

SPRING | SUMMER 2020

REC GUIDE

RECREATION CENTER & MILLER ACTIVITY COMPLEX
TOWN OF CASTLE ROCK PARKS & RECREATION



33 New Fall
Recreational
Baseball League

68 **NEW MOBILE
EXPERIENCE!**
Download the
RockREC App!



PHONE DIRECTORY

Recreation Center

303-660-1036

Miller Activity Complex (MAC)

720-733-2222

Athletics Weather Hotline

303-660-1364

Adaptive Recreation

720-814-7459

Adventure Club Preschool

303-814-7454

Aquatics

303-814-7457

Arts and Enrichment

720-733-2298

Birthday Parties

720-733-2233

Facility Reservations (MAC)

303-814-7451

Facility Reservations (Recreation Center)

303-814-6408

Field Reservations

720-733-2299

Fitness/Wellness

303-814-7453

Millhouse Reservations

720-724-2083

Outdoor Adventures

303-814-7449

Park Commercial Vendors

720-733-2260

Park Operations and Maintenance

303-814-6419

Park Planning and Construction

303-814-7452

Pavilion Reservations

720-733-2260

POST Partners Volunteer Program

303-814-7456

Red Hawk Ridge Golf Course

720-733-3500

Special Events

720-724-2010

Trolley Rental

720-733-2260

For ADA accessibility, contact the Town Manager's Office, 303-660-1374 or cjorgensen@CRgov.com.



WAYS TO REGISTER

Register online at CRgov.com/Registration, unless otherwise noted. Submit your class selections and make a payment through our secure website.

Register by phone: Have your credit card and registration information ready, then call 303-660-1036 or 720-733-2222.

We accept American Express, Discover, MasterCard and Visa. Apple or Google Pay can be accepted at facility Front Desks.

SCHOLARSHIP PROGRAM

The Castle Rock Parks and Recreation Department continually strives to provide quality programs for the entire community.

This program awards low-income Castle Rock residents and qualified applicants scholarships towards passes and program fees. To receive more information or to apply, visit CRgov.com/Scholarships or call 303-660-1036.

LOCKERS AND TOWELS

Lockers are available for day use and patrons are encouraged to bring padlocks. Forgot your towel or lock? They are available for purchase at the Front Desk. Parks and Recreation is not responsible for lost or stolen items.

FACILITIES FOR RENT

Did you know the Recreation Center and MAC are affordable places to host your next event? Rates range between \$45 and \$115 per hour, including tables and chairs. Long-term room rental contracts receive a 20 percent discount.

Call 303-814-7451 or email swalter@CRgov.com for more information about the MAC.

Call 303-814-6408 or email mhutton@CRgov.com for more information about the Recreation Center.

Aspen/Cascade Rooms at the MAC

- 20 table seats
- 30 seats (theater-style setup)
- 360 square feet (18 feet by 20 feet)
- Countertop area
- Easy access to restrooms
- One sink
- Projector screen
- Room can be expanded to adjoining room for an additional 360 square feet of space

Studio Room at the Recreation Center

- 36 table seats
- 50 seats (theater-style setup)
- 730 square feet (27 by 25 feet)
- Countertop area
- Easy access to restrooms
- Separate outside entrance
- Two sinks

Panorama Hall at the Recreation Center

- 120 table seats
- 200 seats (theater-style setup)
- 2,300 square feet (34 by 68 feet)
- Adjoining kitchen
- Can be divided for smaller gatherings
- Countertop area
- Sound system available



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 Cover Photo: Shreffler Photography





The **MILLHOUSE** at Philip S. Miller Park

The Millhouse is the perfect space for your event! This beautiful facility boasts a large great room with floor to ceiling windows, stunning high wooden beams and a walk-around patio featuring an outdoor fireplace. The Millhouse provides majestic views of the adjacent pond and waterfalls, and the peaceful pond and rugged terrain to the west provide the perfect backdrop to your special event. With an adaptable, open floor plan, the furniture and décor can be arranged to accommodate personal tastes and styles for events of all types.



\$200 per hour Monday through Thursday

\$600 per hour Friday through Sunday

Nonprofits receive a 20 percent discount

Ask about adding The Amphitheater to your rental for an additional fee



Please note: Approximately 130 parking spaces are available on site, designated for your rental. Any event in which alcoholic beverages will be served may require a special event liquor license. Alcohol may be served by Peak Beverage only. May use own caterer.



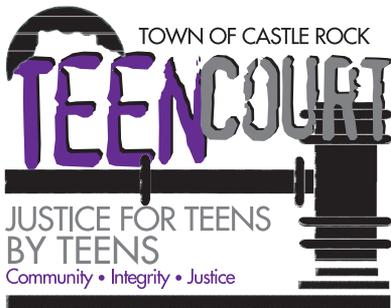
Included in your rental: chairs, tables (48-inch rounds, 72-inch rectangular, high-top cocktail), A/V cart, podium, 60-inch smart television, built-in projector and screen, portable audio and microphone, set-up and breakdown of space to meet your needs, guest service representative, use of fireplace, portable restrooms, waste service, Wi-Fi access, coat rack and kitchenette with microwave, sink and refrigerator.



Not included in your rental: linens, decorations, china, glassware or flatware.



SPONSORS



Thanks to these businesses for sponsoring our dog waste stations throughout the Town's parks, open space and trails this year through the POST Partners Program:

- Animal Care Center of Castle Pines
- Blue Spruce Animal Clinic
- Castle Rock Water
- Plum Creek Water Reclamation Authority
- Wag N' Wash Natural Food & Bakery
- Bark N Clips Dog Grooming
- Brooklyn Veterinary Clinic
- Chatfield Watershed Authority
- Plum Creek Veterinary Services
- Tails Up



CRgov.com/POSTPartners

CASTLE ROCK RECREATION CENTER

2301 Woodlands Blvd.
Castle Rock, CO 80104
Main Line: 303-660-1036

CRgov.com/RecCenter

AMENITIES

- 25-yard swimming pool
- Cabana locker room
- Fitness studio and garage
- Gymnasium
- Hot Tub
- Indoor track
- Leisure pool
- Lift for individuals with disabilities
- Lockers
- Mind/body studio
- Racquetball and wallyball courts
- Selectorized fitness equipment
- State-of-the-art cardio fitness equipment
- Steam room
- Strength training equipment

HOURS OF OPERATION

| | |
|-----------------|---------------|
| Monday–Thursday | 5 a.m.–9 p.m. |
| Friday | 5 a.m.–8 p.m. |
| Saturday | 7 a.m.–8 p.m. |
| Sunday | 7 a.m.–6 p.m. |

2020 LIMITED HOURS

| | |
|----------|---------------|
| Jan. 1 | Closed |
| April 12 | Closed |
| May 25 | 5 a.m.–2 p.m. |
| July 4 | Closed |
| Sept. 7 | 5 a.m.–2 p.m. |
| Nov. 26 | Closed |
| Dec. 24 | 5 a.m.–2 p.m. |
| Dec. 25 | Closed |
| Dec. 31 | 5 a.m.–2 p.m. |



2020 RECREATION CENTER ADMISSION

| Daily Admission | Resident | Nonresident |
|----------------------|----------|-------------|
| Youth (3–17) | \$6 | \$7 |
| Adult (18 and up) | \$7 | \$8 |
| Senior (62 and up) | \$6 | \$7 |
| Family (Sunday only) | \$18 | \$21 |

Multi-Visit Passes (20 Visits)

| | | |
|--------------------|-------|-------|
| Youth (3–17) | \$75 | \$89 |
| Adult (18 and up) | \$100 | \$125 |
| Senior (62 and up) | \$81 | \$103 |

Annual Memberships

| | | |
|--------------------|-------|---------|
| Youth (3–17) | \$289 | \$361 |
| Adult (18 and up) | \$467 | \$584 |
| Senior (62 and up) | \$311 | \$405 |
| Family* | \$823 | \$1,029 |

*Family Memberships include four household members. For additional family members, \$63/resident or \$78/nonresident will be added to your membership.

