

WINTER/SPRING 2020

RECREATION & GOLF SERVICES



Photo by: John L. Scott

**SEE
INSIDE**

**Yoga Schedule/Event Calendar Pull Out
Facility Rental Information
Benefits of Seasonal Jobs with Recreation**



**CITY OF
Longmont**
Recreation &
Golf Services

A Message *FROM* Our Manager

Welcome to Longmont Recreation & Golf Services! Thank you for picking up this brochure.

Our mission: to build community through evolving, affordable recreation and leisure opportunities which encourage wellbeing and enhance the quality of life. Within these pages you will find information about the facilities, programs, and events that Longmont Recreation & Golf Services and other city departments offer to do just that.

There are many ways to enjoy a healthy lifestyle and variety can be a valuable way to keep momentum going throughout the year. To help you create healthy habits, look for January personal training fitness specials and the seasonal amenity of skating options at the Longmont Ice Pavilion through mid-March. To check out a new fitness class or take the plunge into lap swimming, consider starting out with a 20 visit pass. The 20 visits can be shared, used at all recreation facilities, and have a lifespan of 5 years. As you find yourself returning 3 or more times a week, save money by purchasing a quarterly or annual pass.

I hope the combination of programs and amenities offered motivate you to pursue your own personal physical, mental and social wellbeing. Go through the pages to see what we have to offer and find the program, event, or facility that is right for you. See you out there!

Jeff Friesmer, Recreation & Golf Manager



Quick Reference Guide

3 Easy Ways Connect with Recreation

Questions? Registrations? Reservations?



ONLINE

- RecSupport@LongmontColorado.gov
- Home Page: www.LongmontColorado.gov/rec
- Program Registrations: rec.ci.longmont.co.us
- Park Shelter Reservations: www.LongmontColorado.gov/park-shelters



IN PERSON

- Longmont Recreation Center, 310 Quail Rd
- St Vrain Memorial Building, 700 Longs Peak Ave
- Centennial Pool, 1201 Alpine St



OVER THE PHONE

See more phone numbers inside on page 3 in the City Info Section

- General Class Registrations: 303-651-8404
- Aquatic/Swim Lesson Registrations: 303-774-4800
- Longmont Recreation Center Facility Questions: 303-774-4800
- Park Shelter Reservations: 303-651-8404
- Athletics/Sports League Registrations: 303-774-4800
- Facility Reservation Information: 303-651-8404
- Birthday Parties: 303-651-8404



IMPORTANT INFORMATION

- Full payment is due at registration.
- \$5 minimum service charge assessed for cancellations. Cancellations requested with less than 7 days notice are subject to no refund or loss of a percentage of fees paid.
- Sorry, refunds cannot be given in cash. A check will be issued and mailed within 2 weeks.
- \$25 charge on all returned checks.
- A resident is defined as living within the City limits of Longmont and having utilities (trash service) provided by the City of Longmont.
- Classes may be cancelled or consolidated if minimum enrollment figures are not met 3 business days before a class starts. Participants will be contacted.

FACILITY FEES

Admittance Fees

(All fees are subject to change. Resident is defined as within Longmont city limits.)

DROP-IN VISIT

(per person)	Resident	Non-Resident
Child 2-10 years	\$4.50	\$5.50
Youth 11-17 years	\$5.00	\$5.75
Adult 18-54 years	\$5.75	\$7.25
Senior 55 and up	\$5.00	\$5.75

Drop-In Visit fees are good for all day, same day use, same user with receipt.

20 VISIT PASS

Valid at all facilities - Expires 5 years from date of purchase.

	Resident	Non-Res	Corp/Mil
All ages	\$86.75	\$108.00	\$78.00

20 visit passes may be shared with friends and family. Please present card when checking in.

ANNUAL*

All facilities included. Expires 1 year from date of purchase

	Resident	Non-Res	Corp/Mil
Child 2-10 years	\$165.00	\$206.00	na
Youth 11-17 years	\$236.00	\$295.00	na
Adult 18-54 years	\$414.00	\$517.50	\$313.00
Senior 55 and up	\$236.00	\$295.00	\$189.00
Household	\$779.00	\$973.00	\$696.00
Couple	\$686.00	\$857.50	\$603.00

Annual pass purchases include 2 free visits for individual passes, 4 for couple passes, and 6 for household passes. Free visits expire after 1 year.

QUARTERLY*

Valid at all facilities. Expires after 3 months.

	Resident	Non-Res	Corp/Mil
Child 2-10 years	\$47.50	\$59.50	na
Youth 11-17 years	\$68.00	\$85.00	na
Adult 18-54 years	\$119.00	\$149.00	\$95.00
Senior 55 and up	\$68.00	\$85.00	\$54.50
Household	\$224.00	\$280.00	\$200.00
Couple	\$197.00	\$246.50	\$173.00

MONTHLY AUTO DEBIT PASS*

Valid at all facilities. Monthly credit card charge or checking/savings account debit on the 10th of the month. Minimum commitment 12 months required.

	Resident	Non-Res	Corp/Mil
Child 2-10 years	\$17.00	\$21.50	na
Youth 11-17 years	\$24.00	\$30.00	na
Adult 18-54 years	\$42.00	\$52.50	\$36.00
Senior 55 and up	\$24.00	\$30.00	\$21.00
Household	\$79.00	\$98.75	\$73.00
Couple	\$70.00	\$87.50	\$64.00

Forms to cancel auto debit must be received by the 25th of the month prior to stopping; no proration. Any overdraft fees responsibility of card-holder.

***Extended Pass Benefits** The benefits of Annual, Quarterly, and Monthly autodebit passes: Admittance to all indoor year round facilities. Admittance to seasonal outdoor facilities (Ice Pavilion, Sunset Pool, Kanemoto & Roosevelt Activity Pools).

Free towels at LRC and the St Vrain Memorial Building. Free Babysitting at LRC for Family Passholders.

†**Household pass:** The household rate is for 2 adults and their children (22 & under) living at home.

PRESCHEDULED GROUP RATE* (10+ people)

A reduced rate for groups of 10 or more is available at the Longmont Recreation Center, 303-774-4800, Sunset Pool, 303-651-8300 and Centennial Pool, 303-651-8406. The prescheduled group rate pricing at the Longmont Ice Pavilion, 303-774-4777, is a discount of \$1 off the regular rate. A name, phone number and number of people expected is required to pre-schedule at a facility. 24 hr notice required.

	Resident	Non-Resident
Child/Youth 2-17 yrs	\$4.25	\$5.25
Adult 18-54 years	\$5.25	\$6.75
Senior 55 and up	\$4.25	\$5.25

ICE RINK GENERAL ADMISSION

	Resident	Non-Resident
Child 2-5 years	\$5.50	\$6.75
Youth 6-17 years	\$6.00	\$7.50
Adult 18-54 years	\$6.50	\$8.00
Senior 55 and up	\$6.00	\$7.50

Skate Rental \$3.50
Skate Rental Passes \$30.00/10 rentals & \$40.00/20 rentals

20 Visit Pass w/Skate Rental \$122.50 \$143.00

Skate Sharpening - \$6 radius-of-hollow; \$10 flat-bottom v

Note: annual and quarterly passes do not include free skate rental.

ICE RINK SKATING PASSES

Valid mid-November through mid-March, dependent upon weather.

	Resident	Non-Resident
Child 2-5 years	\$49.50	\$62.00
Youth 6-17 years	\$68.50	\$85.50
Adult 18-54 years	\$119.00	\$148.75
Senior 55 and up	\$68.50	\$85.50
Family	\$224.00	\$280.00
Couple	\$197.50	\$247.00

Ice Pass includes free Skate Rental

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Follow us on Facebook!

www.facebook.com/longmontrecreation

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



LONGMONT CIVIC CENTER

350 Kimbark | 303-776-6050

Hours of Operation:

Monday 8am-5pm | Tuesday 7:45am-6pm
Wednesday 8am-5pm | Thursday 7:45am-6pm
Friday 8am-5pm | Closed Saturday and Sunday

Holidays: CLOSED December 25, January 1,
January 20, February 17, and May 25

CITY COUNCIL

There are a variety of ways to contact city council members:

- City council meetings, every Tuesday at 7 pm
- Coffee with Council, one Saturday of every month Jan-Oct
- Mail c/o City Clerk's Office, 350 Kimbark St. 80501
- Public events, including Cinco de Mayo and Rhythm on the River
- Email and phone

MAYOR

Brian Bagley

Term expires 11/2021

brian.bagley@longmontcolorado.gov

303-651-8602

MAYOR PRO TEM & AT-LARGE

Aren Rodriguez

Term expires 11/2021

aren.rodriguez@longmontcolorado.gov

303-774-3615

Ward I

Tim Waters

Term expires 11/2023

tim.waters@longmontcolorado.gov

303-774-3614

WARD II

Marcia Martin

Term expires 11/2021

marcia.martin@longmontcolorado.gov

303-774-3617

WARD III

Susan Hidalgo-Fahring

Term expires 11/2023

susan.hidalgofahring@longmontcolorado.gov

303-774-3612

AT-LARGE

Polly Christensen

Term expires 11/2021

polly.christensen@longmontcolorado.gov

720-606-3665

AT-LARGE

Joan Peck

Term expires 11/2023

joan.peck@longmontcolorado.gov

303-774-3619

GOLF ADVISORY BOARD

Earl Ingalls Fred Schulerud Matt Toepfer
Shannon Wheeler Bill Yetzer
Tim Waters, *City Council Liaison*

MUSEUM ADVISORY BOARD

Eve Lacey (Chair) Kristina Carlson Rhea Moriarity
Brandy Coons Dale Bernard Amber Shipco
Brydon Cooke Kristyle Solomon Ellen Ranson
Susan Hidalgo-Fahring *City Council Liaison*

PARKS & RECREATION ADVISORY BOARD

Sue Ahlberg Doug Gollhofer Paige Lewis
Dan Ohlsen Robert Pudim Justin Mack
Katja Stokley Joan Peck, *City Council Liaison*

SENIOR SERVICES ADVISORY BOARD

Wilma Cocannouer Michelle Cregut Juana Mendoza
Jeanine Tarrant Jack Belchinsky Susan Alling Art Quintana
Sara Beery Marcia Martin, *City Council Liaison*

CALLAHAN HOUSE ADVISORY BOARD

Candis Schey Janet Pearson
Amy Thornhill Karen Kruse Shirley Noreen
Anne Thompson Kathy Korpela, *Staff Liaison*

TAKE YOUR PLACE ON A CITY BOARD OR COMMISSION!

What is your passion? Preserving history? Programs for senior citizens? Longmont's beautiful parks and open spaces? Ensuring that community services are available to everyone?

If you have a desire to serve your community and participate in the deliberation of topics of importance to the city, consider serving on a volunteer advisory board. Applicants must be registered voters and residents of Longmont for at least one year prior to serving.

It's easy to apply! Visit the City's website at bit.ly/longmontapp
Questions? Call the City Clerk's Office at 303-651-8649.



Join Coffee with Council in 2020

The public is invited to Coffee with Council January through October, at locations throughout Longmont. Find locations online at LongmontColorado.gov

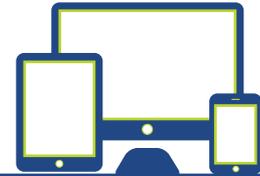
Jan 25, Feb 29, Mar 28, Apr 25, May 30 | Saturday, 9-10am

For information about city council meetings and agendas, visit www.LongmontColorado.gov or call the City Clerk's Office at 303-651-8649.



LONGMONT PHONE NUMBERS

General Information	303-776-6050
Animal Control	303-651-8500
Building Inspection	303-651-8332
CDBG / Affordable Housing	303-651-8736
Centennial Pool	303-651-8406
Children, Youth and Families	303-651-8580
City Clerk's Office	303-651-8649
City Manager / Mayor	303-651-8601
Code Enforcement	303-651-8695
Community & Neighborhood Resources	303-651-8444
Economic Development	303-651-8330
Electric Power Interruption	303-776-0011
Facility Rental Hotline	303-651-8443
Fire Administration	303-651-8437
Forestry	303-651-8416
Hearing Impaired TTD#	800-659-3656
Longmont Museum & Stewart Auditorium	303-651-8374
Longmont PD/BCSO Firing Range & Training Center	303-774-4587
or	303-774-4589
Longmont Power & Communications (electric and NextLight)	303-651-8386
Longmont Public Library	303-651-8470
Longmont Recreation	303-651-8404
Municipal Court	303-651-8688
Parking Enforcement	303-651-8658
or	303-774-4724
Parks, Open Space & Trails	303-651-8416
Police Administration	303-651-8555
Public Works Engineering	303-651-8304
Senior Center	303-651-8411
Streets & Traffic	303-651-8416
Sunset Pool (Seasonal)	303-651-8300
Sunset Golf Course	303-651-8466
Trash/Recycling/Composting	303-651-8416
Twin Peaks Golf Course	303-651-8401
Union Reservoir	303-772-1265
Ute Creek Golf Course	303-774-4342
Utility Billing	303-651-8664
Water/Sewer/Storm Drainage	303-651-8416



LONGMONT ONLINE

Home Page:

www.LongmontColorado.gov

Link2Longmont:

www.LongmontColorado.gov/Link2Longmont

Twitter:

www.twitter.com/cityoflongmont

City Line:

www.LongmontColorado.gov/cityline

Engage:

<https://engage.longmontcolorado.gov>

Facebook:

www.facebook.com/cityoflongmontco

YouTube:

www.youtube.com/user/cityoflongmont

Flickr:

www.flickr.com/photos/longmontcolorado

Instagram:

www.instagram.com/longmontcolorado

LOCAL SERVICE PROVIDERS

The City of Longmont Recreation staff strives to provide a broad spectrum of recreation and leisure opportunities for a wide range of ages, interests and abilities.

However, we also acknowledge that not every recreational interest is addressed in our program line up. With this in mind, we would encourage you to contact one or more of the other local providers that provide quality programs in the Longmont community.

A list of local service providers is available online at LongmontColorado.gov/rec on the athletics page.

Every effort is made to provide accurate information. If you are a local service provider and would like to have your information included on the list, please send your information to RecSupport@LongmontColorado.gov.

City of Longmont is
COMMITTED to **SUPPORTING**
PEOPLE of **ALL ABILITIES** in **RECREATION**
through both **SPECIALIZED** and **INCLUSIVE PROGRAMS.**

We strive to exceed the requirements set forth in the Americans with Disabilities Act and to create a welcoming and supportive community.

If you require an accommodation, please notify us at least two weeks in advance. For more information and/or to request accommodation go to <https://www.longmontcolorado.gov/ada> or contact the City ADA coordinator, Joanne Zeas, at 303-651-8605 or joanne.zeas@longmontcolorado.gov.



VOLUNTEERS MAKE IT POSSIBLE

Divisions and departments across the City rely on the support of volunteers for a variety of projects and programs. Winter and spring months have programs and events large and small. From volunteer coaches in youth basketball and SCOPE sports, to volunteers helping youth programming at Sandstone Ranch Visitors & Learning Center, to helping out at the Underwater Easter Egg Hunt, we depend on YOU to help create this fantastic community in which to live!

If you are interested in contributing to our Longmont community and making Longmont the best it can be, visit our volunteer pages online at longmontcolorado.gov/community/volunteer-opportunities.

EVERYONE COUNTS IN LONGMONT!

**The Census is coming March 2020
IT'S VITAL TO OUR COMMUNITY!**

In Longmont, we receive almost \$1,500 per person per year in federal funding based on our Census count. For every person who isn't counted, we lose about \$15,000 over the next decade.

TODOS CUENTAN EN LONGMONT!

**El censo llegará en marzo del 2020
¡ES VITAL PARA NUESTRA COMUNIDAD!**

En Longmont, recibimos casi \$1,500 por persona por año en fondos federales basados en nuestro recuento del censo. Por cada persona que no se cuenta, perdemos alrededor de \$15,000 en la próxima década.

Participating in the U.S. Census is SAFE.

Your information is protected by law and confidentiality is guaranteed.

It's easy and it's YOUR CHOICE how you would like to respond.

You will have the option of responding online, by mail, or by phone.

There's HELP if you need it.

The City of Longmont will be partnering with the Census Bureau and Boulder County to provide assistance to those who need help responding. Information regarding assistance centers and other resources will be available as Census Day approaches.



Es SEGURO participar en el censo en los EE. UU.

Su información está protegida por ley y se garantiza la confidencialidad.

Es fácil y es SU ELECCIÓN cómo le gustaría responder.

Usted tendrá la opción de responder por la red de internet, por correo o por teléfono.

Hay AYUDA si la necesita.

La Ciudad de Longmont se asociará con la Oficina del Censo y el Condado de Boulder para brindar asistencia a aquellos que necesitan ayuda para responder. La información sobre los centros de asistencia y otros recursos estará disponible a medida que se aproxime el Día del Censo.



Photo credit: Julie Perry Nelson

SANDSTONE RANCH VISITORS & LEARNING CENTER
3001 Sandstone Drive | Longmont, CO 80504 | 303-651-8404

Visitors Center Hours:

Mondays 9am to noon, May 4 through Aug 31
Saturdays 10am-2pm, 2nd & 4th Saturdays, May 9 through Aug 31

No pets allowed at the center or on trails due to wildlife.



Volunteers Needed for Spring Field Trip Program.

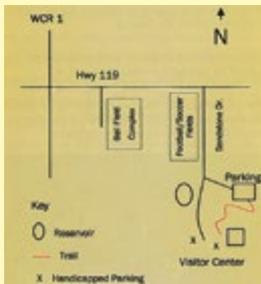
Seeking volunteers for Tue and/or Thurs in April and/or May for outdoor environmental 2nd grade level field trips. For more information, contact Robin at Robin.Boden@longmontcolorado.gov

Sandstone Ranch Group Tours Nature, explore, and more!

Classes, organizations, families.... Call 303-774-4694 to schedule. 1Hr: \$3/person 2Hr: \$4/person

How to Get to Sandstone Ranch Visitors Center

Sandstone Ranch Visitors Center is located just east of Longmont on Highway 119. The turn-off for the District Park and Visitors Center is one mile east of the Intersection of Highway 119 and Weld County Road 1. Drive south on Sandstone Drive (next to the football and soccer fields) and follow the directional signs to the Visitors Center/ Trailhead parking lot. Follow the walking trail down to the Visitors Center. Handicapped parking is available in front of the Visitors Center



Discover a treasure of nature & history, just outside your door.

The Visitors Center includes hands-on displays on environmental features of the area, as well as history of the Coffin family who homesteaded the site, and other early Longmont history. There is no admission fee to the Visitors Center. A nature trail from the Visitors Center takes you past several historical buildings, near the sandstone bluffs, and includes a scenic overlook.

PROGRAMS AT SANDSTONE RANCH

The following workshops and programs have limited seating. Pre-registration for each person attending is encouraged either online at LongmontColorado.gov/rec or by calling 303-651-8404 a week in advance. Suggested donations, \$2 per child and \$4 per adult, are collected at the event unless otherwise noted.

All About Owls

Do you know Whooo lives in the Sandstone area & where you might find them? Come learn what makes owls different than other birds and raptors, from their feathers & eyes, to their talons and digestion. Weather permitting, head outdoors onto the trail after the lecture to see signs of owls here at Sandstone. (No live owls at lecture.)

Feb 22, Sat, 10:30am-12pm or 12:30-2pm 106103

History Tours

Come for a 90 min guided walking tour inside and (weather permitting) outside the Historical Coffin Family Home. Learn about Morse Coffin and what life was like in the 1800s, about his wife and children, about the major renovation to the house in the 1900s, and about all that Sandstone Ranch offers our community now. All ages welcome.

Mar 28, Sat, 10:30am or 12:30pm 206403

Amazing Astronomy

Come for an indoor, informative beginners astronomy lecture then, weather permitting, head outdoors to view the night skies. Presented by the Longmont Astronomical Society. All ages welcome. Dress for the weather.



Mar 27, Fri, 6:30-8:30pm 206401

The Bees Needs

Did you know Colorado is home to over 950 species of bees? Learn more about some of the more common bees as well as how to attract and feed the bees in your backyard. Beth Conrey is co-founder of People and Pollinators Action Network and owner of Bee Squared Apiaries and tends the hives at the Ranch.



Apr 11, Sat, 10:30am-12pm 206406

Volunteer Opportunities Social

Do you like nature, Longmont history, wildlife, people, crafting with kids, or being out at Sandstone Ranch? If so, we would like to invite you to join us for fruit & bagels while we talk about volunteer opportunities here at Sandstone Ranch. **If you can't make it but would like to talk about volunteering, contact Robin at 303-774-4692.

Mar 28, Sat, 8:30-10am 206703

Beginning Bird Watching

Learn the basics about bird watching: from how to use binoculars more efficiently, tips on identifying birds, to the most common ones you might find at Sandstone. Start indoors and end with a walk around part of our loop trail. Dress for the weather. Bring binoculars if you have them. This workshop is best suited for adults and children 10 and up.

May 9, Sat, 10:30am-12pm 206205



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

Hours of Operation:
Mon-Thurs 5am-10pm | Fri 5am-9pm | Sat & Sun 7am-6pm

Holiday Hours: Nov 29: 7am-11am
Dec 24 & 31: 5am-3pm
Dec 25 & Jan 1: Closed
Apr 12: 12pm-4pm



Pool hours

Lap Pool/Hot Tub:

Mon-Thurs 5:00am - 9:30pm
Fri 5:00am - 8:30pm
Sat/Sun 7:00am - 5:30pm

Leisure Pool:

Mon-Thurs* 9:00am-9:30pm
Fri 9:00am-8:30pm
Sat 9:00am - 5:30pm
Sun 11:00am - 5:30pm
Slides Open 11am-9:30pm M/W/F;
11am-4pm & 7-9:30pm T/Th;
11am-5:30pm Sat/Sun

*No slides/water features on during swim lessons and some fitness classes. Current pool schedules are posted online.

Babysitting Information

Parent/guardian must be in the facility.

Ages: 6 mo - 7 yrs.

Mon-Wed 8:15am-1:15pm
Thurs-Fri 8:15am-2:45pm
Mon-Fri 4:00pm-7:00pm
Saturday 8:00am-12:00pm
Sunday 8:30am-1:00pm

Hours subject to change.

Rates: \$3/hr Min 1 hour, Max 2 hrs
\$60 for 20 hour passcard. Included w/
Family Annual, Quarterly and Monthly
Passes.

Climbing Wall

Mon-Fri 4:00pm-8:30pm
Sat/Sun 10:00am-4:00pm
School Out Hours 12:00-8:00pm

Participants must sign a waiver. Parents must be present for youth under 8 years old. Closed toed shoes and dry body and hair are required.

Zumba® Party

Jan 1, Wed, 1-2:30pm at the Longmont Recreation Center, 310 Quail Rd. Come **JOIN the Party! Doors open at 12:40pm.**
Fee: \$5, no passes accepted during this special fitness event. No general use of facility available.



Voted Best Workout Place in Longmont 2018 & 2019!

A one-stop recreation facility offering:

- ✓ Running track (11 1/2 laps = 1 mile)
- ✓ Weight room with free weights and selectorized machines
- ✓ Cardio equipment and aerobics room
- ✓ Multi-court gymnasium
- ✓ Climbing wall
- ✓ Wifi
- ✓ Classroom/Party room
- ✓ Lap Pool (6 lanes, 25 yards)
- ✓ Leisure Pool with waterslides, lazy river, and interactive play features
- ✓ Babysitting services
- ✓ Steam and dry sauna, spa

Only authorized City of Longmont Recreation staff are permitted to train, coach or consult others in City facilities. If interested in using City facilities for this purpose, please get details at the front desk.



