



Free Training Opportunities

Softball Umpire Training

Ever thought about umpiring but didn't know how to get started? Join us for an informational and interactive clinic. Instructors cover essential rules and have you practice on-field mechanics to see if it is right for you. Job opportunities exist.

Youth Fastpitch Softball

15 & up: **Apr 16, Tue, 6-7:30pm** 212324.3

Adult Slowpitch Softball

18 & up: **Apr 16, Tue, 6:30-8pm** 212324.1
May 20, Mon, 6:30-8pm 212324.2

Location: Garden Acres Ballfields, 2058 Spencer St
 Fee: FREE

SENIOR ATHLETICS

Senior Drop-in Pickleball

Check out this fun, unique game best described as a hybrid of tennis and badminton. Admission fees apply.

55 & up: **Mon-Thurs, 2-4pm; Sun, 1-3:30pm**

Location: Longmont Recreation Center, 310 Quail Rd

Senior Softball League – ages 50+

Part of the Colorado Senior Softball Association. Metro area Mon & Wed morning games are played April through mid-August. If you have questions or would like to participate, please attend the pre-season meeting or call Kari at (303)651-8495 for more information.

Senior Softball preseason meeting: Mar 11, Mon, 9-10am

Location: Longmont Senior Center, 910 Long Peak Ave

Senior Volleyball League – ages 50+

The Colorado Senior Volleyball Association begins the Winter season in January with a 50+ coed league.

Practice: Mon, 12:30-2:30pm, at the St Vrain Memorial Building, 700 Longs Peak Ave. Matches are played on Wednesday afternoons at home and throughout the Front Range. Call Kari for more information, 303-651-8578 or e-mail kari.grotting@LongmontColorado.gov

Senior Golf Association

A great way to get out and play 9 holes of golf with other senior golfers. All levels of golfers are welcome; NO GHIN number required. Coed, FUN and non-competitive. Attend the information session to learn about the association format and online scheduling system. For more information, contact Karri Smith at 303-651-8407 or email karri.smith@longmontcolorado.gov

Information Session: May 3, Fri, 2-3pm at the Longmont Senior Center, 910 Longs Peak Ave

Registration: begins April 5, Longmont Senior Center
 50+: May 10 through mid-October, Friday

Location: Sunset Golf Course, 1900 Longs Peak Ave
 Weekly Fee: \$22 res/\$26 non-res (paid at the course)

FITNESS & WELLNESS

TRX

Strength, core and more! This energetic workout is for all abilities and complements any exercise program. Drop ins are available if session is running. Location: St Vrain Memorial Building, 700 Longs Peak Ave

TRX

16 & up:	M/W	8-9am or 5:30-6:30pm	
Sessions:	Jan 2-Feb 4	\$50 res/\$62 non-res	123512
	Mar 4-Apr 10	\$60 res/\$75 non-res	223512
	Apr 15-May 22	\$60 res/\$75 non-res	223512

16 & up:	T/Th 8-9am		
Sessions:	Jan 3-Feb 5	\$50 res/\$62 non-res	123512
	Mar 5-Apr 11	\$60 res/\$75 non-res	223512
	Apr 16-May 23	\$60 res/\$75 non-res	223512

Senior TRX

TRX is a suspension training system that is a safe, effective and enjoyable exercise modality to utilize in older adults. The TRX straps are used for mobility exercises for the ankle, hip, thoracic spine and shoulder; muscle strengthening exercises for the lower and upper body; and dynamic balance/gait enhancement exercises. Drop ins are available if session is running.

55 & up:	Mon & Wed 10-11am		
	Jan 2-Feb 4	\$40 res/\$50 non-res	123542
	Mar 4-Apr 10	\$48 res/\$60 non-res	223542
	Apr 15-May 22	\$48 res/\$60 non-res	223542



Women on Weights

A mix of strength/resistance training and body core strengthening using the weight room equipment will get you comfortable in the weight room.

16 & up: **Jan 8-Feb 14, Tue & Thurs, 2-3pm**

143112.A

Feb 19-Mar 28, Tue & Thurs, 2-3pm

243112.A

Instructor: Buck Johnson
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$70 resident/\$87.50 non-resident



Essentrics

A dynamic, full body workout suitable for all fitness levels that combines stretching and strengthening to increase flexibility and mobility for a healthy, toned and pain free body. This class is a combination of standing and floor. Pace is moderate and constant. Bring a mat.

Drop in Fee: \$15 resident/ \$19 resident

All Ages: **Tues, 9:30-10:30am**

Jan 15-29 \$30 res/\$37 non-res 113922

Feb 5-26 \$40 res/\$50 non-res 113922

Mar 12-26 \$30 res/\$37 non-res 213992

Apr 2-16 \$30 res/\$37 non-res 213992

Apr 30-May 28 \$50 res/\$62.50 non-res 213992

Instructor: Sephra Albert
 Location: Longmont Recreation Center, 310 Quail Rd

All Ages: **Wed, 10:30-11:45am**

Jan 16-Jan 30 \$40 res/\$50 non-res 113923

Mar 6-27 \$40 res/\$50 non-res 213923

April 3-17 \$40 res/\$50 non-res 213923

Instructor: Kim Zimmer
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Fluid Running

Fluid running is a deep-water running technique used to supplement land running, rehab injuries or use as a cardio workout. The Benefits: Burn up to 40% more calories than running on land, Builds muscular strength and endurance, and No impact! Everyone can participate. Aqua-jogging belts are provided for flotation. *No class on 3/12 & 3/14*

18 & up: **Tues & Thurs from 7-8am**

Jan 8-31 \$64 res/ \$80 non-res 133600.1

Feb 5-28 \$64 res/ \$80 non-res 133600.2

Mar 5-28* \$48 res/ \$60 non-res 233600.1

Apr 2-30 \$72 res/ \$90 non-res 233600.2

May 7-30 \$64 res/ \$80 non-res 333600.1

Location: Longmont Recreation Center, 310 Quail Rd (until the opening of Centennial Pool, see website).