Call 303-814-6408 for monthly payment options.

Memberships and Multi-Visit Passes are limited to the facility for which they are purchased.



POOL HOURS

View the most up-to-date lap and leisure pool schedules at CRgov.com/Registration or on your Apple or Android device with the free RockREC mobile app.

| | Pool, slides, play area and lazy river | Hot tub and steam room |
|------|--|------------------------|
| Mon. | 10 a.m.–7 p.m. | 5 a.m.–8:45 p.m. |
| Tue. | 10 a.m.–7 p.m. | 5 a.m.–8:45 p.m. |
| Wed. | 10 a.m.–7 p.m. | 5 a.m.–8:45 p.m. |
| Thu. | 10 a.m.–7 p.m. | 5 a.m.–8:45 p.m. |
| Fri. | 10 a.m.–7 p.m. | 5 a.m.–7:45 p.m. |
| Sat. | 10 a.m.–7 p.m. | 7 a.m.–7:45 p.m. |
| Sun. | 10 a.m.–5 p.m. | 7 a.m.–5 p.m. |





RACQUETBALL COURTS

Courts may be reserved up to two days in advance and are included in daily admission, membership or multi-visit pass fees. Patrons with active Memberships may reserve the Racquetball Courts online at CRgov.com/Registration. All other patrons should call 303-660-1036 to make reservations.

RACQUETBALL LESSONS

Private and semi-private racquetball lessons are one-hour sessions and are by appointment only. Contact Eric Nydam to schedule a lesson at enydam@CRgov.com.

Ages: 8+ (youth and adult)
 Fee: \$40 (\$50 nonresident)

Discount packages

Six session fee: \$220 (\$275 nonresident)
 Ten session fee: \$360 (\$450 nonresident)

Group lessons of 2-3 people

Fee (per group): \$55 (\$69 nonresident)

Discount group packages

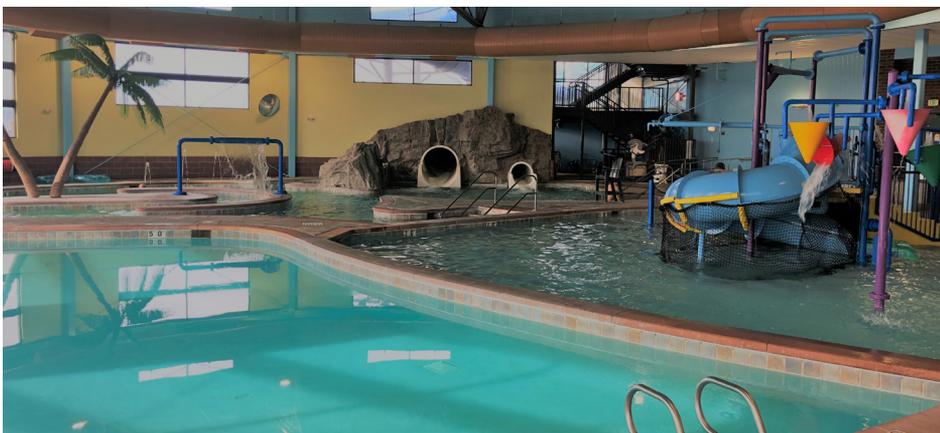
Six session fee: \$302 (\$396 nonresident)
 Ten session fee: \$495 (\$648 nonresident)

WEIGHT ROOM ORIENTATION

Free orientations of the fitness equipment in the weight room are offered the third Monday of each month at 5 p.m. and the third Thursday of each month at 10 a.m. No registration required. Meet at the Front Desk.

WEIGH AND WIN

Did you know a Weigh and Win kiosk is located in the Recreation Center lobby? The kiosk is a partnership with incentaHEALTH, Castle Rock Adventist Hospital and the Town of Castle Rock to incentivize living a healthy lifestyle with encouragement, coaching and rewards. After you complete your first weigh-in, you will receive personalized coaching and tools to promote healthy eating and an active lifestyle. Weigh-in at least once every 90 days to track your progress and qualify for cash rewards. Learn more at WeighandWin.com.



MILLER ACTIVITY COMPLEX (MAC)

1375 West Plum Creek Parkway
 Castle Rock, CO 80109
 Main Line: 720-733-2222

CRgov.com/**MAC**

AMENITIES

- Adult and youth athletics
- Batting cages
- Beam interactive floor games
- Birthday party rooms
- Children's play area with climbing structure and slides
- Family locker room
- Functional Fitness Area
- Full-sized and half-sized synthetic turf fields
- Leisure pool with zero-depth area, vortex whirlpool, slide and four lap lanes
- Trampolines

HOURS OF OPERATION

Monday–Saturday 8 a.m.–9 p.m.
 Sunday 8 a.m.–8 p.m.

2020 LIMITED HOURS

| | |
|----------|---------------|
| Jan. 1 | Closed |
| April 12 | Closed |
| May 25 | 8 a.m.–2 p.m. |
| July 4 | Closed |
| Sept. 7 | 8 a.m.–2 p.m. |
| Nov. 26 | Closed |
| Dec. 24 | 8 a.m.–2 p.m. |
| Dec. 25 | Closed |
| Dec. 31 | 8 a.m.–2 p.m. |

POOL HOURS

Lap pool

For the most up-to-date lap pool schedule visit CRgov.com/Registration or view it on your Apple or Android device with the RockREC mobile app.

Leisure pool

| | |
|-----------------|-------------------|
| Monday–Saturday | 10 a.m.–8 p.m. |
| Sunday | 10 a.m.–7:45 p.m. |



2020 MAC ADMISSION

Includes all-day access to the pool, play structure and use of fields when not privately rented. Children under 8 years old must be accompanied by a paying participant 15 years or older.

| Daily Admission | Resident | Nonresident |
|--------------------|----------|-------------|
| Youth (1–17) | \$6 | \$7 |
| Adult (18 and up) | \$7 | \$8 |
| Senior (62 and up) | \$6 | \$7 |
| MAC+Trampolines | \$15 | \$18 |

Multi-Visit Passes (20 Visits)

| | | |
|--------------------|-------|-------|
| Youth (1–17) | \$75 | \$89 |
| Adult (18 and up) | \$100 | \$125 |
| Senior (62 and up) | \$81 | \$103 |
| MAC+Trampolines | \$250 | \$300 |

Annual Memberships

| | | |
|--------------------|-------|---------|
| Youth (1–17) | \$289 | \$361 |
| Adult (18 and up) | \$467 | \$584 |
| Senior (62 and up) | \$311 | \$405 |
| Family* | \$823 | \$1,029 |

*Family Memberships include four household members. For additional family members, \$63/resident or \$78/nonresident will be added to your membership. Call 303-814-7451 for monthly payment options.

