
**MOUNTAINFILM ON TOUR**  
 MOUNTAINFILM.ORG | @MOUNTAINFILM | #MOUNTAINFILMTOUR

**SATURDAY, FEBRUARY 1, 2020**  
**RIALTO THEATER • 228 E. FOURTH ST. • LOVELAND**  
 Presented by City of Loveland Parks & Recreation

2:00 PM Matinee - \$15    7:00 PM Evening - \$19

Tickets at rialtotheatercenter.org

City of LOVELAND PARKS & RECREATION

A SELECTION OF CULTURALLY RICH, ADVENTURE-PACKED & INCREDIBLY INSPIRING DOCUMENTARY FILMS.



# OPEN LANDS & TRAILS

Blaze a trail with us in Loveland, learn about the local environment and become a volunteer. Our Open Lands & Trails Division offers several free programs so you can get involved in land conservation, stewardship and enjoyment of the outdoors. In Loveland, we love trails and open spaces.

## FREE PROGRAMS & ACTIVITIES

PEEPs = Preschool Environmental Education Program

### JANUARY

- 16 PEEP's "Winter Playmates – River Otters", 9:30A & 11A **R**
- 17 Art In Nature - Sketch Hike, Adult program 9-11A **R**

### FEBRUARY

- 20 PEEP's "Who is that Hooting in My Backyard? Owls" 9:30A & 11A **R**
- 21 Art In Nature - Sketch Hike, Adult program 9-11A **R**
- 25 Volunteer Open House – learn about volunteer opportunities with Open Lands & Trails, 5-7P

### MARCH

- 7 Guided Bird Walk **R**
- 10-13 Environmental Education Volunteer Training, 8:30A-1P **R**
- 19 PEEP's "March Moose Madness", 9:30A & 11A **R**
- 20 Art In Nature - Sketch Hike, Adult program 9-11A **R**

**R** = Registration required for some events. Please visit [offer.cityofloveland.org](http://offer.cityofloveland.org) for details.

### APRIL

- 4 Guided Bird Walk **R**
- 16 PEEP's "Backyard Buddies or Bandits – Raccoons" 9:30A & 11A **R**
- 17 Art In Nature - Sketch Hike, Adult program 9-11A **R**
- 17 Astronomy Night with Northern CO Astronomical Society **R**
- 20 Children's Day – Open Lands Activity Booth, 11A-2P
- 25 Fishing Loveland Open Lands, 9-11A **R**

### MAY

- 2 Guided Bird Walk **R**
- 14 Astronomy Night with Northern CO Astronomical Society **R**
- 15 Art In Nature - Sketch Hike, Adult program 9-11A **R**
- 15-16 Volunteer Trail Host Training, more info on page 5 **R**
- 21 PEEP's "Spring Peepers and Creepers", 9:30A & 11A **R**

**Summer Preview** Watch for other exciting programs coming up this summer: Dog Days of Summer, National Trails Day, Storytelling Evenings, Orienteering Programs and more!



OPEN LANDS	AMENITIES/RECREATION OPPORTUNITIES											
<b>Boise Bend</b> 1225 S. Boise Ave.	✓			✓		✓		✓			✓	✓
<b>Boyd Lake</b> (State Parks Partnership) 6500 N. Cty. Rd. 11C	✓	✓	✓	✓			✓	✓			✓	✓
<b>Cottonwood Run</b> Taft-Wilson along Big Thompson River <small>at Wilson</small>	✓			✓	✓	✓	✓	✓			✓	✓
<b>Devil's Backbone</b> (Cty. Partnership) 1725 Hidden Valley Dr.	✓	✓	✓	✓	✓	✓					✓	✓
<b>Emerald Glen</b> Wilson Ave. & 43rd St.				✓			✓				✓	✓
<b>King's Crossing</b> 990 S. Lincoln Ave.	✓			✓		✓	✓	✓			✓	✓
<b>Mariana Butte</b> 701 Clubhouse Dr.	✓	✓		✓		No bikes					✓	✓
<b>Meadowbrook</b> 2000 Cascade Ave.				✓		✓	✓				✓	✓
<b>Morey Wildlife Reserve</b> 5439 Cedar Valley Dr.		✓		✓		No bikes		✓				✓
<b>Namaqua</b> (and Park) 816 N. Cty. Rd. 19E (Namaqua Rd.)	✓	✓	✓					✓			✓	✓
<b>Old St. Louis</b> 1010 S. St. Louis Ave.	✓			✓		✓					✓	✓
<b>Oxbow</b> 1135 & 1140 Rossum Dr.			✓	✓	✓	✓	✓	✓			✓	✓
<b>River's Edge</b> 960 W. First St.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Round Mountain</b> 1300 W. Highway 34	✓	✓		✓	✓	✓					✓	✓
<b>Sunset Vista</b> 1323 W. 57th St.	✓	✓		✓			✓				✓	✓
<b>Viestenz-Smith</b> (Open April-October) 1211 W. Highway 34	✓	✓	✓	✓	✓	✓		✓	✓		✓	✓

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

## VOLUNTEER OPPORTUNITIES - OPEN LANDS & TRAILS

### Environmental Educators

The Open Lands Division offers FREE training for volunteer Environmental Educators to help teach K-5 grade school students about Colorado wildlife, plants and the environment. Choose your favorite subjects and share your love of the outdoors!

### Trail Host Program

FREE training is available for volunteer Trail Hosts to learn to engage with visitors, answer questions and report information about public use of open lands and trails.

### Stewardship & Special Projects

Volunteers are needed for ongoing stewardship and special projects, such as trail-building, native plant revegetation, weed removal and cleanup days.

Sign up on Offero: [offeror.cityofloveland.org](http://offeror.cityofloveland.org)

More info: [cityofloveland.org/openlands](http://cityofloveland.org/openlands)

### Questions?

Michele Van Hare, Coordinator | 970.962.2643  
michele.vanhare@cityofloveland.org

# ADULT ENRICHMENT

Do you have a green thumb, or want to learn how to get one? Enroll in one of our gardening classes and learn how to garden year-round. Or, feel the earth move under your feet with one of our many dance classes.

## GET YOUR JAM ON!

### African Hand Drumming Min/Max: 5/20

Drumming provides benefits including increased focus, memory and stress reduction. No experience required; levels are progressive. Join the fun! Location: Party Rm Instructor: Nancy Brauhn-Curnes

**Age: 17+**

M	1/6-1/27	1:30-2:30P	\$40	162701-1
M	2/3-2/24	1:30-2:30P	\$40	162701-2
M	3/2-3/23	1:30-2:30P	\$40	162701-3
M	4/6-4/27	1:30-2:30P	\$40	162701-4

### Ukulele for Beginners, Part 1/Part 2 Min/Max: 5/12

Get involved in music because of its power to break down barriers, relieve stress and unite with others. Learn the basics 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	1/14-2/18	11:30A-1:00P	\$47	291401-1
	T	3/3-4/7	11:30A-1:00P	\$47	291401-3
Part 2	T	1/14-2/18	1:30-3:00P	\$47	291401-2
	T	3/3-4/7	1:30-3:00P	\$47	291401-4

### 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	1/14-2/18	10:00-11:00A	\$36	191401-1
T	3/3-4/7	10:00-11:00A	\$36	191401-8

## PLAY YOUR CARDS RIGHT

### **NEW!** Learn How to Play Cribbage Min/Max: 10/50

Cribbage is a card game that involves playing and grouping cards in combinations which gain points - a fun game to play in winter months when you are indoors! Location: Oak Instructor: Tony Mancina

**Age: 18+**

Th	1/23-2/6	1:30-2:30P	\$8	291061-1
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### Bridge for Beginners, Part 1/Part 2 Min/Max: 8/24

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: Oak Instructor: Judy Lilly

**Age: 18+**

Part 1	M	3/2-4/13	10:00A-12:30P	\$84	191079-1
Part 2	M	4/20-6/1	10:00A-12:30P	\$84	191079-2

### Responsible Casino Gambling for Fun & Profit

Play Black Jack, Roulette and Baccarat while learning strategy and 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	1/15-3/4	2:00-4:00P	\$8	290025-2
W	3/18-5/6	2:00-4:00P	\$8	290025-3

## HAVE A GREEN THUMB?

### Proper Care and Feeding of your Houseplant and How to Choose the Right One

Min/Max: 5/15  
Houseplants have become a great design element in many interior spaces, but it can be upsetting when they fail to thrive! Learn the needs of several different species of house plants and where they may fit in your space. Feeding, watering, pest control, common issues and how to diagnose those issues will be discussed.

