

CARA Lacrosse League

Develop a sense of team play where participation, skills, sportsmanship and FUN are emphasized. Teams practice 2 hours per week. Games are played in Longmont or Metro Denver on Saturdays beginning Mar 23. Mandatory equipment: stick, gloves, arm pads, shoulder pads, mouth piece, protective cup and NOCSAE approved helmet. Rib pads are recommended. Equipment must conform to NFHS rules. Registration deadline is March 10. This program is dependent upon volunteer coaches. **If you are able to volunteer, please call 303-651-8398.**

Dates:	Mar 11-May 4	212264
Ages:	6-8yrs; 8-10 yrs; 10-12 yrs; 12-14 yrs	
Location:	Sandstone Ranch Park Turf Fields, 3001 E Hwy 119	
Fee:	\$74 resident/\$92.50 non-resident	

Fastpitch Softball

An organized team participation program affiliated with the IPGSA league for girls 6-18 years old. Develop a sense of team play where participation, FUN, skills and sportsmanship are emphasized. Teams meet 2-3 times per week for games and/or practices. Away games involve travel to surrounding cities. Register according to age as of Jan 1, 2019. Registration deadline is Mar 17. Practice begins Apr 1, games are played May 1 – Jun 30 (end-of-season tournament is Jul 13 & 14). This program is dependent upon volunteer coaches. **If you are able to volunteer, please call 303-651-8398.**

Dates:	Apr 1-Jul 14	
8 & Under	\$70 res/\$87.50 non-res	212210.00
10 & Under	\$85 res/\$106.25 non-res	212211.00
12 & Under	\$95 res/\$118.75 non-res	212212.00
14 & Under	\$105 res/\$131.25 non-res	212214.00
18 & Under	\$115 res/\$143.75 non-res	212218.00

BASKETBALL

Youth Basketball Clinic

The City of Longmont Recreation Services and YMCA of Boulder Valley are partnering to provide a preseason basketball clinic featuring skills stations with experienced coaches teaching the fundamentals of basketball.

3rd-5th Grades:	Jan 5, Saturday, 9-11am	112000.1
Location:	Ed and Ruth Lehman YMCA, 950 Lashley	
Fee:	\$10 resident/\$12.50 non-resident	

Free! Denver Nuggets Skill Challenge

Young basketball fans can showcase their talents dribbling, passing and shooting when the City of Longmont hosts a Denver Nuggets Basketball Skills Challenge competition. The competition is FREE and open to kids ages 6-13 as of Apr 30, 2019. Boys and girls compete in separate divisions. Top scorers in each age group advance to a sectional competition, with a chance to compete at the state final in Denver.

6-13 yrs:	Jan 5, Saturday, 1pm
Location:	Longmont Recreation Center, 310 Quail Rd
Fee:	FREE, registration begins at 12:30pm

Longmont's youth basketball programs emphasize teamwork, sportsmanship, skill development, participation and FUN! Each K-2 participant receives a t-shirt and a basketball. Participants in 3rd-12th grade all receive a Junior Nuggets reversible jersey, 2 tickets to a Denver Nuggets game and their own basketball. <http://bit.ly/JrNuggets>

3rd-8th Grade Junior Nuggets Basketball

Teams practice two hours per week at local schools Monday-Friday evenings. Games are played on Saturdays in Longmont or surrounding towns. Registration deadline is Sunday, Dec 16, practice begins the week of Jan 7 and games begin on Jan 19, 2019. Teams are formed by school attended – requests are not guaranteed. This program is dependent upon volunteer coaches. **If you are able to volunteer, please call 303-651-8398.**



3rd-8th Grades:	Jan 7- Mar 2, Saturday games begin Jan 19		
Boys		Girls	
3rd Grade	112003.00	3rd Grade	112013.00
4th Grade	112004.00	4th Grade	112014.00
5th Grade	112005.00	5th Grade	112015.00
6th Grade	112006.00	6th Grade	112016.00
7th Grade	112007.00	7th-8th Grade	112017.00
8th Grade	112008.00		
Fee:	\$90 resident/\$112.50 non-resident		

