

CARA SWIM TEAM

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! Monthly, optional swim meets.

Register for age-group child will be on the first day of practice. Child will compete in age group of age January 1, 2020. Choose between 45, 60, and 75 minute practices below.

CARA Pre-Requisite: Ability to swim one length of pool freestyle with rotary breathing and backstroke without stopping or using assistance. All participants are evaluated on the first day of practice.

Longmont Recreation Center Piranhas

Dates: Jun 1-Aug 5, Mon & Wed
Parent Meeting: Jun 10, Wed, 5pm

Meets: TBA

6-8 yrs:	4:15-5pm	311112.1A	\$75/\$93.75
9-14 yrs:	4:15-5:15pm	311113.1A	\$80/\$100
	5:05-6:05pm	311113.1B	\$80/\$100
10-16 yrs:	5:20-6:20pm	311114.1A	\$80/\$100
11-18 yrs:	6:25-7:25pm	311115.1A	\$80/\$100

Location: Longmont Recreation Center, 310 Quail Rd

Centennial Pool Tsunamis

Dates: Jun 2-Aug 6, Tue & Thurs
Parent Meeting: Jun 11, Thurs, 6:45pm

Meets: TBA

6-10 yrs:	6-6:45pm	321112.1A	\$75/\$93.75
6-10 yrs:	6:45-7:30pm	321112.2A	\$75/\$93.75
9-14 yrs:	6-7pm	321113.1A	\$80/\$100
13-18 yrs:	7-8pm	321114.1A	\$80/\$100

Location: Centennial Pool, 1201 Alpine St

Sunset Pool Swordfish

Dates: Jun 1-Aug 7, Mon-Fri
Parents Meeting: Jun 5, Fri, 8:30am

Meets: TBA

6-9 yrs:	8:30-9:15am	331112.1A	\$187.50/\$234.50
9-12 yrs:	8:30-9:30am	331113.1A	\$200/\$250
10-18 yrs:	7:10-8:25am	331114.1A	\$212.50/\$266.50

Location: Sunset Pool, 1900 Longs Peak Ave

Swim Stroke Clinics with Coach 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.

8-18 yrs:	Tue & Thurs, 6:15-7:15pm	
Sessions:	Jun 2-25	326440.1
	Jun 30-Jul 23	326440.2
	Jul 28-Aug 13	326440.3

Instructor: Geoff Hawksworth
Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$100 resident/\$125 non-resident
Drop-In Fee:\$15



Skyhawks Mini-Hawk

This baseball, basketball and soccer program gives children a fun and positive first step into athletics. Through games and activities, campers explore balance, hand/eye coordination and skill development at their own pace.

Skyhawks Track & Field

Combines technical development and fundamental techniques with safety with a major focus on fun! Using special equipment, our staff cover the fundamentals of body positioning, stride, proper stretching and cool down techniques.

Skyhawks Beginner Tennis

Learn proper grips, footwork, strokes, volleys and serves, as well as the rules and etiquette that make tennis an exciting game. Programs fill quickly due to limited court space. Beginners camps use low compression balls.

Skyhawks Indoor Volleyball

The fundamental skills of volleyball are taught through game-speed drills and daily scrimmages that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginner and intermediate player.

Skyhawks Indoor Basketball

A fun, skill-intensive program designed for the beginning to intermediate player. An active week of passing, shooting, dribbling and rebounding. Learn respect, teamwork and responsibility.

Skyhawks Cheerleading

We teach the essential skills to lead crowds and support the home team! Learns cheers, proper hand & body movements and jumping techniques. The week concludes with a choreographed performance.

Skyhawks Flag Football

Campers learn skills on both sides of the football including the core components of passing, catching and defense – all in a fun and positive environment. The week ends with the Skyhawks Super Bowl!

Skyhawks Baseball

Learn the fundamentals of fielding, catching, throwing, hitting and base running in a fun, positive environment. Athletes learn new baseball skills along with vital life lessons. Bring baseball glove.