Location: Oak (1/22), Cherry (1/30) Instructor: Emily Weakland

Age: 16+

W	1/22	5:00-7:00P	\$12	291408-2
Th	1/30	1:30-3:30P	\$12	291408-3

### Vegetable Gardening: From Seed to Harvest

Learn the basics of how to successfully start vegetables from seed in your home. Discussion includes when, how and what crops to begin early and indoors, how to set up a seedling nursery and which seeds are best sown direct and when to sow those seeds, appropriate techniques to mitigate pest and diseases on food crops, cultural habits that will produce a health harvest, herbs and composting your kitchen and yard waste. Min/Max: 5/15

Location: Party Rm Instructor: Emily Weakland

Age: 16+

W	2/5	5:30-7:30P	\$12	291405-2
Th	2/13	1:30-3:30P	\$12	291405-3

### Your Year Round Colorado Garden

Min/Max: 5/15  
Travel through the calendar year in your Colorado garden! Whether you are new to the area, new to gardening or just want to up your garden game, this is the perfect comprehensive class to help you keep up with your landscape. We will discuss feeding, pruning, smart watering, pest control, planting, transplanting and everyone's favorite - weeding! Leave class with a full calendar knowing how to make your trees, shrubs, perennials and bulbs. Location: Cherry

Instructor: Emily Weakland

Age: 16+

T	3/3	6:00-7:30P	\$12	291406-2
Th	3/5	1:30-3:30P	\$12	291406-3

### Annual and Bedding Plants

Min/Max: 5/15  
After almost two decades in the bedding plant industry, Emily will help assess your site needs, the plants appropriate for those spaces and how to care for them from last frost to first frost. We will also talk planter design and how to make patio pots and beds that really stand out. Pest control, proper watering practices, cleaning and deadheading techniques are also covered. Location: Oak

Instructor: Emily Weakland

Age: 16+

W	4/1	5:30-7:30P	\$12	291409-2
Th	4/9	1:30-3:30P	\$12	291409-3

### Landscape Design DIY

Min/Max: 5/25  
Walk through a step-by-step guide of how a landscape designer begins and completes a total design. Learn to design a barren plot or even re-design an existing area to better suit your needs. We will discuss design concepts, styles and theory to allow your landscape to look planned and polished. Further discussion on planning for plants' needs, water and light requirements. Bring a sketch with measurements of a problem area and we will try to tackle them in class. Location: Oak

Instructor: Emily Weakland

Age: 16+

W	4/15	1:30-4:30P	\$16	291407-2
T	4/21	5:00-8:00P	\$16	291407-3

## GENERAL INTEREST

### How to Sell on Amazon

Min/Max: 10/50  
You may be an expert Amazon buyer but have you ever thought about selling on Amazon? If you are seeking part time income, this course is ideal for you. Learn how to contact suppliers, conduct product research and promote your products. Keyword optimization will also be discussed. This is a presentation class - no computer needed. Location: Oak

Instructor: Preethi Fernando

Age: 18+

Sa	1/11	1:00-4:00P	\$40	291019-1
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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 is a mini analysis. Call 970.962.2783 or sign up at the Senior Center for a time slot.

Location: Aspen Rm Instructor: Jerrold Groves

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

Wednesdays: 1/15, 2/19, 3/18, 4/15, 5/20

### NEW! Wii Bowling

Min/Max: 10/50  
Looking for fall and winter fun? There's no lifting a heavy ball or running up an alley with Wii bowling! Have a good time in a relaxed environment and form a bowling league right here at the Chilson Senior Center. Location: Cherry

Age: 18+

W	1/22	1:00-2:30P	FREE	291060-1
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### Cruising Alaska & Western Canada

Min/Max: 5/40  
Join this presentation and discover many places tourists rarely get to see including images of White Pass and the Yukon Railroad, Hubbard Glacier and the town of Ketchikan and Sitka, wildlife, scenery and more! Loc: Maple/Spruce

Instructor: Kenneth Jessen

Age: 18+

Th	2/6	2:00-3:30P	\$3	191087-1
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### Remembering Apollo 50 Years Later

Min/Max: 5/40  
July 20, 2019 marked the 50th anniversary of Apollo 11 landing on the moon. Aided by a three-foot scale model of the Saturn V, this presentation covers rocket science, the history of the Apollo program and the mission profile from liftoff to splashdown. The instructor worked from 1969-1975 at Grumman Aerospace when they built the Lunar Module for the Apollo program.

Location: Maple/Spruce

Instructor: John Blankinship

Age: 18+

T	4/7	2:00-3:30P	\$3	191088-1
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### Adventures in Virtual Reality

Min/Max: 4/12  
Experience virtual reality using a headset and controllers of the Oculus Rift system at the Loveland Library. Participants will choose an interactive game, a virtual tour or a passive virtual experience in an immersive 360 degree simulation. Location: Loveland Library, Erion Rm

Instructor: Danielle Stephens

Age: 30+

M	1/6	10:00-11:30A	FREE	259052-1
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M	2/3	10:00-11:30A	FREE	259052-2
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M	3/2	10:00-11:30A	FREE	259052-3
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M	4/6	10:00-11:30A	FREE	259052-4
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Inspire your creative mind - see pages 40-41 for adult art and pottery classes.

## HISTORY BUFFS

### Presentations by Paul Flanders Min/Max: 5/40

Recently retired Paul Flanders taught English, journalism and American history at Longmont High School for 33 years.  
Location: Maple/Spruce

**Age: 18+**

**Abraham Lincoln and Mysticism** The 16th president of the United States is considered our nation's finest, yet he was a dark horse to win the Republican nomination and received only 39% of the popular vote. A case can be made that he was a godsend at a time when the fledging republic needed him most.

T 1/28 2:00-3:30P \$3 191089-1

**How the 1920's Roared** How new management, insight and a responsive work force produced the richest country in the world - an abundance that we take for granted today. As a consequence, America underwent a cultural revolution impacting education, consumer spending, spectator sports, radio, movies, music and life expectancy.

Th 2/27 2:00-3:30P \$3 191090-1

**The Mystery of Dreams and Why They Are Essential** This presentation cites examples of famous dreams in history. Learn what we know and don't know about dreams and four theories as to why we dream and how we can use them to improve our lives.

Th 4/30 2:00-3:30P \$3 191092-1

### Presentations by Robert Meroney Min/Max: 5/40

Dr. Robert Meroney, Professor Emeritus, Civil and Environmental Engineering Colorado State University Location: Maple/Spruce

**Age: 18+**

**Fluids That Whirl: Tornadoes, Dust Devils, Water Spouts, Hurricanes and More** All around us fluids rotate, twist and whirl. This presentation provides a picture history and "whirlwind" tour of nature with a look at whirling fluids big and small. Legends, books and poetry generated by whirling fluids will be discussed. Especially fascinating is how whirlpools have entered literature like Jules Verne's *20,000 Leagues Under the Sea*. The presentation includes clips from movies and mystery radio broadcasts.

Th 2/13 2:00-3:30P \$3 191093-1

**The Art of Salvador Dali** Salvador Dali was among the greatest artists of the 20th century contributing to Impressionism, Dadaism, Cubism, Neorealism, Surrealism, Pop Art and Op Art. This prolific artist painted and drew more than 1500 paintings, drawings, watercolors, etchings and many more mediums. His notoriety is such that there is probably more fake artwork attributed to him than any other artist. Join the discussion of this unique person.