High School Basketball League

For high schoolers who DO NOT play on a high school or club team. Time, day and location of practices depend on coach availability. Teams travel to surrounding towns to play games on Sundays from Jan 20-Mar 3. This program is dependent upon volunteer coaches. **If you are able to volunteer, please call 303-651-8398.**

Dates:	Jan 7-Mar 3, Sunday games begin Jan 20	
9th-12th Grades:	High School Boys	112012.00
	High School Girls	112011.00
Fee:	\$90 resident/\$112.50 non-resident	

Kindergarten Basketball

A great environment for youngsters to learn about the game of basketball. Practice only, no games. ***NO class 3/29.**

Kindergarten:	Fri, Mar 15-Apr 19* 4:15-5pm	212021.4
Location:	Longmont Recreation Center, 310 Quail Rd	
Fee:	\$52 resident/\$65 non-resident	

Youth Basketball 1st & 2nd Grade

Grades 1st-2nd practice with games the last week. ***NO class during SVVSD Spring Break: 3/25-29.**

1st & 2nd Grades:		
Mar 11-Apr 18*, 4:15-5pm, Mon/Wed		212022.MW
Mar 11-Apr 18*, 4:15-5pm, Tue/Thurs		212022.TR
Location:	Longmont Recreation Center, 310 Quail Rd	
Fee:	\$63 resident/\$79 non-resident	

Preschool Sports

Indoor clinics for preschoolers that focus on the basics. The Goal Sports clinic includes soccer, lacrosse and hockey. Please have your child wear tennis shoes. Come in and enjoy a workout while the little one burns some energy.



3-5 yrs:	10:30-11:15am		
Basketball	Tuesday	Jan 8-29	112106.T
	Tuesday	Mar 5-26	212106.T
	Wednesday	Feb 6-27	112106.W
	Thursday	Jan 10-31	112106.R
	Thursday	Mar 7-28	212106.R
Goal Sports	Tuesday	Feb 5-26	112125.T
	Wednesday	Jan 9-30	112125.W
	Thursday	Feb 7-28	112125.R
Soccer	Tuesday	Apr 2-23	212121.T
	Wednesday	Mar 6-27	212121.W
	Wednesday	May 1-22	212121.W2
	Thursday	Apr 4-25	212121.R
T-ball	Tuesday	Apr 30-May21	212122.T
	Wednesday	Apr 3-24	212122.W
	Thursday	May 2-23	212122.R

Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$34 resident/\$42.50 non-resident

Youth Fencing Lessons

Dedicated to terminology, footwork, games, simple attacks and blocks, instruction is simple and each class is lively, building on the skills learned in the previous class. Beginners learn the fundamentals, skills and rules of this fast, fun and intense sport. The progressive class is for those who have taken the beginner class. All fencing equipment provided. *NO class 3/27.

8-16 yrs:	Wednesday	
Beginner:	Jan 9-Feb 13, 6-6:45pm	112252.1
	Feb 20-Apr 3*, 6-6:45pm	112252.12
	Apr 10-May 15, 6-6:45pm	212252.B1
Progressive:	Jan 9-Feb 13, 6:45-7:30pm	112252.P1
	Feb 20-Apr 3*, 6:45-7:30pm	112252.P2
	Apr 10-May 15, 6:45-7:30pm	212252.P1

Instructor: Denver Fencing Academy
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$95 resident/\$119 non-resident

Middle School Soccer

For 6th-8th grade students who attend participating schools. Practices start immediately after school 2-3 times per week and last 1-2 hours each day. Teams have one game per week, scheduled Mon-Fri. Practices are school specific and given to participants by the coaches before the season begins. *No practice or games during Spring Break, Mar 25-29. This program is dependent upon coaches. If you are able to coach, please call 303-651-8398 -pay is \$13.42/hr.