Memberships and Multi-Visit Passes are limited to the facility for which they are purchased.



FUNCTIONAL FITNESS AREA

Need to kill some time while the kids have sports practice? Stop by the Functional Fitness Area inside the MAC! The space has everything you need to get a great workout and is included with your daily admission.

Equipment provided:

- Balance trainers
- Chin-up/dipbars
- Dumbbells, kettlebells and exercise balls
- Plyometric boxes
- Ropes
- Sleds (available upon request)
- Stationary fan bikes
- Tires

FITGROUND ADULT OUTDOOR FITNESS COURSE

The group fitness class schedule now includes classes at both the new FitGround Course and the Functional Fitness Area in the MAC. Full fitness schedule available at CRgov.com/Fitness.

Check in with the MAC Front Desk to participate.

Amenities include:

- Battle ropes
- Fitness obstacle area with low-angle cargo climb
- Large fitness station with overhead and parallel bars
- Over and under bars
- Plyometric steps
- Push-up bars
- Vertical cargo net climber
- Wall climbs



INDOOR TURF FIELDS

The MAC features one full-sized boarded turf field (185 feet by 85 feet) and a second half-sized boarded turf field (80 feet by 65 feet). This indoor arena houses youth and adult sports including indoor softball, soccer, lacrosse, flag football, rugby, youth sports clinics and more!

MAC Indoor Field Rental Process

Field reservations are taken in-person on a first-come, first-served basis starting at 8 a.m. based on the following schedule:

- January–April reservations will be taken on the third Monday in October
- May–August reservations will be taken on the first Monday in March
- September–December reservations will be taken on the third Monday in July

After the in-person reservation process has closed, please log in, check the facility availability calendar and fill out the reservation request form at Recreation.CRgov.com/CourtReservation.

If you have any questions, or are looking to make a long-term reservation, please send an email to themac@CRgov.com. Be sure to include the purpose of your rental and all of the dates and times you are interested in. All reservations will be taken on a first-come, first-served basis and are not guaranteed until a confirmation email is received.

Rental rates

Full field: \$125
 Half field or Field #2: \$70

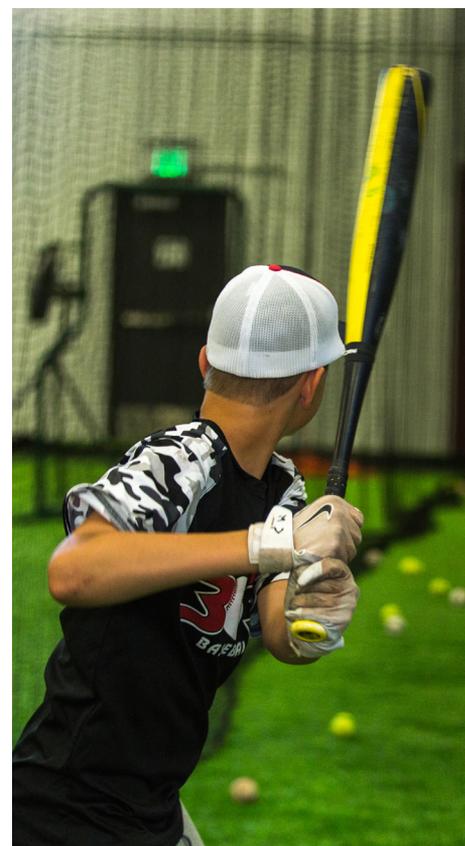
Contact 303-814-7449 or themac@CRgov.com with questions.

BATTING CAGE

The Grand Slam Batting Cage offers a frameless cage that can be split into two bays. It sits within our new boarded field where teams can hold infield practice or batting and pitching practice with this design. Pitching machines are not available.

Team cage rentals may be made in advance by contacting 303-814-7449 or mgasser@CRgov.com.

Field #2 rental fees apply.



Host Your Next

Birthday Party

With Us!



Miller Activity Complex



Recreation Center



Birthday Party Rooms

To book your party, contact Stephanie at
720-733-2233 or sdietrich@CRgov.com.
Visit www.CRgov.com/BirthdayParties
for more information.

Miller Activity Complex Party Packages

New! Dart Blaster Party

includes one hour of dart blaster fun on a half-sized turf field, plus unlimited access to the leisure pool and climbing structure. \$199

Bump Soccer Party

includes a one hour Bump Soccer game on a half-sized turf field (ages 10+), plus unlimited access to the leisure pool and climbing structure. \$275 5-10 people
\$325 11-20 people
\$375 21-30 people

Indoor Turf Multi-Sport Party

includes one, private hour of use on the indoor, half-sized turf field, plus unlimited access to the leisure pool and climbing structure. Soccer balls, dodgeballs or flag football equipment provided for self-led fun. \$199

Jump Castle Party

includes one hour of jump castle fun, plus unlimited access to the leisure pool and climbing structure. \$199

Key Log Rolling Party

includes one hour on the Key Log, plus unlimited access to the leisure pool and climbing structure. \$229

Soccer Buddies Multi-Sport Party

includes one hour on the half-sized turf field led by a Soccer Buddies coach. You have the choice of playing soccer, flag football, dodgeball, or mimic a Soccer Buddies class, plus unlimited access to the leisure pool and climbing structure. \$299

Leisure Pool and Climbing Structure Party

includes unlimited access to the leisure pool and climbing structure. \$139

Trampoline Party

includes unlimited trampoline access plus unlimited access to the leisure pool and climbing structure.

(Please note that the trampoline is open to the public at all times.)

\$239 | \$139 M-Th

Add-ons at the MAC

Add unlimited trampoline access for \$100.

Add one hour on half-sized turf field for \$60.

Recreation Center Party Packages

Gymnasium Multi-Sport Party

includes one private hour of use in the gym with your choice of basketball or dodgeball, plus unlimited access to the leisure pool. \$199

Jump Castle Party

includes one hour of jump castle fun, plus unlimited access to the leisure pool. \$199

Key Log Rolling Party

includes one hour on the Key Log plus unlimited access to the leisure pool. \$229

Leisure pool party

includes unlimited swimming in the leisure pool. \$139 | \$99 M-Th

✓ Leave the details to us!

All parties include tablecloths, balloons, forks, napkins, plus one drink and plate per child and a 90-minute room rental for 10 kids (\$5 for each extra child, up to a 24 person maximum).

A party host will set up and clean the room.

All parties are held during operating hours. Private parties are available after hours for an additional fee. Full payment is required at the time of booking. Please note, the trampoline, pools and play structures are open to the public at all times. Ages 7 and under require an adult in the pool and on the trampoline with them at all times. Ages 8 and older can swim and jump alone.