W 3/4 2:00-3:30P \$3 191094-1

**Charlie Brown Theology** Just like your own family and relatives, each Peanuts character brings special humor and insight to life. This presentation draws together those Peanuts comic strips which reflect on the best things you can do for yourself and others, the most important questions and the best way to help the world.

W 4/1 2:00-3:30P \$3 191095-1

**Hidden History of the Poudre River** The Poudre River flows from the Rockies passing through Larimer County to the South Platte. Over the centuries it has observed native Indian tribes come and go, early pioneers and the settling of the Front Range. Learn about some of the colorful characters, the early days of Loveland, Timnath and Fort Collins and the many changes over 400 years.

W 5/6 2:00-3:30P \$3 191097-1

## 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 970.962.2783 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: 1/9, 2/6, 3/5, 4/2, 5/7**

### Resources for Seniors - Meet & Greet

Learn about senior services in our community including Veteran information, housing, transportation, food/drug assistance and more. Learn about agencies you can contact, phone numbers and other information to help you reach success for your needs. Stop by the Senior Center to make your 20-minute appt. or call 970.962.2783. Location: Aspen Rm Instructor: Carmen Cisneros

**Age: 18+ Fee: FREE Time: 8:30-10:30A**

**1st Monday of each month: 1/6, 2/3, 3/2, 4/6, 5/4**

### Vision Screening Min/Max: 6/7

Come in for a vision screening and/or a healthy eyeglasses station where you can get your glasses adjusted. Be sure to stop by the Senior Center front desk to sign up for a time slot or call 970.962-2783. Location: Aspen Rm Instructor: Chris Hogue

**Age: 18+ Fee: FREE Time: 9:00-11:00A**

**2nd Tuesday of the month: 1/14, 2/11, 3/10, 4/14, 5/12**

### Hearing Assessments Min/Max: 6/7

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: 1/16, 3/19, 5/21**

### Healthy Living for Your Brain and Body

For centuries we have known that the health of the brain and the body are connected. But now science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands on tools to help you incorporate these recommendations into a plan for health aging. Min/Max: 6/25 Location: Party Rm

Instructor: Angel Hoffman

**Age: 18+**

T 1/14 3:00-4:00P FREE 291072-1

### 10 Warning Signs of Alzheimer's Min/Max: 5/20

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others, typical age-related changes, how to approach someone about memory concerns, early detection, the benefits of a diagnosis, the diagnostic process and Alzheimer's Association resources.

Location: Party Rm Instructor: Angel Hoffman

**Age: 18+**

T 4/21 3:00-4:00P FREE 291073-1

## ADULT DANCE

### Foxtrot & Waltz Min/Max: 10/20

Dance improves your brain and heart health, overall muscle strength, balance and coordination and raises your sense of well-being. One of the most popular ballroom dances, 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.

Location: Fitness/Dance Studio Instructor: Greg Wendling

#### Age: 16+ Fee is per couple

F	1/10-1/31	10:30-11:30A	\$80	190038-2
F	1/10-1/31	6:30-7:30P	\$80	190038-1
F	2/21-2/28	10:30-11:30A	\$40	190038-5
F	2/21-2/28	6:30-7:30P	\$40	190038-3
F	3/20-3/27	10:30-11:30A	\$40	190038-7
F	3/20-3/27	6:30-7:30P	\$40	190038-6
F	4/17-4/24	10:30-11:30A	\$40	190038-9
F	4/17-4/24	6:30-7:30P	\$40	190038-8
F	5/22-5/29	10:30-11:30A	\$40	190038-11
F	5/22-5/29	6:30-7:30P	\$40	190038-10

### 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. Benefits include improved condition of your heart and lungs, increased muscular strength, endurance and motor fitness. Join in the FUN! Location: Fitness/Dance Studio Instructor: Greg Wendling

#### Age: 16+ Fee is per couple

F	1/10-1/31	11:30A-12:30P	\$80	190039-2
F	1/10-1/31	7:30-8:30P	\$80	190039-1
F	2/21-2/28	11:30A-12:30P	\$40	190039-5
F	2/21-2/28	7:30-8:30P	\$40	190039-3
F	3/20-3/27	11:30A-12:30P	\$40	190039-7
F	3/20-3/27	7:30-8:30P	\$40	190039-6
F	4/17-4/24	11:30A-12:30P	\$40	190039-9
F	4/17-4/24	7:30-8:30P	\$40	190039-8
F	5/22-5/29	11:30A-12:30P	\$40	190039-11
F	5/22-5/29	7:30-8:30P	\$40	190039-10

### Nightclub Two Step for Couples Min/Max: 10/20

Nightclub Two Step (also called Disco Two Step or California Two Step) is a partner dance developed in the mid-1960s. It has long been one of the most popular forms of contemporary social dance. Benefits include improved mental health, balance, endurance and more! Location: Fitness/Dance Studio Instructor: Greg Wendling

#### Age: 16+ Fee is per couple

F	1/10-1/31	12:30-1:30P	\$80	190040-2
F	1/10-1/31	8:30-9:30P	\$80	190040-1
F	2/21-2/28	12:30-1:30P	\$40	190040-5
F	2/21-2/28	8:30-9:30P	\$40	190040-3
F	3/20-3/27	12:30-1:30P	\$40	190040-7
F	3/20-3/27	8:30-9:30P	\$40	190040-6
F	4/17-4/24	12:30-1:30P	\$40	190040-9
F	4/17-4/24	8:30-9:30P	\$40	190040-8
F	5/22-5/29	12:30-1:30P	\$40	190040-11
F	5/22-5/29	8:30-9:30P	\$40	190040-10

**Dance the night away! Attend social dances with live bands. See page 55 for details.**

### 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+ \*No class 2/25

Level 1	T	1/14-3/10*	10:00-11:00A	\$59	290017-1
	T	3/24-5/12	10:00-11:00A	\$59	290017-3
Level 2	T	1/14-3/10*	11:15A-12:15P	\$59	290017-2
	T	3/24-5/12	11:15A-12:15P	\$59	290017-4

### Basic Steps for the Beginner Line Dancer

This class introduces line dance step sequences and terms for the beginner. Learn to grapevine, coaster step, triple step, jazz box, sailor step, lock step and hitch. This workshop provides you with the background to the moves before starting the drop-in Beginning Line Dance classes. Min/Max: 6/30 Location: Fitness/Dance Studio

Instructor: Tracey Ingraham

#### Age: 18+

Th	1/9	1:15-1:45P	\$6	290011-1
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### Drop-in Line Dance ♦ Min/Max: 6/30

Get exercise and socialize! Location: Fitness/Dance Rm

Dates: 1/9-1/30; 2/6-2/27; 3/5-3/26; 4/2-4/30; 5/7-5/28

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

## 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 Time: 1:30-3:30P

F	1/10	<i>Mary Poppins Returns</i>
F	1/24	<i>Stan and Ollie</i>
F	2/14	<i>How to Marry a Millionaire</i>
F	2/28	<i>LBJ</i>
F	3/13	<i>The Man Who Knew Too Much</i>
F	3/27	<i>The Art of Racing in the Rain</i>
F	4/10	<i>The Peanut Butter Falcon</i>
F	4/24	<i>The Great Waldo Pepper</i>
F	5/8	<i>Guardians of the Galaxy</i>
F	5/22	<i>Yesterday</i>

### 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+ Fee: \$2 suggested donation

Dates: Fridays, 2/21 & 4/3 Time: 1:30-3:30P



Richard Haro Photography

# ACTIVE GENERATION

Active baby boomers can explore a new way to keep their muscles strong and their heart pumping with Boot Camp for Seniors. And, gain confidence and strength in your core with our 'N Balance class to prevent the fear of falling.