Sports Drop-In Hours at the Longmont Recreation Center:

- Volleyball** Tue, 9am-12pm
Fri, 7am-1pm & 7pm-9pm
- Basketball** Mon-Fri 11:30am-1:30pm
& Sun 7am-10am
Women Only: Wed 7pm-9pm
- Pickleball** Mon-Thurs, Seniors Only, 2pm-4pm
& M/W/F 7am-9am & Sun 1pm-3pm
All ages: maximum 2 courts

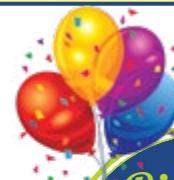


No School Fun Days at the LRC

Enjoy a day of activities including swimming, gym time, climbing wall, and crafts. Bring snacks, a lunch, swimsuit, towel, and gym shoes. Babysitting provided before program starts if needed for additional fee.
7-12 yrs: **9am-4pm**

Dec 20 Fri; Jan 2 Thurs; Jan 3 Fri; Jan 20 Mon	116229
Feb 14 Fri; Feb 17 Mon	116229
Apr 27 Mon	216229

Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$40 resident/\$50 non-resident



Birthday Party Packages available!
see insert

MEMORIAL BUILDING



ST. VRAIN MEMORIAL BUILDING

700 Longs Peak Ave | 303-651-8404

Building/Weight Room Hours

Monday-Friday 6:00 am - 8:00 pm

Saturday 7:00 am - 5:00 pm

Holiday Hours: Dec 24 & 31: close at 3pm

Closed Dec 25 & Jan 1, May 25



Memorial Building Rental Fees

For Rental Availability Call 303-651-8404

Gymnasium Rental: \$60/hr

After Hours Supervisor: \$20/hr

Table and Chairs are additional.

Rental deposit may be required.



Birthday Party
Packages available! see insert

Recreation in the heart of the Longmont:

- ✓ Weight room with free weights, selectorized machines, and cardio equipment
 - ✓ Feature court gymnasium
 - ✓ Aerobics/Wellness room
 - ✓ Classroom/Party and Conference room
 - ✓ Season access to Longmont Ice Pavilion & Roosevelt Activity Pool
 - ✓ Adjacent to Roosevelt Park walking loop
 - ✓ Towel Service available; free for extended pass holders, \$1 all others
- ✓ **New!** TRX classes

A quieter, more intimate setting for your workout, to take a class, or to learn a new skill. Much of the same equipment as a large workout gym with none of the pretention or crowd. Offering a wide variety of fitness and general variety classes for little tykes to active older adults. Friendly and professional staff and great patrons make it a comfortable community atmosphere. Clean, quality amenities make it worth returning again and again.

Itty Bitty City **New Toys!**

Snow or Shine, our toys are divine!
Kids ages 6 months to 5 years have lots of room to run and play in the gym!
Parents must supervise their children.
Please, no older children.
No fee for babies less than 6 months old.

Ages: 6 months to 5 years with a parent
Dates: **Jan 10-May 15, Fridays, 9-11am**
Location: St Vrain Memorial Building
Fee: \$3 per child; 10 visit pass \$24



Drop-In Table Tennis

Engage with the Olympic sport of table tennis. Free instructional clinics on select Mondays teaches rules, technique, and strategy in a group setting; all experience levels welcome. The Clinic instructor is David Vollmar, one of the top players in the state of Colorado with over 40 years of experience. Bring your own paddle.

Open Play: Mondays through Dec 30, 7-10pm

Clinics: **1st & 3rd Monday of each month, 7-8pm**

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Fee: Regular facility admission fees.

Passes are accepted.

New! Drop-in Floor Hockey

Get a great workout while having a blast with new friends. Equipment provided. No experience necessary. Admission fees apply.

18 & up: Wed, 6:30-8pm

Location: St Vrain Memorial Bldg,
700 Longs Peak Ave



Strider Glider Wednesday

Looking for a safe, comfortable, and contained space for your child to use their strider glider? Join us on select Wednesdays for parent/child time in the gym to stride away along our fun courses! A limited number of loaner striders are available.

2-5 yrs: **Wed, 9:30-10:30am**

Dec 11, Jan 8, Feb 12,	145450
Mar 11, Apr 10	245450

Location: St Vrain Memorial Bldg,
700 Longs Peak Ave

Daily Fee: \$6 per child
Register keyword "strider"

HISTORIC CALLAHAN HOUSE



HISTORIC CALLAHAN HOUSE
312 Terry Street | 303-776-5191

Historic Victorian Home and Garden setting suitable for a wide array of personal and professional events and gatherings.

The Callahan House offers an individualized event experience customized with the historic house and garden in mind. Your event is one-of-a-kind and we treat it like our very own! Contact House Manager Kathy Korpela today for more information.

Kathy.Korpela@LongmontColorado.gov
Leave message or email



Enjoy the *Gracious Elegance* of a *Charming Victorian* setting for...

- Weddings and Receptions
- Rehearsal Dinners
- Showers
- Sunday Brunches
- Corporate events
- Open Houses
- Parties
- Retreats
- Recitals
- Holiday gatherings
- Luncheons
- Club Meetings
- Business Meetings
- Memorials

Callahan Spring Open House
May 16, Sat, 4-8pm

GOLF



303-651-8466
1900 Longs Peak Ave.

303-651-8401
1200 Cornell Drive

303-774-4342
2000 Ute Creek Drive

Book your Tee Time
online at www.golflongmont.com

Get the best golf discounts online



Like us on Facebook!
GolfLongmont



Like us on Twitter!
@GolfLongmont

Senior Days

Each City golf course offers a special day just for Seniors! Rates include green fee and golf car rental.

Mondays at Twin Peaks	18 holes \$26; 9 holes \$16
Tuesdays at Sunset	18 holes \$18; 9 holes \$12
Wednesdays at Ute Creek	18 holes \$32; 9 holes \$19

Associations, Leagues and Tournaments!

All courses have very active Men's and Women's Golf Associations and golf leagues that are always looking for members including Sunset which hosts a 55+ golf association. Join today at your course of choice. For more information call course for details.

Golf Instruction Please check with the course for more information on lessons and instruction.



UNION RESERVOIR

UNION RESERVOIR

0461 Weld County Rd 26 | Longmont, CO 80504
303-772-1265

Union Reservoir is a 736-acre body of water offering the best in wakeless boating and a variety of other outdoor activities. For more information: LongmontColorado.gov/UnionRes





CENTENNIAL POOL

1201 Alpine Street | 303-651-8406

Special Hours/Pool Closures:

Dec 24 & 31: facility closes at 3pm
Feb 9: facility opens at 12pm-Winter Sprinter Swim Meet
Apr 11: No lap/open swim 12-3pm Underwater Easter Egg Hunt
Apr 26: facility opens at 1pm - Swim Meet

CLOSED: Dec 25 & Jan 1: Christmas & New Years
Apr 12: Easter | May 23-25: Memorial Day Weekend

Winter & Spring Hours

December 2019 - May 2020

Fitness Room

Mon-Thurs 5:15am-8pm
Friday 5:15am-6pm
Saturday 7am-3pm
Sunday 10am-5:30pm

Lap Swim*

Mon-Fri 5:15am-3pm
Saturday 8am-3pm
Sunday 10am-5:30pm

*Lap swims may share pool space with other activities and as few as two lanes may be available. Circle swimming is encouraged. The facility will close 15 minutes after the last swimming session. Please plan your shower/ changing times accordingly.

Open Swim

Mon-Sun 12-3pm

EVENTS



Winter Sprinter - Swim Meet for Adults

Feb 9, Sunday, 8am

email searscubs@msn.com for entry form

Underwater Easter Egg Hunt

Apr 11, Saturday,
1-3pm

Calling Egg Hunters of all abilities, collect weighted eggs from the bottom of the pool followed by crafts and face painting when done. Hunt begins at 1:30pm. Children 5 & younger must have a paying adult in the water with them.



\$12 per family/ \$4 per swimmer/
\$1 per observer

An Aquatic-Centric Fitness Facility Offering:

- A pool with six 25-yard lap lanes, wading area and deep end with two 1-meter diving boards.
- Large windows and skylights provide natural lighting for a calm yet energizing lap swim experience.
- A fitness room overlooking the pool with treadmills, Lifecycles, and elliptical equipment, and a cable resistance weight machine.

RENTAL OPTIONS AT CENTENNIAL POOL

Multipurpose Room Rental

Rent the multipurpose room at Centennial Pool during regular facility hours: Create your own Party at the Pool. Rental includes use of tables and chairs. Contact 303-651-8406 to reserve the room. Rental fee is non-refundable.

Multipurpose Room Fee:

\$27 for up to 2 hours + prescheduled group rate for all who swim or work out

Private Rental at Centennial Pool

Hold your own special event at Centennial Pool! Rental time is started when the facility is open to the group and ends when the facility is empty and locked at the completion of the rental. Rental prices are based on the number of people entering the facilities whether they choose to swim or not. When making your reservation consider the time needed to set up decorations as well as the shower time of your guests. Prices can be adjusted to accommodate this extra time. The entire rental fee is due when making the reservation, 1/2 is refundable if you choose to cancel.

Saturdays after 3pm, Sundays after 5:30pm

Fee: \$110/ hour includes pool manager
+ \$15/hr per lifeguard



See insert
for more
**Birthday
Party
Packages**



RENTAL OPTIONS AT OUTDOOR POOLS

Outdoor Pool Afterhours Rentals

Reservations will begin January 13, 2020 for Sunset Pool, Kanemoto Activity Pool, and Roosevelt Activity Pool. Please call 303-651-8406 or 303-774-3510 to plan your summer party! All rental details viewable online.
www.longmontcolorado.gov/rec

Longmont Masters Winter/Spring Swim Schedule December 1 - May 24					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7am C		6-7am C		6-7am C	6:45am-8am C
	12-1pm LRC		12-1pm LRC		
	7:15-8:15pm LRC Beg		7:30-8:30pm* LRC Beg		* 7:15-8:15pm through Dec 31.

C= Centennial Pool- 1201 Alpine St.; LRC= Longmont Recreation Center- 310 Quail Rd; Beg= Beginning Masters



LONGMONT ICE PAVILION



Photo credit: John L. Scott



725 8th Ave | 303-774-4777

Located within Roosevelt Park, this outdoor Ice Rink is open November through March.



Drop-in Hockey Schedule

Session Designations:

- Adult: 18 & over
- Teen: 13-17
- Youth: 12 & under, no parents allowed
- Child: 8 & under, parents allowed
- Open: All ages

NORMAL SCHEDULE

Dec 2-Dec 19 | Jan 6-March 11

Tues	11:30am-1:30pm	Open
Wed	7:30pm-9pm	Teen
Thurs	11:30am-1:30pm 7:50am-9pm	Open Adult
Fri	10:45am-12:15pm 7:45pm-9pm	Open Adult
Sat	8am-9am 9am-10am 10:15am-11:30am	Parent/Child Youth Adult

HOLIDAY SCHEDULE

Dec 23- Jan 5

Mon	8am-9am 9am-10am 7:30pm-9pm	Parent/Child Youth Adult
Tues	8am-9am 9-10am 7:30pm-9pm No evening on Dec 24 & 31	Teen Youth Adult
Wed	8am-9am 9am-10am 7:30pm-9pm Closed Dec 25 & Jan 1	Parent/Child Youth Adult
Thurs	Closed Nov 28	
Thurs	8am-9am 9am-10am 7:30-9pm	Parent/Child Youth Adult
Fri	8am-9am 9am-10am 7:30-9pm	Parent/Child Youth Teen
Sat	8am-9am 9am-10am 10:15am-11:30am	Parent/Child Youth Adult
Sun	10:15am-11:30am 11:45am-1:15pm	Adult Teen

Public Skating Schedule

Public Skating schedules are subject to change. Please refer to www.LongmontColorado.gov/ice-pavilion for up-to-date schedule information.

NORMAL SCHEDULE

Dec 2-Dec 22 | Jan 6-March 11

Mon*	11:30am-1:30pm & 3pm-5pm *Jan 20 & Feb 17 • 10:15am-5pm
Tue	3pm-5pm
Wed	11:30am-1:30pm & 3pm-5pm
Thurs	3pm-5pm
Fri	12:30pm-6:15pm
Sat**	1:30pm-9pm **Dec 13 • 12:30-9pm
Sun	1:30pm-6pm

HOLIDAY SCHEDULE

Dec 23- Jan 5 | Winter Break

Mon	10:15am-6pm
Tue	10:15am-4pm
Wed	Closed Dec 25 & Jan 1
Thurs	10:15am-6pm
Fri	10:15am-6pm
Sat	1:30pm-9pm
Sun	1:30pm-6pm

Private Rentals

Private rental availability is very limited, please contact 303-651-8443 to inquire about times.

- \$165/hour up to 30 people
- \$220/hour 31-50 people
- \$300/hour 51-100 people
- Call for 100+ people pricing

Saturday Noon Ice Rentals

Take advantage of our unique Saturday noon ice rental to secure private ice time mid-day. Great for birthdays, broomball parties, hockey games/practices, and small company holiday celebrations.

Dec 14-Mar 7, Saturdays, 12pm-1pm

Fee: see private rental rates above

Tent Rentals are available during Open Skate Hours, minimum 2 hour rental.

Fee: \$10 per tent per hour

SPECIAL EVENTS AT THE ICE PAVILION:

Longmont Lights:

Dec 13, Fri, free skate rentals 5-9pm

Skate with Santa:

Dec 15, Sun, 2-4pm

Charity Classic Hockey Game:

Feb 23, Sun, 11am-1pm

March Meltdown:

Mar 8, Sun, 1:30-3:30pm

BIRTHDAY PARTY PACKAGE AT THE ICE PAVILION

Enjoy two reserved tents and admission + skate rental for 12 guests for up to two hours during open skate times. Additional guests pay ice group rate admission and skate rental fees. Guests may stay for open skate after party.

Location: Ice Pavilion, 725 8th Ave
Fee: \$120 for up to two hours



See insert for more **Birthday Party Packages**



Adult Hockey Skills Class

Players age 18 & over are given instruction on all skill aspects of the game. This is great opportunity to learn the game, develop new skills, or improve on the ones you already have. Class consists of 60 minutes of instruction followed by 30 minutes of controlled scrimmage so you can practice your skills in a game environment. Full hockey gear required. Fee includes a jersey.

18 & up: **Jan 7-Mar 10, Tue, 7:30-9pm** 155612.B
 Fee: \$131 resident/ \$164 non-resident

Puck O' the Irish Adult Hockey Tournament

March 12-15, 2020
 Thursday Night-Sunday

The Puck O' the Irish is back. The tournament is open to adults 21 and older in two divisions, Intermediate (B/C) and Competitive (A). Get your team together and join us for a fun, fast paced weekend of 4 on 4 hockey! Contact Jean Scott at 303-774-4777. Save money, register by Feb 29. Fee increases \$20 in March.



Youth Hockey Program

All coaches certified by USA Hockey. Longmont's USA Hockey Youth Ice Hockey Program is an affordable in-house program focusing on developing both individual and team play skills for both new and returning players. Registration includes two practices and one game per week, jersey, and rental hockey skates if needed. Game times subject to change.

All participants in the Longmont Ice Pavilion Youth Hockey Program must register with USA hockey (\$) and provide their registration receipt to ice pavilion staff prior to being allowed to participate in the program. USA hockey registration can be done on-line at: https://www.usahockeyregistration.com/login_input.action

Children with limited skating experience must enroll in a concurrent Learn-to-Skate class.

Dates: **Nov 11, 2019 to Mar 11, 2020**

Age determined by birth year.

2013-2015 Mini-Mites Code: 155541

Practice: **Tues and Wed at 5:30 pm**
 Game: **Sun 8:45am**

2011-2012 Mites Code: 155542

Practice: **Tues and Wed at 5:30pm**
 Game: **Sun 8:45am**

2009-2010 Squirts Code: 155543

Practice: **Mon at 5:30pm and Tues at 6:15pm**
 Game: **Sun 9:45am**

2007-2008 Peewees Code: 155544

Practice: **Mon at 6:45pm and Wed at 6:15pm**
 Game: **Sun 11am**

2001-2006 Bantams/Midgets Code: 155545

Practice: **Mon at 8pm and Fri at 6:30pm**
 Game: **Sun 12:15pm**

Fees: **Late registrations accepted on a pro-rated basis.**

Mini-Mites/Mites: \$300 res, \$375 non-res
 Squirts/Peewees: \$325 res, \$405 non-res
 Bantam/Midget: \$350 res, \$437 non-res
 Location: Longmont Ice Pavilion, 725 8th Ave

LEARN-TO-SKATE CLASSES LONGMONT SKATING SCHOOL

To advance to the next level, skaters must pass or demonstrate the skills from the previous level.

Not sure in what level to enroll?

FREE testing available.

Call 303-774-4777 to reserve.

Jan 7, Tue, 6pm
Feb 11, Tue, 6pm

Session 2: Jan 9-Feb 6 (5 classes)

Session 3: Feb 13-Mar 5 (4 classes)

	5 Classes	4 Classes
½ Hour Class Fee:	\$63 res/\$79 nr	\$50 res/\$62.50 nr
¾ Hour Class Fee:	\$90 res/\$106 nr	\$72 res/\$90 nr

AGES 4-6

- Snow Plow Sam 1** Sit and stand up with skates on.
Thursday, 6:00-6:30pm Code: 155211
- Snow Plow Sam 2** March followed by a long glide
Thursday, 6-6:30pm Code: 155212
- Snow Plow Sam 3** Forward skating. Forward one-foot glide.
Thursday, 6-6:30pm Code: 155213
- Snow Plow Sam 4** Forward skating; Backward two-foot glide.
Thursday, 6-6:30pm Code: 155214

AGES 7-13

- Basic Skills 1** Sit to stand. March forward across ice.
Thursday, 6:35-7:05pm Code: 155311
- Basic Skills 2** Forward one-foot glides. Backward two-foot glide.
Thursday, 6:35-7:05pm Code: 155312
- Basic Skills 3** Beginning forward stroking backward glides.
Thursday, 6:35-7:05pm Code: 155313
- Basic Skills 4** **Thursday, 7:05-7:35pm** Code: 155314
- Basic Skills 5** **Thursday, 7:05-7:35pm** Code: 155314
- Basic Skills 6** **Thursday, 7:05-7:35pm** Code: 155314

AGES 14 YEARS THROUGH ADULT

- Adult 1** **Thursday, 7:05-7:50pm** Code: 155411
 Falling and recovery on ice. Forward two-foot glide.
- Adult 2** **Thursday, 7:05-7:50pm** Code: 155412
 Forward skating across the width of the ice. Backward skating.
- Adult 3** **Thursday, 7:05-7:50pm** Code: 155413
- Adult 4-6** **Thursday, 7:05-7:50pm** Code: 155414

For a full description of learn-to-skate classes, see www.LongmontColorado.gov/ice-pavilion

Looking for a unique way to
HIGHLIGHT YOUR BUSINESS
 or thank your customers?

Sponsor the skate rental for a specific Open Skate Time:
\$200 per two-hour sponsorship.
 Call 303-651-8408.



Learn to Swim WITH LONGMONT RECREATION & GOLF SERVICES!

Our programs offer a variety of swim lesson options for everyone, from toddlers to adults. Each program offers a unique curriculum which caters to different ages, skills, and comfort levels. Unsure of what class to choose? Arrange a FREE swim test.

Contact: 303-774-4890, 303-651-8408, or RecSupport@LongmontColorado.gov

Detailed class descriptions are available at LongmontColorado.gov/swim under Swim Lesson Class Descriptions.

Parent/Child: Aquababy & Aquatot

6 months - 3 years: 30 minutes

Parents and child will be coached using a variety of games and techniques to maximize water comfort and introduce swimming skills. Aquababy– 6-18 months
Aquatot– 18 months– 3 years

Water Explorers

2.5-3 years: 30 minutes

Pre-requisite– Comfortable being in class environment without parent in the water.

Preschool Program

3-5 years old: 30 minutes

Turtle– Water Introduction

Learn how to submerge face underwater along with water exploration.

Alligator– Floating & Roll-Overs

Pre-requisite: Confidently submerge entire head, 3 times.

Seal– Stroke Introduction

Pre-requisite– Independently front float for 3 seconds, roll to back float, & hold for 10 seconds.

Private Swim or Dive Lessons

Visit LongmontColorado.gov, search “private swim lessons”, fill out request form to receive the Private Swim Lesson Guide.

Fees are paid at time of lesson.

Private Fee:

30 min: \$30 resident/\$37.50 non-resident
45 min: \$40 resident/\$50 non-resident

Semi-Private Fee:

30 min: \$40 resident/\$50 non-resident
45 min: \$50 resident/\$62.50 non-resident
(max. 3 students)

BLAST! Accelerated Swim Lessons

5 years & up: 45 minutes

Beginning Blast– Stroke Introduction

Pre-requisite– Independently front float for 3 seconds, roll to back float, & hold for 10 seconds.

Blast 1—Freestyle

Pre-requisite– 15 yds continuous free-style, rolling over to rest as needed. Needs to be comfortable in water where student can't touch the bottom of the pool.

Blast 2—Backstroke

Pre-requisite– 25 yds freestyle with proper technique & consistent bilateral breathing.

Blast 3– Butterfly & Breaststroke

Pre-requisite– 50 yds freestyle with proper technique, 50 yds backstroke, & 25 yds breaststroke kick.

Individuals with Special Needs

Longmont Recreation & Golf Services welcomes and strives to accommodate individuals of all physical and intellectual abilities in our learn-to-swim programs. To request an accommodation, please call 303-651-8408. Two weeks advanced notice is greatly appreciated.

American Red Cross– Learn to Swim

6 years & up: 30 minutes

Level 1: Introduction to Water Skills

Learn how to submerge face underwater, float & glide independently on front & back.

Level 2: Fundamental Aquatic Skills

Pre-requisite– Independently glide on front 2 body lengths, roll to back, float for 5 seconds, recover to standing position.

Level 3– Stroke Development

Pre-requisite– Swim on front 5 body lengths, roll to back, float for 15 seconds, roll to front, continue swimming 5 more body lengths.

Level 4– Stroke Improvement

Pre-requisite– Jump into deep water, tread/float 1 minute, transition into 15 yds front crawl with bilateral breathing to 15 yds elementary backstroke.

TEEN & ADULT CLASSES

Adult Swim Lessons

18 years & up: 45 minutes

Adult 1: Learning the Basics

Overcome the fear of the water and learn swimming basics.

Adult 2: Improving Skills & Swimming Strokes

Improve technique and endurance in front crawl and elementary backstroke. Breast-stroke and back crawl are introduced.

Teen Swim Lessons

11-17 years: 45 minutes

Teen 1: Learning the Basics

Learn floats and stroke development. Class fosters a comfortable environment for teens to learn beginner to intermediate swim techniques.

Teen 2: Endurance & Stroke Enhancement

Provides workouts, including technique based drills to enhance strokes and improve proficiency in water. Swim team prep, or fitness.

Please note:

Swim lessons do not include facility open swim admittance fees; please plan to pay admittance fees to attend open swim.

SWIM LESSONS
**PREVENT
DROWNINGS**

According to the American Academy of Pediatrics, children enrolled in formal swimming lessons have an 88% reduced risk of drowning.



Desired class already full?