Skyhawks Sports Camps

Skyhawks sports provides a safe, fun, non-competitive environment to teach sports to children 4 to 14. Our programs are designed to give each child a positive introduction into sports and ensure they walk away with a smile on their face wanting to learn more. Our patient and knowledgeable staff use a variety of games and activities to give each athlete an overview of the sport while building valuable skills. Since 1979, Skyhawks has taught over two million boys and girls Life Skills through Sports, such as teamwork, respect and sportsmanship. Please visit our website at www.skyhawks.com/colorado for additional information. All campers receive a t-shirt and merit award for each camp.

Gear/food to bring to camp – two snacks and water bottle plus lunch if your camp is over four hours. Wear appropriate clothing – sunscreen and athletic shoes if outdoors and non-marking gym shoes if camp is indoors.

Full camp descriptions, including location details, available online rec.ci.longmont.co.us keyword "smrcamp" or 303-651-8398.

Key for Locations: LRC=Longmont Recreation Center, 310 Quail Rd | CCP=Clark Centennial Park, 1100 Lashley | AFF=Affolter Park, 1400 Holly | SSR4=Sandstone Ranch Ballfields #4, 2525 E Hwy 119 | SDP=Stephen Day Park, 1340 Deerwood | Pratt= Pratt Park, 1540 Ithica Ct | WFP=Willow Farm Park, 901 S Fordham | RNR=Rough N Ready, 301 E 21st St

Camp	Day/Time	Ages	# days	Fee R=resident NR=non-resident	May 27-29	June 1-5	June 8-12	June 15-19	June 22-26	Jun/Jul 29-2	July 6-10	July 13-17	July 20-24	July 27-31	Aug 3-7
Track&Field	W-F 9am-12pm	7-13	3	\$81 r/\$101.25 nr	CCP										
Mini Hawk	W-F 9am-12pm	4-7	3	*\$81 r/\$101.25 nr	*WFP										
	M-F 9am-12pm		5	\$135 r/\$168.75 nr			SDP					Pratt			
Beginner Tennis	M-F 9am-12pm	5-9	5	\$135 r/\$168.75 nr		AFF				AFF					
Indoor Volleyball	M-F 9am-12pm	7-14	5	\$135 r/\$168.75 nr		LRC							LRC		
	M-Th 9am-12pm		4	\$108 r/\$135 nr						LRC					
Indoor Basketball	M-F 9am-3pm	7-12	5	\$190 r/\$237.50 nr			LRC				LRC				
STEM Soccer	M-F 9am-3pm	9-13	5	\$200 r/\$250 nr				WFP							
Flag Football	M-F 9am-3pm	7-12	5	\$190 r/\$237.50 nr				RNR							
	M-F 9am-12pm		5	\$135 r/\$168.75 nr								CCP			
Baseball	M-F 9am-12pm	6-12	5	\$135 r/\$168.75 nr					SSR4						
Tennis	M-F 9am-12pm	9-14	5	\$135 r/\$168.75 nr					AFF						AFF
Beginner Golf	M-Th 9am-12pm	5-8	4	\$108 r/\$135 nr						SDP					
Cheerleading	M-F 9am-12pm	5-9	5	\$135 r/\$168.75 nr								CCP			
Lacrosse	M-F 9am-12pm	6-12	5	\$135 r/\$168.75 nr									RNR		
STEM BB	M-F 9am-3pm	9-13	5	\$200 r/\$250 nr										WFP	
Beginner Soccer	M-F 9am-12pm	5-9	5	\$135 r/\$168.75 nr										SDP	

Skyhawks Tennis

Players learn proper grips, footwork, strokes, volleys and serves, as well as the rules and etiquette that make tennis an exciting game. Programs fill quickly due to limited court space.

Skyhawks Beginning Golf

Learn the fundamentals of swinging, putting and body positioning. Using the Short Golf system, we have simplified instruction so that young players can make an effective transition onto the golf course. All equipment is provided.