## Senior Activity Cards (SACs) ♦

- Benefit #1** Registration priority for day trips
- Benefit #2** Discounted fees for day trips/classes
- 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:** 1/29, 2/26, 3/25, 4/29, 5/27

**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 Smiling Spoon Lunch Program

Lunch is served at the Senior Center on Monday, Tuesday, Thursday and Friday at 12:00P by the VOA Senior Smiling Spoon Lunch 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.

### Therapeutic Massage

Joyce Meis, LMT: 970.691.3441

### Drop-In Chair Massage, Chilson lobby

2nd & 4th Tuesday of every month, 9A-12P, \$1/minute  
Gift certificates also available.

### Medically Based Foot Care

SummerCares: 303.651.5224

## Medicare Enrollment Assistance

Trained SHIP Medicare counselors answer questions for Medicare beneficiaries.  
UCHealth 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 Baxter 562.440.1943

### 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: 1/27, 2/24, 3/30, 4/27, 5/18 (due to holiday)

### The Nurse Is In

4th Monday of the month, 9:00-11:00A

Contact: UCHealth 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: 1/27, 2/24, 3/23, 4/27, 5/18 (due to holiday)

## ENRICHMENT CLASSES

### The Great Depression Min/Max: 5/40

What caused the Great Depression and why did it last so long? Learn which federal government programs were the most successful in sparking the recovery.

Location: Maple/Spruce Instructor: Paul Flanders

Age: 50+

T	3/31	2:00-3:30P	\$7	191091-1
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### Safe Driving Course with AARP Min/Max: 6/30

This AARP course covers comprehensive, safe driving techniques. Key points include distracted driving, sharing the road with all 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** (\$15 AARP member, \$20 non-AARP member). Loc: Oak/Party Rm Instructor: Kay Neckel

Age: 55+

M	1/27	9:00A-1:00P	\$5	291110-1
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Sa	2/22	12:30-4:30P	\$5	291110-2
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F	3/13	9:00A-1:00P	\$5	291110-3
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M	4/20	9:00A-1:00P	\$5	291110-4
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Sa	5/9	9:00A-1:00P	\$5	291110-5
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### 3D Printing Introduction Min/Max: 4/12

Learn how to find, print and design basic 3D models.

Leave with two 3D printed models; one that you've designed yourself! **\$5 due to instructor if you need a flash drive.** You must have an email account.

Location: Library, iLearn Instructor: Erik Rock

Age: 55+

T	1/21-2/18	1:00-2:30P	FREE	259054-1
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### Digitizing Photos & Memories Min/Max: 4/12

Learn the basics of archiving photos, then use photo scanners to digitize photos, slides or negatives.

**\$5 due to instructor if you need a flash drive.**

Location: Library, iLearn Instructor: Erik Rock

Age: 55+

Th	3/12-3/26	11:00A-12:30P	FREE	259055-1
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### Get Carving With Easel Min/Max: 4/12

Use Easel's online software to make a design to be milled on the Carvey machine. Become familiar with Easel and Carvey and by the end of the class you will have designed and milled one project. **Possible \$3 due to instructor for additional boards.**

Location: Library, iLearn Instructor: Danielle Stephens

Age: 55+

F	4/3-4/17	12:00-1:30P	FREE	259053-1
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## HEALTH &amp; WELLNESS

**NEW! Walk for Health** Min/Max: 4/20

Are you looking for a Friday morning walking group? Put your name on the list at the Senior Center front desk or call 970.962.2783. Meet at the Senior Center at 8:30A and walk for one hour (30 min. out, 30 min. back). Meet new friends, talk old stories and then drink coffee afterwards. Location: Cherry

**Age: 50+**

F	1/10-5/29	8:30-9:30A	FREE	191062-1
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**Boot Camp for Seniors** 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.

Location: Circuit Area Instructor: Lisa Foncannon

**Age: 55+**

M	1/13-2/17	8:10-8:50A	\$56	112015-01
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**Matter of Balance** Min/Max: 8/12

This award-winning program co-sponsored with Banner Health is designed to reduce the fear of falling and increase activity levels. Set realistic goals for increasing activity, change your environment to reduce fall risk factors and increase your flexibility, strength and balance. Location: Cherry

Instructor: Katie Dotson

**Age: 50+**

T	1/21-3/10	2:00-4:00P	FREE	291024-1
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T	3/31-5/19	2:00-4:00P	FREE	291024-2
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**'N Balance** Min/Max: 8/14

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 1/14. Sign up deadline: 1/9**

Location: Fitness/Dance Studio

**Age: 60+**

M,W	1/27-3/4	2:15-3:15P	\$33	292002-1
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Check out page 50 for more health and wellness education classes.

## UCHEALTH ASPEN CLUB ♦

Be a better you with these wellness classes brought to you by UCHealth Aspen Club. Min/Max: 8/40

Location: Maple/Spruce

**Fee:** \$4, \*FREE w/SAC, Aspen Club pass or SilverSneakers® pass

**Age: 50+ Days:** Thursdays

**Soul On Fire – I Am Enough** ♦

Danette Haag is an inspirational speaker who was severely burned on 70% of her face and body at the age of 10. Danette shares how she picked up life's broken pieces and "How to learn life's powerful lessons and NOT stay stuck in the pain - always knowing we are enough right where we are at."

Date	Time	Fee	SAC	Class #
1/16	2:00-3:30P	\$4	FREE*	291215-1

**Creating Well-Being: Dementia Journey** ♦

No one walking the dementia journey has to walk alone. When individuals choose to be with friends allowing them to be themselves, they'll discover that lifelong well-being is entirely possible. Learn how to engage and create meaningful interactions for those living with dementia. Instructor: Peggy Budai

Date	Time	Fee	SAC	Class #
2/20	2:00-3:30P	\$4	FREE*	291214-1

**Cognitive Walking, Dancing, Laughter and More Brain-Health Fun** ♦

Cognitive walking, dance moves, singing and fun are woven together with the goal of impacting cognitive health. Wear comfy shoes. Instructor: Jill Taylor

Date	Time	Fee	SAC	Class #
3/19	2:00-3:30P	\$4	FREE*	291213-1

**Get the Most Out of Your Doctor Visit** ♦

UCHealth internal medicine physician, Peter Smith offers some pointers on how to be most efficient when talking to your doctor at your next appointment.

Date	Time	Fee	SAC	Class #
4/16	2:00-3:30P	\$4	FREE*	291216-1

**Aging, Digestive Health and Your Gut** ♦

Dr. Michael Nosler, a UCHealth gastroenterologist discusses common digestive health issues that impact older adults. This could be from a changing digestive system, the impact of medications and inactivity, the importance of fluids, diverticular disease, polyps and GERD.