ADAPTIVE RECREATION

SAVE THE DATE
DANCE FITNESS
GLOW PARTY
SEPT. 18, 2020



ADAPTIVE RECREATION
COORDINATOR
rerickson@CRgov.com
303-814-7459

RECREATION

ADAPTIVE AQUATICS
COORDINATOR
lbarthee@CRgov.com
720-733-2283



ADAPTIVE RECREATION

Adaptive Recreation programs include individuals with developmental or physical disabilities in appropriate recreational activities. The goal of these programs is to provide a positive and supportive learning environment where individuals can explore new social and life skills, develop friendships and engage in a variety of recreational opportunities.

Adaptive Recreation is pleased to offer quality programs in the areas of aquatics, life skills, outdoor adventures and athletics.

Go to CRgov.com/Registration to sign up for our Adaptive Recreation offerings.



COLORADO ROCKIES GAME

Join the Adaptive Recreation Program for a day of fun cheering on the Colorado Rockies!

Transportation is provided. One parent or caregiver is welcome to register with their participant.

Ages: 9+
Fee: \$20
Date: Aug. 23
Day/time: Sunday, 11:30 a.m.
(Game time is 1:10 p.m.)
Location: Coors Field (meet at Rec Center if transportation is needed)

HORSEBACK RIDING SUMMER CAMP

Learn the basics of grooming and moving safely around horses as well as how to halter, lead and tack a horse (with assistance).

Campers will participate in therapeutic riding instruction and mounted games. Campers are encouraged to wear sturdy shoes or boots, long pants and bring a water bottle and snack.

Ages: 12+
Fee: \$100
Dates: June 15–19
Day/time: Monday–Friday, 9 a.m.–noon
Location: Colorado HorsePower

ADAPTIVE SWIM LESSONS

Classes emphasize communication, motor skills, problem solving and socialization.

Open to all ages; one-on-one instruction provided. Schedule classes by appointment only at the MAC.

Adaptive Swim Lessons are made up of eight-week sessions and offered year-round as space permits.

For more information or to register, contact 720-733-2283 or lbartee@CRgov.com.

Session: Summer and Fall



COOKIES WITH WELLSPRING

Enjoy a sweet treat with Wellspring! The class is lead by the Wellspring pastry chefs and each participant will be able to take their decorated cookies home to share with their family.

Ages: 5+
Fee: \$5
Dates: Aug. 27 and Sept. 24
Day/time: Thursday, 4:30–5:15 p.m.
Location: Wellspring Bakery

ADAPTIVE OPEN GYMNASTICS

Join Castle Rock School of Gymnastics for a day of fun tumbling! This open gym opportunity will allow recreational tumbling in a safe learning environment.

Ages: Open to all ages (siblings welcome)
Fee: \$5/session
Date: September
Day/time: Sunday, 3–4 p.m.
Location: Castle Rock School of Gymnastics

ADAPTIVE FAMILY FUN NIGHTS

Adaptive Family Fun Nights will be offered the second Friday of every month for adaptive families. All family members are welcome and encouraged to participate.

Fee: \$10/family
Day/time: Friday, 6–7:30 p.m.
Dates: **Swimming**
July 10 and Sept. 11
Trampoline
June 12 and Aug. 14
Location: Recreation Center Pool or MAC Trampolines

ADAPTIVE BALLET: PLAY/INTRO

Students will learn the basic ballet positions and terminology while building strength, balance and coordination through creative movement and various exercises.

Students should dress in tights, a leotard and slippers of any color.

Ages: 5–12
Fee: \$20
Dates: Aug. 22 and Sept. 19
Day/time: Friday, 4:30–5 p.m.
Location: Recreation Center



The National Sports Center for the Disabled (NSCD) is one of the largest therapeutic recreation agencies in the world. NSCD offers a variety of year-round sports and recreational adventures.

NSCD ROCKIES ABILITY CLINIC

In partnership with NSCD and Denver's own Rockies baseball team, this free, interactive clinic features baseball drills adapted to individuals who have any type of disability. Transportation provided.

Register at CRgov.com/Registration.

Ages: 5+
Fee: Free
Date: Summer 2020
Location: Coors Field

NSCD SUMMER CAMP

Participants will engage in a variety of sports, indoor kayaking, archery and other activities.

Athletes and staff should wear comfortable clothing, sneakers and breathable clothing for working out. Bring any snacks that meet your dietary needs and a water bottle. Please be prepared to exercise!

Ages: 12+
Fee: \$100
Dates: July 27–31
Day/time: Monday–Friday, 9 a.m.–4 p.m.
Location: Meet at the MAC, off site locations vary per day

NSCD SKI AND BOARD

NSCD offers ski or snowboard lessons at Winter Park. This five-week session includes full days of ski/board lessons, adaptive equipment rental and transportation from Castle Rock and Lone Tree to Winter Park. These lessons are suitable for anyone at any level, including wheelchair users or individuals with vision impairment or physical or cognitive disabilities.

Lessons are one-on-one or two-on-one if needed. More information to come. Signup will begin in September.

HAVE A QUESTION? WANT TO JOIN THE MAILING LIST? Email rerickson@CRgov.com

ADDITIONAL ADAPTIVE PROGRAMMING ADDED MONTHLY. PLEASE VISIT CRGOV.COM/ADAPTIVEREC FOR DETAILS AND THE MOST UP-TO-DATE INFORMATION.

Animals AROUND THE ROCK

Join the Town of Castle Rock in partnership with Douglas Land Conservancy as we dive into the characteristics that define our local wildlife, including raptors, reptiles, bats and other species. Local wildlife experts, organizations and wildlife rehabilitators such as Nature's Educators and the Denver Audubon will be featured at these programs. Discover the various types of animals that live locally and all over the world. Find out what they eat, how they hunt, where they live and how they benefit the local ecosystems.

Many of these programs will offer the opportunity to meet ambassadors that represent the various wildlife species in our area and hear about their personal stories. Kids and parents are encouraged at these meet and greet times to get up close to the ambassadors, ask questions and take pictures.

Family event, free to the public ■ Arrive early for picnicking and activities

Raptors Over the Rock

Join Nature's Educators for this popular one-hour presentation featuring the birds that share our home. Learn about the characteristics that define raptors, including where they live and how they hunt. *Please note that dogs are NOT allowed at this event.*

Date: Tuesday, July 21, 6–7:30 p.m.

Rain Date: Tuesday, Aug. 25, 6–7:30 p.m.

Location: Amphitheater at Philip S. Miller Park



Reptiles Under the Rock

Join Nature's Educators for another one-hour presentation featuring some of the amazing reptiles and amphibians that live in our area. They will bring up to six native reptiles to meet and learn about their habitats, diets, defenses, conservation and more.

Date: Tuesday, Aug. 18, 6–7:30 p.m.

Rain Date: Tuesday, Aug. 25, 6–7:30 p.m.

Location: Amphitheater at Philip S. Miller Park



Batty About Castle Rock



Join the Denver Audubon Society for a presentation on local bats, adaptations and the benefits they bring to our ecology. Afterwards we will head out to the pond to look and listen for bat activity. Due to Colorado law, there will not be any live bats at this event. *Not recommended for children under 8 years of age.*

Date: Tuesday, Sept. 15, 6:30–8 p.m.