Ask to be added onto the waitlist. If enough people sign up on the waitlist, we can create a **NEW class!**

Indoor Lessons @ CENTENNIAL POOL

MONDAY & WEDNESDAY MORNING						
	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5
	Date	1/6-1/29	2/3-2/26	3/2-3/18	3/30-4/22	4/27-5/13
	Fee	\$38/\$47.50	\$38/\$47.50	\$28.50/\$35.75	\$38/\$47.50	\$28.50/\$35.75
Water Explorers	9:05AM	120014.1A	120014.2A	120014.3A	220014.4A	220014.5A
Turtle	9:40AM	120021.1A	120021.2A	120021.3A	220021.4A	220021.5A
Alligator	10:15AM	120022.1A	120022.2A	120022.3A	220022.4A	220022.5A
Seal	10:50AM	120023.1A	120023.2A	120023.3A	220023.4A	220023.5A

MONDAY & WEDNESDAY EVENING						
	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5
	Date	1/6-1/29	2/3-2/26	3/2-3/18	3/30-4/22	4/27-5/13
	Fee	\$38/\$47.50	\$38/\$47.50	\$28.50/\$35.75	\$38/\$47.50	\$28.50/\$35.75
Turtle	5:20 PM	120121.1A	120121.2A	120121.3A	220121.4A	220121.5A
Alligator	4:45 PM	120122.1A	120122.2A	120122.3A	220122.4A	220122.5A
Seal	4:45 PM	120123.1A	120123.2A	120123.3A	220123.4A	220123.5A
Level 1	5:20 PM	120131.1A	120131.2A	120131.3A	220131.4A	220131.5A
Level 2	5:55 PM	120132.1A	120132.2A	120132.3A	220132.4A	220132.5A
Level 3	5:55PM	120133.1A	120133.2A	120133.3A	220133.4A	220133.5A
Blast Fees						
	Fee	\$50/\$62.50	\$50/\$62.50	\$37.50/\$47	\$50/\$62.50	\$37.50/\$47
Beginning Blast	5:25 PM	120140.1A	120140.2A	120140.3A	220140.4A	220140.5A
Blast 1	4:20 PM	120141.1A	120141.2A	120141.3A	220141.4A	220141.5A
Blast 2	5:10 PM	120142.1A	120142.2A	120142.3A	220142.4A	220142.5A
Blast 3	6:00 PM	120143.1A	120143.2A	120143.3A	220143.4A	220143.5A

SMALL CLASSES - MON & WED AFTERNOON						
	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5
	Date	1/6-1/29	2/3-2/26	3/2-3/18	3/30-4/22	4/27-5/13
	Fee	\$80/\$100	\$80/\$100	\$60/\$75	\$80/\$100	\$60/\$75
Turtle	4:45 PM	120121.S1	120121.S2	120121.S3	220121.S4	220121.S5
Alligator	5:20 PM	120122.S1	120122.S2	120122.S3	220122.S4	220122.S5
Seal	5:55 PM	120123.S1	120123.S2	120123.S3	220123.S4	220123.S5
Small Class Blast Fees						
	Fee	\$96/\$120	\$96/\$120	\$72/\$90	\$96/\$120	\$72/\$90
Beginning Blast	4:35 PM	120140.S1	120140.S2	120140.S3	220140.S4	220140.S5

SATURDAY MORNING				
	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/4-2/8	2/15-3/21	3/28-5/9
	Fee	\$28.50/\$35.75	\$28.50/\$35.75	\$33.25/\$41.50
Turtle	10:05 AM	120621.1A	120621.2A	220621.3A
Alligator	10:55 AM	120622.1A	120622.2A	220622.3A
Seal	10:40 AM	120623.1A	120623.2A	220623.3A
Level 1	11:40 AM	120631.1A	120631.2A	220631.3A
Level 2	11:10 AM	120632.1A	120632.2A	220632.3A
Level 3	10:35 AM	120633.1A	120633.2A	220633.3A
Level 4	10:00 AM	120634.1A	120634.2A	220634.3A
	Fee	\$37.50/\$47	\$37.50/\$47	\$43.75/\$54.75
Beginning Blast	9:30 AM	120640.1A	120640.2A	220640.3A
Blast 1	10:00 AM	120641.1A	120641.2A	220641.3A
Blast 2	10:50 AM	120642.1A	120642.2A	220642.3A

SMALL CLASSES - SAT MORNING				
	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/4-2/8	2/15-3/21	3/28-5/9
	Fee	\$60/\$75	\$60/\$75	\$70/\$87.50
Turtle	11:30 AM	120621.S1	120621.S2	220621.S3
Alligator	9:30 AM	120622.S1	120622.S2	220622.S3
Seal	10:20 AM	120623.S1	120623.S2	220623.S3
	Fee	\$96/\$120	\$96/\$120	\$84/\$105
Beginning Blast	11:15 AM	120640.S1	120640.S2	220640.S3

SUNDAY AFTERNOON				
	Time	Ssn 1	Ssn 2	Ssn 3
No class 4/12	Date	1/5-2/9	2/16-3/22	3/29-5/10
	Fee	\$28.50/\$33.75	\$28.50/\$33.75	\$28.50/\$33.75
Water Explorers	4:10 PM	120714.1A	120714.2A	220714.3A
Turtle	3:50 PM	120721.1A	120721.2A	220721.3A
Alligator	3:00 PM	120722.1A	120722.2A	220722.3A
Seal	4:25 PM	120723.1A	120723.2A	220723.3A
Level 1	4:25 PM	120731.1A	120731.2A	220731.3A
Level 2	3:00 PM	120732.1A	120732.2A	220732.3A
Level 3	3:00 PM	120733.1A	120733.2A	220733.3A
	Fee	\$37.50/\$47	\$37.50/\$47	\$43.75/\$54.75
Beginning Blast	3:00 PM	120740.1A	120740.2A	220740.3A
Blast 1	3:35 PM	120741.1A	120741.2A	220741.3A
Blast 2	4:25PM	120742.1A	120742.2A	220742.3A
Blast 3	3:35 PM	120743.1A	120743.2A	220743.3A

SMALL CLASSES - SUN AFTERNOON				
	Time	Ssn 1	Ssn 2	Ssn 3
No class 4/12	Date	1/5-2/9	2/16-3/22	3/29-5/10
	Fee	\$60/\$75	\$60/\$75	\$60/\$75
Turtle	3:00PM	120721.S1	120721.S2	220721.S3
Alligator	3:35PM	120722.S1	120722.S2	220722.S3
Seal	3:35PM	120723.S1	120723.S2	220723.S3
	Fee	\$96/\$120	\$96/\$120	\$84/\$105
Beginning Blast	4:10PM	120740.S1	120740.S2	220740.S3

SMALL CLASS SWIM LESSONS

Does your child learn better in smaller group environments? Our Small Class Swim

Lessons guarantee a maximum of 3 students per teacher. Use keyword "smallclass" (no spaces) to view and register for small classes online!

TUESDAY & THURSDAY MORNING

	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5
	Date	1/7-1/30	2/4-2/27	3/3-3/19	3/31-4/23	4/28-5/14
	Fee	\$38/\$47.50	\$38/\$47.50	\$28.50/\$35.75	\$38/\$47.50	\$28.50/\$35.75
Water Explorers	9:30AM	110214.1A	110214.2A	110214.3A	210214.4A	210214.5A
Turtle	10:05 AM	110221.1A	110221.2A	110221.3A	210221.4A	210221.5A
Alligator	11:15AM	110222.1A	110222.2A	110222.3A	210222.4A	210222.5A
Seal	10:40 AM	110223.1A	110223.2A	110223.3A	210223.4A	210223.5A

Aquababy & Aquatot Fees

Fee	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5
	\$19/\$23.75	\$19/\$23.75	\$14.25/\$17.75	\$19/\$23.75	\$14.25/\$17.75

Aquababy - Tues	9:30AM	110211.1A	110211.2A	110211.3A	210211.4A	210211.5A
Aquatot - Thur	9:30AM	110212.1A	110212.2A	110212.3A	210212.4A	210212.5A

SMALL CLASSES - TUE & THURS MORNINGS

	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5
	Date	1/7-1/30	2/4-2/27	3/3-3/19	3/31-4/23	4/28-5/14
	Fee	\$80/\$100	\$80/\$100	\$60/\$75	\$80/\$100	\$60/\$75
Turtle	10:40 AM	110221.S1	110221.S2	110221.S3	210221.S4	210221.S5
Alligator	10:05 AM	110222.S1	110222.S2	110222.S3	210222.S4	210222.S5
Seal	11:15 AM	110223.S1	110223.S2	110223.S3	210223.S4	210223.S5

TUESDAY AFTERNOON

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/7-2/11	2/18-3/17	3/31-5/5
	Fee	\$28.50/\$35.75	\$23.75/\$29.75	\$28.50/\$35.75
Turtle	4:15 PM	110321.1A	110321.2A	210321.3A
	5:25 PM	110321.1B	110321.2B	210321.3B
Alligator	4:15 PM	110322.1A	110322.2A	210322.3A
	4:50 PM	110322.1B	110322.2B	210322.3B
Seal	4:50 PM	110323.1A	110323.2A	210323.3A
Level 1	4:50 PM	110331.1A	110331.2A	210331.3A
Level 2	4:15 PM	110332.1A	110332.2A	210332.3A
	4:50 PM	110332.1B	110332.2B	210332.3B
Level 3	4:15 PM	110333.1A	110333.2A	210333.3A
	4:50 PM	110333.1B	110333.2B	210333.3B
Level 4	4:15 PM	110334.1A	110334.2A	210334.3A

Blast Fees

Fee	Ssn 1	Ssn 2	Ssn 3
	\$37.50/\$47	\$31.25/\$39.25	\$37.50/\$47

Beg Blast	5:25 PM	110340.1A	110340.2A	210340.3A
Blast 1	5:25 PM	110341.1A	110341.2A	210341.3A
Blast 2	5:25 PM	110342.1A	110342.2A	210342.3A

SMALL CLASSES - TUES AFTERNOON

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/7-2/11	2/18-3/17	3/31-5/5
	Fee	\$60/\$75	\$50/\$62.50	\$60/\$75
Turtle	4:50 PM	110321.S1	110321.S2	210321.S3
Alligator	5:25 PM	110322.S1	110322.S2	210322.S3
Seal	5:25 PM	110323.S1	110323.S2	210323.S3

Small Class Blast Fees

Fee	Ssn 1	Ssn 2	Ssn 3
	\$72/\$90	\$60/\$75	\$72/\$90

Beg Blast	4:00 PM	110340.S1	110340.S2	210340.S3
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WEDNESDAY AFTERNOON

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/8-2/12	2/19-3/18	4/1-5/6
	Fee	\$28.50/\$35.75	\$23.75/\$29.75	\$28.50/\$35.75
Turtle	12:35 PM	110421.1A	110421.2A	210421.3A
Alligator	1:10 PM	110422.1A	110422.2A	210422.3A
Seal	12:00 PM	110423.1A	110423.2A	210423.3A

SMALL CLASSES - WED AFTERNOON

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/8-2/12	2/19-3/18	4/1-5/6
	Fee	\$60/\$75	\$50/\$62.50	\$60/\$75
Turtle	12:00 PM	110421.S1	110421.S2	210421.S3
Alligator	12:35 PM	110422.S1	110422.S2	210422.S3
Seal	1:10 PM	110423.S1	110423.S2	210423.S3

THURSDAY AFTERNOON

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	1/9-2/13	2/20-3/19	4/2-5/7
	Fee	\$28.50/\$35.75	\$23.75/\$29.75	\$28.50/\$35.75

Water Explorers	4:05 PM	110514.1A	110514.2A	210514.3A
Turtle	4:05 PM	110521.1A	110521.2A	210521.3A
	4:40 PM	110521.1B	110521.2B	210521.3B
	5:30 PM	110521.1C	110521.2C	210521.3C
Alligator	4:05 PM	110522.1A	110522.2A	210522.3A
	4:40 PM	110522.1B	110522.2B	210522.3B
	5:15 PM	110522.1C	110522.2C	210522.3C
Seal	4:55 PM	110523.1A	110523.2A	210523.3A
	5:30 PM	110523.1B	110523.2B	210523.3B
Level 1	5:30 PM	110531.1A	110531.2A	210531.3A
Level 2	4:20 PM	110532.1A	110532.2A	210532.3A
Level 3	4:00 PM	110533.1A	110533.2A	210533.3A
Level 4	4:55 PM	110534.1A	110534.2A	210534.3A

Blast Fees

Fee	Ssn 1	Ssn 2	Ssn 3
	\$37.50/\$47	\$31.25/\$39.25	\$37.50/\$47

Beginning Blast	4:40 PM	110540.1A	110540.2A	210540.3A
	5:15 PM	110540.1B	110540.2B	210540.3B
Blast 1	4:05 PM	110541.1A	110541.2A	210541.3A
Blast 2	4:35 PM	110542.1A	110542.2A	210542.3A
Blast 3	5:25 PM	110543.1A	110543.2A	210543.3A



SMALL CLASS SWIM LESSONS

Does your child learn better in smaller group environments? Our Small Class Swim Lessons guarantee a maximum of 3 students per teacher. Use keyword "smallclass" (no spaces) to view and register for small classes online!

Indoor Lessons LONGMONT RECREATION CENTER

SUNDAY MORNING

	Time	Ssn 1	Ssn 2	Ssn 3
no class 4/12	Date	1/5-2/9	2/16-3/22	3/29-5/10
	Fee	\$28.50/\$35.75	\$28.50/\$35.75	\$28.50/\$35.75
Aquababy	9:20 AM	110711.1A	110711.2A	210711.3A
Aquatot	9:55 AM	110712.1A	110712.2A	210712.3A
Water Explorers	8:45 AM	110714.1A	110714.2A	210714.3A
	10:30 AM	110714.1B	110714.2B	210714.3B
Turtle	8:45 AM	110721.1A	110721.2A	210721.3A
	9:20 AM	110721.1B	110721.2B	210721.3B
	9:55 AM	110721.1C	110721.2C	210721.3C
	10:30 AM	110721.1D	110721.2D	210721.3D
Alligator	8:45 AM	110722.1A	110722.2A	210722.3A
	9:20 AM	110722.1B	110722.2B	210722.3B
	9:55 AM	110722.1C	110722.2C	210722.3C
	10:30 AM	110722.1D	110722.2D	210722.3D
Seal	8:45 AM	110723.1A	110723.2A	210723.3A
	9:20 AM	110723.1B	110723.2B	210723.3B
	9:55 AM	110723.1C	110723.2C	210723.3C
Level 1	10:30 AM	110731.1A	110731.2A	210731.3A
Level 2	9:20 AM	110732.1A	110732.2A	210732.3A
	9:55 AM	110732.1B	110732.2B	210732.3B
Level 3	8:30 AM	110733.1A	110733.2A	210733.3A
	9:55 AM	110733.1B	110733.2B	210733.3B
Level 4	9:20 AM	110734.1A	110734.2A	210734.3A
	9:55 AM	110734.1B	110734.2B	210734.3B
Blast Fees				
	Fee	\$37.50/\$47	\$37.50/\$47	\$37.50/\$47
Beginning Blast	8:30 AM	110740.1A	110740.2A	210740.3A
	10:30 AM	110740.1B	110740.2B	210740.3B
Blast 1	9:20 AM	110741.1A	110741.2A	210741.3A
	10:10 AM	110741.1B	110741.2B	210741.3B
Blast 2	8:30 AM	110742.1A	110742.2A	210742.3A
	10:30 AM	110742.1B	110742.2B	210742.3B
Blast 3	9:05 AM	110743.1A	110743.2A	210743.3A
Teen 1	8:30 AM	110751.1A	110751.2A	210751.3A
Adult 1	7:40 AM	110761.1A	110761.2A	210761.3A
Adult 2	7:40 AM	110762.1A	110762.2A	210762.3A

Aqua Academy

Join the Aqua Academy and learn lifeguarding skills, teaching techniques for swim lessons, CPR-AED and First Aid, and participate in stroke workshops strengthening your knowledge and skills to one day work with our team as a lifeguard and or swim instructor. Daily enrollment accepted. *No class Mar 27

10-18 yrs: **Feb 7- May 1*, Fri, 5:30-7pm** 121225.1

Location: Longmont Recreation Center, 310 Quail Rd

Session Fee: \$60 resident/\$75 non-resident

Daily Fee: \$6 resident/\$6.25 non-resident

CARA SWIM TEAMS

CARA swimming is a recreational swim team for youth ages 6-18 who are not USS swimmers, with an emphasis placed on technique building, endurance building and FUN! Register for the age group your child will be on the first day of practice. Swimmers compete in their age group as of their age January 1, 2020. Choose between 45, 60, and 75-minute practices below. CARA Pre-Requisite - Ability to swim one length of the pool freestyle with rotary breathing and backstroke without stopping or using assistance.



All participants are evaluated on the first day of practice.

No practice Spring Break week, March 23-27.

Centennial CARA: The Tsunamis

Practice: Jan 7-May 7* Tues & Thurs

Parent Meeting: Jan 14, Tues @ 6pm

Location: Centennial Pool, 1201 Alpine St

Meets: TBA

Age Group	Time	Code	Fee (res/non-res)
6-9 yrs	5:30-6:15pm	121112.1A	\$128/\$160
8-10 yrs	6:15-7pm	121112.2A	\$128/\$160
9-14 yrs	5:30-6:30pm	121113.1A	\$136/\$170
11-18 yrs	6:30-7:30pm	121114.1A	\$136/\$170

Longmont Recreation Center CARA: The Piranhas

Practice: Jan 6-May 6* Mon & Wed

Parent Meeting: Jan 13, Mon @ 5pm

Location: Longmont Recreation Center, 310 Quail Rd

Meets: TBA

Age	Time	Code	Fee (res/non-res)
6-10 yrs	4:15-5pm	111112.1A	\$128/\$160
8-10 yrs	5:05-6:05pm	111113.1A	\$136/\$170
9-14 yrs	4:15-5:15pm	111114.1A	\$136/\$170
	6:10-6:55pm	111114.1B	\$128/\$160
11-18 yrs	5:20-6:35pm	111115.1A	\$145/\$181

Swim Stroke Clinic with Coach Geoff Hawksworth

Stroke Clinics are geared towards swimmers comfortable in the water who are interested in specific technique, speed, and endurance training. Focus is on breaking down each stroke to maximize efficiency in the water and helping each swimmer reach his or her potential. **Drop-In: \$15

8-18 yrs: **Tue 6:15-7:15pm & Thurs 5:30-6:30pm**

Dates: **Jan 14-30** 126440.1

Mar 3-19 226440.1

Apr 28-May 14 226440.3

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

Dates: **Feb 4-27** 126440.2

Mar 31-Apr 23 226440.2

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

Instructor: Geoff Hawksworth

Location: Longmont Recreation Center, 310 Quail Rd

+ AMERICAN RED CROSS CLASSES

Longmont Swim Instructor (LSI)

Become certified to teach swimming lessons for the City of Longmont! The LSI training will prepare you to teach City of Longmont's pre-school swim lessons (youth 3-5 years) and BLAST-Accelerated Swim Lesson Program (youth 5-12). Pre-Requisite: Ability to swim all 4 competitive strokes proficiently at least 15 yards by last class day.

*Mon location at Centennial Pool, 1201 Alpine St.

15 & up:

Feb 16 & 17, Sun, 9am-5pm & Mon*, 11am-7pm 121243.1

Mar 22 & 29, Sun, 9am-5pm 221243.1

Apr 26 & May 3, Sun, 9am-5pm 221243.2

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$26.25 resident/\$32.75 non-resident

Swim Instructor Aide

Pre-Requisite: 25 yards any combination of freestyle, elementary backstroke, and/or backstroke. Love swimming and working with youth? Being a Swim Aide is the best of both worlds! After successful completion of class, year round volunteer opportunities are available with City of Longmont swim lessons!

11-14 yrs: **Apr 19, Sun, 9am-1pm** 221242.1

May 17, Sun, 9am-1pm 221242.2

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$22 resident/\$27.50 non-resident

CPR-AED & First Aid

American Red Cross course covering CPR/AED and First Aid for Adults, Children, and Infants.

12 & up: **Feb 16, Sun, 8am-3pm** 111223.1A

Apr 18, Sat, 12-7pm 211233.1A

Location: Centennial Pool, 1201 Alpine St

Fee: \$95 resident/\$118 non-resident

Babysitter's Training

This course provides youth with the information and skills necessary to provide safe and responsible care for children while babysitting.

11-16 yrs: **Jan 20, Mon, 8am-3pm** 121231.1

Feb 15, Sat, 12-7pm 121231.2

Apr 25, Sat, 8am-3pm 221231.2

Location: Centennial Pool, 1201 Alpine St

11-16 yrs: **Mar 20, Fri, 8am-3pm** 221231.1 221231.1

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

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

Babysitter's Boot Camp

Three classes in one--American Red Cross Babysitter's Training, First Aid, and CPR for infants & children Great for both experienced and novice sitters.

12 & up: **Mar 27 & 28, Fri & Sat, 12-5pm** 221232.1

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Fee: \$95 resident/\$118 non-resident

Struggling to meet the expectations to participate in the Lifeguard class or the Water Safety Instructor class, but have a passion to work in aquatics?

Attend the Aqua Academy on Friday nights and build your skills. See page 15 for details

Lifeguard- American Red Cross

Pre-Requisite: Must be 15 years old before the last day of class and be able to swim: 300 yards continuous swim of 100yds Front Crawl, 100yds Breaststroke and 100yds of Front Crawl or Breaststroke. The Pre-Requisite swim will be performed on at the beginning of class on the first day.

15 & up: **Dec 28-31, S/M/T/W, 8am- 4pm** 121211.1A

Mar 25-28, W/Th/F/S 8am- 4pm 221211.1A

Location: Centennial Pool, 1201 Alpine St

15 & up: **Apr 24-26, Fri 4:30-9pm**

Sat & Sun 8am-8pm 221211.2A

Location: Longmont Recreation Center 310 Quail

Fee: \$190 resident/\$237.50 non-resident

\$45 Pending Employees

Waterfront Lifeguard Training - Bridge

Pre-Requisite: 550 yard continuous swim of 200 Front Crawl, 200 Breaststroke, 150 Front Crawl/Breaststroke. Must have current American Red Cross Lifeguarding certification.

15 & up: **Mar 29, Sun, 7am-12pm** 211211.1A

Apr 27, Mon, 7am-12pm 211211.2A

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$60 resident/\$75 non-resident

Lifeguard Recertification

Pre-Requisite: current American Red Cross Lifeguard Certification. Involves both a review and skills practice along with testing.

17 & up: **Jan 25, Sat, 7am-5pm** 121214.1

Mar 14, Sat, 7am-5pm 221214.2

Location: Centennial Pool, 1201 Alpine St

Fee: \$95 resident/\$120 non-resident

Water Safety Instructor

Pre-Requisite: Able to swim Front and Back Crawl, Breaststroke, Butterfly Elementary Backstroke, and Sidestroke. Learn how to teach others to swim. Bring swim suit(s), towel(s), and food for the day. To receive the pending employee rate, enroll directly with Centennial Pool, 1201 Alpine St, 303-651-8406.

16 & up: Fri/Sat/Mon 9am-6pm & Sun 12-6pm

Session: **Dec 27-30** 121241

Mar 20-23 221241

Location: Centennial Pool, 1201 Alpine St

Fee: \$35 paid to ARC online + \$144 resident/

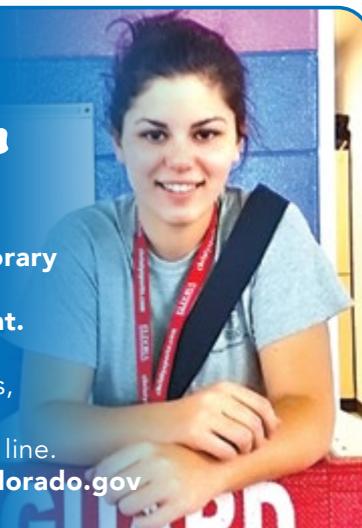
\$180 non-resident/ \$50 pending employee

Do you love working with the public?

Aquatics is hiring temporary positions for year-round and summer employment.

Interviews are going on as we speak for lifeguards, swim instructors, and front desk staff. Apply on line.

<https://mss.longmontcolorado.gov>



The City of Longmont Recreation Services youth sport programs develop a sense of team play where participation, skills, sportsmanship and FUN are emphasized; winning is secondary. Our programs are dependent upon volunteer coaches, please call 303-651-8398 to volunteer. Job opportunities exist as sports officials, instructors etc – visit LongmontColorado.gov/jobs.

Youth Basketball

Join the fun and get your hoops game on! K-2 participants receive a t-shirt and basketball. A Jr Nuggets reversible jersey, basketball AND 2 Denver Nuggets game tickets are given to each 3-12 grade participant.

Junior Nuggets Basketball - 3rd-8th Grade

Teams practice two hours per week at local schools Monday-Friday evenings. Games played on Saturdays in Longmont or surrounding towns. Registration deadline is Dec 15. Practice begins the week of Jan 6, games on Sat starting Jan 18. Teams are formed by school attended – requests are not guaranteed. This program is dependent upon volunteer coaches, please call 303-651-8398 to volunteer.