Drop in Fee: \$12 resident/ \$15 non-resident

Instructor: Mary Ritter, Personal Trainer, USAT Coach and SSI Level III Swim Instructor



New! Wattbike

Wattbikes have the most accurate power, technique and performance cycling data available to you via your phone. Get started with a FREE half-hour orientation class to learn about the bike set-up, your PES (pedal efficiency stroke), right/left leg balance and to enroll in the small group classes. Register online or call 303-774-4800. March & April classes begin with a "2". Location: Longmont Recreation Center, 310 Quail Rd

18 & up: **Orientation, days/times vary** 113990

Fee: Free, pre-registration required

Watt Bike Classes 113991

**Tues, 6:30am & 9:30am
 Mon, 9:30am & Thurs, 12pm**

Daily Class Fee: \$5 + daily admission

1/2 Watt Classes 113991

Geared specifically for those who need more cardio-conditioning, weight loss, and strength.

18 & up: **12:15-12:45pm**

Jan 7-Feb 11, Mon \$25 res/\$31 non-res

Jan 11-Feb 15, Fri \$25 res/\$31 non-res

Feb 25-Apr 1, Mon \$25 res/\$31 non-res

Mar 1 - Apr 5, Fri \$25 res/\$31 non-res

Drop in Fee: \$5 + daily admission

Wattbike Time Trial Series

Join our time trial races and keep your legs fresh.

18 & up: 9am, progressive distances

Dec 8, Sat, 5k; Jan 12, Sat, 8k; Feb 9, Sat, 10k 113992

Mar 9, Sat, 13k; Apr 13, Sat, 15k 213992

Fee: \$10 + daily admission

Golf Fitness

Receive a full physical screening, loads of exercises and why each move is important for your game! We will be working on strength, balance and mobility to keep you playing safely for a long time. Led by Titleist Performance Institute Certified Instructor Trish Hetherington.

18 & up: **Feb 4-25, Mon, 5:45-7pm** 143135.A

Mar 4-25, Mon, 5:45-7pm 243135.A

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$75 resident/\$93.75 non-resident

Posture Training & Conditioning Course

Learn how EASY it is to find and feel better posture, and also learn how to KEEP it. Create lasting change, decrease pain, improve balance, and more. We'll get you the results and confidence to stand tall.

All ages: **Feb 25-Apr 15, Mon, 12:15-1:15pm**

Instructor: Jennine Amato, MA, LMT

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$40 resident/\$50 non-resident



LongmontColorado.gov/rec

WINTER 2018 LONGMONT RECREATION & GOLF SERVICES

FITNESS SCHEDULE & BUILDING HOURS

LONGMONT RECREATION CENTER
310 Quail Rd | 303-774-4800

Building Hours: Sun-Sat 10am-6pm
Leisure Pool Hours: Mon-Fri 9am-5pm, Sat-Sun 10am-5pm
Mon-Fri 2am-5:30pm, Sat-Sun 10am-5:30pm
 Sun-Sat 10am-5:30pm (11am-5:30pm W/175/150)
 (*Slides open at 10am W/175/150)

Babysitting Hours: 10am-6pm & 4pm-8pm
 Mon-Fri 7:30am-10pm, Sat-Sun 10am-8:30pm
Childing With Hours: 10am-5pm, 4:30pm-8:30pm

WATER CLASSES

Monday	12:00pm - Aqua Motion 9:00am - Aqua Power 10:15am - SilverSneakers® Splash 12:00pm - Deep H2O 7:30am - Aqua Motion 9:00am - Aqua Zumba®
Tuesday	12:00pm - Masters Swimming 6:00am - Aqua Circuit 7:30pm - Big Matters Swim 7:30am - Aqua Motion 9:00am - Aqua Power
Wednesday	12:00pm - Aqua Motion 7:30am - Aqua Motion 9:00am - Aqua Power 10:15am - SilverSneakers® Splash 12:00pm - Masters Swimming 6:00am - Aqua Circuit 7:30pm - Big Matters Swim
Thursday	12:00pm - Aqua Motion 7:30am - Aqua Motion 9:00am - Aqua Power 10:15am - SilverSneakers® Splash 12:00pm - Deep H2O
Friday	12:00pm - Aqua Motion 7:30am - Aqua Motion 9:00am - Aqua Power 10:15am - SilverSneakers® Splash 12:00pm - Deep H2O
Saturday	12:00pm - Aqua Motion 7:30am - Aqua Motion 9:00am - Aqua Power 10:15am - SilverSneakers® Splash 12:00pm - Deep H2O