Skyhawks Lacrosse

Lacrosse combines basic skills used in soccer, basketball and hockey into one fast-paced game. Learn the fundamentals of stick handling, cradling, passing and shooting in a fun, no-checking environment. Gear needed – mouthpiece, protective gloves, helmet with full mask and lacrosse stick. *Limited lacrosse kits available for on-line rental. Call 303-222-8039 or visit www.skyhawks.com/Colorado to reserve your kit.

Skyhawks Beginning Soccer

The #1 camp for learning the fundamentals of soccer. Using our progressive curriculum, campers gain the technical skills and sport knowledge required for that next step into soccer.

NEW! STEM Sports – Basketball

Skyhawks STEM Basketball is designed to pair strategic STEM-based activities with essential game-play and current hot topics. STEM Basketball gives participants the opportunity to get behind the sport they love with lessons centered around the transformation and technology behind basketball shoes, calculating calories with general game-play, velocity and acceleration with passing, and much, much more.

NEW! STEM Sports – Soccer

Skyhawks STEM soccer is designed to pair strategic STEM-based activities with essential game-play and current hot topics. STEM Soccer gives participants the opportunity to get behind the sport they love with lessons centered around the transformation and technology behind a soccer ball's design and the materials that make it up, the history and innovation of goal-line technology and more.

SUMMER FREE EVENT

Rockies Skill Challenge

For boys and girls ages 6-13 as of December 31, 2020. Participants will compete in throwing, running and hitting. Boys and girls compete separately in four age divisions (6/7, 8/9, 10/11 & 12/13). Winners in each age and gender group will advance to the sectional competition in July. The winners of the sectional competition move on to the state competition in August. Registration forms are available at the competition. Participants must provide a copy of their birth certificate on the day of the competition. Adult signature is required to participate.

6-13 yrs: **Jun 6, Sat, 9-10:30am**
 Location: Sandstone Ranch Ballfields, 2525 E Hwy 119

Preschool Sports

These clinics are indoors and/or outdoors and focus on the basics of the game. Come prepared for the weather (sunscreen). The Goal Sports Sport clinic includes soccer, lacrosse and scooter hockey. Please have your child wear non-marking tennis shoes.

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

Basketball *Tuesday, Aug 4-18 312116.T
 Wednesday, Jul 8-29 312116.W
 *Thursday, Aug 6-20 312116.R

Soccer Tuesday, Jul 7-28 312121.T
 Wednesday, Jun 3-24 312121.W
 Thursday, Jul 9-30 312121.R

T-ball Tuesday, Jun 2-23 312122.T
 Wednesday, May 6-27 212122.W
 Thursday, Jun 4-25 312122.R

Goal Sports Tuesday, May 5-26 212156.T
 *Wednesday, Aug 5-19 312156.W
 Thursday, May 7-28 212156.R

Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$34 resident/\$42.50 non-resident
 *Fee: August/3 wks \$25.50 resident/\$32 non-resident

CARA Track Team

In a recreational atmosphere, participants gain exposure to and have the opportunity to compete in a variety of track and field events appropriate to age and skill level. Practices are coed. Saturday meets held along the Front Range. A copy of a birth certificate is required at time of registration (or at first practice if registering online). Register according to child's age as of Aug 1, 2020. Bring water bottle to practice.

Dates: **Jun 2-Jul 18, Tues/Thurs Mornings**
 5-10 yrs: **8-9:15am** 312263.50
 11-16 yrs: **9:30-11am** 312263.16

Dates: **Jun 1-Jul 18, Mon/Wed Evenings**
 5-16 yrs: **6-7:30pm** 312263.EV

Location: Skyline High School Track, 600 E Mountain View
 Fee: \$95 resident/\$118.75 non-resident

Daytime T-ball & Coach Pitch Baseball

Learn how to play the great game of baseball. The season concludes with a fun scrimmage on Thursday, July 30 in the evening. Please wear running shoes (no sandals or crocs) and bring a baseball glove and water bottle.