Dates: **Jan 6-Feb 29**

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:	\$95 resident/\$119 non-resident		

Preschool Sports

Introduce your little one to fun of sports! The goal sports clinic includes soccer, lacrosse and hockey. Please have your child wear tennis shoes. Enjoy a workout while the little one burns some energy. **No class Mar 23-27*

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

Basketball	Tuesday	Jan 7-28	112106.T
	Tuesday	Mar 3-31*	212106.T
	Wednesday	Feb 5-26	112106.W
	Thursday	Jan 9-30	112106.R
Goal Sports	Thursday	Mar 5-Apr 2*	212106.R
	Tuesday	May 5-26	112120.T
	Wednesday	Jan 8-29	112120.W
	Wednesday	Apr 8-29	212120.W
Soccer	Thursday	May 7-28	112120.R
	Tuesday	Feb 4-25	212121.T
	Wednesday	Mar 4-Apr 1*	212121.W
T-ball	Thursday	Feb 6-27	212121.R
	Tuesday	Apr 7-28	212122.T
	Wednesday	May 6-27	212122.W
	Thursday	Apr 9-30	212122.R

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

Free! Denver Nuggets Skill Challenge

Show off your basketball skills at the Denver Nuggets Skills Challenge competition. The FREE event is open to boys and girls ages 6-13 as of Apr 30. The competition allows kids to showcase talents in dribbling, passing and shooting. Top scorers advance to a sectional competition in Longmont, with sectional winners advancing to the finals in Denver.

6-13 yrs: **Jan 4, 1pm**

Location: Longmont Recreation Center, 310 Quail Rd
 Fee: Free, registration begins at 12:30pm

High School Basketball

Not playing on high school team but still want to play ball? Join the Longmont Recreation team. Practice details based on volunteer availability. Teams travel to surrounding towns to play games Sundays starting Jan 19.

Dates: **Jan 6-Mar 1**

Grades: **High School Boys** 112012.00

High School Girls 112011.00

Fee: \$95 resident/\$119 non-resident

Kindergarten Basketball

Kindergarten: Practice only, no games

Dates: **Mar 13-Apr 17*, Fri, 4:30-5:15pm** 212021.4

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$52 resident/\$66 non-resident

Youth Basketball 1st & 2nd Grade

Grade 1 & 2: Games played the last week

Mar 9-Apr 16*, M/W, 4:30-5:15pm 212022.MW

Mar 10-Apr 16*, Tu/Th, 4:30-5:15pm 212022.TR

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$63 resident/\$79 non-resident

**No class Mar 23-27*

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 Mar 25.*



8-16 years: **Wednesday**

Beginner: **Jan 8-Feb 12, 6-6:45pm** 112252.1

Feb 19-Apr 1, 6-6:45pm 112252.12

Apr 8-May 13*, 6-6:45pm 212252.B1

Progressive: **Jan 8-Feb 12, 6:45-7:30pm** 112252.P1

Feb 19-Apr 1, 6:45-7:30pm 112252.P2

Apr 8-May 13*, 6:45-7:30pm 212252.P1

Instructor: Denver Fencing Company

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$120 resident/\$150 non-resident

CARA Lacrosse

Play one of the fastest growing sports in Colorado! Teams practice 2 hours per week. Games played in Longmont or Metro Denver on Saturdays beginning Mar 21. Stick, gloves, arm/shoulder pads, mouth piece, protective cup and helmet are required. Rib pads are recommended. Registration deadline is Mar 8. This program is dependent upon volunteer coaches, please call 303-303-651-8398 to volunteer.

Dates: **Mar 9-May 2**

Age Groups: 6-8; 8-10; 10-12; 12-14 212264

Location: Sandstone Ranch Park, 3001 E Hwy 119
 Fee: \$77 resident/\$96.25 non-resident

Fastpitch Softball

Play ball! Girls 6-18 years old are invited to play softball in affiliation with the IPGSA league. Teams meet 2-3 times per week for games/practices. Away games involve travel to surrounding cities. Register according to age as of Jan 1. Registration deadline is Mar 15. Practice begins Apr 1, games played May 1-Jun 22 (tournament Jun 27 & 28). This program is dependent upon volunteer coaches, please call 303-303-651-8398 to volunteer.



Dates: **Apr 1-Jun 28**

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

Softball Umpire Training

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



Youth Fastpitch Softball

15 & up: **Apr 20, Mon, 6-7:30pm** 212360.FP

Location: Longmont Recreation Center, 310 Quail Rd

Adult Slowpitch Softball

18 & up: **Mar 30, Mon, 6:30-8pm** 212360.SB

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

Middle School Soccer

The middle school soccer program is for boys and girls in grades 6-8 who attend participating schools. Practices are held after school 2-3 times per week, 1-2 hours each day. Teams play one game per week, Mon-Fri at 4pm or 5pm beginning the week of Mar 16. No practice or games during SVVSD Spring Break (Mar 23-27). This program is dependent upon coaches, please call 303-651-8398 if you are able to coach. Pay is \$13.50/hour.

Grades 6-8: Mar 2-May 15 226100

Fee: \$55

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 7-28, Tue, 5:30-6:30pm** 212222.04

May 5-26, Tue, 5:30-6:30pm 212222.05

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

YOUTH VOLLEYBALL

Youth Volleyball Tune-up Clinic

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

Grade 3 & 4: Mar 14, Sat 9am-10am 212298.1K

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

Grade 5 & 6: Mar 14, Sat 10:15-11:45am 212298.2K

Grade 7 & 8: Mar 14, Sat 12-1:30pm 212298.3K

Fee: \$19 resident/\$23.75 non-resident

Location: Longmont Recreation Center, 310 Quail Rd

Youth Volleyball League

Bump, set and spike time! Teams practice two hours per week and play a six game schedule in Longmont. Teams are formed by school attended - requests are not guaranteed. Registration deadline is Mar 15. Practice begins the week of Mar 30. Games begin Apr 11. This program is dependent upon volunteer coaches, please call 303-651-8398 to volunteer.

Apr 1-May 18: Grade 3 & 4 212423.00

Grade 5 & 6 212425.00

Grade 7 & 8 212427.00

Fee: \$67 resident/\$83.75 non-resident

CARA Volleyball League

Not on a high school or club team, but still want to play volleyball? Join the CARA team. Times, dates and location of practices depend on coach's availability. Teams travel to Denver Metro locations to play games on Saturdays, Mar 28-May 9. Registration deadline is Mar 15. This program is dependent upon coaches, please call 303-651-8398 if able to coach. Pay is \$13.50/hour.

Grade 9-12: Mar 16-May 16 212429.00

Fee: \$90 resident/\$111 non-resident



OUTDOOR ARCHERY LESSONS

Always wanted to try archery out? Here's your chance. Learn from a Certified Master Instructor in an outdoor setting. All equipment provided.

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



Beginner Archery

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

10-17 yrs:	Apr 7-28, Tue, 4-5pm	212242.B1
	May 5-26, Tue, 4-5pm	212242.B2
18 & up:	Apr 7-28, Tue, 6:30-7:30pm	212243.O1
	May 5-26, Tue, 6:30-7:30pm	212243.O2

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 7-28, Tue, 5:15-6:15pm	212242.I1
	May 5-26, Tue, 5:15-6:15pm	212242.I2

WINTER & SPRING BREAK SPORTS CAMPS

Winter Break Basketball 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, Thurs & Fri, 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	

Winter Break Volleyball Camp

Join us for a power packed camp for older kids. Camp is designed to be fun while teaching serving, setting, hitting and defense. For beginners and intermediate players. No experience necessary. Bring water and wear athletic shoes - knee pads optional.

Grade 6-8:	Jan 2-4, Thurs-Sat 9am-12pm	112296.MS
Grade 9-12:	Jan 2-4, Thurs-Sat 1pm-4pm	112296.HS
Location:	Longmont Recreation Center, 310 Quail Rd	
Fee:	\$44 resident/\$50 non-resident	

Spring Break Volleyball Camp

A great way to get ready for the spring season of volleyball. Focus on skill development and techniques to be successful as a younger player. No experience necessary. Bring water and wear athletic shoes - knee pads optional.

Grade 3-4:	Mar 24-26, Tue-Thurs, 8-10am	212294
Grade 5-8:	Mar 24-26, Tue-Thurs, 10am-12pm	212298
Location:	St Vrain Memorial Bldg, 700 Longs Peak Ave	
Fee:	\$60 resident/\$75 non-resident	

Spring Break Table Tennis Camp

Table tennis is fun and challenging. Learn rules, technique and strategy to help all skill levels gain confidence and improve skills. Learn how to serve, play a top spin or perhaps even a smash. Instructor David Vollmar, a veteran player who has coached for more than 30 years, helps kids enjoy this incredible sport. Please bring your own paddle.

8-16 yrs:	Mar 23/25/26; M/W/Th, 5:30-7:30pm	212295
Location:	St Vrain Memorial Bldg, 700 Longs Peak Ave	
Fee:	\$45 resident/\$56.25 non-resident	

Spring Break Sports Outdoor Camp

Come 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. Bring sunscreen, a water bottle and a snack. You can sign up for one day or the whole week.

6-12 yrs:	Mar 23, Mon, 9am-12pm	212293.M
	Mar 24, Tues, 9am-12pm	212293.T
	Mar 25, Wed, 9am-12pm	212293.W
	Mar 26, Thurs, 9am-12pm	212293.R
	Mar 27, 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

SKYHAWKS SPORTS CAMPS

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

Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$135 resident/\$169 non-resident

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:	Mar 23-27, Mon-Fri, 9-12pm	212290.H
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Skyhawks 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 23-27, Mon-Fri, 1-4pm	212290.B
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TENNIS

Gonzo Tennis offers lessons to persons of all ages. Gonzo Garcia is devoted to fostering the development of players from ages 4 years and up and giving the opportunity to discover even more about this international and life-long sport. For weather and cancelation information check www.gonzotennis.com. ***NO lesson 5/25**

Spring Session: Apr 6 – May 29*
 Location: Quail Tennis Court Complex, 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. Approval from coaches required 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 +

Adult clinics 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:

Session 1	Session 2	
Apr 7-28	May 5-26	Tue, 9-10:30am
Apr 8-29	May 6-27	Wed 5:30-7pm

Adult Intermediate:

Session 1	Session 2	
Apr 7-28	May 5-26	Tue 10:30am-12pm
Apr 8-29	May 6-27	Wed 7-8:30pm

Fee: \$66 resident/\$82.50 non-resident

Beginner w/Gonzo:

Session 1	Session 2	
Apr 10-May 1	May 8-29	Fri, 9-10:30am

Intermediate w/Gonzo:

Session 1	Session 2	
Apr 10-May 1	May 8-29	Fri, 10:30am-12pm

Fee: \$78 resident/\$97.50 non-resident

ADULT DROP-IN ATHLETICS

Drop-in Pickleball

Check out this fun, unique game best described as a hybrid of tennis and badminton. Admission fees apply. Max 2 courts.

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

All Ages: **M/W/F, 7-9am; Sun, 1-3pm**

Location: Longmont Recreation Center, 310 Quail Rd

Drop-in Table Tennis

Bring your own table tennis bat (paddle) and be ready for some fun competition. All levels of play are welcome. Admission fees apply.

Clinics for 8 & up: **1st & 3rd Mon of each month, 7-8pm**

Drop-in Play: Mon, 7-10pm

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Drop-in Floor Hockey

Get a great workout while having a blast with new friends. Equipment provided. No experience necessary. Admission fees apply.

18 & up: **Wed, 6:30-8pm**

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Adult Drop-in Basketball

Come play basketball with other adults. Admission fees apply.

18 & up: **Mon-Fri, 11:30-1:30pm**
Sun, 7-10am
Women's Only: Wed, 7-9pm

Location: Longmont Recreation Center, 310 Quail Rd

Adult Drop-in Volleyball

Come play volleyball with other adults. Admission fees apply.

18 & up: **Fri, 7am-12pm & 7-9pm**
Tue, 9-12pm

Location: Longmont Recreation Center, 310 Quail Rd

Senior Drop-in Volleyball

All levels of players are welcome! Enjoy the camaraderie of other volleyball enthusiasts and get some exercise too. This is an on-going activity.

55 & up: **Aug 24-Mar 20, Fri, 12:30-2:30pm**

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Fee: \$2 or Senior Activity Card

ADULT ATHLETIC LEAGUES

Sign-up as a free agent! Free agents are individuals who don't have a team but want to play in a sports league. Free agents are combined to form a team(s).

Early Bird Discount – pay early and get a discount, look for before and after dates listed in the description. Split-payment Option – Pay 50% of registration fee when you sign up and the remainder later. Split-payment option adds \$10 to league pricing.

Winter & Spring Basketball

League offered in Men's Recreational, Men's 3v3 40+, and Women's 3v3. Registration packets are available at recreation facilities or online. Winter registration is Dec 3-Jan 5; spring registration is Mar 2–31.

3v3 Leagues - Men's 40+ and Women's (1/2 court)

Winter Dates: **Wed, Jan 8-Mar 18, 10 games**
 Winter Team Fee: \$250 (\$280 after 1/5)
 Winter Free Agent: \$50 res/\$62.50 non-res 112311
 Location: Longmont Recreation Center, 310 Quail Rd

Spring Dates: **Wed, Apr 1-May 20, 8 games**
 Spring Team Fee: \$210 (\$240 after 3/29)
 Spring Free Agent: \$40 res/\$50 non-res 212311
 Location: Longmont Recreation Center, 310 Quail Rd

Recreation League – 18 yrs & up

Winter Dates: **Thurs, Jan 9-Mar 19, 10 games**
 Winter Team Fee: \$495 (\$525 after 1/5)
 Winter Free Agent: \$63 res/\$79 non-res 112311
 Location: Longmont Recreation Center, 310 Quail Rd

Spring Dates: **Thurs, Apr 2-May 28, 8 games**
 Spring Team Fee: \$420 (\$450 after 3/29)
 Spring Free Agent: \$53 res/\$66 non-res 212311
 Location: Longmont Recreation Center, 310 Quail Rd

Winter Coed Volleyball

Get your dig, bump and spike on. Longmont Recreation is offering adult coed volleyball on Sunday nights for a 6 game season. Register by Jan 11.

16 & up: **Jan 12-Feb 23, Sunday 5pm+**
 Total Team Fee: \$220 (\$250 after 1/6)
 Free Agent Fee: \$38 res/\$48 non-res 112324
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

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.



Fee: \$26 resident/\$32.50 non-resident
Indoor Lessons:
 55 & up: **Jan 7-28, Tue, 7:30-8:30am** 112322.1
 Feb 4-25, Tue, 7:30-8:30am 112322.2
 Mar 3-24, Tue, 7:30-8:30am 212322.1

Location: Longmont Recreation Center, 310 Quail Rd

Outdoor Lessons:

16 & up: **Apr 9-May 30, Thurs, 5:30-6:30pm** 212322.2
 May 7-28, Thurs, 5:30-6:30pm 212322.3

Location: Hover Park Pickleball Courts, 1361 Charles Dr

Spring & Summer Softball

Men's, women's and coed leagues are Monday through Friday nights with an end-of-season tournament. Registration packets available at Recreation facilities or online. Spring registration deadline is Mar 2; summer registration deadline is Apr 27.



16 & up: Garden Acres Park, 2058 Spencer St
Spring Dates: **Mar 9-Apr 17, 6 games**
 Spring Team Fee: \$360 (\$390 after 2/17)
 Spring Free Agent: \$38 res/\$48 non-res 212323

Summer Dates: **May 4-Jul 31, 10 games**
 Summer Team Fee: \$570 (\$600 after 4/15)
 Summer Free Agent: \$50 res/\$63 non-res 312323

Spring Flag Football

Leagues for men's 8v8 rec and coed 4v4 (new!). Registration accepted at the Longmont Recreation Center or online until Mar 24.

18 & up: Sandstone Ranch Park 3001 E Hwy 119
Spring Dates: **Mar 31-May 19, Tue, 8 games**
 8v8 Spring Team Fee: \$520 (\$550 after 3/16)
 4v4 Spring Team Fee: \$270 (\$400 after 3/16)
 Spring Free Agent: \$55 res/\$69 non-res 212331

SENIOR ATHLETICS

Senior Softball League – ages 50+

Part of the Colorado Senior Softball Association. Mon & Wed morning games are played in Metro area April through mid-August. If you have questions or would like to participate, please attend the preseason meeting or call Larry at 303-674-3533 for more information.

Preseason Meeting: **Mar 11, Mon, 9-10am**
 Location: Senior Center, 910 Longs Peak Ave

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. Registration begins April 5 at the Longmont Senior Center. 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**
 Location: Senior Center, 910 Longs Peak Ave

50+: **May 10- mid-October, Fri**
 Location: Sunset Golf Course, 1900 Longs Peak Ave
 Weekly Fee: \$22 res/\$26 non-res (paid at course)



FITNESS & WELLNESS

LAND AND WATER DROP-IN FITNESS CLASSES

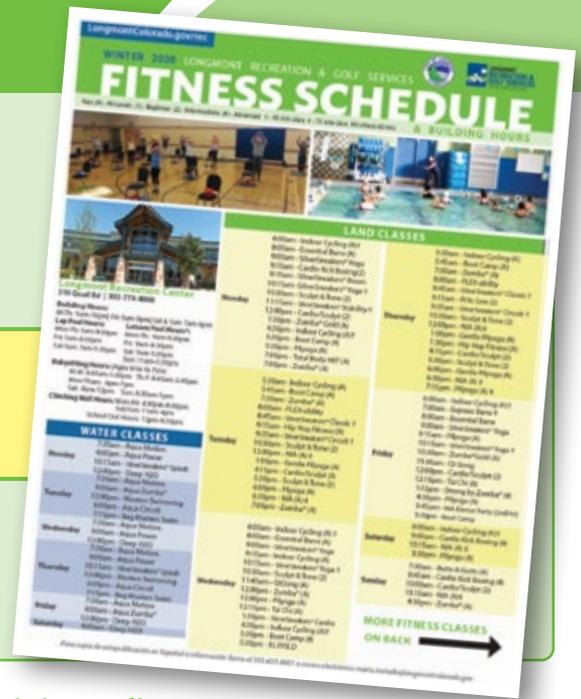
Over 30 types of land and water drop-in fitness classes are offered between five different facilities: Centennial Pool, The Longmont Recreation Center, the St Vrain Memorial Building, Lashley Street Station, and, seasonally, Sunset Pool.

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: Tues, Dec 24 & 31; Wed, Dec 25 & Jan 1; Sun, Apr 12

Special Zumba@Party: Jan 1, Wed, 1-2:30pm

Kick off the year with a party, Zumba@style! Join us from 1-2:30pm at the Longmont Recreation Center, 310 Quail Rd. No passes accepted during this special fitness event. No general use of the facility available. Doors open at 12:40pm. \$5



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 Specialist 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: Inbody scan, health history screening, 30-minute consultation, and weight room orientation. Call the Fitness Specialist 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 Specialist 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 with the InBody 270

Go beyond the scale with the InBody Test, a non-invasive body composition analysis that provides a detailed breakdown of your weight in terms of muscle, fat, and water/hydration on an Inbody Result Sheet. Identify muscular imbalances that could affect performance or lead to potential injury. Get better information to create health and fitness goals with precision and actionable objectives. Call the Fitness Specialist at 303-774-4752 for more information.

Single Session: \$20 extended pass-holder/\$25
Five Pack Session: \$75 extended pass-holder/\$100
Location: Longmont Recreation Center, 310 Quail Rd

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/ \$479	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



CHECK OUT SESSION-BASED FITNESS CLASSES

on page 28-29.



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: 1.25 hr: \$11 resident/\$13.75 non-resident
 1.5 hr: \$13 resident/\$16.25 non-resident
 1.75 hr: \$15 resident/\$18.75 non-resident
 2 hr: \$16 resident/\$20 non-resident

Day	Time		Class	Code	Location	Instructor
Mon	4-5:15pm	1.25 hr	ALIGNMENT BASED YOGA	143117	Izaak	Gwyn Cody
Mon	5:30-6:45pm	1.25 hr	YOGA FOR FLEXIBILITY	143118	Izaak	Josine Michels
Tues	9:15-10:30am	1.25 hr	BEGINNER FRIENDLY YOGA	143152	Izaak	Diana Shellenberger
Wed	10:30-11:45am	1.25 hr	GENTLE YOGA	143133	Izaak	Urszula Bunting
Wed	5:30-7:15pm	1.75 hr	THERAPEUTIC STRUCTURAL YOGA	143138	Izaak	Shar Lee
Thurs	9-11am	2 hr	WOMEN'S HATHA YOGA	143142	Izaak	Shar Lee
Thurs	5:15-6:30pm	1.25 hr	GENTLE FLOW & RESTORE YOGA	143119	Izaak	Katharine Kaufman
Fri	9-10:30am	1.5 hr	WELL BEING YOGA	143120	Izaak	Katharine Kaufman
Sun	9:30-10:45am	1.25 hr	SUNDAY MORNING YOGA	143171	Izaak	Katharine Kaufman

Yoga Locations: Izaak Walton - 18 S Sunset | Winter (Dec, Jan, Feb) begins with "1"; Spring (Mar, Apr, May) begins with "2"

Tea and Yoga- Yin and Restore

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, candlelight and a warming cup of herbal tea. Please bring a mat and a blanket

16 & up: **Sun, 3:30-5:30pm**

Dates: **Dec 15, Jan 19, or Feb 23** 143300

Mar 15, Apr 19, or May 17 243300

Instructor: Urszula Bunting

Location: Izaak Walton Clubhouse, 18 S Sunset

Daily Fee: \$25 resident/\$31.25 non-resident

Morning Tea and Yoga

Start your day with Tea & Yoga and get energized, balanced, and relaxed. Each session includes Hatha and Yin yoga poses, breathing, and seasonal tea for body, mind, and soul.

16 & up: **Jan 13-Feb 17, Mon, 9-10:30am** 143301-A

Instructor: Urszula Bunting

Location: Izaak Walton Clubhouse, 18 S Sunset

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

Daily drop in fee: \$15 resident/\$18.75 non-resident

Restorative Yoga

Unwind, refresh, and allow your body and mind to heal and restore the first Friday of each month. We use variety of props, Tibetan bowls, candlelight, and essential oils. Please bring a yoga mat and a blanket. \$5 discount/class if you register for all 5.

16 & up: **Jan 3, Feb 7, Fri, 6-8pm** 143155

16 & up: **Mar 6, Apr 3, May 1, Fri, 6-8pm** 243155

Instructor: Urszula Bunting

Location: Izaak Walton Clubhouse, 18 South Sunset

Fee: \$25 resident/\$30 non-resident

Yoga and Mindfulness Retreat

Relax, restore, renew, practice yoga, breath, sip and inhale aroma of freshly made tea, and create balance and harmony in your body, mind, and in your life. Homemade lunch and tea included. Perfect gift for Mother's Day!

16 & up: **May 8, Fri, 9:30am-5pm** 243198-A

Instructor: Urszula Bunting

Location: SSR Visitor Center, 3001 Sandstone Drive

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

200 Hour Vinyasa Flow Teacher Training

Whether you are already a yoga teacher, hope to become one, or simply want to learn more about the magic of yoga, this 8 week intensive course deepens your practice of yoga leaving you with a sense of purpose to create the life you love.

*Full description and schedule online. Register directly with instructor at <https://www.raeanneroseman.com>

Questions? Mindfullyoga3@yahoo.com

16 & up: **Fri, 6-9pm; Sat, 8-8pm; Sun, 8-6pm**

Dates: **May 22-Aug 16** 213333

Fee: \$2250; save up to \$255 in discounts, details online

Location: Longmont Recreation Center, 310 Quail Rd/
Lashley St Station, 1200 Lashley St

Second Saturdays: Three Morning Workshops

Join seasoned movement artist, poet, and meditation instructor, Katharine Kaufman, for the new Second Saturday Workshops. These classes focus on expressions of meditation and are designed to complement each other, but can be taken singularly. See online for individual workshop descriptions.

16 & up: **Sat, 9:30am-12pm**

Dates: **Feb 8, Mar 14, Apr 11** 243189

Location: Lashley St Station, 1200 Lashley St

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

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



DECEMBER & JANUARY

DECEMBER

LONGMONT HOLIDAYS

Longmont hosts Holiday events for all ages: an Open House with Santa (Callahan House), harp performances (Library), The Holiday Show! (Museum), a 2nd Friday Holiday Stroll (Downtown), Longmont Lights (Roosevelt Park), the Parade of Lights (Main Street), a Yule Ball (Museum), and lots more! Complete schedule & info at www.longmontholidays.com.

