



## CARA Lacrosse League

A coed team program with an emphasis placed on teamwork, sportsmanship, skill development, participation and FUN! Teams practice 2 hours per week with Saturday games in Longmont and Denver Metro communities beginning Sept 7. Mandatory Equipment: stick, gloves, arm pads, shoulder pads, mouthpiece, protective cup and NOCSAE approved helmet. Rib pads recommended. All equipment shall conform to NFHS rules.

Dates: **Aug 19-Oct 19** Basic Code: 312264  
 Age Groups (as of Aug 19, 2019):  
 6 to 8 years; 8 to 10 years;  
 10 to 12 years; 12 to 14 years  
 Location: Sandstone Ranch Turf Field, 3001 E Hwy 119  
 Fee: \$77 resident/\$96.25 non-resident

## CARA Cross Country

The CARA Cross Country program exposes participants to running long distance in a recreational atmosphere appropriate to age and skill level. Practices are coed and held 2 times per week. Optional meets held on Saturdays and/or Sundays. You must provide a copy of a birth certificate at time of registration (or at first practice if registering over the phone). Bring water bottle to practice.



9-14 yrs: **Aug 26-Oct 6, Mon/Wed, 5-6pm** 412262.MW  
 Fee: \$53 resident/\$66 non-resident  
 Optional additional practice: Fri, 5-6pm 412262.F  
 Fee: \$25 resident/\$31.25 non-resident  
 Location: Sandstone Ranch, 3001 E Hwy 119

## Youth Pickleball Lessons

Pickleball: a combination of badminton, ping pong 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.

10-15 yrs: **Sept 10-Oct 1, Tue, 5:30-6:15pm** 412222.O9  
 Location: Hover Pickleball Courts, 1361 Charles Dr  
 Fee: \$26 resident/\$32.50 non-resident

## Preschool Sports

Come join the FUN! Preschoolers learn the fundamentals and mechanics of ball sports all while meeting friends. Held indoors. The Goal Sports clinic includes soccer, lacrosse and hockey. Wear tennis shoes and bring water.

3-5 yrs: **10:30-11:15am**

<b>Soccer</b>	<b>Tuesday, Oct 1-22</b>	412126.T
	<b>Wednesday, Sept 4-25</b>	412126.W
	<b>Thursday, Oct 3-24</b>	412126.R
<b>Goal Sports</b>	<b>Wednesday, Oct 2-23</b>	412156.W
	<b>*Tuesday, Nov 5-19</b>	412156.T
	<b>*Thursday, Nov 7-21</b>	412156.R
<b>Basketball</b>	<b>Tuesday, Sept 3-24</b>	412106.T
	<b>Thursday, Sept 5-26</b>	412106.R
	<b>*Wednesday, Nov 6-20</b>	412106.W

Location: Longmont Recreation Center, 310 Quail Rd  
 Fee: \$34 resident/\$42.50 non-resident  
 \*Fee Nov classes: \$25.50 resident/\$32 non-resident

## Archery Lessons

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

10-17 yrs: **Sept 3-24 or Oct 1-22, Tuesday**

	<b>Beginner Lessons, 4-5pm</b>	412242.B
	<b>Intermediate Lessons, 5:15-6:15pm</b>	412242.T

Location: St Vrain Archery Club, S of Hwy 119 on WCR 5  
 Fee: \$53 resident/\$66 non-resident

## SOCCER

### K-1st Grade Soccer

An instructional youth soccer program for girls and boys with an emphasis on teamwork, sportsmanship, skill development, participation and FUN! Each participant receives a t-shirt. Games played the last half of Thursday practice.

Grades: **Kindergarten and 1st grade** 412225.K1  
 Days/Dates: **Sept 3-Oct 10, Tues/Thurs**  
 Time: **4:30-5:15pm or 5:15-6pm**  
 Fee: \$47 resident/\$59 non-resident  
 Location: Clark Centennial Park, 1065 Alpine St

### Middle School Intramural Soccer

An intramural soccer program for students attending participating middle schools. Practices start immediately after school 2-3 times per week and last 1-2 hours in length. Teams typically have one game per week, Monday-Friday. Practices and games held at participating schools. For more information, call 303-651-8398.