LAND CLASSES

Monday	6:00am - Indoor Cycling (A1) 8:00am - Essential Barre (A) 9:00am - SilverSneakers® Yoga 9:15am - Cardio Kick Boxing (P) 9:15am - SilverSneakers® Cardio 10:15am - SilverSneakers® Yoga 10:30am - Sculpt & Tone (2) 12:00pm - CardioSculpt (A1) 12:30pm - Zumba® Gold (A) 4:30pm - Indoor Cycling (A1) 5:30pm - Boot Camp (A) 6:45pm - Essential Barre 6:45pm - Piloxie (A) 7:00pm - Zumba® (A)
Tuesday	5:45am - Boot Camp (A) 6:00am - Power Piloxie (A) 7:30am - Zumba® (A) 8:00am - FLEX ability 8:45am - SilverSneakers® Classic 9:15am - Sleep (A) 9:30am - SilverSneakers® Circuit 10:30am - Sculpt & Tone (2) 12:00pm - NIA (A) # 1:00pm - Gentle Piloxie (A) 4:15pm - CardioSculpt (2) 5:30pm - Piloxie (A) 6:30pm - NIA (A) # 6:30pm - Piloxie (A) 7:00pm - Zumba® (A)
Wednesday	6:00am - Indoor Cycling (A1) 8:00am - Essential Barre (A) 9:00am - SilverSneakers® Yoga 9:15am - Cardio Kick Boxing (P) 9:15am - SilverSneakers® Cardio 10:15am - SilverSneakers® Yoga 10:30am - Sculpt & Tone (2) 11:45am - QiGong (A) 12:00pm - Zumba® (A) 12:00pm - Piloxie (A) 12:15pm - Tai Chi (1) 1:30pm - SilverSneakers® Cardio 4:30pm - Indoor Cycling (A1) 5:30pm - Boot Camp (A) 5:30pm - Family Yoga (A)
Thursday	5:45am - Boot Camp (A) 7:30am - Zumba® (A) 8:00am - FLEX ability 8:45am - SilverSneakers® Classic 9:15am - Sleep (A) 9:30am - SilverSneakers® Circuit 10:30am - Sculpt & Tone (2) 12:00pm - NIA (A) # 1:00pm - Gentle Piloxie (A) 4:15pm - CardioSculpt (2) 5:30pm - Piloxie (A) 6:30pm - NIA (A) # 6:30pm - Piloxie (A) 7:00pm - Zumba® (A)
Friday	6:00am - Indoor Cycling (A1) 8:00am - Essential Barre 9:00am - SilverSneakers® Yoga 9:15am - Piloxie (A) 10:15am - SilverSneakers® Yoga 10:30am - Zumba® Gold (A) 12:00pm - CardioSculpt (2) 12:15pm - Tai Chi (1) 1:15pm - Spring by Zumba® (A) 5:30pm - Boot Camp (A)
Saturday	8:00am - Indoor Cycling (A1) 9:00am - Cardio Kick Boxing (P) 10:15am - NIA (A) # 7:30am - Beats & Guts (A) 8:45am - Cardio Kick Boxing (P) 9:00am - CardioSculpt (2) 11:15am - NIA (A) # 4:30pm - Zumba® (A) 4:30pm - Zumba® for Kids (8:05 & 10:15)
Sunday	

MORE FITNESS CLASSES ON BACK →

Key: (A) All Levels (1) Beginner (2) Intermediate (3) Advanced 1-45 min class 1-75 min class All others 60 min
 para copia de esta programación en español o información llame al 303-631-4801 o comuníquese en línea a través de longmontcolorado.gov

LAND AND WATER DROP-IN FITNESS CLASSES

Over 30 types of land and water drop-in fitness classes are offered between three main facilities: Centennial Pool, The Longmont Recreation Center, and the St Vrain Memorial Building.

Class schedules, updated monthly/bi-monthly, and descriptions can be found at each of the recreation facilities and online at www.LongmontColorado.gov/rec by clicking on the Fitness & Wellness Programs link.

No Regular Fitness Classes: Mon, Dec 24 & 31; Tue, Dec 25 & Jan 1

Special New Years Fitness Classes:

Zumba® Jan 1, Tue, 1-2:30pm at Longmont Recreation Center, 310 Quail Rd
Come JOIN the Party! \$5, recreation passes not accepted for this fitness special event. Doors open at 12:40pm

Weight Room Orientations

Call the Longmont Recreation Center at 303-774-4800, to enroll in no-cost orientations the 2nd Wednesday at 7pm or the 4th Sunday at 3:15pm of each month. To set up a day/time for no-cost orientations at other facilities, contact the fitness coordinator at 303-774-4752. 14 years and older.

Fitness Assessment and Orientation

Designed for those who just want to take the first step and don't know where to start. Fee includes: health history screening, 30-minute consultation, personalized fitness profile and weight room orientation. Call the Fitness Coordinator at 303-774-4752 for more information and get your program set up today!
Fee: \$38 resident/ \$48 non-resident
Location: Longmont Recreation Center, 310 Quail Rd

Nutritional Guidance

Individual nutrition consultations focus on your specific needs and goals, including education for nutrition and chronic disease, sustainable weight loss, grocery store walk-throughs, and sports nutrition. Call the Fitness Coordinator at 303-774-4752 to set up an appointment today! Michelle Beyer M.S.

Initial Session: \$52 resident/\$65 non-resident
Follow up Session: \$47 resident/ \$58 non-resident
3 Sessions: \$147 resident/ \$183 non-resident

Body Composition

Just want to know your girth measurements and body fat percentage? Then this is the right package for you! Call the Fitness Coordinator at 303-774-4752 for more information and to set up your appointment at the recreation facility of your choice.

Fee: \$14 resident / \$18 non-resident

Personal Training Policy

The Longmont Recreation Center, St Vrain Memorial Building, Sunset Pool and Centennial Pool are City of Longmont operated and insured facilities. Therefore, only City employees can perform Personal Training, swim lesson instruction, and other coaching within City facilities.

Personal Training

Training can include core and balance training, basic weight training, nutrition advice and muscle building. Individual workout programs can be designed to fit all your fitness needs. Call the Longmont Recreation Center at 303-774-4800 for more information. Days and Times by appointment.

Fees:	Private	Semi-Private
1 session	\$49/ \$61	1 session \$60/ \$75
5 sessions	\$220/ \$275	5 sessions \$273/ \$341
10 sessions	\$383/ \$550	10 sessions \$495/ \$618

Intro to Training Package

If you are new to training or haven't 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 routines through the safe delivery of effective programs, instruction, motivation and education. Each session is 1 hour.

3 sessions for \$105 resident/ \$130 non-resident
3 semi-private \$162 resident/ \$200 non-resident

New Year, New You Training Special

Get bonus sessions when you purchase a personal training package in the first two weeks of January!

Buy 5, Get One FREE session
Buy 10, Get Two FREE sessions



FITNESS DESCRIPTIONS



LAND CLASSES

Please note that not all classes are offered at all times. Refer to the Fitness Schedule for current offerings.