DECEMBER 15

ICE SKATE WITH SANTA

Sunday, 2-4pm at the Longmont Ice Pavilion, 725 8th Ave

Skate to holiday music with Santa. Open Skate is 1:30-6pm with Santa being present from 2-4pm. Regular admission and skate rental fees apply.

DECEMBER 25

CHRISTMAS DAY OBSERVED

City offices and Recreation Facilities Closed. Wed & Thurs trash collected one day later this week.

JANUARY 1

NEW YEAR'S DAY

City Offices and Recreation Facilities Closed. Wed & Thurs trash collected one day later this week.

JANUARY 20

MARTIN LUTHER KING DAY

City Offices Closed; Recreation facilities open regular hours. Trash collected one day later than normal throughout the week.

DECEMBER 13&14

LONGMONT LIGHTS

Friday | Dec 13, 5-8pm

Roosevelt Park, 700 Longs Peak Ave

PARADE OF LIGHTS

"Joy to the World"

Saturday | Dec 14, 5pm
Coffman & Main, 300-800 blocks

Longmont Lights

JANUARY 4

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.

Zumba® Fitness Class

Wed, 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.

FEBRUARY

FEBRUARY 1

REGISTRATION BEGINS FOR LONGMONT SUMMER DAY CAMP

PRESIDENT'S DAY City offices closed; Recreation facilities open regular hours. Trash collected one day later than normal throughout the week.

FEBRUARY 17

FEBRUARY 8

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, 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).

FEBRUARY 23

OUTDOOR CHARITY CLASSIC HOCKEY EXHIBITION

Sunday, 11am-1pm at the Longmont Ice Pavilion, 725 8th Ave
Enjoy the faceoff between the Blue Warriors of the Fort Collins Police Department and Longmont Public Safety for the benefit of a non-profit. Suggestion donation of \$10 collected at the event.

MARCH & APRIL

MARCH 8

MARCH MELTDOWN

Sunday, 1:30-3:30pm at the Longmont Ice Pavilion, 725 8th Ave

Celebrate the end of winter with a party on ice! Enjoy ice skating, ice painting and free ice cream, while supplies last. Regular admission and skate rental fees apply.

MARCH 16-APRIL 10

SPIRIT OF ARBOR DAY TREE SALE

Forestry Services coordinates 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 18

at 7 S Sunset Street (there will be no onsite sales).

SAVE THE DATE

SATURDAY, AUGUST 22

LONGMONT KIDS ONLY TRIATHLON & LONGMONT TRY-A-TRI

SUNDAY, AUGUST 23 40TH LONGMONT TRIATHLON



APRIL 11

UNDERWATER EASTER EGG HUNT!

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

Egg hunters of all abilities will have the opportunity to collect weighted eggs from the bottom of the pool and enjoy crafts and face painting when done. Please note that a paying adult must be in the water with children 5 years and younger. \$12 per family/ \$4 per swimmer/ \$1 per observer

SPECIAL WASTE SERVICES EVENTS

PAPER SHREDDING*

Waste diversion center, 9am–2pm

JAN 11 | FEB 1 | MAR 6 | APR 4 | MAY 2

HOLIDAY RECYCLING

DEC 16 – JAN 5

Waste diversion center

FREE LANDFILL DROP*

Front range landfill, 6am–2pm

FEB 8 | MAY 16

*Please bring identification and a copy of your most recent Longmont utility bill.

Pull Out ^{NO} Save

Did someone say "Party!"?

Come party with Recreation Services. Explore our Birthday Party Packages or Create Your Own event!

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 PARTIES AT THE LONGMONT RECREATION CENTER

Rent an hour or two of room time for your child's next birthday party. Fee includes entry for up to 10 people to enjoy the pool, gym and/or 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 1st hour/\$50 each additional hour
Location: Longmont Recreation Center, 310 Quail Rd
Reserve: 303-774-4800

PARTY AT THE ICE PAVILION

Take advantage of our unique Saturday noon ice rentals to secure private ice time mid-day. Great for birthdays, broomball parties, hockey games/practices, and small company holiday celebrations. Rental skates are included in rental fee.

Dec 14-Feb 29,
Saturdays, 12-1pm
Pricing for group rentals, see page 12.
Location: Ice Pavilion, 725 8th Ave
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: \$148 for up to 12 children.
Larger party pricing available upon request.
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Reserve: 303-651-8404

Itty Bitty City Theme Parties available!

CREATE YOUR OWN PARTY AT THE POOL

Rent a shelter or room for your cake, presents, and guests, or rent the entire pool for your party! Year-round. Indoor pool options exist at Centennial Pool and the Longmont Recreation Center. Outdoor options exist at Sunset Pool beginning in late May. Pricing for pool rentals is online or by calling 303-651-8406.

Room Fee: \$27 for up to 2 hours + prescheduled group rate for all who swim or work out.
Location: Centennial Pool, 1201 Alpine St
Reserve: 303-651-8406

POOLSIDE PARTY SPACE

Enjoy a reserved, dedicated deck space under the slides by the leisure pool for your birthday party needs. Have your cake and eat it too by the pool! Room for up to 16 people. Admission not included.

Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$80 for up to two hours

BIRTHDAY PARTY PACKAGE AT THE ICE PAVILION

Enjoy two reserved tents and admission + skate rental for 12 guests for up to two hours during open skate times. Additional guests pay ice group rate admission and skate rental fees. Guests may stay for open skate after party.

Location: Ice Pavilion, 725 8th Ave
Fee: \$120 for up to two hours

Have something larger in mind?

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



Good for the Gut: Fermentation Workshop

Fun and informal fermentation workshop where we will make kombucha and taste a variety of fermented foods including kefir, yogurt and sauerkraut.

15 & up:	Mar 24, Tue, 6-7:30pm	247459-10
Instructor:	Erin Williams	
Location:	Location on Receipt	
Fee:	\$25 resident/\$30 non-resident	

Blood Sugar, Stress, and Nutrition

Do you get hungry, crave sugar, have stubborn belly fat, or anxiety? These symptoms are all related to blood sugar and cortisol balance. In this class, we discuss this connection and how you can change your diet to improve your health and vitality.

15 & up:	Jan 15, Wed, 6-7:30pm	143211-1
Instructor:	Erin Williams	
Location:	Longmont Recreation Center, 310 Quail Rd	
Fee:	\$25 resident/\$31.25 non-resident	

Running H2O

Receive the benefits of land running without any impact or even getting your hair wet. This class is held in the deep end of the program pool and aqua-jogging belts are provided for flotation. Running H2O is coached by Mary Ritter, Owner of Body Transformations, Certified Running H2O instructor, USTA and IRONMAN coach and CPT/CES/PES/SSI. ***NO Class Mar 24 or 26**

18 & up:	Tue & Thurs, 7-8am		
Dates:	Dec 3-19	\$48 res/\$60 non-res	433600-4
	Jan 7-30	\$72 res/\$90 non-res	133600-1
	Feb 11-27	\$54 res/\$68 non-res	133600-2
	Mar 3-31	\$63 res/\$79 non-res	233600-1
	Apr 2-30	\$81 res/\$101 non-res	233600-2
	May 5-21	\$54 rest/\$68 non-res	233600-3

Instructor: Mary Ritter
 Location: Centennial Pool, 1201 Alpine St
 Drop in Fee: \$13 resident/ \$16.25 non-resident



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 keyword "watt" or call 303-774-4800.

Location:	Longmont Recreation Center, 310 Quail Rd	
18 & up:	Orientation, 3rd Tues, 6-6:30am	113990
Fee:	Free, pre-registration required	
17 & up:	Wattbike Classes	113991
	Tues 6:30-7:30am & Thurs 12-1pm	

Daily Class Fee: \$5 extended passholders/\$15

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 may be a combination of standing, floor or chair. Pace is moderate and constant. Bring a mat.



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

16 & up:	Tue, 9:30-10:30am		
Dates:	Jan 7-28	\$40 res/\$50 non-res	113922-2
	Feb 4-25	\$40 res/\$50 non-res	113922-3
	Mar 10-31	\$40 res/\$50 non-res	213922-1
	Apr 7-28	\$40 res/\$50 non-res	213922-2

16 & up:	Thurs, 9:30-10:30am		
Dates:	Jan 9-30	\$40 res/\$50 non-res	113922-5
	Feb 6-27	\$40 res/\$50 non-res	113922-6
	Mar 5-19	\$30 res/\$37.50 non-res	213922-4
	Apr 2-30	\$50 res/\$62.50 non-res	213922-5

Instructor: Sephra Albert, L4 Essentrics® Trainer
 Location: Longmont Recreation Center, 310 Quail Rd

16 & up:	Wed, 10:30-11:30am		
Dates:	Jan 8-29	\$40 res/\$50 non-res	113923-2
	Feb 5-26	\$40 res/\$50 non-res	113923-3
	Mar 4-25	\$40 res/\$50 non-res	213923-1
	Apr 1-29	\$50 res/\$62.50 non-res	213923-2

Instructor: Kim Zimmer, L4 Essentrics® Trainer
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Essentrics® Barre

Essentrics® BARRE offers a dynamic full-body workout that works fascia and muscles. Barre work allows muscles to experience a gentle but deeper stretch in order to relieve pain and permit full range of motion. Develop lean, strong and flexible muscles. Moderately paced. Barefoot. Bring a mat.

16 & up:	Fri, 10:30-11:30am		
Dates:	Jan 10-31	\$40 res/\$50 non-res	113924-2
	Feb 7-28	\$40 res/\$50 non-res	113924-3
	Mar 6-27	\$40 res/\$50 non-res	213924-1
	Apr 3-24	\$30 res/\$37.50 non-res	213924-2

Instructor: Kim Zimmer, L4 Essentrics® Trainer
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Golf Fitness Workshop

Move through the Titleist Performance Institute (TPI) physical screens to help identify strengths, weaknesses, and potential imbalances. Receive the education and support to bettering the physical aspect of your golf game.

18 & up:	Jan 8-29, Wed, 7-8:30pm	143135-A
	Feb 5-26, Wed, 7-8:30pm	143135-B

Instructor: Trish Heatherington, TPI Level 1 Fitness Instructor
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$75 resident/\$93.75 non-resident

Barre Basics

Learn proper alignment, movement, tips and tricks to get the most out of your barre classes! Learn the purpose and function of each posture and exercise. For new and seasoned barre participants.

16 & up: **Sat, 2-3pm**

Dates:	Jan 18, Feb 15	113501
	Mar 28, Apr 25, May 30	213501

Location: Longmont Recreation Center, 310 Quail Rd
Daily Fee: \$6 resident/\$7.50 non-resident

Barre Enhanced

Learn how to use essential oils to compliment your barre practice. Each class focuses on a specific essential oil and how that oil enhances the feel of the class and exercises. Oil samples and oil information sheets provided.

16 & up: **Sun, 1:30-3pm**

Dates:	Jan 26, Feb 23	113502
	Mar 15, Apr 19, May 17	213502

Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$12 resident/\$15 non-resident

Introduction to Tai Chi Bang

Experience Tai Chi Bang aka Eight Immortals Flute in 36 forms. This form uses a bang or stick to teach coordinated movement and breathing. Benefits include improved concentration and balance, joint flexibility, arm strength. Appropriate for beginners or advanced students. Bang sticks provided

18 & up: **Jan 11, Sat, 1-2pm** 113125-A

Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$10 resident/\$12.50 non-resident



Introduction to Tai Chi- Qigong Shibashi

Shibashi is a combination of Tai Chi movements and Qigong breathing. Learn how to develop a daily practice that strengthens your core, corrects your posture, improves your balance and coordination, and help you get back to doing deep knee bends!

18 & up: **Feb 22, Sat, 1-2pm** 113124-A

Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$10 resident/\$12.50 non-resident

Tai Chi: 37 posture Yang short form

Tai Chi is a mind-body exercise utilizing slow, relaxed movement that stimulate the flow of chi to enhance ones physical and mental well-being. For those with Tai Chi experience. *NO class 2/3 or 5/25.

18 & up: **Mon, 11am-12pm**

Dates: **Dec-Feb, 143125 / Mar-May, 243125**

Instructor: Barb Larsen
Location: Izaak Walton Clubhouse, 18 S Sunset
Daily Fee: \$6 resident/\$7.50 non-resident

Shotokan Karate

Shotokan karate training helps increase physical fitness, confidence, improved motor skills, flexibility, speed, concentration, discipline & personal safety. Affiliated with the International Shotokan Karate Federation. Register with keyword "Shotokan"

6 & up: **Tuesday & Thursday, 6:40-7:40pm**

Sessions: Ongoing monthly
Instructor: Budo Shotokan, Sensei Chad Callaghan
Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
Youth Fee: \$70 resident/\$87.50 non-resident
Adult Fee: \$90 resident/\$112.50 non-resident

Posture Training & Conditioning Course

Learn how easy it is to find and feel better posture and how to keep it. Create lasting change, decrease pain, improve balance, and more. Get the results and confidence to stand tall.

18 & up: **Mar 2-Apr 20, Mon, 12:15-1:15pm** 213803-1A

Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$50 resident/\$62.50 non-resident

Movement Assessments for Exercise

Many common discomforts come from non-optimal alignment of feet and knees, reducing your enjoyment of movement. We will look at ways to improve alignment; the results will be noticeable immediately.

18 & up: **Mar 14, Sat, 1-2pm** 213151-A

Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$10 resident/\$12.50 non-resident

Hip-Hop Fitness 2.0

Take Hip-Hop Fitness to another level! First we slowly break down fundamental Hip-Hop movements, then we learn a combination to ONE song that utilizes more complex musicality and execution technique. Unlike the Hip-Hop Fitness class, there are sections with no music to work on movement with more detailed instruction. Each class is unique! Take all 4.

14 & up: **Sat, 1-3pm**

Dates: **Dec 21** 113950

Mar 21, Apr 18, May 16 213950

Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$15 resident/\$18.75 non-resident

Hula Hoop Fitness

This high energy, somatic class builds confidence, improves balance, minimizes chronic pain, decreases belly fat, reduces anxiety, and increases mindfulness and joy! No experience necessary; hoops provided. Arrive 15 minutes early to be fitted for a hoop. Children 9-15 ok with parent also attending.

16 & up: **Mon, 5-5:45pm**

Dates: **Dec 2-16** \$40 res/\$50 non-res 113925-1

Jan 6-27 \$54 res/\$67.50 non-res 113925-2

Feb 3-24 \$54 res/\$67.50 non-res 113925-3

Mar 2-16 \$40 res/\$50 non-res 213925-1

Apr 13-27 \$40 res/\$50 non-res 213925-2

May 4-18 \$40 res/\$50 non-res 213925-3

Instructor: Melody Erickson
Location: St Vrain Memorial Bldg, 700 Longs Peak Ave



TRX

TRX is a distinct training system that uses your own body weight and gravity as resistance. This training system is unique, simple to perform, but challenging as every movement requires balance and core strength. A great supplemental workout for athletes or a stand-alone program for every fitness level - a true total body workout! Drop ins allowed if you have taken TRX before or attended a free orientation.

Free Orientations to TRX:

16 & up: **Dec 17, Jan 21, Feb 18; Tue, 5-5:30pm** 123511
Mar 17, Apr 21, May 18; Tue, 5-5:30pm 223511

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

TRX

16 & up: **Mon & Wed, 7-7:45am**

Jan 6-Feb 12	\$60 res/\$75 non-res	123512
Feb 17-Mar 18	\$50 res/\$62.50 non-res	123512
Mar 30-May 13	\$70 res/\$87.50 non-res	223512

Location: Longmont Recreation Center, 310 Quail Rd

16 & up: **Mon & Wed, 8:15-9:15 or 5:30-6:30pm**

Jan 6-Feb 12	\$60 res/\$75 non-res	123512
Feb 17-Mar 18	\$50 res/\$62.50 non-res	123512
Mar 30-May 13	\$70 res/\$87.50 non-res	223512

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Gentle TRX

New to exercise or just getting back into it? The TRX straps are used for mobility, muscle strengthening and dynamic balance/gait enhancement exercises in a lower intensity format.

18 & up: **Mon & Wed, 10-11am**

Jan 6-Feb 12	\$48 res/\$60 non-res	123542
Feb 17-Mar 18	\$40 res/\$50 non-res	123542
Mar 30-May 13	\$56 res/\$70 non-res	223542



SILVERSNEAKERS® & RENEW ACTIVE™ PROGRAMS

Designed for Medicare participants with select insurance plans. Are you a United Healthcare customer? Did your SilverSneakers® pass change to Renew Active™ by Optum? Don't worry! Your new pass works just like the SilverSneakers® pass. Both programs include use of facility amenities and group fitness classes with unlimited daily admission at the Longmont Recreation Center, Centennial Pool, and the St Vrain Memorial Building. Both programs are also valid for admission for the SilverSneakers® classes held at the Senior Center and Lashley St Station. To find out more, call 303-774-4800 or stop in at 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® and RenewActive™ participants involve a tour of the Longmont Recreation Center and an overview of the fitness equipment.

Days/Times: **Dec 5, Jan 2, Feb 6, Mar 5, Apr 2, May 7; Thurs, 9am**
Dec 19, Jan 16, Feb 20, Mar 19, Apr 16, May 21; 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 available online and at Recreation facilities.

SilverSneakers® Boom	SilverSneakers® Cardio
SilverSneakers® Classic	SilverSneakers® Circuit
SilverSneakers® Splash	SilverSneakers® Yoga
SilverSneakers® Stability	

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

Lunch & Learns Special Event

Join us on the 2nd Tues of each month for an educational class! Bring a lunch or snack. Meals on Wheels is available prior to the classes.
Dec 10, Jan 14, Feb 11, Mar 10, Apr 14, May 12 113401 & 213401
 Fee: Free for SilverSneakers® & Renew Active™ members
 Location: Longmont Senior Center, 910 Longs Peak Ave

THERAPEUTIC RECREATION



The SCOPE (Supportive, Captivating, & Original Programs & Experiences) This Program encourages people of all abilities to participate in recreational programs and activities. The mission of SCOPE is to provide specialized support and recreational opportunities to people with disabilities. Our vision is to enrich lives and create experiences that are memorable, empowering, fun and safe for all participants.



SCOPE: Bowling

This program is designed to give each participant with special needs an opportunity to continue a leisure activity skill that provides fun and excitement for years to come. Participants should have a basic knowledge of bowling because no instruction is given. Each bowler participates at his/her own pace. An additional fee of \$1 is collected from each bowler per week for Centennial Lanes. *No bowling March 26 - Spring Break.*

12 & up: **Jan 16-Mar 5, Thurs, 3-4pm** 149100.A

Mar 12-May 7, Thurs, 3-4pm 249100.A

Location: Centennial Bowling, 110 E 9th Ave

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

SCOPE: Swimming

The Longmont Dolphins Swim Team offers instruction and training for competition in Special Olympics.

Fee: \$42 resident/
\$52.50 non-resident



Assisted Swimming:

Swimming for individuals requiring personal assistance in the pool. Space is limited--register early! Parent/Guardian may be required to assist swimmer in the pool. *No swimming March 27.*

8 & up: **Jan 10-May 15, Fri, 5:30-6:30pm** 149112.A

Location: Centennial Pool, 1201 Alpine St

Independent Swimming:

Swimming for individuals who are able to swim the length of the pool, 25 yards, without stopping and without assistance. Space is limited; register early! *No swimming March 26-Spring Break.*

8 & up: **Jan 9-May 14, Thurs, 6:30-7:30pm** 149113.A

Location: Longmont Recreation Center, 310 Quail Rd

SCOPE: Basketball

This program offers instruction and training in Special Olympics Team Basketball competition.

8-15 yrs: **Jan 7-Mar 17, Tue, 5:45-6:45pm** 149111.B

Location: Longmont Recreation Center, 310 Quail Rd

16 & up: **Jan 6-Mar 2, Mon, 7-8pm** 149111.A

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

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

SCOPE: Track & Field

Longmont Lynx Track & Field Team offers instruction and training in Special Olympics Athletics events for competition. Outdoor practices. In cases of inclement weather, practices will be indoors at the St Vrain Memorial Building, 700 Longs Peak Ave.

8 & up: **Apr 4-May 9, Sat, 11am-12:30pm** 249114.A

Location: Altona Middle School, 4600 Clover Basin Dr

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

SCOPE: TRY A SPORT

Come "scope" us out as you "try" a new sport! Join us, have a blast, and make new friends. No experience needed.

Try Skate

Experienced coaches and players from the Colorado Ice Wizards/Rocky Mountain Special Hockey assist skaters as they navigate the ice. Helmets and ice skates are required on the ice. Bring your own skates or borrow a pair of rental skates at no charge. Please wear warm clothing and mittens or gloves.

5 & up: **Feb 1, Sat, 10-11am** 149001.A

Location: Longmont Ice Pavilion, 725 8th Ave

Fee: FREE – pre-register to guarantee your spot!

Try Cornhole

Cornhole is an easy to learn, social game that brings people together. It is very simple in that you toss corn filled bags into a board with a hole but is challenging and engaging. Everyone laughs and has fun playing this great American game. All ages and skill levels can easily play together and it is more fun than competitive.



14 & up: **Mar 28, Sat, 10-11am** 149002.03

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Fee: \$7 resident/ \$8.75 non-resident

SCOPE: Drumming

This introduction to drumming for people with special needs is fun, easy, and accessible to anyone. The Djembe drum from West Africa and percussion from around the world are provided. Students will learn and create their own rhythms in a fun, safe environment.

14 & up: Tue, 5:15-6:15pm

Dates: **Jan 7-28; or Feb 4-25** 149400

Mar 3-24; Apr 7-28; or May 5-26 249400

Instructor: Gregg Hansen

Location: Izaak Walton Clubhouse, 18 S Sunset

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

THERAPEUTIC RECREATION

SCOPE: PARTIES *Please pre-register so we know you are planning to attend.*

Location: Senior Center, 910 Longs Peak Ave. Fee: \$5 resident/\$6.25 non-resident

SCOPE Party: Cupid Shuffle

Shuffle it up and get ready lots of fun, music and interactive activities. Karaoke, games and light refreshments provided.

8 & up: **Jan 27, Mon, 7-8:15pm** 149501-A

SCOPE Party: Super Hero

Calling all superheroes! Come save the day dressed as your favorite super hero. Sing, crafts, games, and enjoy light refreshments.

8 & up: **Feb 24, Mon, 7-8:15pm** 149502-A

SCOPE Party: Cowboy Round Up

Cowboy up and join the fun with crafts, country music, karaoke, dancing and entertainment for all. Light refreshments provided.

8 & up: **Mar 23, Mon, 7-8:15pm** 249503-A

SCOPE Party: Game Night

We've picked some really fun games, join us for an entertaining night full of fun for all! Music and light refreshments provided.

8 & up: **Apr 27, Mon, 7-8:15pm** 249504-A

SCOPE CAMPS

Registration for the Longmont SCOPE Camp begins February 1 with a special early-bird rate available through April 14. Initial registration is available both online and in person at the St Vrain Memorial Building, 700 Longs Peak Ave. Completed Enrollment Packet to be turned in at time of registration or prior to May 1. Please note that the complete Enrollment Packet MUST be completed 7 days PRIOR to each camper's first day of camp. Once registered, days can be added online.

SCOPE Camp

This is a non-licensed recreation program for adults with special needs, 18 years and older, operated by Longmont Recreation Services. Campers experience a wide variety of activities, including crafts, swimming, life skills, and social and educational outings. Please note, SCOPE Camp is a summer recreation program, not an adult day care program. Enrollment into the SCOPE Day Camp Registration Fee course is required in order to select dates of attendance

18 & up: **Mon-Fri, 9am-4pm**

Dates: **Jun 1-Jul 24** 349980.RG

Location: St Vrain Mem Bldg, 700 Longs Peak Ave

Registration Fee:

Through April 14: \$45 resident/\$56.25 non-resident

After April 14: \$65 resident/\$76.25 non-resident

Registration fee is per family, and non-refundable

Daily Fee: \$46 resident/\$55 non-resident

Weekly Fee: \$46 x 5 days = \$230 resident;
\$57 x 5 days = \$285 non-resident



SCOPE Teen Camp

This summer camp for teens with special needs, ages 13-17, is licensed through the State of Colorado. Campers will experience a wide variety of activities, including crafts, swimming, life skills, and social and educational outings. Please note, Teen SCOPE Camp is a summer recreation program, not a day care program.