T-Ball 4 to 5 years
Jul 7-30, Tues/Thurs 8:15-9am 312272
 Fee: \$47.25 resident/\$59 non-resident

Coach Pitch 6 to 7 years
Jul 7-30, Tues/Thurs 9:15-10:15am 312282
 Fee: \$63 resident/\$78.75 non-resident
 Location: Rodriguez Field at Clark Centennial Park, 1135 Alpine St

Youth Triathlon Training

Learn the basics of triathlon, including swimming, cycling, running, and transitions. Great prep for the kids only Triathlon Aug 22nd. Required: ability to swim 25 yards unassisted, without



needing to grab on to lane lines. Also, must have a safe, working mechanically sound bike and good running shoes.

6-15 yrs: **Jun 2-Jul 30, Tue/Thurs, 9-10:30am** 326412-1
 Instructor: Jim Hallberg
 Location: Centennial Pool, 1201 Alpine St
 Fee: \$180 resident/\$225 non-resident

Table Tennis Camp

Table Tennis (also known as ping-pong) is fun and challenging. Learn the basics of this Olympic sport. Learn the rules, technique and strategy, top spin and even a smash. Balls and table provided. Please bring your own paddle.

8-17 yrs: **Jul 27-29, Mon-Wed, 5:30-7:30pm** 312295-JY
 Instructor: David Vollmar, 30 yr. veteran coach
 Location: St Vrain Memorial Bldg, 700 Longs Peak Ave
 Fee: \$50 resident/\$62.50 non-resident

Volleyball Camp

Join us for a power-packed camp that teaches the fundamentals of the sport: serving, setting, hitting and defense. For beginners and intermediate players. No previous experience necessary. Equipment provided. Bring water bottle and wear tennis shoes.



Grades 6-8: **Aug 4-6, Tue-Thurs, 9am-12pm** 312296-MS
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$65 resident/\$81.25 non-resident

SkateStart Plus - Skateboard Lessons

For beginners and never-evers, Skatestart Plus focuses on mastering the fundamentals and encouraging participants to push faster, roll faster, and master the basics. Bring water, snack, shoes, and a desire to learn. Skateboard & helmet provided.



5-12 yrs: **May 29, Fri, 9am-12pm** 312235-06
Jun 12, Fri, 9am-12pm 312235-07

Instructor: Skatestart LLC, www.skatestart.com
 Location: Sandstone Ranch Skate Park, 3001 E Hwy 119
 Fee: \$65 resident/\$81.25 non-resident

SkateStart - Skateboarding Camp

For the little ripper who has skills or those who have completed Skatestart Plus lessons. Camp focuses more on tricks and progression while always promoting fun, safety and success. Skaters master drop-ins, grinds, ollies and more tricks!

6-14 yrs: **Jul 17, Fri, 9-12:30pm** 312298-6
Aug 7, Fri, 9-12:30pm 312298-8

Instructor: Skatestart LLC, www.skatestart.com
 Location: Sandstone Ranch Skate Park, 3001 E Hwy 119
 Fee: \$70 resident/\$87.50 non-resident

3v3 Outdoor Basketball League

Bring a friend and come enjoy a fun filled hour of 3v3 basketball. Boys and girls in grades 7-12 are placed on teams each night and play a minimum of 2 games. Games are self-officiated with a court monitor present. Must be registered to participate.

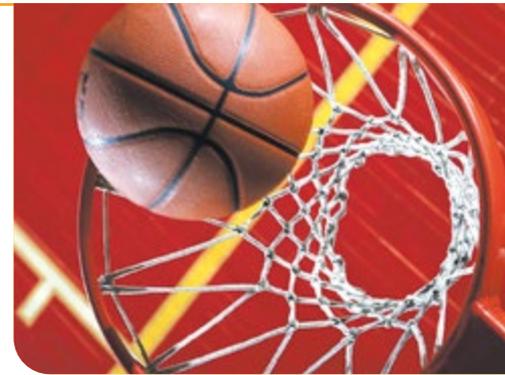


Dates: **Jun 3-24 or Jul 8-29, Wednesday**
Grades 7-9, 6:15-7:30pm 312293
Grades 10-12, 7:30-8:45pm 312293

Location: Clark Centennial Basketball, 1135 Alpine St
 Fee: \$31.50 resident/\$39.50 non-resident

Basketball Camp

Teaching ball handling, dribbling and shooting fundamentals, this camp is a great way to build confidence and ability. Camp includes 3v3 fun games and drills. All levels are welcome. Bring a water bottle and a snack.