6th-8th Grades:	Mar 4 – May 3*	212725
Fee:	\$55	

VOLLEYBALL

Youth Volleyball Clinic

The City of Longmont Recreation Services and YMCA of Boulder Valley are partnering to provide a preseason volleyball clinic featuring skills stations with experienced coaches teaching the fundamentals of volleyball.

3rd-6th Grades:	Mar 16, Sat 9-11am	212298.36
Location:	Longmont Recreation Center, 310 Quail Rd	
Fee:	\$10 resident/\$12.50 non-resident	

Youth Volleyball League

Develop a sense of team play where participation, skills, sportsmanship and FUN are emphasized; winning is secondary. Coed teams practice two hours per week and play a six game schedule in Longmont and/or Lafayette. Teams are formed by school attended – requests are not guaranteed. Time, day(s) and location of practice depends on coach availability. Registration deadline is Mar 17. Practice begins the week of Apr 1. Games begin Apr 13. This program is dependent upon volunteer coaches. **If you are able to volunteer, please call 303-651-8398.**

Apr 1-May 18:	Grades 3 & 4	212423.00
	Grades 5 & 6	212425.00
	Grades 7 & 8	212427.00
Fee:	\$63 resident/\$79 non-resident	

CARA Volleyball League

An organized team participation program for high school students who DO NOT play on a high school or club volleyball team. Times, dates and location of practices depend on coach's availability. Teams travel to Denver Metro locations to play games on Saturdays Mar 30-May 11. Registration deadline is Mar 17. This program is dependent upon coaches. **If you are able to coach, please call 303-651-8398 - pay is \$13.42/hr.**

Grades 9-12:	Mar 18-May 11	212429.00
Fee:	\$90 resident/\$111 non-resident	



WINTER & SPRING BREAK CAMPS

SKYHAWKS WINTER & SPRING CAMPS

Skyhawks Sports provides a safe, non-competitive environment to teach life skills through sports. A variety of games and activities ensure that each camper walks away with a smile on their face. T-shirt and awards included.

Location: Longmont Recreation Center, 310 Quail Rd

Mini-Hawks Camp

Baseball, basketball and soccer instruction through games and activities. Explore balance, hand/eye coordination and skill development at the camper's pace.

4-7 yrs: **Dec 26-28, Wed-Fri, 9am-12pm** 112290.H
 Fee: \$89 resident/\$111.25 non-resident

4-7 yrs: **Mar 25-29, Mon-Fri, 9am-12pm** 212290.H
 Fee: \$129 resident/\$161.25 non-resident

Super Sports Mix Camp

A FUN mix of sports related games that may include kickball, ultimate, capture the flag, soccer, freeze tag, sharks and minnows and lots of other sport and non-sport games – no skill-specific sports!

7-12 yrs: **Dec 26-28, Wed-Fri, 1-4pm** 112290.SS
 Fee: \$89 resident/\$111.25 non-resident

Basketball Camp

This fun, skill-intensive program is designed for beginning to intermediate athletes. Active sessions of passing, shooting, dribbling, and rebounding make this one of the most popular programs.

7-12 yrs: **Mar 25-29, Mon-Fri, 1-4pm** 212290.B
 Fee: \$129 resident/\$161.25 non-resident

Volleyball Camp

Join us for a power packed camp designed to be fun while teaching the fundamentals of the sport - serving, setting, hitting and defense. For beginners and intermediate players. No experience is necessary. We provide all equipment. Bring water to drink and wear tennis shoes.

6th-8th Grade: **Jan 2-4, Wed-Fri, 9am-12pm** 112296.MS

High School: **Jan 2-4, Wed-Fri, 1-4pm** 112296.HS

Location: Longmont Recreation Center, 310 Quail Rd

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

No School Fun Days at the LRC

Enjoy a day of activities including swimming, gym time, climbing wall, and crafts. Bring snacks, a lunch, swimsuit and towel and gym shoes. Babysitting provided before program starts if needed for additional fee.