Date	Time	Fee	SAC	Class #
5/21	2:00-3:30P	\$4	FREE*	291217-1

## 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

<b>Age: 50+</b>	<b>Fee: \$30, \$28 w/SAC</b>		
Su	1/12-3/1	1:45-2:45P	296006-1
M	1/13-3/2	3:45-4:45P	296006-2
Th	1/16-2/20	3:45-4:45P	296006-3
Su	3/8-4/19	1:45-2:45P	296006-4
M	3/9-4/20	3:45-4:45P	296006-5
Th	3/12-4/23	3:45-4:45P	296006-6

### Volleyball League - Tigers Min/Max: 5/12

Join this competitive 50+ volleyball league with the Colorado Senior Volleyball Association.  
More information: Jeff McCoy 970.800.3885 or Rich Waldron 970.214.3276. Location: Small Gym

**Age: 50+**  
W 1/15-3/25 1:15-2:15P \$235 196003-1

### NEW! Bocce Ball League

Bocce is a fun game played with eight large colored balls and one small object ball (pallino). The intent of the game is for each team to throw their balls as close to the pallino as possible, while knocking other opponent's balls away. If you are interested in registering for a summer outdoor league, contact the Senior Center front desk 970.962.2783. **Age: 50+**

### 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 6:00-10:00A
Wed 6:00-9:00A	1:30-7:00P
9:00A-1:00P	Sun 11:00A-1:30P

### Table Tennis 50+

Mon|Wed|Thurs  
1:30-4P **Fee: \$1**

### Billiards 55+

Mon-Fri, 8:00A-5:00P  
Sat, 9A-12P **Fee: 50¢**

## 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**

1/13	Jim Ehrlich
1/27*	Big Twang Theory
2/10	Just Us
2/24	Ken Levinson
3/9	Harris & Harris
3/23*	Jim Ehrlich
4/13	Honkabilly Heroes
4/27	Tom Yook
5/11	Big Twang Theory
5/25	NO DANCE - Memorial Day

### St. Patrick's Day Luncheon

Celebrate St. Patrick's Day with corned beef and cabbage, shamrock cake and Irish entertainment. Bring a canned food donation. **Reservations must be made by 1:30P on 3/12 by calling 970.472.9630.**

**Age: 60+**  
T 3/17 11:45A-1:00P \$2.50 suggested

### Pancake Breakfast & Plant Sale

Have a delicious breakfast of pancakes, sausage, and ham then browse through the plant sale! Add in some entertainment to make this a great morning for the entire family. Breakfast tickets available at the Senior Center front desk or pay at the door. This fundraising event is sponsored by the Chilson Senior Advisory Committee. Co-sponsored by *Village Inn*.

**All ages**  
Sa 4/18 8:00-11:00A FREE to browse  
Adults: \$4 in advance, \$5 at door  
Children (12 & under): \$2.50 in advance, \$3 at door

### Pickleball Open House

Join the P&R Department and the Loveland Pickleball Club for an introduction to pickleball! Try your hand against other players and learn the basics of the game. Have an opportunity to register for a Pickleball Beginning Skills class and visit several pickleball vendors. Location: Mehaffey Park, 3350 W. 29th St.

**All ages**  
Sa 5/2 9:00A-2:00P FREE

### Fashion Show & Tea

Enjoy this afternoon featuring tea, treats and beautiful spring fashions from local stores. Location: Cherry

**Age: 18+**  
W 5/13 1:30-3:30P \$8 291032-1

## DAY TRIP REGISTRATION

- **Senior Activity Card (SAC) holders have priority registration Tues, 12/10 - Tues, 12/17** (during this time trips are not open to online registration).
- Adults 62+ are eligible to purchase a SAC for \$20.
- **Registrations open to all adults (18+) on 12/18.**
- Trip refunds may be granted pending circumstances of the trip. See page 64 for info and policies.
- Participants transported in City van or motor coach; all trips depart from the Senior Center and are escorted by the activity leader unless otherwise noted and are subject to change.

### 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	1/7	<i>Bucca di Beppo</i> , Italian Destination: Broomfield	293106-1
W	2/5	<i>740 Front</i> , American Destination: Louisville	293107-1
M	3/16	<i>Mike O'Shays</i> , Irish Destination: Longmont	293112-1
Th	4/16	<i>Dickens Tavern</i> , American Destination: Longmont	293111-1
T	5/26	<i>AKA Kitchen</i> , Eclectic Destination: Loveland	293115-1

### Keyboard Conversations ♦

Piano virtuoso Jeffrey Siegel will discuss and then perform in their entirety engaging compositions of the enchanting and descriptive music of Mendelssohn, Grieg, Tchaikovsky and others. Enjoy lunch after the concert at *Smokin' Fins Grill* (cost on your own for \$10-\$15) then browse the Arvada Center art galleries. Destination: Arvada

Day	Date	Time	Fee	SAC	Class #
W	1/8	9:15A-3:30P	\$58	\$54	293024-1

### Cirque Mechanics at CU ♦

Cirque Mechanics' latest theatrical invention brings the lore of the one-ring circus to historic Macky Auditorium. With exhilarating thrills, death-defying feats and a bit of clowning around, *42FT - A Menagerie of Mechanical Marvels* introduces modern audiences to the world of strongmen, acrobats and aerialists. Enjoy dinner first at *Parma Trattoria & Mozzarella Bar* in Louisville (cost on your own for \$10-\$19). Destination: Boulder

Day	Date	Time	Fee	SAC	Class #
F	1/17	4:00-10:30P	\$62	\$58	293102-1

### 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	1/21	8:15A-5:00P	\$10	\$8	293035-1
T	2/18	8:15A-5:00P	\$10	\$8	293035-2
T	3/17	8:15A-5:00P	\$10	\$8	293035-3
T	4/21	8:15A-5:00P	\$10	\$8	293035-4
T	5/19	8:15A-5:00P	\$10	\$8	293035-5

### Monet Exhibit at the Denver Art Museum ♦

Visit the most comprehensive U.S. exhibition of Monet paintings in more than two decades. It features more than 120 paintings spanning Monet's entire career and focuses on his enduring relationship with nature. After the exhibit, have lunch at *Mad Greens* (cost on your own for \$10-\$16). Destination: Denver

Day	Date	Time	Fee	SAC	Class #
W	1/22	8:30A-3:30P	\$65	\$61	293104-1

### Int'l Snow Sculpture Championships ♦

Teams from around the world travel to Breckenridge to hand-carve 25-ton blocks of snow into enormous works of art only using hand tools, creativity and inspiration to bring their ideas to life! Select from the numerous restaurants in town for lunch on your own. **Travel by motorcoach.** Destination: Breckenridge

Day	Date	Time	Fee	SAC	Class #
T	1/28	7:30A-5:00P	\$67	\$62	293103-1

### CSU Veterinary Teaching Hospital ♦

Learn how CSU cares for animals on a tour of the Veterinary Teaching Hospital where they strive to help animals, people and the planet. Begin with lunch at *The Silver Grill* (cost on your own for \$10-\$15). **Two trip dates (with 10 people max).** Dest: Fort Collins

Day	Date	Time	Fee	SAC	Class #
Th	2/13	12:30-4:45P	\$25	\$21	293101-1
T	4/7	12:30-4:45P	\$25	\$21	293101-2

### Fiske Planetarium ♦

Join us for a journey to Alaska to experience two films. Enjoy *River of Bears* and learn the remarkable story of bears as they prepare for the harsh Alaska winter at the legendary McNeil River Alaska State Game Sanctuary. *Above Alaska* takes you to remote forests and mountains to experience a night under the northern lights. Enjoy lunch at *Carelli's* for classic Italian food (cost on your own for \$10-\$20). Destination: Boulder

Day	Date	Time	Fee	SAC	Class #
F	2/21	8:15A-2:00P	\$33	\$29	293108-1

**Beautiful: The Carole King Musical ♦**

*Beautiful: The Carole King Musical* tells the inspiring true story of King's remarkable rise to stardom. From being part of a hit songwriting team to becoming one of the most successful solo acts in popular music history, she has touched people with her beloved songs. Enjoy favorites like *I Feel The Earth Move*, *(You Make Me Feel Like) A Natural Woman* and *You've Got a Friend*. Have lunch at *The Moot House* before the performance (cost on your own for \$16, which includes tax/gratuity). Destination: Fort Collins

Day	Date	Time	Fee	SAC	Class #
Sa	2/29	10:45A-5:15P	\$75	\$71	293109-1

**Tribute to John Denver at the Candlelight ♦**

Back by popular demand, Chris Collins and Boulder Canyon pay tribute to the great John Denver by bringing amazing energy and the unmistakable enthusiasm to the stage that was a hallmark of a John Denver performance. **Fee includes dinner, show and tax (beverages, dessert and gratuity are extra).** Destination: Johnstown