Location: Millhouse at Philip S. Miller Park



Creepy Crawlies Around the Rock at the Fall Festival

Join Nature's Educators in Festival Park to celebrate the creatures of the season! Live Halloween-themed characters such as snakes, spiders, toads, owls and roaches will be on hand (weather dependent). Stop by their interactive and educational booth and conquer your fears during the Fall Festival!

Date: Saturday, Oct. 17, 11 a.m.–3 p.m.

Location: Festival Park



CRgov.com/RockAnimals

Registration for these events is encouraged, however registration for the bat program is required due to limited seating. No registration is needed for the Creepy Crawlies Around the Rock presentation.

Walk-ins are welcome as space allows.

Donations to DLC are suggested as \$10 per person or \$20 per family to help further these programs!



AQUATICS



HIGHLIGHTS

- 18 BECOME A LIFEGUARD**
Save lives and make an impact on the community as part of a fantastic team.
- 20 OUTDOOR SWIM LESSONS**
Learn to swim at Butterfield Crossing Pool.
Group lessons are available for youth ages 1–13.
- 22 UPDATED LEARN TO SWIM PROGRAM**



STAFF

LEARN TO SWIM

learntoswim@CRgov.com
720-733-2283

ADAPTIVE RECREATION LEARN TO SWIM

lbartee@CRgov.com
720-733-2283

RED CROSS TRAINING AND LIFEGUARDING

apina@CRgov.com
720-733-4486

ADAPTIVE SWIM

ADAPTIVE SWIM LESSONS

Join us for a world of fun and independence, and learn lifelong aquatic skills in a water-safe environment! Classes emphasize communication, motor skills, problem solving and socialization.

Open to all ages; one-on-one instruction provided. Schedule classes by appointment only at the MAC.

Adaptive Swim Lessons are made up of eight-week sessions and offered year-round as space permits.

For information or to register, contact 720-733-2283 or lbartee@CRgov.com. Registration is ongoing based on availability.

Session: Summer and Fall



OUTDOOR POOLS

BURGESS MEMORIAL POOL

Centennial Park
22 N. Gilbert St.
720-724-2082

Hours of Operation

Open swim hours
Monday–Friday 9 a.m.–7 p.m.
Saturday and Sunday 9 a.m.–6 p.m.

Amenities

- 20-foot-long water slide
- Handicap accessible
- Lazy river
- Picnic areas
- Pool depths of 0 to 5 feet
- Toddler-friendly slide
- Water basketball
- Zero-depth area with water play features

HOST AN AFTER HOURS PARTY

Burgess Pool \$325/hour (2 hour minimum)

- Lifeguards included
- Up to 50 people (\$5/person for over 50 people)
- Party room included

Contact Janice Weed at 303-814-7457 or jweed@CRgov.com

BUTTERFIELD CROSSING POOL

Butterfield Crossing Park
3952 W. Butterfield Crossing Drive
720-724-2081

Hours of Operation*

Open swim hours
Monday–Friday noon–6 p.m.
Saturday and Sunday 10 a.m.–6 p.m.

Amenities

- 25-meter swimming pool
- 8-lane pool with up to 5-foot depth
- Handicap accessible
- Picnic areas
- Splash pad
- Wading pool with up to 1.5-foot depth

Lap Pool Hours

To view the Lap Pool schedule, visit CRgov.com/**Registration** or download the free RockREC mobile app on your Apple or Android device.

*Butterfield Crossing Pool will be closed May 30, June 6, June 13, June 20 and June 27 until 3 p.m. due to swim meets.



FAMILY SUMMER MEMBERSHIP

Family Memberships are valid for unlimited visits during open swim hours from Memorial Day through the end of the summer season at Burgess Memorial and Butterfield Crossing pools. Memberships are available for purchase at both outdoor pool locations and at the Recreation Center and MAC. Memberships are only valid for the 2020 Outdoor Pool Season. This membership includes up to four household members.

Burgess/Butterfield combo membership: \$190 (\$230 nonresident)
 Additional family members: \$5/person

2020 SPLASH MULTI-VISIT PASS

Splash multi-visit passes are good for 10 daily admissions to Burgess Memorial and Butterfield Crossing pools. Splash multi-visit passes are available for purchase at the Recreation Center, at both outdoor pools and the MAC. Multi-visit passes are only valid for the 2020 Outdoor Pool Season.

Burgess/Butterfield Pool

| Splash Multi-Visit Pass | Resident | Nonresident |
|-------------------------|----------|-------------|
| Youth (3–17) | \$37.50 | \$44.50 |
| Adult (18 and up) | \$50 | \$62.50 |
| Senior (62 and up) | \$40.50 | \$51.50 |

DAILY ADMISSION

Burgess/Butterfield Pool

| | | |
|--------------------|-----|-----|
| Youth (3–17) | \$6 | \$7 |
| Adult (18 and up) | \$7 | \$8 |
| Senior (62 and up) | \$6 | \$7 |

COVID-19 update: Although final decisions regarding pool use this summer are still being made, please know that we will be following all guidelines from the state and local health authorities when and if they open. Please be advised that the pools staying closed this summer may be a possibility due to health or financial concerns. Please go to CRgov.com/OutdoorPools for the most up-to-date information.

AQUATIC CLASSES

MULTISPORT/MASTERS SWIM TRAINING

Designed for entry-level non-swimmers, aspiring triathletes and elite-level swimmers. Enjoy a challenging workout in a positive and fun group setting. Expect a variety of swim sets and drills to improve technique. Swimming is a low-impact, total-body cardio exercise.

Visit CRgov.com/MultisportSwim for the most up-to-date training schedule and additional information.

Ages: 18+
 Fee: Included in admission to the Recreation Center
 Location: Recreation Center

PRE-MASTERS GROUP CLASS

This class is best for swimmers who are able to swim 100 yards across the pool without stopping and would enjoy a 60-minute workout, but are looking to advance their swimming skills, learn additional swim strokes or enjoy a pleasurable workout to meet their swimming goals. The curriculum focuses on development and growth to move into any Masters Swim program.

Adult swimmers who are looking to develop basic swimming skills or who need to overcome fears are better suited for our private lessons.

Prerequisites: able to swim 100 yards across the pool without stopping.

Visit CRgov.com/Registration for the most up-to-date class information.

Ages: 18+
 Fee: \$140 (\$185 nonresident)

| Day/time | Location |
|---------------------------|-------------------|
| Wednesday, 7:30–8:30 p.m. | MAC |
| Saturday, 10–11 a.m. | Recreation Center |



CERTIFICATIONS

NOW HIRING

Castle Rock Parks and Recreation is seeking dedicated lifeguards and swim instructors. Passionate about swimming? Consider joining our team and working in a fun environment. The Aquatics Division reimburses necessary class fees upon three months of employment. Learn more and apply online at CRgov.com/Jobs.

LIFEGUARD CERTIFICATION CLASS

Lifeguard Training Class prepares participants for work as professional lifeguards. To participate, swimmers must be able to complete a 300-yard swim test utilizing front crawl and breaststroke, tread water for two minutes non-stop using kick only (no arms or hands), retrieve a 10-pound brick from 10-feet deep and return across the 20-yard pool in one minute and forty seconds using kick only. Successful completion of the course does not guarantee employment with the Town.