6th-8th graders: **Aug 26-Oct 18** 412725  
 Fee: \$55

## VOLLEYBALL

### Youth Volleyball League

An organized team participation program emphasizing teamwork, sportsmanship, skill development, participation and FUN! All teams play a 7 game schedule with two hours of practice a week. Registration deadline is Aug 26. Games begin Sept 14.



<b>Sept 3-Oct 26</b>	<b>Grades 3 &amp; 4</b>	412423
	<b>Grades 5 &amp; 6</b>	412425
	<b>Grades 7 &amp; 8</b>	412427
<b>Fee:</b>	\$79 resident/\$99 non-resident	

### CARA Volleyball League

An organized team participation program for girls in High School who DO NOT play on a high school or club volleyball team. Times, dates and location of practice depend upon coach's availability. Teams travel to Denver Metro locations to play 2-4 tournaments on Saturdays. Registration deadline is Aug 25. Tournament games begin Sept 14.

<b>Aug 26-Oct 26</b>	<b>Grades 9-12</b>	412429
<b>Fee:</b>	\$90 resident/\$111 non-resident	

## BASKETBALL

### Youth Basketball: Grades K-2

Longmont's youth basketball programs emphasis teamwork, sportsmanship, skill development, participation and FUN! Each K-2 participant receives a t-shirt and a basketball.

Kindergarten: Instructional, no games

<b>Oct 11-Nov 8, Fri, 4:15-5pm</b>	412201.4
<b>Fee:</b>	\$50 resident/\$62.50 non-resident
<b>Location:</b>	Longmont Recreation Center, 310 Quail Rd

1st & 2nd Grade: Games played the last week.

<b>Oct 7-Nov 6, Mon/Wed, 4:15-5pm</b>	412202.MW
<b>Oct 8-Nov 7, Tue/Thurs, 4:15-5pm</b>	412202.TR
<b>Fee:</b>	\$63 resident/\$79 non-resident
<b>Location:</b>	Longmont Recreation Center, 310 Quail Rd



### Volleyball Tune-up Clinic

A clinic packed with dynamic skills and drills designed to teach and enhance volleyball fundamentals and increase game knowledge and player confidence. All abilities welcome. A great warm-up for fall volleyball league.

<b>Grades 3 &amp; 4</b>	<b>Sept 7, Sat, 9-10am</b>	412298.1
<b>Fee:</b>	\$12 resident/\$15 non-resident	
<b>Grades 5 &amp; 6</b>	<b>Sept 7, Sat, 10:15-11:45am</b>	412298.2
<b>Grades 7 &amp; 8</b>	<b>Sept 7, Sat, 12-1:30pm</b>	412298.3
<b>Fee:</b>	\$19 resident/\$23.75 non-resident	
<b>Location:</b>	Longmont Recreation Center, 310 Quail Rd	

## WINTER BREAK CAMPS

### 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.

<b>Dates/Days:</b>	<b>Jan 2 &amp; 3, Thurs &amp; Fri</b>	
<b>6th-8th Grade</b>	<b>9am-12pm</b>	112296.MS
<b>High School</b>	<b>1-4pm</b>	112296.HS
<b>Location:</b>	Longmont Recreation Center, 310 Quail Rd	
<b>Fee:</b>	\$44 resident/\$55 non-resident	

### Basketball Winter Break Camp

Teaching ball handling (dribbling) and shooting fundamentals this camp is a great way to build confidence and ability. Camp includes 3 v 3 fun games and drills. All levels of play welcome.

<b>8-12 yrs:</b>	<b>Jan 2 &amp; 3, Thurs &amp; Fri, 9am-12pm</b>	112291.H
<b>Instructor:</b>	Jorsua Chambers, Legends Youth Athletics	
<b>Location:</b>	St Vrain Memorial Building, 700 Longs Peak Ave	
<b>Fee:</b>	\$65 resident/\$81.25 non-resident	

### Youth Basketball Leagues: Grades 3-12

Practice two hours per week at local schools, dependent upon coaches' availability. Grades 3-8 play Saturday games in Longmont or surrounding towns. High School league is for players who DO NOT play on a high school or club team. HS games are played Sundays. Includes basketball, Jr Nuggets reversible branded jersey, and 2 tickets to a Denver Nuggets game. If you would like to volunteer coach, please call 303-651-8398.