7-12 yrs: **9am-4pm**

Jan 2 Wed; Jan 3 Thurs; Jan 4 Fri; Jan 21 Mon; 116229

Feb 15 Fri; Feb 18 Mon; 116229

Apr 29 Mon 216229

Location: Longmont Recreation Center, 310 Quail Rd

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

SOFTBALL SPRING BREAK CLINICS

Fastpitch Softball Clinics

Come learn the fundamentals and advanced skills and techniques of fast pitch softball or just knock the rust off from the winter months before the season starts. Elite-X Softball competitive coaches teach and provide each participant with an individualized practice plan.

Instructor: Elite-X Softball

Location: Rodriguez Field, Clark Centennial Park, 1135 Alpine St

Softball SLAM

Learn proper skills in fielding, hitting, and base running.

8-14 yrs: **Mar 25 & 27, M&W, 4-6pm** 212294.00

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

FIREBALL Pitching/Catching Clinic

Pitchers learn mechanics, locating pitches, two pitches and warm-up routines. Catchers learn stance, footwork, framing, blocking and throwdowns.

10-18 yrs: **Mar 28, Thurs, 4-6pm** 212294.PC

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

“HIT LIKE A GIRL” Batting Clinic

Swing hard and hit long! Hitting like a girl will never be the same. Learn proper swing technique.

10-18 yrs: **Apr 3, Wed, 4-6pm** 212294.B

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

Register for all 3 clinics: 212294.A

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

Spring Break Sports Camp

Join the Recreation staff for a week of playing outdoors. Play multiple sports including floor hockey, basketball, t-ball, softball, soccer, volleyball, flag football, tennis and kickball. Come prepared for the weather and ready to play in tennis shoes. Bring sunscreen, a water bottle and a snack. Sign up for one day or the whole week.

6-12 yrs: **Mar 25, Mon, 9am-12pm** 212293.M

Mar 26, Tues, 9am-12pm 212293.T

Mar 27, Wed, 9am-12pm 212293.W

Mar 28, Thurs, 9am-12pm 212293.R

Mar 29, Fri, 9am-12pm 212293.F

Location: Clark Centennial Park, 1135 Alpine St

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

Weekly Fee: \$79 resident/\$99 non-resident

See page 42 for other
**Winter & Spring
 Break / No-school Camps
 and Programs**

WINTER & SPRING BREAK CAMPS

Basketball Winter Break Camp

Teaching dribbling and shooting fundamentals, this camp is a great way to build confidence and ability. Camp includes 3v3 games and drills. All levels of play welcome.

8-12 yrs: **Jan 2-3, 9am-12pm** 112291.H
 Instructor: Jorsua Chambers, Legends Youth Athletics
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Fee: \$65 resident/\$81.25 non-resident

FENCING CAMPS



These focused and fun camps are offered by truly outstanding coaches. Camps include all fencing equipment.
 Instructor: Denver Fencing Academy

Jedi Training Camp

Join the force - become a Jedi Knight! Learn how to use the light sabers in theatrical fighting, participate in agility training using various exercises and games, learn Jedi lore and discover how to plan a massive battle.

8-18 yrs: **Dec 26-28, 9am-12pm** 112297.2
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Fee: \$95 resident/\$119 non-resident

8-18 yrs: **March 25-29, 9am-12pm** 212297.2
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$158 resident/\$198 non-resident

Fencing Camp

Designed for all skill levels, this camp includes an introduction of fencing, footwork and blade work (parries and ripostes). The program also provides for intermediate and progressive saber fencers.

8-18 yrs: **Dec 26-28, Wed-Fri, 1-4pm** 112297.1
 Fee: \$95 resident/\$119 non-resident
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

8-18 yrs: **Mar 25-29, Mon-Fri, 1-4pm** 212297.1
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$158 resident/\$198 non-resident

Register for both camps

The full day camp combines the Fencing Camp and the Jedi Camp with supervision over lunch (bring lunch).