Boot Camp: High intensity interval sports conditioning, running, plyometrics and calisthenics. (#)

Butts & Gutts: Lower body & core training. (2)

Cardio Kickboxing: Kickboxing moves with alternating periods of higher and lower levels of intensity. (#)

Cardio/Sculpt: A cardio and sculpting class that has cardio components and uses combined muscular strength and endurance exercises. (2)

CORE DE FORCE: A mixed martial arts-inspired, non-contact, high-energy, total-body sculpting class. A no-equipment workout.

Core Plus: Working abs, glutes, legs & arms. (A)

Essential Barre: Do small, controlled, low impact movements at the ballet barre using your own body weight as resistance. Modifications make it ideal for all fitness levels.

Family Yoga: Cultivate focus, balance, and inner peace work through breath & yoga poses with children ages 6 & up. Seasonal Jan-May.

FLEX-ability: Increase your flexibility by adding this stretching class to your fitness routine. (A)

Indoor Cycling: No impact, high intensity stationary bike workout. (45 Min) (A)

Kickboxing Training: Kickboxing moves using kick pads & gloves to get a full body workout.

NIA: Barefoot CardioDance fusion develops flexibility, agility, mobility, strength & stability. Creative & holistic dance. (75 Min) (A)

Pilyoga: A sculpting and stretching class using Yoga poses and Pilates core conditioning. (A)

Power of 3: Cardio-Sculpt-Stretch. A low-impact fitness class. (1)

PiYo Live: Sweat, stretch, and strengthen in one low-impact, body-sculpting workout.

Qi Gong: the practice of circulating Chi-vital life force-through your body using movement and breath. Promotes health & wellbeing.

R.I.P.P.E.D: Combination of resistance, intervals, power, plyometric & endurance for a one stop body shock.

Sculpt & Tone: A sculpting class for beginners to intermediate that keeps moving from one exercise to another. (2)

SilverSneakers® Classic: Move through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles, and a ball are offered for resistance, and chair is used for seated and/or stand support. (A)

SilverSneakers® Yoga: Move through a complete series of seated and standing yoga poses designed to increase flexibility, balance and range of movement. (A)

SilverSneakers® Cardio: An aerobics class for you - safe, heart healthy and gentle on the joints. Includes upper-body strengthening, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. (A)

SilverSneakers® Circuit: Upper-body strength work with hand-held weights, elastic tubing with handles, and SilverSneakers® ball is alternated with non-impact aerobic choreography. A chair is offered for support. (A)

Step: A low impact aerobic class with step choreography on step platforms. Interval format includes alternating steps and weights/sculpting. (#)

STRONG by Zumba®: Combines high intensity interval training with the science of synced music motivation. (A)

TRX: Utilize your own body weight to build strength and develop a strong core. (A)

Tai Chi: Combines fluid movements of upper and lower body. The 24 of the Yang Style form and the 37-posture Yang short form. (A)

Wattbike: Using wattbikes, measure pedal efficiency and power. Get instant feedback on your peddling fitness.

WATER CLASSES

Aqua Circuit: A warm water aerobics class with a variety of cardiovascular exercises and use of different equipment.

Aqua Motion: A mild, no-bounce class for stretching and toning muscles and improving cardiovascular conditioning, CORE stability and joint mobility. A great class if you have arthritis, joint limitations, replacements or are pregnant.

Aqua Power: A high intensity predominately shallow water running and cardiovascular interval class designed to burn 500-700 calories in an hour and target buns, thighs and abs!

Aqua Zumba®: Make a Splash and Join the Pool Party!

Deep H2O: A moderate intensity water fitness class with no impact to the joints. Floatation belts are provided

HydrO2ga®: Holistic therapeutic no-impact deep water exercise. Goggles required, swim cap recommended.

Masters Swimming: Improve your skills and stamina through intervals, drills and distance swimming. Recommended for adults who are comfortable swimming at least 1,000 yards non-stop.

Beginning Masters Swimming: Catering to your individual needs, you will receive stroke work plus a great workout. This program is recommended for adults who are comfortable swimming 200 yards non-stop.

SilverSneakers - Splash®: Activate your urge for variety! SilverSplash offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination. (45 minutes)

Zumba®: Ditch the workout and Join the PARTY! (A)

Zumba Gold®: A Zumba® Class with less impact, no pivots and simpler choreography. (A)

Fitness Exertion Key:
 (A) - All Levels
 (1) - Beginner
 (2) - Intermediate
 (#) - Advanced

Para copia de esta publicación en Español o información llame al 303-651-8601 o correo electrónico maria.tostado@longmontcolorado.gov

St Vrain Memorial Building
 700 Longs Peak Ave • 303-651-8404

Centennial Pool
 1201 Alpine St • 303-651-8406

Longmont Recreation Center
 310 Quail Rd • 303-774-4800



2019 CALENDAR OF EVENTS & HAPPENINGS

for more information call 303-651-8404
or visit LongmontColorado.gov

DECEMBER & JANUARY

DEC-FEB

DOWNTOWN LONGMONT WINTER PASSPORT

Pick up a passport at participating Downtown businesses or visit downtownlongmont.com. Then make purchases at participating businesses throughout the winter. Drawings for Downtown Gift Cards occur periodically, and all entries will qualify for our Grand Prize drawing at the end of February.

Visit www.downtownlongmont.com for more information.

DECEMBER 25

CHRISTMAS DAY OBSERVED

City offices closed

JANUARY 1

NEW YEAR'S DAY

City Offices and Recreation Facilities Closed

JANUARY 2

NEW ADMITTANCE FEES GO INTO EFFECT

for daily visits and all passes for Recreation facilities.