Participants must also complete a blended learning portion before the first day of class, which includes approximately eight hours of online training. The blended learning link will be emailed one week before the class starts.

Ages: 15+
 Fee: \$210 (\$268 nonresident)
 Location: Recreation Center

| Date | Day/time |
|------------|---------------------------------|
| June 9–11 | Tuesday–Thursday, 9 a.m.–6 p.m. |
| July 21–23 | Tuesday–Thursday, 8 a.m.–5 p.m. |

For more information go to CRgov.com/Lifeguard.



LIFEGUARD CERTIFICATION REVIEW CLASS

The review class gives individuals the opportunity to re-examine the full course content. The course format optimizes the participant's ability to complete written and skill evaluations successfully. Participants will complete an online blended learning portion (they must show the certificate before the start of class), perform skills for evaluations and complete a written exam.

Participants must hold a current lifeguard certification from the American Red Cross and provide evidence to participate.

Ages: 15+
 Fee: \$116 (\$142 nonresident)
 Location: Recreation Center

| Date | Day/time |
|---------|-------------------------|
| June 28 | Sunday, 9 a.m.–6 p.m. |
| July 23 | Thursday, 8 a.m.–5 p.m. |
| Aug. 29 | Saturday, 8 a.m.–5 p.m. |

Please note, the American Red Cross does not honor any recertification once the certification has expired. Lifeguards with expired certificates will need to retake the Lifeguard Training Class.



RED CROSS CLASSES

BABYSITTING/CPR CERTIFICATION BOOT CAMP

This two-day class covers babysitting skills such as first aid, safety, rescue breathing, emergency procedures and infant and child CPR. Also taught are diaper changing, feeding and marketing for your babysitting business. Please bring a lunch.

Ages: 11–15 (must be 11 by start of class)
 Fee: \$142 (\$168 nonresident)
 Dates: June 19–20, July 17–18
 Day/time: Friday 4:30–7 p.m. and Saturday 8:30 a.m.–4:30 p.m.
 Location: Recreation Center Trailer

COMMUNITY CPR AND FIRST AID

Provides training in basic lifesaving skills: CPR for infants, children, adults, first aid and AED training. Bring a lunch and notebook.

Ages: 12+
 Fee: \$98 (\$116 nonresident)
 Dates: June 6, Aug. 1
 Day/time: Saturday, 8 a.m.–2 p.m.
 Location: Recreation Center Trailer

GROUP SWIM LESSONS

The Learn To Swim program opens the door to a lifetime of opportunities in the water through progressive instruction. Group lessons give swim students the option of learning new skills with their peers in a way that is fun and enjoyable. Classes are arranged so that children and youth can learn progressively challenging skills with others in their own age group. We encourage families looking for more individualized structure for swim lessons to contemplate our Private Lessons as an option for your family.

Seahorses (Ages 6–23 months; 25 minutes long)

Introductory level of parent-assisted swim lessons for toddlers. Parents help introduce the children to water using circle-time songs, while learning basic body positioning and holding techniques to promote water comfort. One adult per child is required to be in the water. Swim diapers or plastic pants are required.

Sea Otters (Ages 24 months–3.5 years; 25 minutes long)

Secondary level of parent assisted swim lessons for toddlers. Designed for toddlers who are not ready to be in the water without a parent. Skills are similar to Seahorses and include both parents and instructors practicing skills with toddlers to help them adjust to swimming independently. One adult per child is required to be in the water. Swim diapers or plastic pants are required for children not yet potty-trained.

Guppies (Ages 3–5; 30 minutes long)

Introduction for children ready to be in the water without the direct support of their parents. Swimmers will learn and master the skills of blowing bubbles, submersions, both front and back floats unaided and kicking skills.

Goldfish (Ages 4–6 years; 30 minutes long)

Fundamental swimming skills for children who have mastered the foundational skills taught in Guppies. Swimming skills that will be introduced are front and back glides, 15 yard freestyle kick with breathing, introduction to freestyle arms and introduction to whip and dolphin kicks.

Prerequisites: Mastery of the skills from Guppies, which included:

- Go underwater and blow bubbles repetitively, comfortably
- Front and back float independently for 3–5 seconds
- Continuous kicking for 15–20 second intervals

Piranha (Ages 5–6; 30 minutes long)

Advanced level of swimming skills for children who are ready to swim the full 25-yard lane. Skills that will be addressed include freestyle kick with kick boards, backstroke kick, unassisted freestyle and backstroke and treading water for one minute unassisted.

Prerequisites: Mastery of the skills from Goldfish, which included:

- Front and back glides without support
- 15-yard freestyle kick with side breathing
- Rhythmic freestyle arms with side breathing
- Whip and dolphin kick fundamentals

Dolphins (Ages 6–9 years; 30 minutes long)

Introductory swimming skills for older children with little to no experience. Fundamental swimming skills will be introduced, focusing on blowing bubbles, submersions, front and back floats and glides, freestyle kick, introductory freestyle arms and introductions to whip and dolphin kicks.

Prerequisites: None

Stingrays (Ages 6–10; 30 minutes long)

Secondary level of Learn To Swim classes for older children who have mastered the foundational skills taught in Dolphins. Swimmers will further their knowledge of freestyle kick, focusing on rotary breathing, while additionally learning both elementary backstroke and dolphin kicks. Successful completion of this class will produce swimmers who can safely and correctly swim 50 yards of both freestyle and backstroke.

Prerequisites: Mastery of the skills from Piranha or Dolphins, which included:

- Ability to float and glide unassisted without direct support
- Introductory understanding of rotary breathing
- Ability to kick safely with a kickboard 15 yards minimum

Manatees (Ages 11–14; 30 minutes long)

Multi-level learn to swim class appropriate for older youth and teens looking for opportunities to learn more swimming skills. This class focuses on stroke development. Swimmers will further their knowledge of freestyle kick, focusing on rotary breathing, while additionally learning both elementary backstroke and dolphin kicks. Successful completion of this class will produce swimmers who can safely and correctly swim 50 yards of both freestyle and backstroke.

Prerequisites: None

BEYOND LEARN TO SWIM

Pre-Team Classes (ages 8–13; 40 minutes long)

Advanced classes for stroke development suitable for swimmers who have mastered and completed Stingrays. Ideal preparation for youth aimed towards future swim team enrollment.

Prerequisites: Interest in pursuing a more competitive swim setting and mastery of the skills from Stingrays, which included:

- 50-yard freestyle with rotary breathing, without stopping
- 50-yard backstroke without stopping
- Understanding of water safety and lane protocol

Pre-Team Freestyle and Backstroke

Swimmers will further their knowledge and skills of both freestyle and backstroke by completing workouts built on technique and distance swimming. Successful completion of this class will produce swimmers who can correctly swim non-stop 200 yards of both freestyle and backstroke with flip turns.

Pre-Team Breaststroke

Swimmers will further their knowledge and skills of breaststroke by completing workouts built on technique and sprint swimming. Successful completion of this class will produce swimmers who can correctly swim non-stop 50 yards of breaststroke with two-handed turns.