8-18 yrs: **Dec 26-28, Wed-Fri, 9am-4pm** 112297.B
 Fee: \$158 resident/\$198 non-resident

8-18 yrs: **Mar 25-29, Mon-Fri, 9am-4pm** 212297.B
 Fee: \$262 resident/\$328 non-resident

YOUTH & ADULT ARCHERY

Archery Lessons

Archery is an Olympic sport that teaches discipline and concentration. All equipment provided.

INDOOR ARCHERY LESSONS

A fun introduction to the sport of archery with a certified archery coach. Location: High Altitude Archery, 455 Weaver Park Rd #500

Child Lessons – Ages 6-9

Build confidence and skill while staying safe on the range.

Tuesday, 5:30-6:15pm	Wednesday, 5:30-6:15pm
Jan 8-29 112242.C1	Jan 9-30 112242.C2
Feb 5-26 112242.C3	Feb 6-27 112242.C4
Mar 5-26 212242.C1	Mar 6-27 212242.C2

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

Youth Lessons – Ages 9-17

Focus on the foundational skills and topics critical to success – covers range safety, equipment and the basic 4-step shot process.

Tuesday, 4:30-5:30pm	Wednesday, 6:15-7:15pm
Jan 8-29 112242.Y1	Jan 9-30 112242.Y2
Feb 5-26 112242.Y4	Feb 6-27 112242.Y5
Mar 5-26 212242.Y1	Mar 6-27 212242.Y2

Saturday, 10:30-11:30am

Jan 12-Feb 2 112242.Y3
Feb 9-Mar 2 112242.Y6
Mar 9-30 212242.Y3

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

Adult Lessons – Ages 16 & up

A fun and thorough introduction to the sport of archery with a certified archery coach. Focus on foundational skills and topics critical to success – covers range safety, equipment and the basic 4-step shot process

Thursday, 4:30-5:30pm	Saturday, 6:15-7:15pm
Jan 10-31 112342.A1	Jan 12-Feb 2 112342.A2
Feb 7-28 112342.A3	Feb 9-Mar 2 112342.A4
Mar 7-28 212342.A1	Mar 9-30 212342.Y2

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

OUTDOOR ARCHERY LESSONS

Learn archery from a Certified Master Instructor in an outdoor setting.

Instructor: Tom Adjutant, Master Instructor
 Location: St Vrain Archery Club, south of Hwy 119 on WCR 5
 Fee: \$53 resident/\$66 non-resident

Youth Beginner Archery

Learn shooting skills, safety, scoring, types of equipment and terminology.

10-17 yrs: Apr 9-30, Tue, 4-5pm	212242.B1
May 7-28, Tue, 4-5pm	212242.B2

Youth Intermediate Archery

Learn multiple aiming techniques, how to avoid bad habits and the fundamentals of tournament archery. Instructor's approval required to enroll.

10-17 yrs: Apr 9-30, Tue, 5:15-6:15pm	212242.I1
May 7-28, Tue, 5:15-6:15pm	212242.I2

Adult Beginner Archery

18 & up: Apr 9-30, Tue, 6:30-7:30pm	212342.A
May 7-28, Tue, 6:30-7:30pm	212342.M

Youth/Teen Pickleball Lessons

A combination of badminton and tennis played with a whiffle ball on a short tennis court. It's fun, social and easy to learn, making it one of the nation's fastest growing sports. Come learn the basics of the sport while meeting new friends. Equipment provided.



10-15 yrs:	Apr 9-30, Tue, 5:30-6:30pm	212222.04
	May 7-28, Tue, 5:30-6:30pm	212222.05

Location: Hover Pickleball Courts, 1361 Charles Dr
 Fees: \$26 resident/\$32.50 non-resident

Adult Pickleball Lessons

A combination of badminton and tennis is played with a whiffle ball on a short tennis court. It's fun, social and easy to learn, making it one of the nation's fastest growing sports. Come learn the basics of the sport while meeting new friends. Equipment provided.