<b>Dates:</b>	<b>Jan 6-Feb 29, games begin Jan 18/Jan 19</b>		
<b>Boys</b>		<b>Girls</b>	
3rd Grade	112003	3rd Grade	112013
4th Grade	112004	4th Grade	112014
5th Grade	112005	5th Grade	112015
6th Grade	112006	6th Grade	112016
7th Grade	112007	7-8th Grade	112017
8th Grade	112008		
9-12th Grade	112012	9-12th Grade	112011
<b>Fee:</b>	\$95 resident/\$119 non-resident		

## New! TENNIS LESSONS

The City of Longmont is pleased to announce that we have joined with Gonzo Tennis to offer tennis lessons to persons of all ages.

Gonzo Tennis was founded in 2004 by Gonzalo Garcia with the idea of bringing quality tennis programs to the Boulder Community. Since then, the tennis program has seen substantial positive growth in the area. Gonzo tennis is devoted to fostering the development of players from 4 years of age and up and giving them the opportunity to discover even more about this truly international and life-long sport. It's all about Tennis! [www.gonzotennis.com](http://www.gonzotennis.com). For inclement weather and cancelation information 303-441-3410.

Fall Session: August 24-October 21 (no lessons 9/2)  
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:	<b>MINI Gonzos, 4-4:30pm</b>	412600
Fee:	\$44 resident/\$55 non-resident	
6-7 yrs:	<b>TINY Gonzos, 4:30-5:15pm</b>	412601
Fee:	\$66 resident/\$82.50 non-resident	
8-10 yrs:	<b>MIGHTY Gonzos, 5:15-6:15pm</b>	412602
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 Gonzo to register for intermediate courses.

<b>Beginner:</b>	<b>Mon or Thurs, 5:30-6:30pm</b>	412603
<b>Intermediate:</b>	<b>Mon or Thurs, 6:30-7:30pm</b>	412613
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](mailto:privates@gonzotennis.com)

### Adult Tennis – Ages 16 +

Adult Clinics will introduce all 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:	Ssn 1   Ssn 2	412605
	<b>Aug 27-Sept 17   Sept 24-Oct 15, Tue, 9-10:30am</b>	
	<b>Aug 28-Sept 18   Sept 25-Oct 16, Wed, 5:30-7pm</b>	
Adult Intermediate:	Ssn 1   Ssn 2	412615
	<b>Aug 27-Sept 17   Sept 24-Oct 15, Tue, 10:30am-12pm</b>	
	<b>Aug 28-Sept 18   Sept 25-Oct 16, Wed, 6:30-8pm</b>	
Fee:	\$66 resident/\$82.50 non-resident	
Beginner w/Gonzo:	Ssn 1   Ssn 2	412605.G
	<b>Aug 30-Sept 20   Sept 27-Oct 18, Fri, 9-10:30am</b>	
Intermediate w/Gonzo:	Ssn 1   Ssn 2	412615.G
	<b>Aug 30-Sept 20   Sept 27-Oct 18, Fri, 10:30am-12pm</b>	
Fee:	\$78 resident/\$97.50 non-resident	

## FENCING



### Youth Fencing Lessons

Learn to Fence! A lively class with simple instruction introduces you to footwork and blad work, as well as the history and terminology used in this exciting sport. Each class builds on the skills learned in the previous class. The progressive class is for those who have taken the beginner class. All fencing equipment provided. \*Note date change from printed brochure.

7-16 yrs:	<b>Wednesday</b>	
<b>Beginner:</b>	<b>Sept 4-Oct 9, 6-7pm</b>	412252.1
	<b>Oct 16-Nov 20*, 6-7pm</b>	412252.11
Fee:	\$120 resident/\$150 non-resident	
<b>Progressive:</b>	<b>Oct 16-Nov 20*, 7-8:30pm</b>	412252.22
Fee:	\$169 resident/\$211 non-resident	
Instructor:	Denver Fencing Academy	
Location:	St Vrain Memorial Bldg, 700 Longs Peak Ave	