8-12 yrs: **Jun 23-25, Tue-Thurs, 9am-12pm** 312291

Instructor: Legends Youth Athletics
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$110 resident/\$137.50 non-resident

Job opportunities exist as sports officials, instructors, field/facility supervisor and more visit www.longmontcolorado.gov/jobs

FENCING CAMPS

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

Jedi Training Camps

Long, long ago in a galaxy far, far away the Jedi Knights protected the innocent from evil doers. Train your mind and body to become the greatest heroes of all time. Participate in strength and agility training using various exercises and games, learn Jedi lore and history and how to put together a massive battle.

8-15 yrs: **Jun 15-19, Mon-Fri, 9am-12pm** 312297-3
 Location: Longmont Recreation Center, 310 Quail Rd

Jul 27-31, Mon-Fri 9am-12pm 312297-4
 Location: Sunset Pool Party Room, 1900 Longs Peak Ave
 Fee: \$175 resident/\$218.75 non-resident

Fencing Camp

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

8-15 yrs: **Jun 15-19, Mon-Fri, 1-4pm** 312297-1
 Location: Longmont Recreation Center, 310 Quail Rd

Jul 27-31, Mon-Fri, 1-4pm 312297-2
 Location: Sunset Pool Party Room, 1900 Longs Peak Ave

Register for both camps – save \$75

8-15 yrs: **Jun 15-19, Mon-Fri, 9am-4pm** 312297-B
 Location: Longmont Recreation Center, 310 Quail Rd

Jul 27-31, Mon-Fri, 9am-4pm 312297-B2
 Location: Sunset Pool Party Room, 1900 Longs Peak Ave
 Fee: \$275 resident/\$343.75 non-resident

Youth Tennis Tournaments

Longmont Recreation hosts two Junior USTA sanctioned tennis tournaments.

Location: Quail Tennis Courts, 310 Quail Rd

City of Longmont Jr. Championships #1 (Level 6)

May 9 & 10 – for ages 12 and under through age 18. Registration closes on May 4. Register at: <https://tennislink.usta.com/tournaments/TournamentHome/Tournament.aspx?T=251409>

City of Longmont Jr. Championships #2 (Level 6)

Sept 19 & 20 – for ages 12 and under through age 18. Registration closes on Sept 14. Register at: <https://tennislink.usta.com/tournaments/TournamentHome/Tournament.aspx?T=248722>

Look Towards Fall Youth Athletic Programs

Registration is available now for the following fall youth athletics programs. For full descriptions, see online or the fall brochure direct mailed the week of July 27. Made possible by volunteer coaches, please call 303-651-8398 to volunteer.

CARA Lacrosse League

8-14 yrs: **Aug 17-Oct 17** \$79r/\$99nr 312264

CARA Cross Country

7-14 yrs: **Aug 17-Oct 1** \$53r/\$66nr 412262-MW

Fall Middle School Soccer

Grades 6-8: **Aug 24-Oct 16** \$55 412725

Fall Youth Volleyball

Grades 3-8: **Sept 1-Oct 24** \$79r/\$99nr keyword "volleyball"

CARA High School Girls Volleyball League

Grades 9-12: **Aug 24-Oct 24** \$90r/\$112.50nr 412429

GONZO TENNIS



Gonzo Tennis is devoted to fostering the development of players from 4 years of age and up and giving them the opportunity to discover even more about this international and life-long sport. Participants must supply their own racket. It's all about tennis! Balls are provided. For inclement weather and cancelations visit www.Gonzotennis.com.