Indoor Lessons:

55 & up:	Jan 8-29, Tue, 7-8am	112322.1
	Feb 5-26, Tue, 7-8am	112322.2
	Mar 5-26, Tue, 7-8am	212322.1

Location: Longmont Recreation Center, 310 Quail Rd

Outdoor Lessons:

16 & up:	Apr 11-May 2, Thu, 5:30-6:30pm	212322.2
	May 9-30, Thurs, 5:30-6:30pm	212322.3

Location: Hover Pickleball Courts, 1361 Charles Dr
 Fee: \$26 resident/\$32.50 non-resident

GONZO TENNIS

The City of Longmont is excited to announce that Gonzo Tennis is providing lessons to persons of all ages. Gonzo Tennis is devoted to fostering the development of players from 4 years of age and up and giving the opportunity to discover even more about this international and life-long sport. For inclement weather and cancellation information check gonzotennis.com and look for weather update. **NO lesson 5/27*

Spring Session: **April 8 – May 31***
 Location: Quail Tennis Courts, 310 Quail Rd

Youth Tennis Program - Ages 4-10

A developmental program that uses a variety of fun games to develop motor skills, enjoyment of the game, and helping create self confidence in a safe and friendly environment.

Class day options: **Mon*, Tue, Wed, or Thurs**

4-5 yrs:	MINI Gonzos, 4-4:30pm	212600
Fee:	\$44 resident/\$55 non-resident	
6-7 yrs:	TINY Gonzos, 4:30-5:15pm	212601
Fee:	\$66 resident/\$82.50 non-resident	
8-10 yrs:	MIGHTY Gonzos, 5:15-6:15pm	212602
Fee:	\$88 resident/\$110 non-resident	

Junior Tennis – Ages 11-15

Divided into different levels determined by age and ability. These game-based programs use specific exercises and fun games to help students understand the aspects of tennis. Must get approval from coaches to register for intermediate courses.

Beginner:	Mon* or Thurs, 5:30-6:30pm	212603
Intermediate:	Mon* or Thurs, 6:30-7:30pm	212613
Fee:	\$88 resident/\$110 non-resident	

Private Tennis Lessons

Sign up for youth and adult private lessons to get focused attention and improve your skills. To set up a private lesson email Gonzo at privates@gonzotennis.com



Adult Tennis – Ages 16 & up

Adult clinics introduce the basic tennis strokes to beginners and improve skills for intermediate players. Appropriate games for different levels improve your stroke technique and consistency.

Adult Beginner:

Session 1	Session 2	212605
Apr 9-30	May 7-28	Tue, 9-10:30am
Apr 10-May 1	May 8-29	Wed 5:30-7pm

Adult Intermediate:

Session 1	Session 2	212615
Apr 9-30	May 7-28	Tue 10:30am-12pm
Apr 10-May 1	May 10-31	Fri 5:30-7pm
Fee:	\$66 resident/\$82.50 non-resident	

Beginner w/Gonzo:

Session 1	Session 2	212605.G
Apr 12-May 3	May 10-31	Fri, 9-10:30am

Intermediate w/Gonzo:

Session 1	Session 2	212615.G
Apr 12-May 3	May 10-31	Fri, 10:30am-12pm
Fee:	\$78 resident/\$97.50 non-resident	

Adult Drop-in Basketball

Come play basketball with other adults. Admission fees apply.

18 & up: **Mon-Fri beginning at 11:30am**
Sun beginning at 8am

Location: Longmont Recreation Center, 310 Quail Rd

18 & up: **Tue & Thurs, 11:30am-2:30pm**

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Adult Drop-in Volleyball

Come play volleyball with other adults. Admission fees apply.