Day	Date	Time	Fee	SAC	Class #
M	3/9	5:00-10:30P	\$71	\$67	293110-1

**Amazon Fulfillment Center ♦**

How does your Amazon package get to the right address? Inventory comes in from manufacturers and is shipped out directly to customers. Take this tour of the Thornton fulfillment center to see the entire process from start to finish! Enjoy lunch at the *Double Tree Restaurant* in Platteville (cost on your own for \$10-\$18). Destination: Thornton

Day	Date	Time	Fee	SAC	Class #
W	3/25	9:00A-3:00P	\$31	\$27	293105-1

**The Mother of Us All - Opera at UNC ♦**

*The Mother of Us All* is an opera by Virgil Thomson to a libretto by Gertrude Stein. It chronicles the life of Susan B. Anthony, one of the major figures in the fight for women's suffrage in the United States. In fanciful style, it brings together characters from different periods of American history. Have lunch prior to the show at *Sugar House Restaurant* in Eaton (cost on your own for \$10-\$20). Destination: Greeley

Day	Date	Time	Fee	SAC	Class #
Su	4/19	11:00A-5:00P	\$63	\$59	293113-1

**Buy a Senior Activity Card (SAC) to receive discounts & priority registration!**  
**See page 52 for more information.**

**Dixie's Never Wear a Tube Top While Riding a Mechanical Bull at the Denver Buell ♦**

Put on your cowboy boots and walk into Dixie's favorite honky-tonk as she shares lessons learned after a hard night of drinking. What do a jeweled crown, a cardboard cutout of Julie Andrews and Moon Pies have in common? Come find out! Enjoy dinner after the show at *BJ's Restaurant & Brewhouse* (cost on your own for \$10-\$19). Destination: Denver

Day	Date	Time	Fee	SAC	Class #
Su	4/26	11:00A-5:30P	\$65	\$61	293114-1

**Swetsville Zoo ♦**

Artist Bill Swets created a metal menagerie! His zoo is a cross between a junkyard and sculpture garden, featuring animals you will not see anywhere else! Since 1985 his creatures and creations have delighted visitors and locals alike. Enjoy lunch at *Nordy's BBQ* (cost on your own for \$12-\$20). Destination: Ft Collins

Day	Date	Time	Fee	SAC	Class #
W	5/6	11:15A-4:00P	\$27	\$23	293117-1

**Poudre River Trail and Guided Walk ♦**

The Poudre River Trail is a well-maintained paved pathway that extends from Island Grove Regional Park in Greeley to CO Hwy 392 in Windsor where it connects to the trail in Larimer County's River Bluffs Open Space. Enjoy an easy walk with a tour guide to learn more about the area and history. Bring a sack lunch. We'll stop on our way home at *Paciugo Italian Gelato* (cost on your own for \$3-\$6). Dest: Windsor

Day	Date	Time	Fee	SAC	Class #
T	5/12	8:30A-3:00P	\$27	\$23	293121-1

**Butterfly Pavilion ♦**

Frolic with 1,600 free-flying tropical butterflies, hold Rosie the Tarantula, discover shallow water ecosystems and explore the unique and diverse invertebrate habitats that exist here in Colorado. Enjoy lunch afterward at *Hacienda Colorado* (cost on your own for \$13-\$18). Destination: Westminster

Day	Date	Time	Fee	SAC	Class #
M	5/18	9:00A-2:30P	\$34	\$30	293119-1

**That Golden Girls Show! Puppet Parody ♦**

Get set for an evening of cheesecake, laughter, jazzercise, shoulder pads and the elegant art of the quick-witted putdown with this new show that parodies classic Golden Girls moments – with puppets! Enjoy lunch at *Georgia Boys BBQ Restaurant* before the show (cost on your own for \$10-\$19). Dest: Denver

Day	Date	Time	Fee	SAC	Class #
Sa	5/30	10:30A-5:30P	\$84	\$80	293120-1



# GOLF

Swing into spring with golf lessons for every age. Golf is fun and easy to learn! Make sure to check out our free times at the SNAG course at Cattail Creek. Limited spots are available, so please call 970.663.5310 to reserve your time.

## ADULT GOLF

### **Golf: Beginner Ladies** Min/Max: 4/8

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: \$60**

M 4/13-5/11 5:30-6:30P Cattail 266201-1

### **Golf: Level 1 Ladies** Min/Max: 4/8

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: \$75**

W 9/9-10/7 4/15-5/13 Cattail 266211-1

### **Golf: Beginner Adult at Cattail** Min/Max: 4/6

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 4/16-5/14 5:30-6:30P Cattail 266221-1

### **Golf: Beginner Adult at Mariana** Min/Max: 4/12

Held at Mariana Butte, this clinic consists of a fun-filled introduction to the game including the fundamentals of how to play, along with many aspects not normally covered in golf clinics, such as golf terminology, dress codes, common policy and procedures at courses, yardages, scorecards, rules, rates and play on the course. Class is conducted by the head professional. Location: staged at the driving range (M and T) short game area (W and Th) and at Cattail Creek for the play day on Friday.

**Age: 18+ Fee: \$99**

M-F 5/11-5/15 5:30-7:00P Mariana 266222-1

## YOUTH GOLF

### Golf: Intro Ages 5-9 Min/Max: 4/8

Perfect for the young golfer who is brand new to the game. Learn the first steps to becoming a life-long golfer in five sessions on the Mini-Course at Cattail Creek. Instruction includes basics of full swing, chipping and putting, safety and the social aspect of golf. On the last day, 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).

**Age: 5-9 Fee: \$50**

T 4/21-5/19 5:30-6:15P Cattail 265101-1

### Golf: Next Step Ages 6-9 Min/Max: 4/8

Perfect for beginners or the young golfer who is ready to transition to regulation golf. Five sessions mix learning new skills with fun on the Mini-Course and the regulation 9-hole course at Cattail Creek. Instruction includes the basics of full swing, chipping and putting, safety, rules and an introduction to the social aspect of golf for young golfers (including how to play in a group of golfers - when to talk, when to be quiet, where you should walk, where you should stand and how to take care of the golf course).

**Age: 6-9 Fee: \$60**

W 4/22-5/20 5:30-6:30P Cattail 265111-1

**No school? No problem! See page 39 for school days out opportunities.**

## Hey kids! The Junior Golf program is ready to tee off for summer 2020.

Sign up begins April 27 for a summer of learning and improving your golf game. Beginner, Intermediate, Advanced and Master Levels are offered. Play dates begin June 2. Go online and check the summer activity guide for more information on the program and how to register online for programs at one of the three courses. More information about the Loveland golf courses at [golfloveland.com](http://golfloveland.com)

**Registration begins 4/27; Play begins 6/2**

## LPGA Girls Golf Club for Girls age 7-17

### Changing Lives One Swing at a Time

All skill levels welcome! For full details regarding tryouts, participation fees and questions, please visit [4girlsgolf.com](http://4girlsgolf.com) or email Coach Kim at [kimlovesgolf@msn.com](mailto:kimlovesgolf@msn.com)

All lessons held at The Olde Course at Loveland with LPGA Professional Kim Stiner 970.227.2692

## SNAG

### Starting New at Golf (SNAG) - Try it FREE!

Bring the whole family out 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 info, visit [cityofloveland.org/minicourse](http://cityofloveland.org/minicourse).

**You must call 970.663.5310 to reserve a time.**

**Fee: FREE**

Su 4/26, 5/3, 5/10 11:00A-12:30P

### Annual Tee Off For Kids Golf Tournament – June 7!

Golfers! Mark your calendars for Friday, June 5 for the annual Tee Off For Kids golf tournament where ALL proceeds benefit youth recreation scholarships. Your fee includes an 18-hole round, cart, prizes, awards and dinner! *Registrations accepted through May.*



**Date:** Friday, June 5 **Time:** 8:00A shotgun start

**Fee:** \$230 per 2-person team

**Location:** Mariana Butte golf course

For more info, call Molly Elder 970.962.2728 or visit [cityofloveland.org/teeoffforkids](http://cityofloveland.org/teeoffforkids)

### Gift Certificates

Looking for an extra special present for the golfer in your life? Give the gift of golf! Gift certificates and merchandise can be purchased from the pro shops at all Loveland golf courses or visit [golfloveland.com](http://golfloveland.com) for your online gift giving needs!