Tennis Lessons and Clinics

Location: Quail Tennis Courts, 310 Quail Rd

Youth Tennis Lessons – Age 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: Tue, Wed, Thurs or Sat

Session 1: Jun 2-27

Session 2: Jul 7-Aug 1

4-5 yrs: **MINI Gonzos, T,W or Th 4-4:30pm**
Sat, 9-9:30am 312600

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

6-7 yrs: **TINY Gonzos, T,W, or Th 4:30-5:15pm**
Sat, 9:30-10:15am 312601

Fee: \$33 resident/\$41.25 non-resident

8-10 yrs: **MIGHTY Gonzos, T,W,or Th 5:15-6:15pm**
Sat, 10:15-11:15am 312602

Fee: \$44 resident/\$55 non-resident

Junior Tennis – Ages 11-15

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

Session 1: Jun 2-25

Session 2: Jul 7-30

Beginner: **Tue or Thurs, 4-5pm** 312603

Intermediate: **Tue or Thurs, 5-6pm** 312613

Fee: \$44 resident/\$55 non-resident

CARA Tennis Team

Join GONZO Tennis for the CARA Tennis program. A recreational team tennis opportunity. Optional Friday matches played along the Front Range. Participants must provide a copy of their birth certificate. Please register according to child's age as of August 1, 2020. Second child discount is 5%.

8-18 yrs: **Mon practice, Fri Matches**
Jun 1-Jul 24, 9-11am 312261-10

Instructor: Gonzo Tennis

Location: Quail Tennis Courts, 310 Quail Rd

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

Gonzo Summer Tennis Clinics

Tennis, tennis, tennis! A good combination of exercise, fun games and other activities on the court to help improve your game in a safe and fun environment. Fee is per week.

5-18 yrs: **Jun 2-Aug 6, Tue-Thurs, 9am-12pm** 312606

Weekly Fee: \$99 resident/\$123.75 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 gonzo@gonzotennis.com

Adult Tennis – Ages 16+

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

Session 1: Jun 2-24

Session 2: Jul 7-29

Adult Beginner: **Wednesday, 6-7:30pm** 312605

Adult Intermediate: **Tuesday, 6-7:30pm** 312615

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

Indoor Archery Camp

Come and learn the exciting sport of Archery. Learn the different types of bows and arrows and get to shoot many different targets from bowling pins, balloons, zombies, and even archery tag. All Archery and Safety equipment is provided.

8-14 yrs: **Jun 15-19, Mon-Fri, 9am-2pm** 312294.1

Jul 13-17, Mon-Fri, 9am-2pm 312294.2

Location: High Altitude Archery, 455 Weaver Rd, Ste 500

Fee: \$325 resident/\$406.25 non-resident

Youth Outdoor Archery Lessons

Archery is an Olympic Sport that teaches discipline and concentration. All equipment provided. Instructor meets participants at the second gate.

Location: St Vrain Archery Club, South of Hwy 119 on WCR 5, past the City of Longmont Firing Range

Fee: \$53 resident/\$66 non-resident

Beginner Archery Lessons teach shooting skills, safety, scoring, types of equipment and terminology.

10-17 yrs: **May 5-26, Tue, 4-5pm** 212242.B2

Jun 2-23, Tue, 4-5pm 312242.B1

Jul 7-28, Tue, 4-5pm 312242.B2

Aug 4-25, Tue, 4-5pm 312242.B3

Intermediate Archery Lessons teach aiming techniques, and the fundamentals of tournament archery. Must have instructor approval.

10-17 yrs: **May 5-26, Tue, 5:15-6:15pm** 212242.I2

Jun 2-23, Tue, 5:15-6:15pm 312242.T1

Jul 7-28, Tue, 5:15-6:15pm 312242.T2

Aug 4-25, Tue, 5:15-6:15pm 312242.T3

Youth & Teen Pickleball Lessons

A combination of badminton, ping pong and tennis played with a whiffle ball on a short tennis court. It's fun, social and easy. Learn the basics while meeting new friends. Equipment provided.