Pre-Team Butterfly Stroke

Swimmers will further their knowledge and skills of butterfly stroke by completing workouts built on technique and sprint swimming. Successful completion of this class will produce swimmers who can correctly swim non-stop 50 yards of butterfly stroke with two-handed turns.

LEARN TO SWIM: TODDLER/YOUTH

LEARN TO SWIM AT THE MAC

The Town of Castle Rock's Learn to Swim program opens the door to a lifetime of opportunities in the water through progressive instruction in a group or private setting. Our year-round program specializes in teaching all ages and ability levels, from toddlers to adults, following a continuous curriculum developed to ensure swimmers learn the skills and endurance to be safe and confident in the water. With a maximum depth of 4.5 feet and an average temperature of 87 degrees, the pool at the MAC is an ideal location for swimmers to learn in a comfortable setting.

The Learn to Swim program requires that participants wear commercially produced swimsuits. Please also bring a towel, goggles (optional) and swim cap or hair tie (long hair).

Group Swim Lesson Registration

We offer priority registration for all currently enrolled students. The second to last week of each session, parents have the option to enroll for the next session in advance of general registration opening to the public. Please use priority registration week to optimize the best schedule for your swim lesson needs. Priority registration must take place in person, at the MAC Front Desk or in the pool office with a Coordinator. Payment takes place at registration time. Leaving a message could delay your registration into the next session.

Find the dates for registration in the upcoming sessions below and at CRgov.com/LearnToSwim or register at CRgov.com/Registration. We kindly request that you do not double-register your child in order to get the class you desire. The Swim Lesson Coordinator will apply a 10 percent cancellation fee to all cancellations requested within three days of the beginning of the session. After this date, refunds will not be available. Group lessons are not prorated.

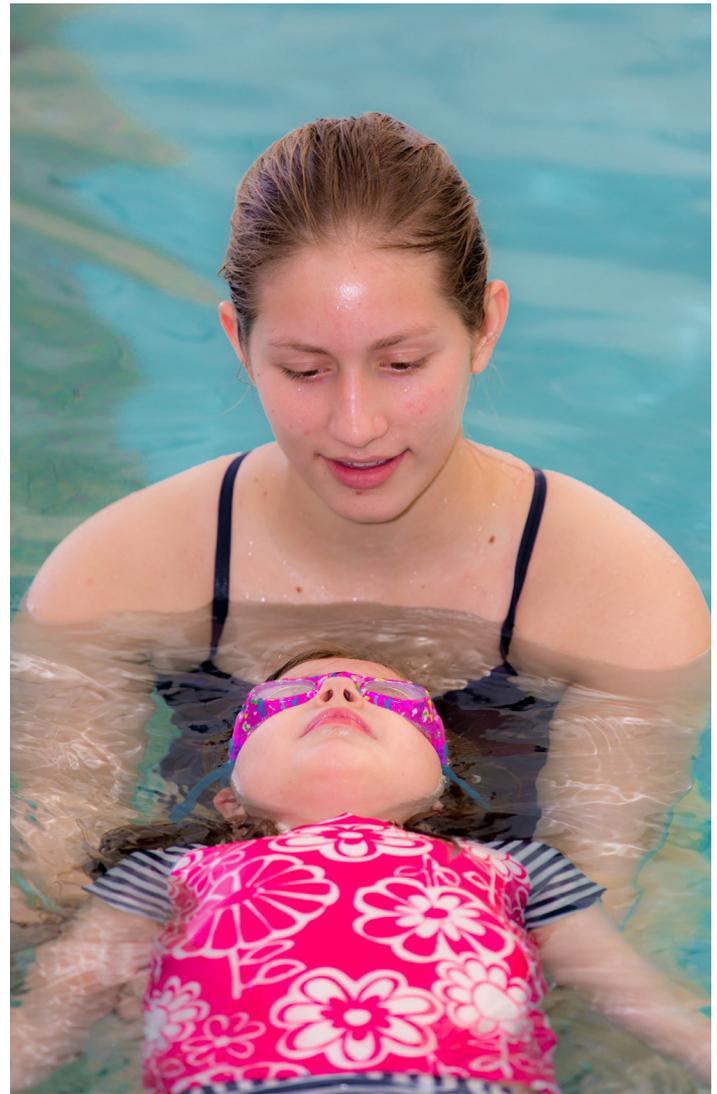
Session: Summer and Fall

Early and late seasonal sessions are available year-round.

Group lessons run Monday through Thursday, meeting on alternate days two times a week: Monday and Wednesday and Tuesday and Thursday. Saturday group lessons meet once a week, hence the adjustment in pricing. Preschool classes are best suited for children 3 to 5 years of age. Youth classes are open for children 6 to 12 years of age.

Fees for the group lessons in this program run as follows:

| Group Level | Weekday Pricing | Saturday Pricing |
|--------------------------|---------------------------|---------------------------|
| Seahorses– Sea Otters | \$90 (\$115 nonresident) | \$100 (\$125 nonresident) |
| Guppies– Piranha | \$100 (\$125 nonresident) | \$140 (\$185 nonresident) |
| Dolphins– Manatees | \$65 (\$80 nonresident) | \$70 (\$90 nonresident) |
| Pre-Team Classes | \$70 (\$90 nonresident) | \$85 (\$100 nonresident) |



LEARN TO SWIM AT BUTTERFIELD

Summer is a special time to sign up for swim lessons and the pool at Butterfield Crossing Park offers a great outdoor lesson experience under the sun. These accelerated Learn to Swim classes offer children a great boost in skills at a fast pace. Registration for these classes is only available online during General Registration.

Summer Sessions at Butterfield

Sessions last two weeks with students coming Monday–Thursday each week of that session (eight classes total).

| Session Dates | | | |
|---------------|------------|-----------|------------|
| June 1–11 | June 15–25 | July 6–16 | July 20–30 |

All registrations will close three days prior to class start date. Preschool classes (25 minutes in length) are best suited for children 3 to 5 years of age. Youth classes (40 minutes in length) are open for children 6 to 12 years of age.

Group lesson fees:

| Group Level | Pricing |
|-------------|-------------------------|
| Preschool | \$60 (\$75 nonresident) |
| Youth | \$75 (\$90 nonresident) |

PRIVATE SWIM LESSONS

Available for ages 3 through 14 years and all ability levels. Sessions for Private Swim Lessons will be available for purchase online at CRgov.com/**Registration**. Dates and times for each session will vary depending on the availability of instructors and the needs of families. Private lesson availability is viewable by day. There are no refunds for missed classes. Full payment is required at time of registration.

Private lesson (one student) 8-week session: \$256 (\$300 nonresident)
 Location: MAC

ADULT PRIVATE LESSONS

Perfect for adults who are new to the water or swimmers needing more individual support in the pool. Offers specialized one-on-one instruction for swimmers' personal development. Skills taught will be specific to the needs of the individual and their goals. This class is only available to individuals 15 years and older.

Private lesson (one student) 8-week session: \$256 (\$300 nonresident)
 Contact: learntoswim@CRgov.com
 Location: Recreation Center



SCUBA

Register for Scuba programs through the Recreation Center at CRgov.com/**Registration**. Please note, registration is not complete until you have filled out the medical waiver from Planet Scuba. Contact planetscuba@planetscuba.biz or 303-688-1551 with questions.