13-17 yrs: **Mon-Fri, 9am-4pm**

Dates: **Jun 1-Jul 24** 349990.RG

Location: St Vrain Mem Bldg, 700 Longs Peak Ave

Registration Fee:

Through April 14: \$45 resident/\$56.25 non-resident

After April 14: \$65 resident/\$76.25 non-resident

Registration fee is per family, and non-refundable

Daily Fee: \$46 resident/\$57 non-resident

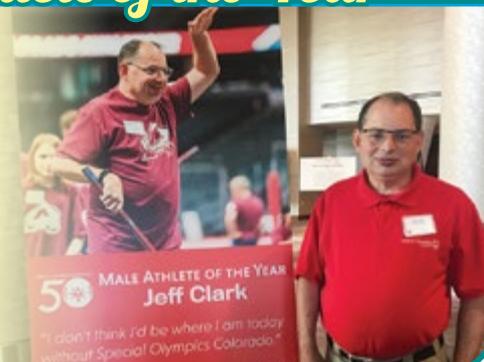
Weekly Fee: \$46 x 5 days = \$230 resident;
\$57 x 5 days = \$285 non-resident

2019 Hall of Fame Special Olympics Athlete of the Year

Jeff Clark

2019 Hall of Fame Special Olympics Athlete of the Year

Longmont's own Jeff Clark was selected by Special Olympics of Colorado as the 2019 Male Athlete of the Year. He has been involved with the City of Longmont's Scope program and Special Olympics for 27 years. Jeff competes year round in various sports. Through the years, Jeff has grown his abilities while he continue to try new and emerging sports. If he is not participating, he is helping mentor other athletes. Congratulations, Jeff, for this achievement!





LONGMONT DANCE THEATRE ACADEMY

Appropriate apparel must be worn to every class – requirements available online and on registration receipt. Optional recital on May 18 for March sessions for an additional fee. For more information, call 303-317-2707.

Location: Longmont Dance Theatre, 1422 Nelson Rd

Tutu Terrific & Time

Combination Ballet/ Tap class where imagination and storytelling through dance is emphasized using guided, creative and age appropriate movement. Students must be potty trained by first day of class. Parents are welcome to watch every class.

**NO Class: Mar 25-28 or Apr 22-25*



2-5 yrs:	Jan 15-Feb 26, Wed, 3:30-4:30pm	144510-A
	Jan 16-Feb 27, Thurs, 10-11am	144510-B
	Jan 18-Feb 29, Sat, 9-10am	144510-C
	Mar 7-May 2*, Sat, 9-10am	244510-2C
	Mar 11-May 6*, Wed, 3:30-4:30pm	244510-2A
	Mar 12-May 7*, Thurs, 10-11am	244510-2B

Fee: \$98 resident/\$122.50 non-resident

Beginning Jazz

Learn beginning jazz techniques such as isolations of the body and developing complex rhythms and patterns in a high energy and fun, noncompetitive environment. This jazz class is taken with bare feet - no shoes required.

9-12 yrs:	Jan 18-Feb 29, Sat, 11am-12pm	144601-A
	Mar 7-May 2, Sat, 11am-12pm	244601-A
13 & up:	Jan 15-Feb 26, Wed, 7:30-8:30pm	144604-A
	Mar 11-May 6, Wed, 7:30-8:30pm	244604-A

Fee: \$98 resident/\$122.50 non-resident

Ballet Dance

Classes for new and returning to ballet students that offer an introduction to fundamentals of ballet technique for all ages, whether the goal is to learn about ballet or transition into traditional ballet classes. **NO Class: 3/24-25, 4/21-22*



6-8 yrs:	Jan 15-Feb 26, Wed, 5:30-6:30pm	144612-1A
	Mar 11-May 6, Wed, 5:30-6:30pm	244612-A
9-12 yrs:	Jan 14-Feb 25, Tue, 6:30-7:30pm	144613-1A
	Mar 10-May 5, Tue, 6:30-7:30pm	244613-1A

Fee: \$98 resident/\$122.50 non-resident

Aerial Dance

Dance in the air with a combination of aerial silks, circus arts, and theatrical dance techniques. Male and female students are encouraged to dress comfortably and for movement (including hanging upside down at times). No socks/shoes are worn in class. *NO Class: 03/23, 04/20*



8-12 yrs:	Jan 13-Feb 24, Mon, 4:30-5:30pm	144614-A
	Mar 9-May 4, Mon, 2-3pm	244614-A
13-18 yrs:	Jan 13-Feb 24, Mon, 5:30-6:30pm	144615-A
	Mar 9-May 4, Mon, 5:30-6:30pm	244615-A

Fee: \$98 resident/\$122.50 non-resident

Boys Dance

During these high energy movement classes, techniques that test physical coordination and expand imagination allow boys to discover dance and movement at a beginning to intermediate level while learning traditional techniques for male dancers. **NO Class: 03/24, 04/21*

2-5 yrs:	Jan 14-Feb 25, Tue, 4:45-5:30pm	144616-01
Fee:	\$90 resident/\$112.50 non-resident	
	Mar 10-May 5*, Tue, 4:45-5:30pm	244616-02
Fee:	\$98 resident/\$122.50 non-resident	
6-8 yrs:	Jan 14-Feb 25, Tue, 5:30-6:15pm	144616-1A
Fee:	\$90 resident/\$112.50 non-resident	
	Mar 10-May 5*, Tue, 5:30-6:30pm	244616-2A
Fee:	\$98 resident/\$122.50 non-resident	

9-12 yrs:	Jan 14-Feb 25, Tue, 6:15-7:15pm	144616-1B
Fee:	\$98 resident/\$122.50 non-resident	

Elementary Jazz 5-8 years

Learn beginning jazz techniques such as isolations of the body and developing complex rhythms and patterns in a high energy and fun, non-competitive environment. This jazz class is taken with bare feet - no shoes. **NO Class: 03/28, 04/25*

5-8 yrs:	Jan 18-Feb 29, Sat, 10-11am	144618-A
	Mar 7-May 2*, Sat, 10-11am	244618-A
Fee:	\$98 resident/\$122.50 non-resident	



DANCE DIMENSIONS

Dance Dimensions has a policy of allowing visitors to observe at the first and last class. For ballet classes, ballet shoes and appropriate attire is needed: please no satin ballet shoes from discount stores as they do not fit properly. For tap classes, no Highlight or Dancetime shoes or discount store shoes will be allowed due to poor fit and soft metal residue. For further clarification, please call Dance Dimensions at 303-772-3750.

Tiny Tutus

This class is a wonderful introductory dance experience for the very young student. Creative movement and basic technique will provide confidence, coordination, strength and fun! Wear ballet shoes and appropriate dress. ***NO Class: 03/27**

3 yrs: **Jan 10-Mar 13, Fri, 9-9:45am** 144500-F
Mar 20-May 29*, Fri, 9-9:45am 244500-F

Location: Dance Dimensions, 638 Main St
 Fee: \$125 resident/\$156.25 non-resident



Pre-Ballet & Tap

A fun class for the child whose feet are always moving. This class introduces students to the basic techniques of tap and ballet, as well as rhythm and coordination. Tap shoes and ballet shoes are necessary, as well as appropriate apparel. ***No class 3/25 or 3/27**

4-5 yrs: **Jan 10-Mar 13, Fri, 9:45-10:30am** 144501-F
Mar 20-May 29*, Fri, 9:45-10:30am 244501-F

Location: Dance Dimensions, 638 Main St

6-8 yrs: **Jan 8-Mar 11, Wed, 6:30-7:15pm** 144501-A
Mar 18-May 27*, Wed, 6:30-7:15pm 244501-A

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Instructor: Dance Dimensions
 Fee: \$125 resident/\$156.25 non-resident

Pre-Ballet/Tumbling

A highly recommended, energetic class for the beginning of dance technique for the young student. Basic tumbling, ballet technique and creative movement will be the emphasis of this class. Ballet shoes and appropriate attire needed for class. ***No class 3/27.**

4-5 yrs: **Jan 10-Mar 13, Fri, 10:30-11:15am** 144502-A
Mar 20-May 29*, Fri, 10:30-11:15am 244502-A

Location: Dance Dimensions, 638 Main St
 Fee: \$125 resident/\$156.25 non-resident

Lil Dancing Dynamite

Come and enjoy this high energy, introductory class to different styles of music and dance. We focus on the very basics of ballet, jazz technique and hip hop. Last class performance for parents. ***No 3/25.**



4-6 yrs: **Jan 8-Mar 11, Wed, 4:30-5:30pm** 144503-A1
Mar 18-May 27*, Wed, 4:30-5:30pm 244503-A1

Instructor: Dance Dimensions
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Fee: \$135 resident/\$168.75 non-resident

Royal Trouveres Play

Great for the beginner and the experienced actor alike. The play is non-musical. Performances: Feb 19, Wed, 4:30pm & 7:30pm. For show descriptions, see www.jesterstheatre.com.

5-18 yrs: **Tue & Wed, 4-6pm**
Sleeping Beauty: Jan 14-Feb 19 146381-01

Location: Jesters Theatre, 224 Main St
 Fee: \$275 resident/\$343.75 non-resident

Royal Troubadours Musical

This show is a musical, but no previous acting and singing experience is needed. Performances: Apr 22, Wed, 4:30pm & 7:30pm. For show descriptions, see www.jesterstheatre.com. ***No class 3/24 & 25.**

5-18 yrs: **Tue & Wed, 4-6pm**
Peter Pan: Mar 10-Apr 22* 246380-03

Location: Jesters Theatre, 224 Main St
 Fee: \$275 resident/\$343.75 non-resident



Royal Rousers Theatre

Initiate your youngster to the stage. Learn the basics of theatre and acting through theatre games, improvisation and role playing. Come join the fun at Jesters Theatre.

4-8 yrs: **Jan 4-Feb 8, Sat, 10:30-11:30am** 146350-01

Location: Jesters Theatre, 224 Main St
 Fee: \$75 resident/\$93.75 non-resident



Hula Dance Youth

Learn basic hula steps as well as ancient and modern hula dances. Hula is a holistic form of dance that incorporates physical, spiritual, musical, cultural and linguistic elements.

4-8 yrs:	Jan 16-Feb 20, Thurs, 5:15-6:15pm	144631-01
	Apr 2-May 7, Thurs, 5:15-6:15pm	244631-04

Instructor: Laelae Sundberg
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Fee: \$60 resident/\$75 non-resident

Shotokan Karate Tigers

Increase physical fitness, confidence, improved motor skills, flexibility, and listening skills. Affiliated with the International Shotokan Karate Federation. For December dates, see online.

3-6 yrs:	Sat, 11-11:45am	
Sessions:	Jan 4-25; Feb 1-29	144255
	Mar 7-21; Apr 4-25; May 2-30	244255
Fee:	\$45 resident/\$56.25 non-resident	

3-6 yrs:	Tue, 6:15-6:45pm	
Sessions:	Jan 7-28; Feb 4-25	144255
	Mar 3-31; Apr 7-28; May 5-26	244255
Fee:	\$40 resident/\$50.50 non-resident	

3-6 yrs:	Thurs, 6:15-6:45pm	
Sessions:	Jan 2-30; Feb 6-27	144255
	Mar 5-19; Apr 2-30; May 7-28	244255
Fee:	\$40 resident/\$50.50 non-resident	

Instructor: Budo Shotokan, Sensei Chad Callaghan
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

TumbleStars For kids 1-6 years, each class is 35 minutes. One child per adult in the parent/child classes. Ages 3 and up participate independently in classes. All classes held at the St Vrain Memorial Building, 700 Longs Peak Ave.

TumbleStars Tot • 1-2 yrs

Enjoy one-on-one time with your child while they learn basic tumbling skills on the mats, trampoline, bars, beam and vault.

TumbleStars • 3-6 yrs

Develop basic gymnastics skills while having fun. Hop, run and trot through the obstacles courses. Trampoline, balance beam, bars, vault and mat work will increase body awareness, coordination and strength.

Active Warrior • 3-5 yrs

Run, jump and ROLL over obstacles just like your favorite ninjas on TV! Boys and girls learn awesome skills like ninja rolls, window escapes and dragon tails while focusing their energy and being... KIDS!

	Times	Jan	Feb	Mar	Apr
Wednesday		1/8-1/29 \$36res/\$45non	2/5-2/26 \$36res/\$45non	3/4-4/1** \$36res/\$45non	4/8-4/29 \$36res/\$45non
3/4	9:15-9:50am	145170.01	145170.02	245170.03	245170.04
Tot	10:00-10:35am	145160.01	145160.02	245160.03	245160.04
4/5	10:45-11:20am	145172.01	145172.02	245172.03	245172.04
3/4	4:30-5:05pm	145173.01	145173.02	245173.03	245173.04
Tot	5:15-5:50pm	145164.01	145164.02	245164.03	245164.04
5/6	6:00-6:35pm	145179.01	145179.02	245179.03	245179.04
Thursday		1/9-1/30 \$36res/\$45non	2/6-2/27 \$36res/\$45non	3/5-4/2** \$36res/\$45non	4/9-4/30 \$36res/\$45non
AW 3-5	9:15-9:50am	145174.01	145174.02	245174.03	245174.04
3/4	10:00-10:35am	145175.01	145175.02	245175.03	245175.04
Tot	10:45-11:20am	145181.01	145181.02	245181.03	245181.04
5/6	4:30-5:05pm	145150.01	145150.02	245150.03	245150.04
3/4	5:15-5:50pm	145171.01	145171.02	245171.03	245171.04
Tot	6:00-6:35pm	145161.01	145161.02	245161.03	245161.04

**No class 3/25 & 3/26



Preschool Spanish

This is a fun, interactive, and hands on class. Kids have fun while learning and getting exposed to the Spanish Language through games, songs, instruments, movement, storytelling and art-crafts. Vamos a aprender jugando! *March fee \$30 res/\$37.50 non-res.

3-6 yrs: **Fri, 10-11am**
 Dates: **Jan 10-31 or Feb 7-28** 145350
Mar 6-20*; Apr 3-24; May 1-15 245350
 Instructor: Kenna Guttridge
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Fee: \$40 resident/\$50 non-resident

Spanish for Homeschoolers

This is a fun, interactive hands-on class where kids are exposed and learn the Spanish language through games, songs, movement, music and storytelling. Designed for children that are home schooled.

7-10 yrs: **Fri, 11:15am-12:15pm**
 Dates: **Jan 10-31, Feb 7-28** 146101
Apr 3-24 246101-04
 Fee: \$50 resident/\$62.50 non-resident
 Dates: **Mar 6-20, May 1-15** 246101
 Fee: \$40 resident/\$50 non-resident
 Instructor: Kenna Guttridge
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Heartsong Music Class

This parent-child class explores world instruments, music, and movement. Hands-on activities with instruments, scarves and sign language encourage a love and appreciation for music, positive social skills and motor skill development. All materials and instruments are provided. *NO Class: 1/20, 2/17

0.6-5 yrs: **Mon, 10:15-11am**
 Dates: **Jan 6-Feb 3* or Feb 10-Mar 9*** 145351
Mar 16-Apr 13 or Apr 20-May 11 245351
 Instructor: Julie Adair
 Location: Memorial Building, 700 Longs Peak Ave
 Fee: \$35 resident/\$43.75 non-resident

Music Together – Parent /Child

An early childhood music and movement program for children from birth through age 5 and their parents. It is a research-based early childhood music curriculum that strongly emphasizes adult involvement. Classes include singing, movement activities and instrumental jam sessions.

0-5 yrs: **Jan 8-Mar 11, Wed, 9:30-10:15am** 145352-01
Mar 25-May 27, Wed, 9:30-10:15am 245352-03
 Instructor: Rhonda Ritter
 Location: Izaak Walton Clubhouse, 18 S Sunset
 Fee: \$130 resident/\$162.50 non-resident + \$42 materials fee



Heartsong Yoga, Movement and Rhythm Class

This parent-child class focuses on child-specific nature/animal-themed yoga, creative movement and exploring music through dance, streamers, and rhythm activities. Through this fun and interactive class, children will develop focus, balance, fine/gross motor skills, and social skills while cultivating an appreciation for music and movement. *NO Class: 1/21, 2/18

1-5 yrs: **Tue, 10:15-11am**
 Dates: **Jan 7-Feb 4* or Feb 11-Mar 10*** 145355
Mar 17-Apr 14 or Apr 21-May 12 245355
 Instructor: Julie Adair
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Fee: \$35 resident/\$48.75 non-resident

Preschool G.R.I.P. Creators Art Class

This is a fun, high energy, and unique kind of art class. This class incorporates art activities, music, and movement with a different focus each week. Gratitude, Resilience, Intention and Purpose! Big words, big concepts, designed for little people!
 *NO Class: 2/15, 2/17

4-5 yrs: **Mon, 9-9:45am**
Feb 3-Mar 2* 145360-2A
Apr 6-27 245360-4B
 4-5 yrs: **Sat, 9-9:45am**
Feb 1-29* 145360-A
Mar 7-28 or Apr 4-25 245360
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Fee: \$36 resident/\$45 non-resident

G.R.I.P. Creators Art Class

This is a fun, high energy, and unique kind of art class. These classes incorporate art activities, music, and movement with a different focus each week. Gratitude, Resilience, Intention, and Purpose! Big Words, big concepts, designed for young people.

6-8 yrs: **Feb 3-24, Mon, 4:15-5:15pm** 146355-02
Apr 6-27, Mon, 4:15-5:15pm 246355-04
 9-12 yrs: **Feb 3-24, Mon, 5:25-6:25pm** 146356-02
Apr 6-27, Mon, 5:25-6:25pm 246356-04
 Instructor: Cameron Stevens, Come2Grips
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Fee: \$48 resident/\$60 non-resident



Wild Tykes - Wild About Winter

Brrr, winter is chilly but can be full of wonder and magic as well! Join us as we learn how Winter can be a blast! Mostly indoors, the classes include silly songs, crafts, and hands-on experiments.

2-5 yrs: **Feb 3-24, Mon, 12:30-1:15pm** 145461-02

Instructor: Wild Within Reach
Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
Fee: \$40 resident/\$50 non-resident

Wild Tykes - Wild About Ecosystems

Ecosystems can be complex and hard to understand but if you break them down, get silly and a little wild they can be fun and easy to learn about! Join us as we get silly and Wild About Ecosystems!

2-5 yrs : **Apr 6-27, Mon, 12:30-1:15pm** 245460-04

Instructor: Wild Within Reach
Location: SSR Visitor Center, 3001 Sandstone Dr
Fee: \$40 resident/\$50 non-resident

CSI Crime Scene Investigation - Parent/ Child

Calling super science sleuth parent/child teams. Learn about forensics, crime scene investigations, and crime lab chemistry as you perform search for evidence, gather clues, and discover how science can help solve a mystery.

8-12 yrs: **May 2-9, Sat, 1:30-4:30pm** 246461-05

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
Instructor: Funtastic Workshops
Fee: \$75 resident/\$93.75 non-resident



Basic Botany for 4-6 years - Parent / Child

Is your child a budding plant person? Make botanic art, touch and see plant life up close, sprout seeds, learn about plant families, examine botany under the microscope, and participate in cool science experiments and fun learning games. Join us for Funtastic time with flora! This is a parent/ child class.

4-6 yrs: **May 7-21, Thurs, 9:30-10:45am** 245462-05

Instructor: Funtastic Workshops
Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
Fee: \$55 resident/\$68.75 non-resident

Nature Appreciation Through Mindfulness

See, experience, and understand the natural world more intimately. Students will practice mindfulness to develop an awareness of and connection to their natural surroundings. This full-day workshop is packed with ways to help your child develop an appreciation for nature. Bring water bottle, sack lunch and snack.

6-11 yrs: **Apr 27, Mon, 9am-4pm** 246462-A

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

6-11 yrs: **May 22, Fri, 9am-4pm** 246462-B

Location: Izaak Walton Clubhouse, 18 S Sunset
Instructor: Funtastic Workshops
Fee: \$90 resident/\$112.50 non-resident



SPRING BREAK



Chess Wizards Camp

Join us this Spring Break for tons of challenging chess lessons, exciting games, and cool prizes. Improve your chess skills and meet new friends. Unleash your brain power and spend some of your break time with Chess Wizards! Bring a water bottle and snack each day.

6-12 yrs: **Mar 23-27, Mon-Fri, 12:30-3:30pm** 246113-03
 Instructor: Chess Wizards Inc
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Fee: \$200 resident/\$237.50 non-resident

Make It & Take it Science Experiments

Discover how much fun science can be. Make and take home a wide assortment of projects and toys designed to teach you science concepts in a hands-on way.

6-11 yrs: **Mar 23-27, Mon-Fri, 9am-12pm** 246460-03
 Instructor: Funstastic Workshops
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Fee: \$175 resident/\$218.75 non-resident

Learn, Build, Shark - Parent & Me

Just like the show Shark Tank, help your child build a new fun project to pitch to the sharks and find out what it is worth in this parent/child class. Explore the fundamentals of building a business. Use fun items to learn negotiating and partnering with the Sharks/ investors.

5-12 yrs: **Mar 23, Mon, 5-7pm** 246540-3A
Mar 25, Wed, 2-4pm 246540-3B
Mar 26, Thurs, 2-4pm 246540-3C
 Instructor: Memories in the Making, Creative Consulting
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Fee: \$20 resident/\$25 non-resident



SEE SPRING BREAK SPORTS CAMPS on page 19

LONGMONT SUMMER DAY CAMP



Longmont Recreation Services offers state-licensed summer day care for youth ages 5* to 13 (*5 year olds must have completed kindergarten). With a single family registration fee, youth are able to attend either camp as their age allows. Once registered, enrolling for the Longmont Summer Day Camp and Tween LOCO camp is as easy as selecting the days you are interested in. Enroll early knowing that you will be able to change dates until May 1 without a \$5 change fee assessed per date. No sure when you will need days? You can enroll as you go: daily registrations are accepted on a space available basis until 4pm the day before.

Please note: as state-licensed programs, a completed enrollment packet (including immunization record, photo, height and weight) is required a minimum of 7 days PRIOR to attendance. Save money and register prior to April 15. For all forms and other detailed information such as weekly themes and daily activities, see www.LongmontColorado.gov/rec.

Registration Fee: 346700-RG & 346800-RG
Feb 1 to Apr 15: \$45 resident / \$56.25 non-res family
After Apr 15: \$65 resident/ \$75 non-res family

PreCamp

A scaled-back version of the Summer Day Camp featuring games and activities to ease into the summer routine. Includes swimming at Sunset Pool on Friday.

Ages 5*-13: **May 26-29, Tue-Fri, 7am-6pm** 346702
 Daily Fee: \$42.50 resident/ \$53 non-resident

Longmont Summer Day Camp

Activity-based traditional summer camp with swimming twice a week, weekly field trips to various parks throughout Longmont, and optional add-on enrichment activities available for an additional fee. Open registration begins February 1.

**5 year olds must have completed kindergarten.*

Ages 5*-10: **June 1-Aug 7, Mon-Fri, 7am-6pm** 346701
 Daily Fee: \$42.50 resident/ \$53 non-resident
 Weekly Fee (5 days x \$42.50/day) = \$212.50 resident/ \$265 non-resident



Tween LOCO

Experiential-based summer camp utilizing local opportunities and camper input. **Wrap around care before/after is available. Open registration begins February 1.

Ages 11-13: **June 1-Aug 7, Mon-Fri, 9am-4pm**** 346801
 Daily Fee: \$44 resident/ \$55 non-resident
 Weekly Fee (5 days x \$44/day) = \$220 resident/ \$275 non-resident.



NON-SCHOOL DAY CLIMBING CAMPS

New! Climbing Collective Camps

A day off from school means a chance to climb, an opportunity to do something different, meet new friends or hang with the crew at the Longmont Climbing Collective. Bring a snack and, for full day, packed lunch.