9-11 yrs: **May 5-26, Tue, 5:30-6:30pm** 212222.05

Jun 2-23, Tue, 5:30-6:15pm 312222.1

Jul 7-28, Tue, 5:30-6:15pm 312222.3

12-15 yrs: **Jun 2-23, Tue, 6:30-7:30pm** 312222.2

Jul 7-28, Tue, 6:30-7:30pm 312222.4

Instructor: Ian McPherson, Impact Pickleball

Location: Hover Pickleball Courts, 1361 Charles Drive

Fee: \$26 resident/\$32.50 non-resident



FOR DROP-IN ATHLETIC PROGRAMS,

please see facility pages for specific days/times. See the Longmont Recreation Center, page 6, for Basketball, Volleyball, & Pickleball. See the St Vrain Memorial Building, page 4, for Table Tennis and Floor Hockey.

ADULT ATHLETICS



Adult Outdoor Archery Lessons

Archery is great for improving strength and concentration. Includes shooting skills, safety, scoring, types of equipment and terminology. All equipment provided. Instructor meets participants at the second gate.

18 & up: **Tuesday, 6:30-7:30pm**

Sessions: **May 5-26** 212342

Jun 2-23 | Jul 7-28 | Aug 4-25 312342

Location: St Vrain Archery Club, South of Hwy 119 on WCR 5, past the City of Longmont Firing Range

Fee: \$53 resident/\$66 non-resident

Senior Golf Association

Get out and play 9 holes of golf with other senior golfers at Sunset Golf Course. All levels welcome; no GHIN number required. This fun, noncompetitive, weekly co-ed group plays Fridays, May 15-mid Oct. Please attend the Kick-Off Meeting on Friday, May 8, 11:30am at the Senior Center, 910 Longs Peak Ave.

Fee: \$20 resident/\$24 non-resident 287003

Adult Beginner Pickleball Lessons

A combination of badminton, ping pong and tennis is played with a whiffle ball on a short tennis court. Learn rules, techniques and basic strategies. Designed for beginner and advanced beginner players. Equipment provided.

16 & up: **Thurs, 5:30-6:30pm**

Session: **May 7-28** 212322

Jun 4-25 | Jul 9-30 | Aug 6-27 312322

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

Instructor: Impact Pickleball

Location: Hover Pickleball Courts, 1361 Charles Dr

Pickleball Advanced Play

Join us for advanced skills and tournament play.

Instructor: Impact Pickleball

Location: Hover Pickleball Court, 1361 Charles Dr.

Fee (per session): \$10 resident/\$12.50 non-resident

Skills & Drills - participants spend 3-5 minutes on each drill with the emphasis on building up consistency and confidence in their shots. Each day focuses on a specific aspect of the court.

Jun 4-Jul 28, Tues, 3:30-4:30pm 312392

Game Play - Structured play where participants are required to perform certain shots/strategies during the game. Designed to incorporate skills learned in skills & drills into game situations.

Jun 4-Jul 28, Tue, 4:30-5:30pm 312393

ADULT SPORTS LEAGUES

New in town? Looking for a team? Free agents are individuals who don't have a team, but want to play in an adult sports league. Free agents are combined to form a team(s). Split Payment Option – pay half the fee when registering and remainder by the third week of the season. Includes \$10 convenience fee to league pricing. Early Bird Discount – pay early and get substantial discount! Look for before and after dates listed in description.



Spring and Summer Adult Basketball

3v3 Women's and 3v3 Men's 40+ league played half court. 3v3 teams includes 5 players. 5v5 teams include up to 9 players. Teams play one game per week – eight game season. Spring registration through Apr 12. Summer registration May 4-Jun 14.