JANUARY 5

DENVER NUGGETS SKILLS CHALLENGE

Saturday, 12:30pm registration; 1pm event at the Longmont Recreation Center, 310 Quail Rd. A FREE basketball competition for boys and girls ages 6-13 as of April 30, 2019. Top scorers in each age group advance to a sectional competition. Boys and girls compete separately. Entry forms at location.

DECEMBER 7&8

LONGMONT LIGHTS

Friday | Dec 7, 5-8pm

Roosevelt Park, 700 Longs Peak Ave

Special thanks to  **our title sponsor:**

PARADE OF LIGHTS "Jingle Bell Rock"

Saturday | Dec 8, 5pm

Coffman & Main, 300-800 blocks



Zumba® Fitness Class

Tue, 1-2:30pm at the Longmont Recreation Center, 310 Quail Rd.

Come JOIN the Party! \$5, recreation passes not valid, no general facility use, doors open at 12:40pm.

JANUARY 14-17

NO REGISTRATION DUE TO SOFTWARE MIGRATION

Monday-Thursday, affecting online, over the phone, and in person transactions

While recreation, senior services, and museum facilities will have regular hours and program offerings, new registrations or reservations will not be accepted during this software upgrade window that will last approximately 3 or 4 days. Credit card sales may be unavailable during this time for drop-in use payment. Thank you for your patience while we enhance our ability to serve you!

JANUARY 21

MARTIN LUTHER KING DAY

City Offices Closed; Recreation facilities open regular hours.

FEBRUARY

FEBRUARY 1

REGISTRATION BEGINS FOR LONGMONT SUMMER DAY CAMP

FEBRUARY 18

PRESIDENT'S DAY

City offices closed; Recreation facilities open regular hours

FEBRUARY 9

WINDOWS TO WELLNESS – YOUR NEW YEAR'S RESOLUTION FAIR

Saturday, 9-2pm at the Senior Center, 910 Longs Peak Ave

Free event to meet and learn about health and wellness providers and practices in your community. Get a massage, meet a local chiropractor, try out drumming, experience yoga...define your wellness in the New Year! Visit vendors, attend free workshops, and sign up for sessions with practitioners and readers (10 minute sessions for \$5 —cash only please).



MARCH & APRIL

MARCH 11-APRIL 8

SPIRIT OF ARBOR DAY TREE SALE

Forestry Services is coordinating a community tree sale for Longmont residents. During these dates, residents will be able to view and purchase trees online at LongmontColorado.gov/forestry or by calling 303-651-8416. A variety of trees will be available at below wholesale cost of \$80 each (2 tree limit per person). **Tree pickup will occur Saturday, April 13, 8am-12pm at 7 S Sunset Street** (there will be no onsite sales).



APRIL 20

UNDERWATER EASTER EGG HUNT!

Saturday, 1-3pm (Hunt begins at 1:30pm) at Centennial Pool, 1201 Alpine St

This event for egg hunters of all abilities is dependent upon Centennial Pool being open. For details of Centennial Pool's status and for the event, please visit LongmontColorado.gov/rec or call 303-651-8404.

SAVE THE DATE

SATURDAY, JUNE 1

LONGMONT KIDS ONLY TRIATHLON & LONGMONT TRY-A-TRI

SUNDAY, JUNE 2

39TH LONGMONT TRIATHLON

The Triathlon Weekend is dependent upon Centennial Pool being open. Detailed event and registration info is available at www.LongmontColorado.gov/rec or call 303-651-8404.

Pull Out AND Save

Birthday Party Packages

For more information about birthday party packages, please visit us online at LongmontColorado.gov/rec or contact the facility reserve number of the facilities below.

BIRTHDAY PARTY PACKAGES AT THE LONGMONT RECREATION CENTER

Rent an hour of room time for your child's next birthday party. Fee includes entry for up to 10 people to enjoy the pool, gym and climbing wall either before and/or after your room time. Able to accommodate groups up to 20, group rate admission applies to 11+.

If you would prefer to have a dedicated instructor for an hour of climbing wall time for your group, there is an additional charge of \$30/hr.

Fee: \$80
Location: Longmont Recreation Center, 310 Quail Rd
Reserve: 303-774-4800

CREATE YOUR OWN PARTY AT THE CREATION STATION

Looking for a venue to have a small gathering? Creation Station can accommodate up to 20 people for your next party or gathering needs in the heart of downtown Longmont. Available weekends and some week days.

Fee: \$35/hour + refundable \$200 deposit
Location: Creation Station, 519 4th Avenue
Reserve: 303-651-8443

BIRTHDAY PARTY PACKAGE AT THE ST VRAIN MEMORIAL BUILDING

Party-goers enjoy an hour-full of activity for the youth - a variety of themes available. Includes a 1/2 hour set up time for parents to decorate and a 1/2 hour for cake and presents after the hour of fun.

Fee: \$141 for up to 12 children.
Larger party pricing available upon request.
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Reserve: 303-651-8404

OUTDOOR BIRTHDAY PARTY PACKAGES AT LONGMONT ICE PAVILION

Reserve a tent for your guests and party celebration at the Longmont Ice Pavilion. Party Packages are available during Open Skate Hours only, and includes 2 hour use of 2 tents. Fee includes entry and skate rental for up to 12 guests. Additional guests pay group rate admissions and skate rental fees. Guests may stay for open skating, if available, after the party.

Fee: \$120
Location: Longmont Ice Pavilion, 725 8th Ave
Reserve: 303-774-4777 or 303-651-8404

BIRTHDAY PARTY PACKAGES AT CENTENNIAL POOL

Packages, including Log Rolling Party Package additions, are available when Centennial Pool reopens. See LongmontColorado.gov/rec for the latest Centennial Pool updates.

Have something larger in mind?

Contact the Rental Specialist to help your dream become a reality!
303-651-8443 RecSupport@LongmontColorado.gov



Yoga



For yoga class descriptions, see fliers at recreation facilities or online at LongmontColorado.gov/rec

Yoga students: Please bring your own yoga mat, and a thick blanket if you have one. Yoga drop-in students are welcome. Please purchase drop-in pass in advance for drop-in dates online, at the St Vrain Memorial Building, or the Longmont Recreation Center. Monthly registered participants have priority and will be notified by e-mail of any changes.