Instructor: Longmont Climbing Collective Location: Longmont Climbing Co, 33 S Pratt Pkwy Ste 300

Climbing Collective Ninja Holiday Camp

Join the expert from LCC and the Warrior Playground for this exciting holiday camp. Experience what it takes to become a Climbing Ninja - Balance, Strength, Focus, and Teamwork. Whether you are looking to boulder for the first time or perfect your Ninja agility, you're sure to find this camp a fun and exciting learning experience. Bring a snack and a sack lunch daily.

6-12 yrs: **Mon/Thurs/Fri, 9am-3pm**
Dates: **Dec 23-27** 146688-1A
Dec 30-Jan 3 146688-1B
Fee: \$222.75 resident/\$278.25 non-resident

6-12 yrs: **Mon-Fri, 9am-3pm**
Dates: **Mar 23-27** 246688-2C
Fee: \$371.25 resident/\$464 non-resident
Instructor: Longmont Climbing Collective
Location: Longmont Climbing Co, 33 S Pratt Pkwy Ste 300

Climbing Collective Day Off School Camp

A day off from school means a chance to climb, to do something different, meet new friends or hang with your current crew at the Longmont Climbing Collective. Climb with our expert coaches and learn essential climbing skills and play climbing games. Questions? Call Longmont Climbing Collective, 720-340-3640. Bring a non-perishable snack and a sack lunch.

6-12 yrs: **9am-3pm**
Dates: **Feb 14 Fri; Jan 20 Mon; Feb 17 Mon** 146887
Mar 20 Fri; Apr 27; May 22 Fri 246887

Instructor: Longmont Climbing Collective
Location: Longmont Climbing Co, 33 S Pratt Pkwy Ste 300
Daily Fee: \$82.50 resident/\$103 non-resident



CLIMBING CLASSES/CLINICS

Climbing Technique Classes for All Ages

These classes cover climbing safety and explore a variety of basic techniques to aide in increasing the climber's skill level. Intermediate and advanced classes extend these skills. If you are unsure which class would be appropriate, please check with the climbing wall staff. It may be advised to do a class level more than once! ****April codes begin with "2".**



Session Dates: **Jan 6-Feb 6; Feb 10-Mar 13; Apr 6-May 7**

6-9 years:	Child Beginner: Mon or Tue 5-6pm	117346
	Child Intermediate: Wed 6-7pm	117346
10-14 yrs:	Youth Beginner: Mon 6-7pm	117347
	Youth Intermediate: Wed 7-8pm	117347
6-14 yrs:	Child/Youth Advanced: Thurs 6-7pm	117347
Fee:	\$55 resident/\$69 non-resident	
15-adult:	Adult Beginner: Tue 6-7pm	117344
	Adult Intermediate/Adv: Thurs 6-7pm	117347
Fee:	\$71 resident/\$89 non-resident	
Location:	Longmont Recreation Center, 310 Quail Rd	

Learn to Belay

Learn the PBUS top-rope belay technique, gear use, commands and safety. Repeatable. Once belay certified you can belay your partner when wall is open. Pay at the Front Desk and bring your receipt to the climbing wall.

15 to Adult: **Ongoing, Friday 6-8 pm**
Daily fee: \$32 resident/\$40 non-resident

Personal Climbing Training

Can't attend a scheduled climbing class or want individualized instruction? For information or to schedule, call 303-774-4758.

All ages: By Appointment Only-1 hour sessions
Location: Longmont Recreation Center, 310 Quail Rd
Fee: One Participant Two participant
1 Session \$32 res/\$40 non-res \$42 res/\$52 non-res
5 Sessions \$135 res/\$169 non-res \$185/\$231 non-res

Parent-Child Climbing Class

This class introduces very young children to the world of rock climbing! Children learn basic climbing techniques. Parents learn about safety and encouraging their young climbers. **(NOTE: This is NOT a technique course for adults.)**

3-5 years: Sat or Sun, 10-11am

Sessions:	Jan 4-Feb 2; Feb 8-Mar 8	117345
	Apr 4-May 3	217345
Location:	Longmont Recreation Center, 310 Quail Rd	
Fee:	\$55 resident/\$66 non-resident	



Women with Wings Horsemanship Workshop

Discover something new about yourself while working with horses in this contemplative workshop. Allow the wisdom of your equine partner to open your heart and guide you towards self-awareness, inner peace and joy of life. Absolutely no horse experience necessary. This workshop gives you hands on contact and communication with your equine partner, nominal riding is involved.

18 & up: **Mar 28-May 2, Sat, 2-4pm** 247901-A
 Instructor: Jackie Ashley, Wild At Heart LLC
 Location: Horses Make Miracles, 13770 Davis Ln
 Fee: \$300 resident/\$375 non-resident

Hike and Draw Beneath the Flatirons

Enjoy a guided hike with inspirational views of the Boulder Flatirons then stop for a guided drawing lesson of the beautiful surroundings. Explore drawing media and techniques and apply the basic visual elements of art. No drawing experience required. Bring own art supplies, list on receipt.

18 & up: **May 2, Sat, 1-4pm** 247941-A
 Instructor: Suzanne Michot & Lisa Michot
 Location: Chautauqua Dining Hall, 900 Baseline Rd
 Fee: \$35 resident/\$43.75 non-resident

Wildflower Identification Hike

Take a fun-filled walk on Boulder open space trails to learn flower identification skills. The hike is approximately 2.5 miles with an elevation gain of 400 feet. *Rain date: May 24.*

18 & up: **May 23, Sat, 10:30am-12:30pm** 247945-A
 Instructor: Suzanne Michot
 Location: Chautauqua Dining Hall, 900 Baseline Rd
 Fee: \$25 resident/\$31.25 non-resident

Fishing for Trout - What Fly Do I Use?

Knowing what fly to use is part of becoming a successful fly angler. Discuss aquatic insect lifecycles, flies that hatch, and basic fishing setups. Great class for those new to Colorado or who are new to using flies when fishing.

16 & up: **Jan 22, Wed, 6-9pm** 147711-01
Mar 25, Wed, 6-9pm 247711-03
 Instructor: Dick Shinton, Laughing Grizzly Fly Shop
 Location: Senior Center, 910 Longs Peak Ave
 Fee: \$25 resident/\$31.25 non-resident

Fly Fishing in Colorado

Learn about fly fishing locations around Colorado with an emphasis on trout fishing. Discuss basic equipment, fish species and useful fly patterns.

16 & up: **Jan 27, Mon, 6-8pm** 147714-01
Mar 30, Wed, 6-8pm 247714-03
 Instructor: Dick Shinton, Laughing Grizzly Fly Shop
 Location: Senior Center, 910 Longs Peak Ave
 Fee: \$25 resident/\$31.25 non-resident

Hunter Education Class

Get the Hunter Education Certificate you need to buy a hunting license. Gain a solid foundation in shooting sports and emphasizes safety, ethics, law, conversation, survival skills, and care of wildlife. Non-hunters welcome. Contact instructor, Michael, to register at 303-747-2827 or mehdch@aol.com.

All ages: **Mar 7 & 8, Sat & Sun, 8am-5pm**
 Location: Senior Center, 910 Longs Peak Ave
 Fee: \$10

PHOTOGRAPHY CLASSES

These two day classes feature the first class in the classroom and the second class at beautiful Sandstone Ranch Visitors & Learning Center to practice taking pictures outside.

Instructor: John Lovell
 1st Class Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 2nd Class Location: Sandstone Ranch Visitors & Learning Center, 3001 Sandstone Dr
 Fee: \$35 resident/\$43.75 non-resident

Getting to Know Your Camera

Learn to use your manual camera and take spectacular photos. Topics covered include automatic vs manual control, white balance, file formats, ISO ratings and reducing red eye. The first class is in the classroom and the second is outside taking pictures. Required equipment: Digital Camera and camera manual.

14 & up:
Jan 8 & 11, Wed 7-9pm & Sat 10-11:30am 147100-A
Feb 13 & 15, Thurs 7-9pm & Sat 10-11:30am 147100-B
Apr 16 & 18, Thurs 7-9pm & Sat 10-11:30am 247100-B



Shooting Pictures Like a Pro

Improve the quality of your photographs. The first class is in the classroom and the second outside taking pictures. Topics covered: posing subjects, lighting, depth of field, stop action and composition. Required: Digital camera with ability to change aperture and shutter speed. It is strongly recommended that you take Getting to Know Your Digital Camera prior to this class. Saturday location on receipt.

14 & up:
Mar 5 & 7, Thurs 7-9pm & Sat 10-11:30am 247101-A
Apr 22 & 25, Wed 7-9pm & Sat, 10-11:30am 247101-B



LEARN TO SEW



Learn to sew with simple stylish projects. Bring materials on supply list online/on receipt. Bring your own sewing machine or borrow one during class.

Instructor: Cathy Georgerian
Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Sew Pajama Style Lounge Pants

Imagine a pair of pants that is comfortable and stylish and you'll be able to say, "I made them myself"! The pajama-type lounge pants have an elastic casing waistband. A patch pocket or two can be added for extra flair.

8 & up: **Feb 8, Sat, 9am-3pm** 146150-02
Fee: \$40 resident/\$50 non-resident

Learn to Sew a Pillow Case

Keeping it simple is the order of the day in this pillowcase workshop. A unique construction method mimics that ballpark favorite.

8 & up: **Feb 7, Fri, 4-7:30pm** 146151-02
Fee: \$25 resident/\$31.25 non-resident

Sew a Tote Bag

A beginner project that teaches basic skills while making a stylish bag. The bag is fully lined with an inside patch pocket. A great accessory for shopping or carrying extra items.

8 & up: **Feb 22, Sat, 1pm-5pm** 147473-02
Apr 4, Sat, 1pm-5pm 247473-02
Fee: \$30 resident/\$37.50 non-resident

Sew a Stuffed Animal Pillow

Make a simple, stuffed, 13" tall pillow in your choice of a bunny, puppy, or an owl. Learn how to sew on buttons, applique by hand and machine. A perfect addition to any bedroom.

8-15 yrs: **Mar 6, Fri, 4-7:30pm** 246450-03
Fee: \$25 resident/\$31 non-resident

Sewing for Adults: Learn to Quilt a Mug Rug

Have you ever wanted to try sewing, but don't know where to start? This is the perfect beginner project to learn basic sewing techniques with a little quilting. Bring \$5 for a quilting kit payable to the Instructor. You may bring your own sewing machine and sewing supplies or use a machine supplied.

16 & up: **Feb 21, Fri, 6-9pm** 247434-06
Instructor: Cathy Georgerian
Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
Fee: \$25 resident/\$31.75 non-resident



Macramé for Beginners

Learn the basic macramé knots while completing a sampler wall hanging. This project forms the foundation for more complex projects. Bring own supplies – see online.

14 & up: **Jan 27-Feb 3, Mon, 6-8pm** 147425-A
Instructor: Priscilla Lukon
Location: Senior Center, 910 Longs Peak Ave
Fee: \$32 resident/\$40 non-resident

Macramé for Advanced Beginners

For students that are familiar with basic macramé knots, this class puts everything together and explores more complex knots to make a hanging plant hanger. Bring own supplies – see online.

14 & up: **Mar 26-Apr 2, Thurs, 6-8pm** 247426-A
Instructor: Priscilla Lukon
Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
Fee: \$32 resident/\$40 non-resident

Learn to Knit

This course is for absolute beginners. By the end of the two classes you will have a warm and beautiful scarf that you will be proud to wear. Plan to knit between classes. Students bring their own materials. Obtain materials list upon registration.



12 & up: **Jan 4 & 18, Sat, 9-11am** 147415-02
Jan 9 & 23, Thurs, 6-8pm 147415-01
Location: Longmont Yarn Shoppe, 454 Main St
Fee: \$40 resident/\$50 non-resident

Introduction to Basket Weaving

Learn this ancient art form and take home a beautiful woven basket. The Williamsburg basket is of a traditional style, 10" tall on an 8"x8" base. Please register at least one week prior to class to allow Instructor to get supplies. \$15 supply fee made payable to the Instructor at the first class.

13 & up: **Feb 17 & 24, Mon, 6-8:30pm** 147430-A
Instructor: Susan Smith
Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
Fee: \$46 resident/\$57.50 non-resident + \$15 materials fee



Collage for Self Discovery

Enjoy simple, creative way help to deepen your understanding of self as you go through changes and challenges of life. You may bring small personal photos or clippings to incorporate into your collage, supply list on receipt.

16 & up: **Sat, 1-4:30pm**
Jan 11 or Jan 25 147392
Mar 7, Mar 21, or Apr 4 247392

Instructor: Trish Singelyn
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Fee: \$38 resident/\$47.50 non-resident

Watercolor Basics Adults

Experience the "magic" of watercolor and learn basic techniques by painting a series of miniatures. Explore many watercoloring techniques such as wet and dry brush, resist, salt pour, spatter and more. \$5 materials fee payable to the Instructor.

18 & up: **Jan 14 or Feb 4; Tue, 2-4pm** 147318
Feb 29; Sat, 2-4pm 147318
Mar 31 or Apr 7 ; Tue, 2-4pm 247318

Instructor: Trish Singelyn
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Fee: \$28 resident/\$35 non-resident + \$5 materials fee

Drawing Essentials for Adults

Gentle "how to" guidance provided through simple exercises. Improve your drawing skills. Use a variety of drawing materials including pencil, pen & ink, charcoal, markers, and pastels to discover the medium you like best. Great for those with no experience or who want to relearn basic principles of drawing. Material list on receipt.

18 & up: **Jan 13-Feb 3, Mon, 6:30-8pm** 147317-A
Mar 2-23, Mon, 6:30-8pm 247317-A

Instructor: Trish Singelyn
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Fee: \$58 resident/\$72.50 non-resident

Stained Glass 101

Join us for this fun class and see if stained glass appeals to you before making the investment in tools and supplies. Learn about safety and the tools required. Cut glass, foil and solder to assemble your piece. All tools and materials provided.

18 & up: **Jan 28, Tue, 6:30-9pm** 147440-01
Feb 1, Sat, 1:30-4pm 147440-02
Mar 3, Tue, 6:30-9pm 247440-03

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Instructor: Jackie Bahr, Lighten Up! Stained Glass
 Fee: \$75 resident/\$93.75 non-resident



Alcohol Inks

Spontaneous and colorful results can be achieved by applying alcohol ink to tile. Absolutely no art experience is needed. Make four 4x4 tiles suitable for coasters or wall decor. Finishing techniques discussed. \$5 materials fee payable to instructor at class.

18 & up: **Jan 17, Fri, 2-4pm** 147390-01
Mar 6, Fri, 6-8pm 247390-03
Mar 28, Sat, 2-4pm 247390-3A
Apr 3, Fri, 6-8pm 247390-04

Instructor: Trish Singelyn
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Fee: \$28 resident/\$35 non-resident + \$5 materials fee

Living Your Purpose

Explore recognized and established methods of discovering your Soul's Identity as encoded in your personal DNA - Divine, Natural Attributes. Receive a comprehensive chart of your personal life Expression or social personality as well as personal innate talents and other inherent potentials.

16 & up: **Apr 25, Sat, 1:30-4pm** 247175-03

Instructor: Dori Spence
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Fee: \$30 resident/\$37.50 non-resident

Interested in Voice Over and Audiobook Narration Classes?

Check online rec.ci.longmont.co.us with keyword "voiceover".

Alcohol Inks Advanced Techniques

Designed for those who have had previous experience working with alcohol inks. Use brushes, q-tips and permanent markers for greater control of the medium. Complete three 6x6 tiles to create a landscape, a floral design and a pet portrait. \$8 materials fee payable to the Instructor at the beginning of class.

18 & up: **Jan 21, Tue, 6-8pm** 147396-01
Feb 1, Sat, 10am-12pm 147396-02
Mar 10, Tue, 6-8pm 247396-03
Apr 7, Tue, 6-8pm 247396-04

Instructor: Trish Singelyn
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Fee: \$28 resident/\$35 non-resident + 8 materials fee

Women's Giveaway Day – Fill a Purse and Swap

Ladies put on your thrifty hats and hit up your local thrift stores. Pick out a fun purse, fill it with goodies, wrap it then enjoy an afternoon of fun mingling with other women. Swap purses and learn about women in hospitality.

18-50 yrs: **May 16, Sat, 3-5pm** 247564-A
May 23, Sat, 3-5pm 247564-B

Instructor: Memories in the Making, Creative Consulting
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Fee: \$12 resident/\$15.75 non-resident

Spanish Conversation

Have fun building conversational Spanish through the work of Spanish speaker's painters and Spanish related to daily life activities and situations. For those with advanced beginner/ intermediate Spanish. \$7 material fee payable to the Instructor at the first class.

16 & up: **Thurs, 6:30-7:30pm**

Jan 9-30	\$40 res/\$50 non-res	147158-01
Feb 6-27	\$40 res/\$50 non-res	147158-02
Mar 5-19	\$30 res/\$37.50 non-res	247158-03
Apr 9-30	\$40 res/\$50 non-res	247158-04
May 7-21	\$30 res/\$37.50 non-res	247158-05

Instructor: Kenna Guttridge

Location: Senior Center, 910 Longs Peak Ave

Wisdom of the Tarot

In this interactive Workshop, learn how to use the time-honored traditional practice of Tarot Card reading to inspire positive Life Choices in alignment with your own Destiny of Life's Purpose. Participate in and receive a personal current circumstance reading.

18 & up: **Feb 15, Sat, 1:30-4pm** 147165-01

Instructor: Dori Spence

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Fee: \$25 resident/\$31.25 non-resident

Developing and Trusting Your Intuition

Intuition is your own internal GPS which research has shown to be programmed to direct you down your own personal designed path or destiny. In this interactive workshop, learn how to tune into your intuition consciously and be able to recognize external signs and signals as well as interpret personal messages.

15 & up: **Feb 29, Sat, 1:30-4pm** 147167-01

Instructor: Dori Spence

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Fee: \$25 resident/\$31.25 non-resident

How Psychic Are You?

Everyone has a 6th sense, or innate psychic abilities. This interactive Workshop identifies your own personal level of sensitivity. Learn practical ways to develop or enhance your ability to utilize your particular gifts to aid you in creating a more meaningful and joy-filled life.

18 & up: **Apr 18, Sat, 1:30-4pm** 247166-03

Instructor: Dori Spence

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Fee: \$25 resident/\$31.25 non-resident

Beginning Guitar

This course is geared toward the beginning student and starts with the basics. Learn how to tune the guitar, play basic chords and accompaniment patterns in a fun group setting. Students are to furnish their own acoustic guitar. \$10 materials fee payable to instructor at first class.



17 & up: **Jan 16-Feb 20, Thurs, 7:30-8:30pm** 147310-01

Instructor: Mike Tolle

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Fee: \$50 resident/\$75 non-resident + \$10 materials fee

DRUMMING FOR HEALTH AND THERAPY

If you can talk - you can drum. These classes are fun, easy and accessible to anyone regardless of age or physical condition. The Djembe drum from West Africa is the drum of choice and drums are provided.

Instructor: Gregg Hansen

Location: Izaak Walton Clubhouse, 18 S Sunset

Beginning Drumming

Simple rhythms will be presented slowly and patiently. No December class.

16 & up: **Sat, 10-11am**

Sessions: **Jan 18 & 25, Feb 22 & 29** 147330

Mar 21 & 28, Apr 18 & 25, May 16 & 23 247330

Fee: \$25 resident/\$31.25 non-resident

Continuing Drumming

Now that you've learned the basics, it's time to go deeper.

Pre-requisite-Beginning Drumming.

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

Beginner 1: Foundations First Touch

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

Sessions: **Jan 7-28; Feb 4-25** 147332

Mar 3-24; Apr 7-28; May 5-26 247332

16 & up: **Wed, 12-1pm**

Sessions: **Jan 8-29; Feb 5-26** 147332

Mar 4-25; Apr 8-29; May 6-27 247332

Intermediate 1: Deeper Rhythms

16 & up: **Thurs, 12-1:15pm or 7-8:15pm**

Sessions: **Jan 9-30; Feb 6-27** 147333

Mar 5-26; Apr 9-30; May 7-28 247333

Intermediate 2: Deeper Rhythms

16 & up: **Wed, 1:30-2:45pm**

Sessions: **Jan 8-29; Feb 5-26** 147334

Mar 4-25; Apr 8-29; May 6-27 247334

Advanced 1: Songs & Arrangement/ Orchestra #1

Enrollment by permission only, must get permission from Gregg Hansen at communitydrum@earthlink.net. *No 5/25

16 & up: **Mon, 7:15-8:30pm**

Sessions: **Jan 6-27; Feb 3-24** 147335

Mar 2-23; Apr 6-27; May 4-Jun 1* 247335

16 & up: **Tue, 11:30am-12:45pm**

Sessions: **Jan 7-28; Feb 4-25** 147335

Mar 3-24; Apr 7-28; May 5-26 247335

16 & up: **Thurs, 1:30-2:45pm**

Sessions: **Jan 9-30; Feb 6-27** 147335

Mar 5-26; Apr 9-30; May 7-28 247335

Advanced 2: Djembe Howler's Orchestra #2

Must get permission from Gregg Hansen at communitydrum@earthlink.net.

16 & up: **Wed, 7:30-8:45pm**

Sessions: **Jan 8-29; Feb 5-26** 147336

Mar 4-25; Apr 8-29; May 6-27 247336



DANCING

Ballroom for Couples

Come learn the fundamentals of ballroom dance while having fun with your partner (everyone will dance with the partner they came with--no partner rotation). Couples learn basic lead and follow techniques and fundamental body mechanics in four dances. Class fee is per couple.



14 & up: **Mon, 7:30-8:30pm**

Sessions: **Jan 20-Feb 10 or Feb 24-Mar 16** 144700
Mar 30-Apr 20 or Apr 27-May 18 244700

Instructor: Christian Thierens

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Fee: \$120 resident/\$150 non-resident

Beginning/Continuing Tap for Adults

This is a great class for those who love music and rhythm. It's never too late to learn to dance! Join this fun, non-threatening class. Tap shoes required. Call 303-772-3750 for information on appropriate tap shoes. **NO Class: 3/25*

18 & up: **Jan 8-Mar 11, Wed, 5:30-6:30pm** 144737-A
Mar 18-May 27*, Wed, 5:30-6:30pm 244737-A

Instructor: Dance Dimensions

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Fee: \$135 resident/\$168.75 non-resident

Adult Hula Dance

Learn basic hula steps as well as ancient and modern hula dances. Hula is a holistic form of dance which incorporates physical, spiritual, musical, cultural and linguistic elements. Beginners welcome.

16 & up: **Jan 16-Feb 20, Thurs, 6:15-7:15pm** 144760-01
Apr 2-May 7, Thurs, 6:15-7:15 244760-04

Instructor: Laelae Sundberg

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Fee: \$60 resident/\$75 non-resident

Adult Ballet Dance Class

Transform your body into an instrument of classical movement from head to toe! Class emphasizes posture and the joy of dance through the fundamentals of ballet training for teens and adults. Attire requirements on receipt. **NO Class: 3/26, 4/23*

18 & up: **Jan 16-Feb 27, Thurs, 7-8:30pm** 144752-1A
Mar 12-May 7*, Thurs, 7-8:30pm 244752-1A

Instructor: Longmont Dance Theatre Academy

Location: Longmont Dance Theatre, 1422 Nelson Rd
 Fee: \$98 resident/\$122.50 non-resident

Aerial Dance Class for Adults

Dance in the air with a combination of aerial silks, circus arts, and theatrical dance techniques. Climbs, footwraps, kneehooks and inversions condition, challenge and engage every muscle in your body. Attire requirements on receipt. **NO Class: 3/24, 4/21*

18 & up: **Jan 14-Feb 25, Tue, 7:30-8:30pm** 144750-A
Mar 10-May 5*, Tue, 7:30-8:30pm 244750-A

Instructor: Longmont Dance Theatre Academy

Location: Longmont Dance Theatre, 1422 Nelson Rd
 Fee: \$98 resident/\$122.50 non-resident

DANCING FOR SINGLES & COUPLES

These dance classes are not JUST fun and easy, they are great for the mind and heart as well! Start with the basics, working on the movements at an easy-to-follow pace. Singles and couples welcome; no experience is necessary. Fee is per person.