18 & up: Longmont Recreation Center,
310 Quail Rd

3v3 Leagues: **Men's 40+ & Women's**
Spring Dates: **Apr 15-Jun 3, Wednesdays**
Total Team Fee: \$250 on/before 4/12; \$280 after

Summer Dates: **Jun 17-Aug 5, Wednesdays**
Total Team Fee: \$250 on/before 6/14; \$280 after
Free Agent Fee: \$50 resident/\$62.50 non-resident

18 & up: Longmont Recreation Center,
310 Quail Rd

5v5 League: **Thursday Night 5v5**
Spring Dates: **Apr 16-Jun 11, Thursdays**
Total Team Fee: \$420 on/before 4/13; \$450 after

Summer Dates: **Jun 18-Aug 20, Thursdays**
Total Team Fee: \$420 on/before 6/15; \$450 after
Free Agent Fee: \$50 res/\$65.50 non-resident

Summer and Fall Softball

Men's, Women's and Coed leagues are offered for ages 16 to adult. Register through Apr 27 (summer) or Aug 10 (fall) at the Longmont Recreation Center or online. Check out the new 5v5v5 league (men/coed) – more at-bats, more action and fun.

16 & up: Garden Acres Park, 2058 Spencer St
Summer Dates: **May 4-Jul 31**
Total Team Fee: \$570 on/before 4/15; \$600 after
(includes up to 16 players)

NEW 5v5v5 League: \$260 on/before 4/15; \$290 after
(includes up to 9 players)
Free Agent Fee \$50 resident/\$63 non-resident

Fall Dates: **Aug 17-Oct 16**
Total Team Fee: \$480 on/before 7/27, \$510 after
(includes up to 16 players)

NEW 5v5v5 League: \$208 on/before 7/27, \$238 after
(includes up to 9 players)
Free Agent Fee: \$46 resident/\$57 non-resident

Summer and Fall Coed Kickball

Join the craze! Adult kickball is wild fun - a sport that athletes of all abilities can play. Coed kickball league is played with 4 men and 4 women on the field. Registration packets available at Longmont Recreation Center or online. Register by May 29 for summer and Aug 11 for fall.

16 & up: Garden Acres Park, 2058 Spencer St
Summer Dates: **Jun 4-Jul 30, Tuesdays**
Total Team Fee: \$290 on/before 5/11; \$320 after
(includes up to 16 players)

Fall Dates: **Aug 18-Oct 6, Tuesdays**
Total Team Fee: \$290 on/before 7/27; \$320 after
(includes up to 16 players)
Free Agent Fee: \$30 resident/\$39 non-resident

Adult Indoor Coed Volleyball

Get your dig, bump and spike on playing Recreation Coed Volleyball for adults. Games begins Jun 7 starting at 5pm. Registration deadline is Jun 1.

16 & up: St Vrain Memorial Bldg, 700 Longs Peak Ave
Summer Dates: **Jun 7-Aug 4, Sunday after 5pm**
Total Team Fee: \$280 on/before 5/18; \$310 after
(includes up to 10 players)
Free Agent Fee: \$38 resident/\$48 non-resident

Spikeball

Spikeball features elements of volleyball and 4-square played on a round net. The fast action game is played 2v2 (max 4 per roster) with no gender requirements for this 6 game league. Equipment provided. Games begin Jun 17, register by Jun 12.

16 & up: Roosevelt Park, 700 Longs Peak Avenue
Season Dates: **Jun 17-Jul 22, Wednesdays**
Team Fee: \$60 on/before 5/29, \$80 after
(includes up to 4 players)
Free Agent Fee: \$32 resident/\$40 non-resident

A FREE drop-in demo night is scheduled for Jun 3 at 6:30pm at Roosevelt Park.

Adult Outdoor Grass 4v4 Coed Volleyball

Longmont offers both competitive and social outdoor grass 4v4 adult coed volleyball leagues. Register for summer league by Jun 1 or fall league by Aug 3 at the Longmont Recreation Center or online. All teams must have at least two women.

16 & up: Roosevelt Park, 700 Longs Peak Ave
Summer Dates: **Jun 8-Jul 20, Mondays**
Total Team fee: \$110 on/before 5/18, \$140 after
(includes up to 9 players)

Fall Dates: **Aug 10-Sept 23, Mondays**
Total Team fee: \$110 on/before 7/20, \$140 after
(includes up to 9 players)
Free Agent Fee: \$32 resident/\$40 non-resident