Monthly registrants enjoy \$2 discount per class; partial months are charged at drop-in rate. Drop-in fee: \$11 resident/ \$12.75 non-resident

Day	Time	Class	Code	Location	Instructor
Mon	4-5:15pm	ALIGNMENT BASED YOGA	143117	Izaak	Gwyn Cody
Mon	5:30-6:45pm	ALIGNMENT BASED YOGA	143118	Izaak	Gwyn Cody
Tues	9:15-10:30am	BEGINNER FRIENDLY YOGA	143152	Izaak	Diana Shellenberger
Wed	10:30-11:45am	GENTLE YOGA	143133	Mem Bldg	Urszula Bunting
Wed	5:30-6:45pm	THERAPEUTIC STRUCTURAL YOGA	143138	Izaak	Shar Lee
Thurs	9-10:15am	WOMEN'S HATHA YOGA	143142	Izaak	Shar Lee
Thurs	5:15-6:30pm	GENTLE FLOW YOGA	143119	Izaak	Katharine Kaufman
Sun	9:30-10:45am	SUNDAY MORNING YOGA	143171	Izaak	Katharine Kaufman

Yoga Locations: Izaak Walton - 18 S Sunset | St Vrain Memorial Bldg - 700 Longs Peak Ave
 Winter (December, January, February) codes begin with "1"; Spring (March, April, May) codes begin with "2"

New Year Yoga Retreat

Find balance at Longmont's hidden jewel, Sandstone Ranch. Turn to Gentle Yoga and the Four Postures of Meditation along with discussion to unravel tensions, reduce pain, and energize well-being for the New Year. Bring your Yoga Mat, and mediation cushion and lunch.

15 & up: **Feb 2, Sat, 10am-4:30pm** 143192.01
 Instructor: Katharine Kaufman
 Location: SSR Visitor Center, 3001 Sandstone Dr
 Fee: \$58 resident/\$72.50 non-resident

Yoga for Runners

This all-levels yoga class is designed to loosen tight spots, strengthen weak spots and make you a better, less injury-prone runner. Improve your running performance during the off-season!

30-55 yrs: **Feb 20-Mar 13, Wed, 7:15-8:20pm** 143130.02
 Instructor: Allison Rissel
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Fee: \$55 resident/\$68.75 non-resident

Yoga-Restore your Pelvic Floor

Restore Your Pelvic Floor using mind/body exercises for strength, flexibility and posture. Each week, learn about the anatomy of the pelvic floor as well as a specific series of exercises for self-discovery and poses to increase the flexibility, strength and coordination.

30 & up: **Apr 3-24, Wed, 7:15-8:20pm** 243131.1
 Instructor: Allison Rissel
 Location: St Vrain Memorial Bldg, 700 Long Peak Ave
 Fee: \$55 resident/\$68.75 non-resident



Restorative Yoga – 1st Friday 6pm

Unwind, refresh, and allow your body and mind to heal and restore. Use variety of props, Tibetan bowls, candlelight, and essential oils. Please bring a yoga mat and a blanket. ***Saturday**

16 & up: **Fri, 6-8pm** 143155 & 243155
 Dates: **Jan 12*, Feb 1, Mar 1, Apr 5, May 3**
 Instructor: Urszula Bunting
 Location: Izaak Walton Clubhouse, 18 S Sunset
 Fee: \$20 resident/\$25 non-resident

Yin & Restore for Adrenal Fatigue

Are you tired, stressed, or simply don't feel your best? This combination of Yin and Restorative yoga might be what you need. In addition to soothing and relaxing postures, we use essential oils, soft music, and candlelight. Warm tea is served after the class. Please bring a mat and a blanket.

16 & up: **Feb 10, Sun, 3:30-5:30pm** 243300.A
Apr 28, Sun, 3:30-5:30pm 243300.B
 Instructor: Urszula Bunting
 Location: Izaak Walton Clubhouse, 18 S Sunset
 Fee: \$25 resident/\$31.25 non-resident



FITNESS & WELLNESS

Tai Chi: Moving for Better Balance

Based on eight forms derived from the traditional 24-form Yang style of Tai Chi. The low-impact movements emphasize weight shifting, postural alignment, and coordinated movements. No previous experience with Tai Chi needed.

*NO Class: 3/26 or 3/28

18 & up:

Jan 15-Apr 11*, Tue & Thurs, 1:30-2:15pm 143250.A

Instructor: Ursula Bunting

Location: St Vrain Mem Bldg, 700 Longs Peak Ave

Fee: \$140 resident/\$175 non-resident

Tai Chi Mini Retreat

Enjoy the first signs of Colorado spring at Sandstone Ranch while practicing Tai Chi, taking a nature walk, relaxing, socializing, and having a homemade lunch with new friends.

15 & up: **May 3, Fri, 10am-3pm** 243197.09

Instructor: Ursula Bunting

Location: SSR Visitor Center, 3001 Sandstone Dr

Fee: \$45 resident/\$56.25 non-resident

Intro to Reiki

What is Reiki and how does it promote physical, mental and emotional healing? Learn what Reiki is and how you do it for yourself.