Instructor: Dance Studio Casablanca

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Fee: \$45 resident/\$56.25 non-resident

East Coast Swing

East Coast Swing/Jive can be done to a wide variety of music including: Country, Rhythm and Blues and popular music. Learn basic steps and variations as well as some steps to get you noticed on the dance floor.

16 & up: **Jan 17-Feb 7, Fri, 7-8pm** 144710-A
Apr 3-24, Fri, 7-8pm 244710-A

Beginning Latin Dance

Try Latin Dancing if you are looking for new dance moves or to spice up your relationship! Learn the smooth Tango, romantic Rumba, and versatile Cha Cha. Dance to a wide variety of music while working on the follow and lead.

16 & up: **Jan 17-Feb 7, Fri, 8-9pm** 144705-A

Country Dancing

Get ready for the Country dance floor! Learn all the basics for Texas Two-Step and Triple Step as well as some couples dances like Cowboy Cha-Cha and Waltz Across Texas. Grab your boots and come join us.

16 & up: **Feb 14-Mar 6, Fri, 7-8pm** 144715-A
Apr 3-24, Fri, 8-9pm 244715-A

Salsa Dance

The Salsa is a nice moving dance, with a fair amount of turns and partnership interaction. Learn to lead and follow all while having fun and feeling confident after each class. Wear comfortable shoes that slide well on the floor. Fee is per person.

16 & up: **Feb 14-Mar 6, Fri, 8-9pm** 144725-A

Wedding Dance

Are you getting ready for an upcoming wedding or cruise? Learn the basics of the elegant Waltz and the smooth Foxtrot - two of the most popular Wedding dances. If you have a song to dance to, please bring it to class on a CD. No experience necessary.

16 & up: **Mar 13 & 20, Fri, 7-9pm** 244731-A
May 1 & 8, Fri, 7-9pm 244731-B

Will Maker Legal Seminar

In a single easy session, complete a will, financial power of attorney, and combined medical directive (including living will, medical power of attorney, and organ donation) with the help of attorney Rebecca L. Bennetti and her staff. Includes: witnessing, notarizing, individual review and plenty of time for discussion and questions. \$30 materials fee payable to the Instructor at the class. Couples must have individual wills.

18 & up:	Jan 14, Tue, 6-9pm	147125-01
	Feb 18, Tue, 6-9pm	147125-02
	Mar 24, Tue, 6-9pm	247125-03
	Apr 4, Sat, 1-4pm	247125-04
	May 7, Thurs, 6-9pm	247125-05

Instructor: Rebecca Bennetti

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Fee: \$100 resident/\$125 non-resident + \$30 materials fee

Women's Personal Safety Awareness

Now, more than ever it's increasingly becoming more important to recognize potential unsafe situations and how to avoid them. Created and taught by our very own Longmont Police Officers. Some simple and effective defensive techniques are taught.

13 & up:	Jan 17, Fri, 6:30-8:30pm	147110-A
	Apr 17, Fri, 6:30-8:30pm	247110-04

Instructor: Tori Bellah & Randy Lucero,
Longmont Police Department

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Fee: \$8 resident/\$10 non-resident

Alive at 25

Alive at 25 is a driver's awareness course designed by the National Safety Council for young drivers. Designed to be an early intervention program, the class helps prevent traffic violations, collisions, and/or fatalities. Registration is through Alive@25 on the website www.aliveat25.us or at 720-269-4046.

15-24 yrs: **Saturday, 8am-12:30pm**

Dates: **Dec 21, Jan 18, Feb 15, Mar 28, Apr 11, or May 9**

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Fee: \$49 driver permit/ \$79 court ordered



Wedding Proposal Workshop – You, Me & a Ring

Looking to propose to your significant other in the near future? Join Professional Wedding Planner and Special Event Coordinator as she helps you plan an unforgettable Wedding proposal before Valentine's Day.

18 & up:	Jan 11, Sat, 3-5pm	147561-A
	Jan 25, Sat, 3-5pm	147561-B
	Feb 8, Sat, 3-5pm	247561-C

Location: Callahan House, 312 Terry Street

Fee: \$18 resident/\$22 non-resident



REAL ESTATE INVESTING

Presented by a Better Way Realty. Call Jim Flint, 303-759-2222, with questions. Jim Flint has 30 years experience with real estate in five states. \$20 workbook fee due to instructor at class.

Instructor: Jim Flint Better Way Realty

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

Fee: \$25 resident/\$31.25 non-resident
+ \$20 workbook fee

Alternatives to Traditional Real Estate Investing

There's a world of options out there; commercial property, assisted living homes, partnerships, and more! Learn how to create a business plan for your investment, including financing options, management, and the formulas you need to measure your ROI's.

18 & up:	Feb 18, Mon, 6-9:15pm	147121-02
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Fundamentals of Real Estate Investing

Learn how to get 15% or more return on your money. We cover 1031 Exchanges, how to reduce income taxes and buying foreclosure homes. Get immediate cash flow! Learn how to invest in cash flow mini-storages.

18 & up:	May 5, Tue, 6-9:15pm	247120-04
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Managing Your Rental Property

Be aware of dos and don'ts when dealing with tenants. Learn how to keep your property rented when others have vacancies. Included is a copy of a lease used in over 400 housing units.

18 & up:	Feb 20, Thurs, 6-9:15pm	147122-02
	May 7, Thurs, 6-9:15pm	247122-05

First Time Home Buyer

Tired of paying rent? Want to purchase a new home but don't know where to start? Learn about the home buying process from start to finish and how you can purchase a home with little to no money down, includes affordable housing programs.

18 & up:	Jan 29, Wed, 6-7:30pm	147124-01
	Feb 22, Sat, 10-11:30am	147124-02

Instructor: Laura Chittick

Location: St Vrain Memorial Bldg, 700 Longs Peak Ave

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

LONGMONT MUSEUM



LONGMONT MUSEUM

400 Quail Road | Longmont CO 80501
303-651-8374 | www.LongmontColorado.gov/museum

Hours: Monday-Saturday, 9am-5pm | Sunday 1pm-5pm
Additional Evening Hours: Thursday, 5-9pm

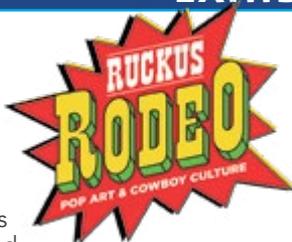
Closed: Dec 25; Jan 6-10 for annual maintenance

General Admission: \$8 adults, \$5 students/seniors (62+), children 3 and under free
Free admission on the second Saturday of every month

Become a
MUSEUM MEMBER for
DISCOUNTS
on programs & events.
Buy your Membership
online today!

EXHIBITIONS

Ruckus Rodeo: Pop Art & Cowboy Culture Open through January 5, 2020



Explore *Ruckus Rodeo*, an immense, walk-through work of art consisting of painted two-dimensional surfaces and sculptural three-dimensional figures that depict the Fort Worth rodeo created by renowned pop artist Red Grooms. Wire, canvas, burlap, acrylic paint, and fiberglass were used to construct the work's larger-than-life caricatures of rodeo archetypes. Grooms' engaging work is characterized by a grand sense of spectacle, encompassing the ritual, pageantry, and disorderly commotion of a real rodeo event. The exhibit also celebrates the grand heritage and mythology of the American West with a kids' corral of hands-on cowboy activities including a hobbyhorse obstacle course, lassoing, old West photo station, and more.

Terry Maker: Because the World is Round January 25 – May 17, 2020



Local artist Terry Maker mines commonplace materials, cutting and re-combining them into dense and tactile wall reliefs and freestanding sculptures. By revealing unusual surfaces, Maker invites visitors to question normal art forms and gives permission for imaginative interpretations. The viewer just might start to imagine a new unexplored world or allow themselves to escape through some kind of planetary portal.

Exhibition Opening Reception:

Date: **Jan 24, Fri, 6-8 pm**

Fee: \$8 adults, \$5 students/seniors, free for members

KIDS PROGRAMS

Discovery Days

Discovery Days is an early childhood program at the Longmont Museum that encourages children ages 2 to 6 and their parents/caregivers to engage together in educational, hands-on activities. When you attend a session of Discovery Days Art, Movement or Music with your child, you cultivate important school-readiness skills such as language development, attention and concentration, fine motor skills, emotional regulation, language skills, and play and social abilities. Discovery Days is where play and learning connect! *No Discovery Days Mar 24-27

Discovery Days Art

2 to 6 yrs: **Jan 15-May 8*: Wed, Thurs, Fri**

Session I: 9-10:15 am Session II: 10:30-11:45am

Session III: 12:30-1:45pm

Discovery Days Music and Movement

These sessions alternate weekly between Music-focused and Movement-focused activities.

2 to 6 yrs: **Jan 14-May 5*, Tuesdays**

Session I: 9:30-10:30 am Session II: 11am - Noon

Location: Longmont Museum, 400 Quail Rd

Fee: \$4.50 nonmembers/\$4 Museum members,
no registration required

ADULT PROGRAMS

Thursday Nights @ The Museum

Spend your Thursday evenings at the Longmont Museum this fall for adult art & sip classes, exhibits, films, live music, conversations, and performances in our intimate 250-seat Stewart Auditorium. Whether you're looking for a place to unwind after work with a beer or glass of wine, create art, explore our newest exhibit, see a movie, catch a great band, or hear extraordinary people talk about issues of importance to Boulder County and beyond, we hope to see you at the Museum on a Thursday night this winter. Many of the programs complement our special exhibition in our main gallery. Check our website for more details. Fees vary.

18 & up: **Dec 5-12 and Feb 6-Apr 30, Thursdays, 6:30pm**

Friday Afternoon Concert Series

Enjoy an afternoon of live music in our Stewart Auditorium this fall featuring an eclectic array of musical acts from up and down the Front Range.

Days: Select Fridays, 2:30pm

Fee: \$12 general admission, \$10 students/seniors,
\$8 Museum members

Dec 13 Boulder Big Band

Jan 17 Conor Abbot Brown

Feb 21 Planina: Songs of Eastern Europe

Mar 20 Heath Walton Jazz Quartet

**Apr 17 Matthew Dane & Jonathan Leathwood:
Viola & Guitar Recital**

To learn more about any of these programs, buy tickets,
or register, visit longmontcolorado.gov/museum
or call 303-651-8374.

Spring Break Camp: Missoula Children's Theater

Missoula Children's Theater auditions, casts, rehearses, directs, and leads a performance of *Beauty Lou* and *the Country Beast* in the Longmont Museum's Stewart Auditorium over the course of spring break week! Camp also includes theatrical workshops with the instructors. Ages 8 - 17, scholarships available. Visit the Museum's website for details at longmontcolorado.gov/museum.

SENIOR SERVICES



SENIOR SERVICES

is a Division of the City's Community Services Department

910 Longs Peak Ave | 303-651-8411
 Office Hours: Monday - Friday, 8 am - 5 pm
LongmontColorado.gov/senior-services
 email: senior@LongmontColorado.gov



Don't miss our 60+ page GO Magazine! Register online at www.longmontcolorado.gov/senior-services.

FITNESS | DAY TRIPS | INT'L TRAVEL | CLUBS | LIFELONG LEARNING | WELLNESS

See the GO Magazine for the full list of offerings.

Volunteer Opportunities!

Looking for a way to get involved and help at the same time? Consider being a volunteer. We are currently seeking volunteers to help with:

- Snowshoeing
- Hiking
- Biking
- Tax Aide
- Technology
- Data Entry

TRAVEL

Whether you like to walk, bike, ride, sail, or fly, we have it all!

Outdoor Excursions:

- Ride the RTD Senior Ride ski bus to Eldora each Tuesday, Jan 7 through Mar 31 (weather dependent)
- Snow Shoeing

Day Trips:

- Manheim Steamroller, Dec 14
- Colorado Cowboy Poetry Gathering, Jan 17
- International Snow Sculptures, Breckenridge, Jan 27
- Ballet Folklorico, Feb 9
- Museum of Boulder, Feb 19

Extended Travel:

- Plantations Holidays, December 6-13, 2020
- Southern France River Cruise, Early May 2021



CULTURAL ENRICHMENT PROGRAMS:

Dude, It's Boulder!

An original theater piece by Boulder native Jane Shepard. Both humorous and poignant, this special performance looks at Boulder's folklore from past to present (hippies, Coot Lake, Shep the Toll Road dog), promises to be an informative and enjoyable experience.



Date: **Dec 8, Sun, 2-4pm** 183008.12

Fee: FREE, and please register in advance

Enos Mills: Champion for the Wisdom of Wilderness

Celebrate the 150th Anniversary of the birth of one of the most famous and fascinating naturalists of our region. Enos Mills (1870-1922) is remembered as the father of Rocky Mountain National Park and a visionary who heralded the modern field of guided nature interpretation.



Date: **Jan 31, Fri, 1:30-2:30pm** 183008.01

Fee: FREE, and please register in advance

The Deborah Stafford Jazz Quartet

Come and celebrate Valentine's Day with The Deborah Stafford Jazz Quartet. Deborah is considered one of the best Jazz, Blues & Big Band Singers around. Join her for an intimate afternoon of Jazz and Love songs from the Great American Songbook.



Date: **Feb 14, Fri, 2:30-3:30pm** 183008.02

Fee: FREE, and please register in advance

SENIOR SERVICES

The Great Ideas

Reading and Discussion Group

Great Ideas discussion group, led by Brian Hansen, uses reading and discussing specific topics from the "Great Ideas: A Lexicon of Western Thought", by Mortimer Adler. Reading materials provided. Schedule available at <https://great-ideas-roup.weebly.com/schedules.html>

Dates: **Dec 5-Feb 27, select Thursdays, 3-4:30pm**

Fee: **FREE**, donations accepted for cost of copying materials for class

HISTORY & SCIENCE CLASSES:

- Peter Pan, A Christmas Story, Dec 11
- Space Exploration: From the Moon Landing to Today and Beyond, Jan 29
- Quaking Aspen: North American Wonder Tree, Jan 15
- Cinderella, More than a Love Story, Feb 12
- The Civil Rights Act, Feb 14



ARE YOU LOOKING FOR RENTAL SPACE? MEETINGS OR SPECIAL EVENTS

The Longmont Senior Center rooms that can accommodate 10-200 people for a variety of occasions. Contact Robyn at 303-774-4714 for more information

Resources and Supportive Services

Senior Services Division staff provides information and referral to older adults and caregivers of older persons regarding a wide array of resources and services including; housing, in home services, financial support programs, and many others. Professional counseling staff and peer counselors provide one on one and group support.

Senior Computer Technology Center

A computer and technology learning program for adults 50+. Group classes and one on one support are both available for a wide variety programs in Microsoft products, Windows, Genealogy, Apple products, e-readers, tablets, cell phones, and other new and emerging products and software. The quarterly GO catalog details opportunities.

FITNESS & HEALTH

If the weather outdoors drives you indoors, you can still find a variety of fitness classes and health services to meet your needs. September is Falls Prevention month and we have special offers, including some free classes. Check with the senior center front desk for more information.

Classes:

- SilverSneakers® - Circuit, Classic, Stability, Yoga, Boom
- Zumba® Gold
- Yoga – Yoga for Active Adults, Gentle Yoga for Bone Strength & Balance
- Wu Tai Chi and Tai Chi Ruler
- Social Dance Lessons
- Pilates
- Awareness Through Movement - Feldenkrais®
- Meditation
- Parkinson's Fitness
- And more

Health Services:

Call 303-651-5080 for more information and appointments.

- LUH **AgeWell** Wellness Clinic – meet with a nurse for free. 1st & 3rd Wed, 9am-noon, and 2nd Thurs, 9-11am
- LUH **AgeWell** Therapeutic Services – i.e. acupuncture, massage
- LUH **AgeWell** Advance Planning Assistance
- Foot Care
- And more



FIRING RANGE & TRAINING CENTER



Longmont Department of Public Safety

&

Boulder County Sheriff's Office

Firing Range and Training Center



FIRING RANGE AND TRAINING CENTER

10916 County Rd 5 | 303-774-4587 or 303-774-4589

RangeSupport@LongmontColorado.gov

LongmontColorado.gov/firingrange

Range Members hours of use:

Friday 6-9pm (for special events only; please check calendar)

Saturday 8am-5pm | Sunday 8am-5pm

The Longmont Department of Public Safety and Boulder County Sheriff's Office Range is a great shooting and training facility. Used by Law Enforcement personnel during the week, the range is open specific weekend hours for public use by membership. The firing range features 10 shooting stations ranging from 3 to 100 yards with target retrievers controlled by the shooter.



One Sunday per month, shooting will be conducted from the 50/75/100 yard line for rifles only.

Member application process includes \$100 background check (non-refundable) and a range orientation class; upon completion of both you will be able to choose one of six shooting plans. Members will have the ability to reserve a shooting lane and time. To start the application process, visit the website above.

FIRING RANGE MEMBERSHIP PLANS

Premier	\$500/year
Includes unlimited - 1 hr visits + unlimited paid guest visits	
Plan A: Expert	\$400/year
Includes 50 - 1 hr visits + unlimited paid guest visits	
Plan B: Sharpshooter	\$350/year
Includes 35 - 1 hr visits + unlimited paid guest visits	
Plan C: Marksman	\$250/year
Includes 25 - 1 hr visits + unlimited paid guest visits	
Occasional Shooter	\$200/year
Includes 12 - 1 hr visits + unlimited paid guest visits	
A La Carte	\$20/per hour
Unlimited number of visits + unlimited paid guest visits	
\$35 annual renewal fee for A La Carte plan	

Employees of the City of Longmont, Boulder County Sheriff's Office, retired law enforcement officers and retired military are eligible for a 20% discount on all membership plans (excludes A La Carte).

CLASSES AT THE FIRING RANGE

All courses presented by professional instructors from the Longmont Department of Public Safety. For classes, bring own handgun, 100 rounds of ammunition, dual hearing protection and eye protection. If you don't have a handgun and would like to sign up for a class, please call 303-774-4589. Please check the events calendar on our webpage.

Ladies' Afternoon Out

Enjoy a unique Ladies' Afternoon Out! Each session focuses on a topic pertaining to women's safety and awareness, firearm training, and skill development. *This class is not appropriate for first time shooters.*

18 & up: **Dec 15, Sun, 2-5pm** 499110

Fee: \$35 for range members/\$45 non-members

Basic Handgun and Concealed Carry

Thinking of buying a handgun as a first time handgun owner or interested in getting training to apply for your concealed carry license? Learn how to safely store, carry, and shoot your handgun. This co-ed course is appropriate for all level of shooters. Gain valuable knowledge and skills of the shooting sport, fundamentals of marksmanship, reloads, and clearing malfunctions. *This course exceeds state standards for concealed carry permit (CCW) requirements. CCW permits must be obtained in the county in which you reside.*

18 & up: **Saturday, 8am-5pm**

Dec 28 499201

Jan 25, Feb 29 199201

Mar 21, Apr 25, May 20 299201

Fee: \$130

Rifle Sundays and Public Hunter Sight In

Bring your rifles to sight in for hunting season for any distance from 3-100 yards. This public use activity at the range does not require a membership. Non-range member shooters may bring hunting caliber rifles only. For questions, please call 303-774-4589.

12 & up: **Sunday, 8am-5pm**

Dec 23, Jan 26, Feb 23, Mar 22, Apr 25, May 24

Fee: \$15 per 30 minute block for non-range members

CLASSROOM & SIMS HOUSE RENTALS

Classroom Rentals

Hosting up to 45 people in a meeting room with access to kitchen amenities? Need a place to present a class with computer access? This is your place!

Fee: \$50 per hour

SIMS House Rental

Throw a birthday party, Nerf party, or laser tag party in our SIMS House with simulated shootinghouse rooms and obstacles, as well as tables, chairs, and an open area for party fun.

Fee: \$75 per hour

Rules and regulations will apply. For inquires or reservations, call 303-774-4589 or 303-774-4587.

The City of Longmont and Longmont Recreation Services have a number of facilities that are available to rent for a meeting or special event. Fees listed are for Longmont residents, non-resident rate slightly higher.

Check out photos of many Longmont rental facilities at <http://bit.ly/COLRentals>

Cancellations with two weeks notice or less are subject to loss of deposit and/or loss of a percentage of fees paid.

Please be aware that special permits are required if you are holding a large event, charging admission or serving or selling alcohol, regardless of date.

LONGMONT RECREATION SERVICES

All Recreation Services facilities offer during-hours and after-hours rentals. LongmontColorado.gov/rec



Centennial Pool

1201 Alpine St | 303-651-8406

Multipurpose Room, Pool Rental



St Vrain Memorial Building

700 Longs Peak Ave | 303-651-8404

Meeting/Party Rooms, Gymnasium



Longmont Recreation Center

310 Quail Rd | 303-774-4800

Meeting/Party Rooms

Gymnasium | Pool Rentals



Historic Callahan House

312 Terry St | 303-776-5191

Capacity In-house event: 80

Sit-down meals: 50

House and garden: 150

Weddings & Receptions, Parties, Meetings, Retreats. Full-service catering available. Cost varies; deposit required. LongmontColorado.gov/Callahan

Park Shelters

Apr 13-Oct 11: \$45-\$65 res day/\$56-\$81 nr
Shelters are not available for rent between the 2nd Sunday in October and the 2nd Monday in April due to restroom winterization. Shelters are welcome to be used during winter months on a first-come, first-served basis. Reserve a shelter: call 303-651-8404 or online at LongmontColorado.gov/park-shelters
For info on parks: bit.ly/parkfinder



Izaak Walton Clubhouse

18 S Sunset St | 303-651-8404

Capacity: 95 people with tables & chairs

Cost is \$55/hr Fri, Sat, and Sun.

Limited availability M-Th; call for details.

\$200 deposit required; reserve in-person

Willow Farm Barn

901 S. Fordham St | 303-651-8404

Enclosed unheated shelter with six picnic tables adjacent to playground and modern restrooms. Mid-April to mid-October. \$100 daily rate; \$200 deposit required, \$50 deposit for electrical outlet.

Lashley St Station

1200 Lashley St | 303-651-8443

Meeting/party rooms, capacity 25-30.

\$35-\$60/hr. Kitchenette, whiteboard,

tables and chairs. Weekend availability.

\$200 deposit & bldg supervisor required.

Athletic Fields - Seasonal

Long & short term reservations

Contact: 303-774-4758

Commercial Use of Parks. Looking to host classes or camps at public parks? Reservations Required, call 303-651-8443

Sandstone Ranch

Visitors & Learning Center

3001 Sandstone Dr | 303-651-8443

Small venue for weddings, anniversaries, meetings, retreats and other events.

Sunset Pool - Seasonal

1900 Longs Peak Ave | 303-651-8406

Indoor Meeting/Party Room

Outdoor pool and shade shelters



Roosevelt Ice Pavilion - Seasonal

725 8th Ave | 303-651-8443

Outdoor cabana space & private ice rentals

Golf Course Rental Facilities

Sunset | 1900 Longs Peak Ave rental number 303-651-8466

Meeting Room (off season), outdoor options for parties and weddings.

Large trees, beautiful views. Onsite catering. Full bar onsite.

Twin Peaks | 1200 Cornell Dr rental number 303-877-4678

Meeting room (year-round), outdoor covered/uncovered patio.

Indoor/outdoor options for parties & weddings. Full bar onsite.

Ute Creek | 2000 Ute Creek Dr rental number 303-776-5191

Meeting room (off season), covered outdoor patio and pavilion perfect for parties and weddings. Stunning Views. On and off-site catering. Full bar onsite



NOT SURE WHERE TO START?

For assistance finding space for your special event please contact RecSupport@longmontcolorado.gov with your particulars or call our event planning hotline 303-651-8443.

Longmont Museum

400 Quail Road | 303-774-3512

Multiple spaces from 50-person classroom to 250-seat auditorium. LongmontColorado.gov/museum

Longmont Public Library

409 4th Ave | 303-651-8795

Capacity: 12 to 90 people

Classroom and meeting space

Free - Only non-profit/educational usage.

Senior Center

910 Longs Peak Ave | 303-774-4714

Nights and Weekends Only.

Multiple spaces from small classroom to

large event room with seating up to

250 people. Cost varies by room size,

\$30/hr to \$125/hr; deposit required.

LongmontColorado.gov/senior-services