## Private Instruction

### The Olde Course

- Brad Thorberg, Brandon McDermott, Alex Gough, Alex Opperman  
970.692.5270 | [golftec.com/loveland](http://golftec.com/loveland)
- Kim Stiner 970.227.2692 | [lovelandgolfflessonzone.com](http://lovelandgolfflessonzone.com)
- Kristin Moreland 970.744.0354 | [myswingschool.com](http://myswingschool.com)

### Mariana Butte 970.667.8308

- Kevin Cohrs [kevin.cohrs@cityofloveland.org](mailto:kevin.cohrs@cityofloveland.org)
- Winston Howe [winston.howe@cityofloveland.org](mailto:winston.howe@cityofloveland.org)

## Golf Course Locations [golfloveland.com](http://golfloveland.com)

<b>Cattail Creek</b> 2116 W. 29th St. 970.663.5310	<b>Mariana Butte</b> 701 Clubhouse Dr. 970.667.8308	<b>The Olde Course</b> 2115 W. 29th St. 970.667.5256
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# CITY OF LOVELAND ATHLETIC FACILITIES

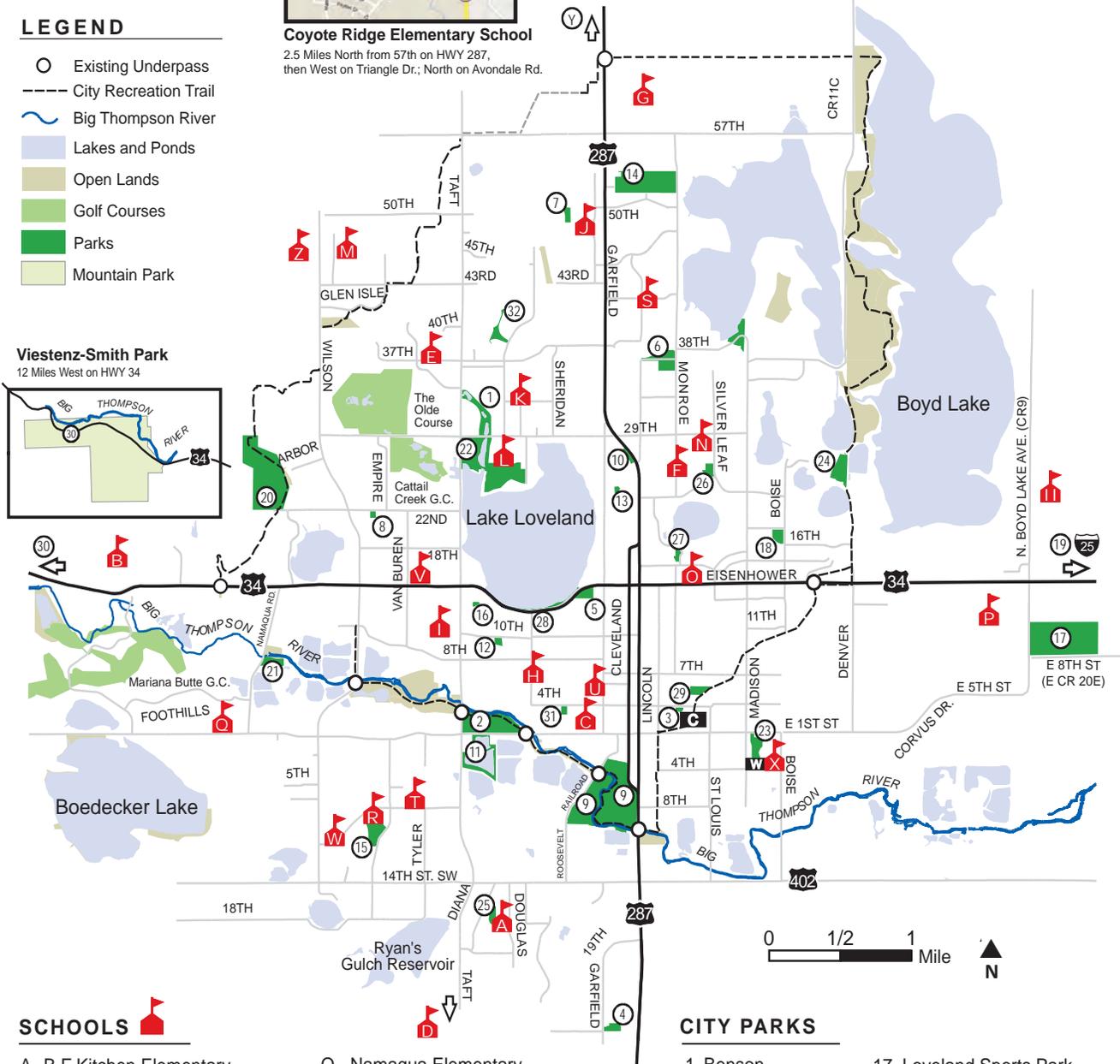
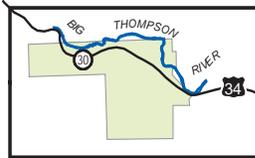
## LEGEND

- 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

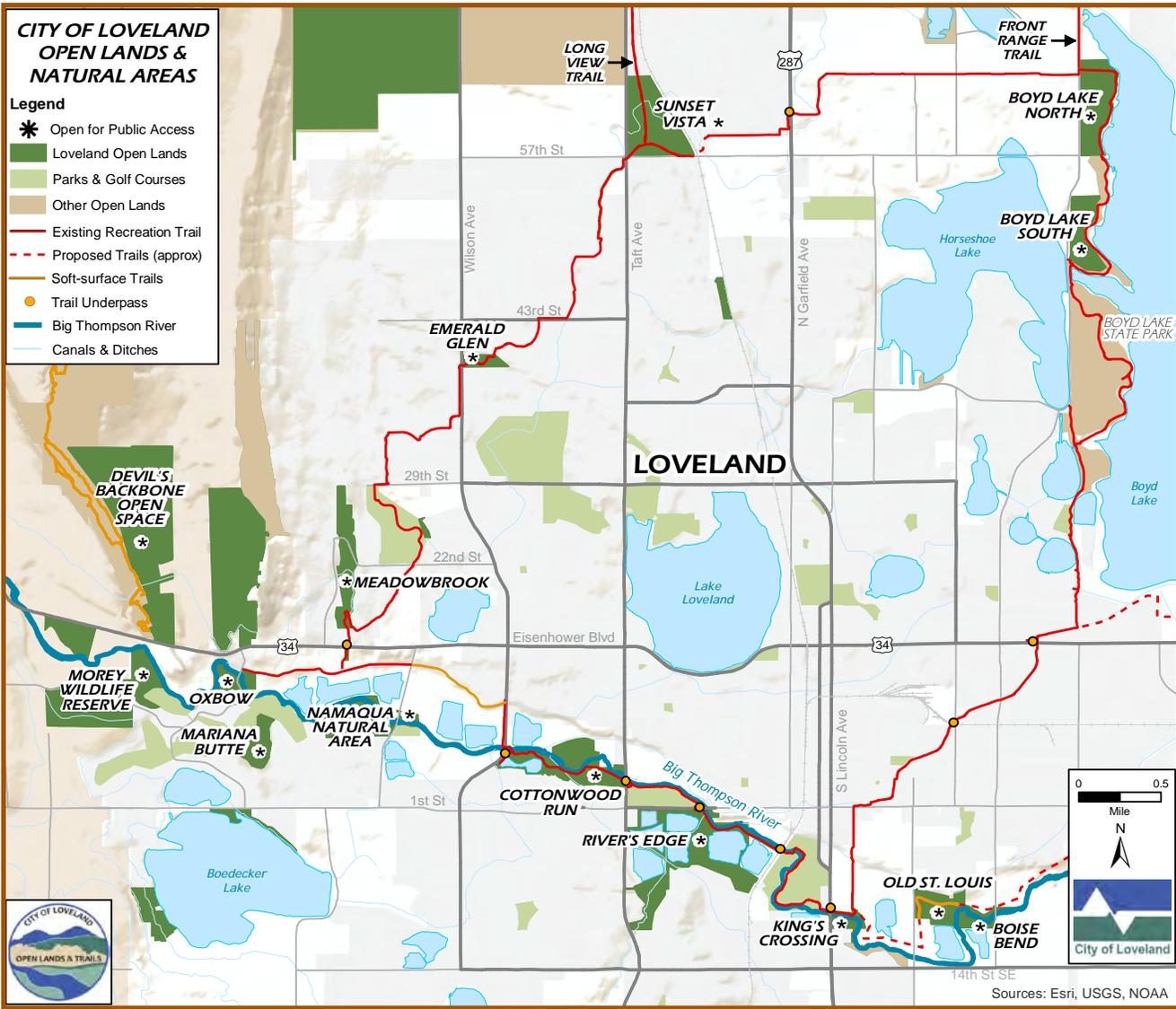
- Q Namaqua Elementary
- R Sarah Milner Elementary
- S Stansberry Elementary
- T Thompson Valley High School
- U Truscott Elementary
- V Van Buren Elementary
- W Walt Clark Middle School
- X Winona Elementary
- Y Coyote Ridge Elementary
- Z Ponderosa Elementary
- II High Plains School