12 & up: **Apr 13, Sat, 10:30am-12noon** 213334

Instructor: Erika Marie

Location: Chiyu Center, 1035 Coffman St, Suite 100

Fee: \$27 resident/\$34 non-resident

Shotokan Karate

Shotokan karate training helps increase physical fitness, confidence, improved motor skills, flexibility, speed, concentration, discipline & personal safety. Jan & Feb sessions begin with the number "1"



6 & up: **Tue & Thurs, 6:40-7:40pm**
Jan 3-31*; Feb 5-28*; Mar 5-26; Apr 2-30; May 2-30

Instructor: Budo Shotokan, Sensei Chad Callaghan

Location: St Vrain Mem Bldg, 700 Longs Peak Ave

Youth Fee: \$70 resident/\$87.50 non-resident 245253

Adult Fee: \$90 resident/\$112.50 non-resident 245254

Medical & Heart Qigong

Medical Qigong is a series of gentle movements that open and facilitate circulation and flow throughout the body. These movements aid healing, improve balance and strength, and generate feelings of well-being. No experience necessary. Please sign electronic waiver prior to class.

12 & up: **Mar 5-28, Tue & Thurs, 2-3pm** 243330.1

Apr 2-25, Tue & Thurs, 2-3pm 243330.2

Instructor: Erika Marie

Location: Izaak Walton Clubhouse, 18 S Sunset

Fee: \$87 resident/\$195.75 non-resident

SILVERSNEAKERS® FITNESS PROGRAM

SilverSneakers® Fitness program is designed for Medicare participants with select insurance plans. The program includes facility amenities and group fitness classes as well as unlimited access for daily admission. The SilverSneakers® fitness passes are good at the Longmont Recreation Center, Centennial Pool, the SilverSneakers® classes at the Senior Center & Lashley St Station, and St. Vrain Memorial Building. To find out more call 303-774-4800 or stop into the Longmont Recreation Center and get signed up!

55+, see the GO for additional wellness activities at www.longmontcolorado.gov/senior-services



SilverSneakers® Orientations

Facility orientations for SilverSneakers® participants involve a tour of the Longmont Recreation Center and an overview of the fitness equipment.

Days/Times:

Jan 3, Feb 7, Mar 7, Apr 4, May 2 - Thurs, 9am

Dec 20, Jan 17, Feb 21, Mar 12, Apr 18, May 16 - Thurs 2pm

Location: Longmont Recreation Center, 310 Quail Road

Fee: FREE, however pre-registration is required

SilverSneakers® Fitness Classes

Choose from these 45 to 60 minute classes geared specifically for the unique fitness needs of older individuals. Class descriptions and schedule of classes are listed with the regular fitness classes.

SilverSneakers® Cardio

SilverSneakers® Classic

SilverSneakers® Circuit

SilverSneakers® Splash

SilverSneakers® Yoga

Lunch & Learns *Special Event*

Join us on the 2nd Tues of each month for a SilverSneakers educational class! Bring a lunch or snack. Meals on Wheels is available prior to the classes. **Dec 11, Jan 8, Feb 12, Mar 12, Apr 9, May 14**

Fee: Free for SS members 113401 & 213401

Location: Longmont Senior Center, 910 Longs Peak Ave

Note: SilverSneakers® membership is NOT required to attend SilverSneakers® fitness classes. SilverSneakers® members are welcome to explore regular fitness classes as part of their membership. Non-SilverSneakers® members pay regular admission fees.



Learn to Meditate

Learn to simply be with the breath, body, and thoughts without clinging to them. Receive practical instruction in sitting, standing, lying down, and walking meditation. Meditation practice can help us relate to challenges and changes in our lives with curiosity, gentleness, and perspective. Chairs are available. Bring blankets or cushions. *NO Class: 3/03

16 & up: **Feb 3-Mar 17*, Sun, 11am-12pm** 143500.A

Instructor: Katharine Kaufman

Location: Izaak Walton Clubhouse, 18 S Sunset

Fee: \$55 resident/\$68.75 non-resident

Drop in Fee: \$12 resident/\$15 non-resident

Mindfulness Based Stress Reduction

Mindfulness-Based Stress Reduction (MBSR) is a blend of meditation, body awareness, and yoga: learn through practice and study how your body handles (and can resolve) stress neurologically.

18 & up: **Apr 6, Sat, 10am-12pm** 243520.1

Instructor: Nicole Hartley

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$24 resident/\$30 non-resident

Meditation for Well-Being

Sitting together helps us befriend our emotions, calm restlessness, and meet change and difficulties with flexibility and a broader perspective. Practice sitting and walking meditation and have a short discussion. *No Class 4/21.

16 & up: **Apr 7-May 5*, Sun, 11am-12pm** 243501

Instructor: Erika Marie

Location: Izaak Walton Clubhouse, 18 S Sunset

Fee: \$32 resident/\$40 non-resident

Drop in Fee: \$10 resident/\$12.50 non-resident

Yoga & Ayurveda Retreat

Relax, restore, renew, practice yoga, explore Ayurveda, and create balance and harmony in your body, mind, and in your life. A perfect gift for Mother's Day.

16 & up: **May 10, Fri, 9:30am-4:30pm** 243195.9

Instructor: Urszula Bunting

Location: SSR Visitor Center, 3001 Sandstone Dr

Fee: \$80 resident/\$100 non-resident

Ayurveda for Health, Wellness & Success

Two session workshop: 1) Principals of Ayurveda and elements of a body-mind constitution. 2) Digestion, Assimilation, Detoxification according to Ayurveda.

15 & up: **Feb 4 & 11, Mon, 6-8pm** 247147.03

Instructor: Urszula Bunting

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$45 resident/\$56.25 non-resident

After 50 Happy, Healthy & Awesome

Learn, practice and explore proven methods to slow down the aging process and take your health and wellbeing to the next level.

18 & up: **Mar 15-Apr 26, Fri, 10am-12pm** 243333.1

Instructor: Urszula Bunting

Location: SSR Visitor Center, 3001 Sandstone Dr

Fee: \$145 resident/\$181.25 non-resident



Alternatives for Pain

Pain doesn't need to mean medication! Perineural injection therapy, acupuncture, cupping guasha, and reiki are all effective therapies for pain. Come learn a new perspective on pain management.