18 & up: **Fri, 8am-12pm & 7-10pm**

Location: Longmont Recreation Center, 310 Quail Rd

Senior Drop-in Volleyball

All levels of players are welcome! You don't have to be a great player or in shape to play. Enjoy the camaraderie of other volleyball enthusiasts and get some exercise too. This is an on-going activity.

55 & up: **Aug 17- Mar 22, Fri 12:30-2:30pm**

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Fee: \$2 or Senior Activity Card



New! Drop-in Table Tennis

Longmont Recreation Services, in partnership with the Longmont Table Tennis Club, is excited to offer drop-in table tennis for all. Bring your own table tennis bat (paddle) and be ready for some fun competition. All levels of play are welcome. Admission fees apply. **No play on 12/24 & 12/31.*

Youth Clinic: 1st Monday of each month

8-17 yrs: **Mon, 7-8pm** regular admission fees

Adult Clinic: 3rd Monday of each month

16 & up: **Mon, 7-8pm** regular admission fees

Drop-In Open Play: Mondays, 7-10pm

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

ADULT SPORTS LEAGUES

Sign-up as a free agent! Free agents are individuals who don't have a team, but want to play in an adult sports league. Free agents are combined to form a team(s). ***Split payment Option** – Pay half the registration fee when you sign up and the rest of the fee later in the season. Split payment option adds \$10 to league pricing. **Early Bird Discount** – pay early and get a discount, look for before and after dates listed in the description.

Winter & Spring Basketball

League offered in Men's Recreational and Leisure. Registration packets are available at Recreation facilities or online. Winter registration is Nov 5-Jan 6; spring registration is Mar 4-31.

18 yrs & up: **Wednesday Recreation League**

Winter Dates: Wed, Jan 9-Mar 20, 10 games

Spring Dates: Wed, Apr 3-May 29, 8 games

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

18 yrs & up: **Thursday Leisure League**

Winter Dates: Thurs, Jan 10-Mar 21, 10 games

Spring Dates: Thurs, Apr 4-May 30, 8 games

Location: Longmont Recreation Center, 310 Quail Rd

Winter Team Fee*: \$495 before 1/6; \$525 after 1/6

Winter Free Agent: \$63 res/\$79 non-res 112311

Spring Team Fee*: \$420 before 3/31; \$450 after 3/31

Spring Free Agent: \$53 res/\$66 non-res 212311

New! Winter Coed Volleyball

Get your dig, bump and spike on! Play in the coed recreational volleyball league (6v6) on Sundays. Registration ends Jan 1.

Teams include up to 10 players

16 & up: **Jan 6-Feb 24, Sunday after 5pm**

Team Fee*: \$275 before 1/1; \$305 after 1/1

Free Agent Fee: \$46 res/\$58 non-res 112324

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Spring & Summer Softball

Men's, women's and coed leagues nightly at newly-improved Garden Acres Park with a postseason tournament. Registration packets available at Recreation facilities or online. Spring registration is Feb 4-Mar 3; Summer registration is Mar 18-Apr 28.

16 & up: Garden Acres Park, 2058 Spencer St

Spring Dates: **Mar 11-Apr 19, 6 games**

Spring Team Fee*: \$368 before 2/18; \$398 after 2/18

Spring Free Agent: \$38 res/\$47 non-res 212323

Summer Dates: **May 6-Aug 9, 10 games**

Summer Team Fee*: \$682 before 4/15; \$712 after 4/15

Summer Free Agent: \$63 res/\$79 non-res 312323



Spring Flag Football

Football isn't just in the fall. Adult 8v8 recreation leagues Tuesday nights. Registration packets available at the Longmont Recreation Center or online from Mar 4-24.

18 & up: Sandstone Ranch Park, 3001 E Hwy 119

Spring Dates: **Apr 2-May 21, Tue, 8 games**

Spring Team Fee*: \$515 before 3/18; \$545 after 3/18

Spring Free Agent: \$50 res/\$63 non-res 212331



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