## 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 Shore
- 28 South Shore Parkway
- 29 Sunnyside
- 30 Viestenz-Smith
- 31 Westside
- 32 Woodmere



## OPEN LANDS & TRAILS RULES & REGULATIONS Visit [cityofloveland.org/openlands](http://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 anglers 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.

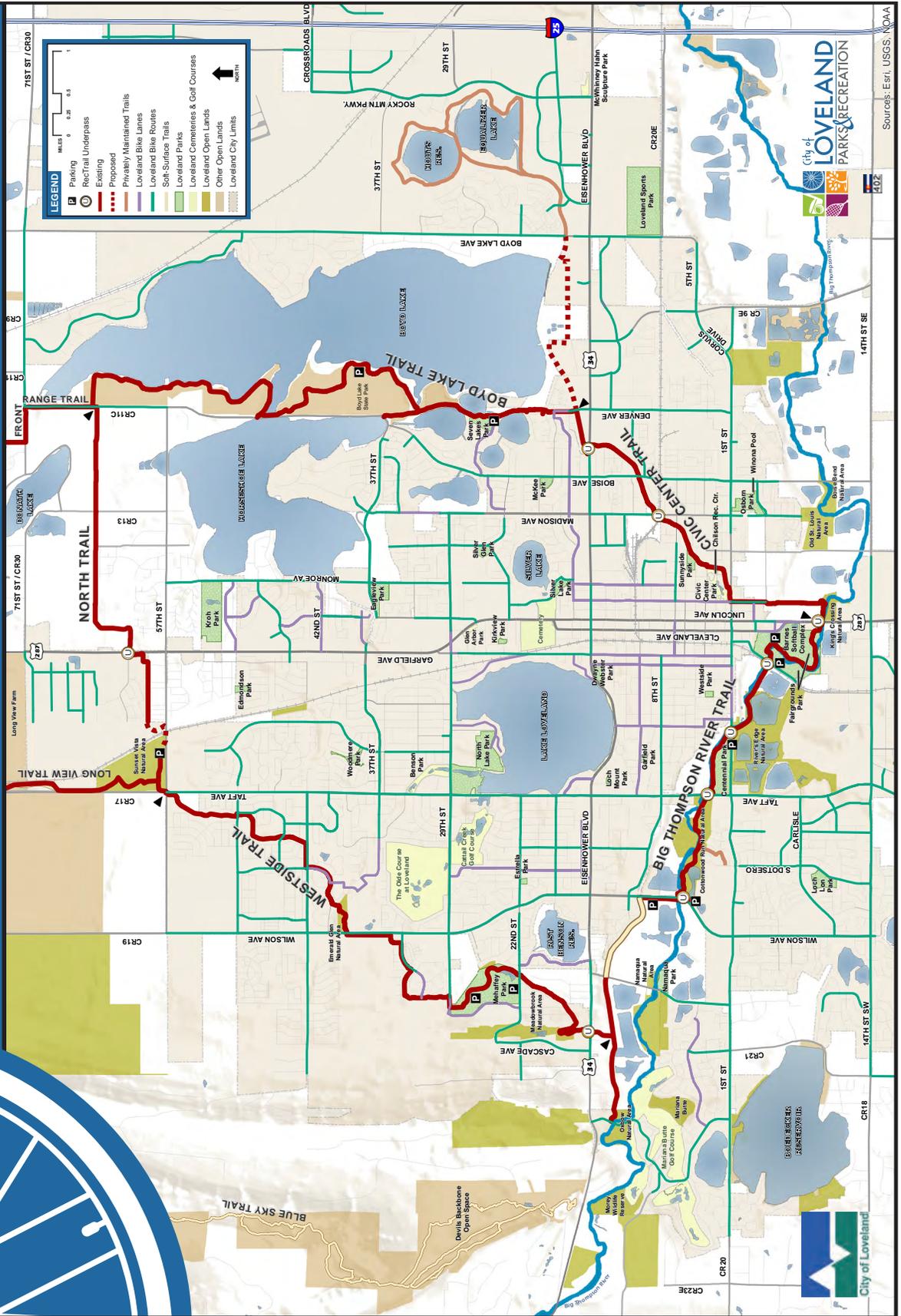
**Fire** Discharge or use of firearms, projectiles or fireworks is prohibited. No open fires or flames.

### Trail Etiquette

- Please stay on designated trails 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 wear helmets and ensure their bicycles are operational and properly equipped (including reflectors and lights).

**Maintenance** Report maintenance concerns or vandalism to the Parks & Recreation Dept. at 970.962.2727.

# Recreation Trail & Bikeways Map



View and print a full-size PDF of this recreation trails & bikeways map online: [cityofloveland.org/trails](http://cityofloveland.org/trails)

## 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 DEC. 9, 6:00P

#### For Enrollment Online: [cityofloveland.org/webtrac](http://cityofloveland.org/webtrac)

Request your Household ID number by filling out the online form: [cityofloveland.org/webtrac](http://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 DEC. 10, 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 DEC. 10, 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](mailto: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](mailto: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 12/10-12/17 for day trips listed in the Active Generation section, denoted by this symbol (♦). Non SAC holders can register on or after 12/18.

## 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 and up to three (3) business 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 two (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.

<b>Loveland Parks &amp; Recreation Registration Form</b>				
Please fill out this registration form for use with all registration options. The information in shaded areas is required during the enrollment process.	<b>Address:</b>			
	<b>City/Zip:</b>			
<b>Household ID #:</b>	<b>Home/Cell:</b>		<b>Work:</b>	
<b>Name:</b> <i>Head of Household/Primary Guardian Full Name</i>	<b>Email Address:</b> <i>For City of Loveland internal use only. Your contact information is not shared.</i>			
<b>Family Member Names:</b>	<b>Birthdates:</b>	<b>Activity/Program #:</b>	<b>Section #:</b>	<b>Fees Due:</b>
				\$
				\$
				\$
				\$
Do you need a special accommodation to safely and enjoyably participate in these programs? ___ Yes ___ No. If yes, please state your special requirements: _____.			<b>Total Paid:</b>	\$
Pay By: ___ Cash <i>(Do not send cash in the mail)</i> ___ Check <i>(Made out to: City of Loveland)</i>		<b>Waiver for Participation:</b> 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> <b>Signature:</b> _____	



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