12 & up: **Mar 9, Sat, 10:30am-12:30pm** 243225.A

Instructor: Erika Marie

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$18 resident/\$22.50 non-resident

Intro Pranic Healing for Pets & People

Energy Healing - for me and my pet? Absolutely! Come discover the world of energy, and learn how you can use Pranic Healing to heal and support you AND your pets. Class is for humans only, please leave your pet at home.

18 & up: **Mar 6, Wed, 6-8pm** 243264.1

Instructor: Susan Crocker

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$16 resident/\$20 non-resident

Pranic Healing for Parents

Learn a simple, but powerful technique that integrates and balance the brain. Come learn an easy and fun activity for kids to do at home to increase focus and support a growing brain. Energy healing will also be discussed and how it can support you as a parent.

12 & up: **Apr 24, Wed, 6:30-8:30pm** 243265.1

Instructor: Susan Crocker

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$16 resident/\$20 non-resident

Family Philosophy Discussions

Take time to talk with your family about the important things in life. Explore time, space and human nature in this fun, accessible series of discussions for kids and their adult family members. Topic vary each class meeting. Day 1. Kindness and Generosity. Day 2 Time, Infinity and Me. 3. The Meaning of Love. Registration includes up to 4 family members.

8 & up: **Jan 25-Feb 8, Fri, 6:30-8pm** 147109.A

Instructor: Kelly Cowling

Location: Creation Station, 519 4th Ave

Fee: \$15 resident/\$18.75 non-resident

Philosophical Conversation with Your Child

Chances are your child asks themselves deep questions about life, death, and reality. Grey Havens Philosophy will teach you to talk with your child about these questions in a way that is fun and enriching for the whole family. For caregivers of children ages 3 -18.

12 & up: **Apr 12, Fri, 6-8pm** 247109.01

Instructor: Kelly Cowling

Location: Creation Station, 519 4th Ave

Fee: \$15 resident/\$18.75 non-resident



Blood Sugar, Stress & Nutrition

A holistic approach to blood sugar control providing tips to reduce sugar intake, break sugar cravings, and lower your A1c.

16 & up: **Feb 20, Wed, 6-8pm** 143211.1

Instructor: Erin Williams

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$30 resident/\$37.50 non-resident

21 Day Sugar Detox

21 Day Sugar Detox is a clear cut, effective, whole foods based nutrition action plan that will reset your body and your habits! Tens of thousands of people have already used this groundbreaking guide to shatter the vicious sugar stronghold. Now it's your turn!

18 & up: **Jan 7-28, Mon, 6:30-8:30pm** 143212.1

Instructor: Susan Hoffland

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$100 resident/\$125 non-resident

Beauty, Naturally!

What are the best natural beauty tips? Come find out! Discuss East-West approaches to facial rejuvenation and learn modern, integrative facial renewal techniques.

18 & up: **Feb 23, Sat, 10:30am-12pm**

143242.1

Instructor: Erika Marie

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$18 resident/
\$22.50 non-resident



Good for the Gut Fermentation

Fermentation is a natural process traditionally used as a method of preserving food and drinks. Learn how to make kombucha, milk kefir, coconut yogurt and sauerkraut via a mix of demonstration and hands-on work. Materials fee includes a kombucha starter kit (jars, SCOBY, and starter) for you to take home.

16 & up: **Mar 6, Wed, 6-7:30pm** 247459.10

Instructor: Erin Williams

Location: Boulder, location on receipt

Fee: \$25 resident/\$30 non-resident + \$6 materials fee

Stop Smoking

One session and home follow up with the included reinforcement CD is all most people to kick the smoking habit for good! Hypnosis helps eliminate the urge for a cigarette safely, easily, and naturally, without the normal negative side effects. Fee includes reinforcement CD.

18 & up: **Jan 30, Wed, 6:30-8:30pm** 143321.A

Instructor: Karen Peterson

Location: Senior Center, 910 Longs Peak Ave

Fee: \$30 resident/\$37.50 non-resident

Acupuncture for Pain & Stress

Acupuncture lifts mood, reduces pain, calms stress, boosts creativity & energy, balances hormones, promotes sleep, and more. Select treatment for pain, stress, or detox.

12 & up: **Feb 1, Fri, 10:30-11:30am** 143600

Feb 28, Thurs, 10:30-11:30am 143600

Apr 5, Fri, 10:30-11:30am 243600

May 1, Wed, 10:30-11:30am 243600

Instructor: Erika Marie

Location: Family Village: 350 Terry St

Fee: \$25 resident/\$31 non-resident

FREE CLASSES OFFERED BY UCHEALTH

Join the Doctors of UCHealth Longmont Clinic for these FREE presentations.

Location: Longmont Recreation Center, 310 Quail Rd

Fee: FREE, please register in advance as food is provided



Is Weight Loss Surgery Right for you?

Learn more about the benefits and risks associated with various bariatric procedures.

All Ages: **Jan 9, Wed, 6-7** 143701.1B

Instructors: Drs. Derek Leopold & Robert Powell

Stem Cell and Platelet Therapy

Updates on the latest research on stem cell and platelet therapies for musculoskeletal treatments.

All Ages: **Jan 16, Wed, 6-7pm** 143702.1B

Instructor: Dr. Sunil Jani

Diabetes 101

An introduction to diabetes diagnosis, prognosis, and treatments. See if you are at risk of developing diabetes.

All Ages: **Jan 23, Wed, 6-7pm** 143703.1B

Instructor: Dr. Leila Wing

Preserving Cartilage in the Knee

Join our discussion on knee injuries and get tips on how to avoid progressive arthritis and minimize the need for knee replacement surgery in the future.

All Ages: **Feb 20, Wed, 6-7pm** 143704.1B

Instructor: Dr. Sunil Jani



You and Your Thyroid

Come find out about different thyroid conditions and learn about treatments.

All Ages: **Mar 20, Wed, 6-7pm** 243705.1B

Instructor: Dr. Leila Wing