FREE DISCOVER SCUBA CLASSES

Discover Scuba provides an opportunity to try out diving before committing to a certification program.

Ages: 10+
 Fee: Free, but pre-registration is required
 Dates: June 7, July 12 and Aug. 9
 Day/time: Sunday, 9–10:30 a.m.
 Location: Recreation Center

SCUBA OPEN WATER DIVE PROGRAM

Planet Scuba will cover diving essentials through video, classroom instruction and pool dives that provide the skills and knowledge to complete the Open Water Diver Certification. Open water dives are not included in the cost of this class.

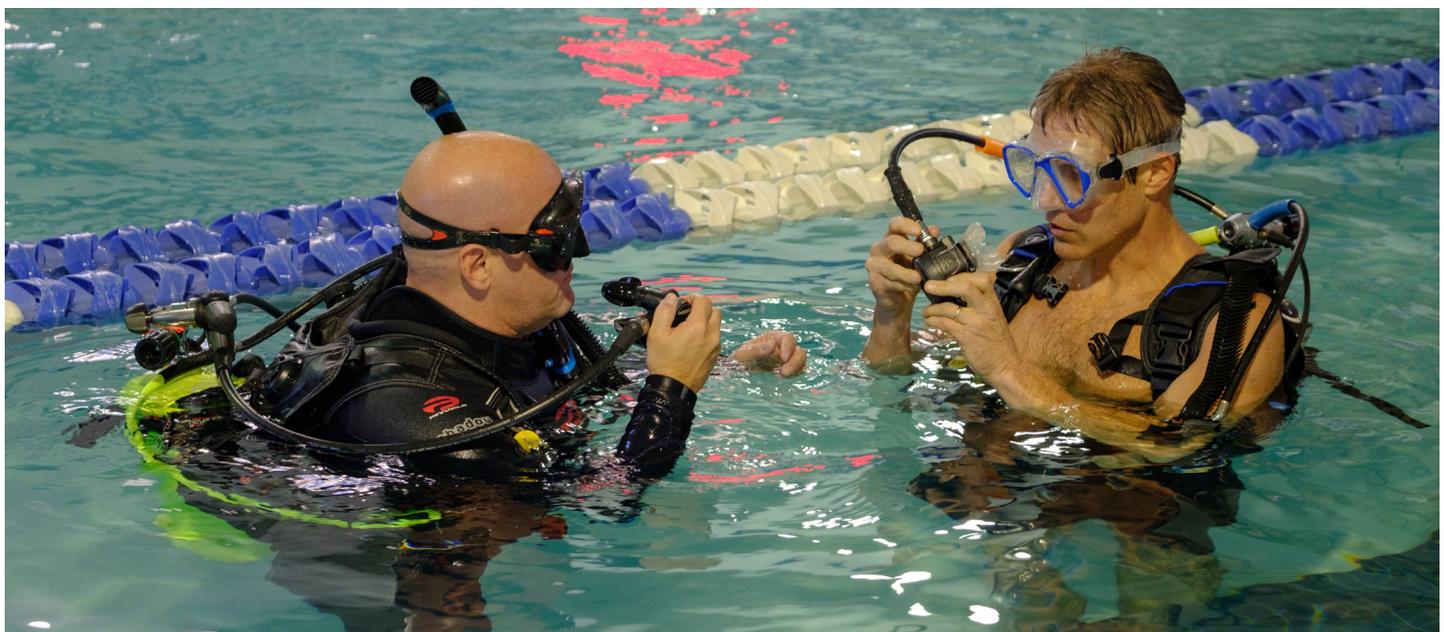
Ages: 10+
 Fee: \$285 (\$300 nonresident)
 Location: Recreation Center

Four-Night Option

| | |
|---------------------|------------------------|
| June 10, 12, 13, 17 | Wednesday, 5:45–9 p.m. |
| July 15, 17, 18, 22 | Friday, 6–8 p.m., |
| Aug. 19, 21, 22, 26 | Saturday, 4–7 p.m. |

Two-Day Option

| | |
|----------------|--|
| June 6 and 7 | Learn to dive in one weekend! Saturday and Sunday, noon–6 p.m. |
| July 11 and 12 | |
| Aug. 8 and 9 | |



NEW
lesson format!

Learn to Swim

Aquatics Programming for

The Learn to Swim program opens the door to a lifetime of opportunities and provides an opportunity to learn new skills with their peers in a fun and enjoyable way. Classes are offered for their own age group. Staff encourage families looking for



Which class is right for your child?

| Starter Skills | | | Fundamental Skills | | |
|-----------------------------------|-----------------------------|-----------|--------------------|-----------|-------------|
| Seahorses | Sea otters | Guppies | Goldfish | Dolphins | Manta Rays |
| Parent/Child 6 mos- 2 years | Parent/Child 2-3.5 years | 3-5 years | 4-6 years | 6-9 years | 11-15 years |

Seahorses | Parent/Child | 6-23 months | 25 min.

Introductory level of parent-assisted lessons for toddlers. Parents help introduce children to water using circle-time songs, while learning basic body positioning and holding techniques to promote water comfort. One adult per child and swim diapers or plastic pants are required.

Prerequisites: None

Most resembles: Parent-Tot 1

Sea Otters | Parent/Child | 24 months-3.5 years | 25 min.

Secondary level of parent-assisted swim lessons for toddlers. Designed for toddlers who are not ready to be in the water without a parent. Skills are similar to Seahorses and include both parents and instructors practicing skills with toddlers to help them adjust to swimming independently. One adult per child must be in the water. Swim diapers or plastic pants are required for children not yet potty-trained.

Prerequisites: None

Most resembles: Parent-Tot 2

Piranhas | 5-6 years | 30 min.

Advanced level of swimming skills for children ready to swim the full 25-yard lane. Skills taught include freestyle kick with kick boards, backstroke kick, unassisted freestyle and backstroke and treading water one minute unassisted.

Prerequisites: Mastery of skills from Goldfish, including independent front and back glides, freestyle kick with side breathing for 15 yards, freestyle arms with side breathing and whip and dolphin kick fundamentals.

Most resembles: New addition to Learn to Swim program

Dolphins | 6-9 years | 30 min.

Introductory course for older children with little to no experience. Fundamental swimming skills with focus on submersion, front and back floats and glides, freestyle kick, introductory freestyle arms and an introduction to whip and dolphin kicks.

Prerequisites: None

Most resembles: Youth 1 & Youth 2

Pre-Team | 8-13 years | 40 min.

Advanced classes for stroke development suitable for swimmers who have completed and mastered Stingrays. Ideal preparation for youth pursuing the swim team.

Prerequisites: Mastery of skills from Stingrays, including freestyle with rotary breathing for 50 yards, backstroke for 50 yards, understanding of safety and lane protocol and interest in pursuing a more competitive setting.

Most resembles: Youth 4, Youth 5 & Youth 6

Pre-Team | Freestyle and Backstroke

Focuses on technique and distance, with the end goal of 200 yards of non-stop freestyle and backstroke with flip turns.

Pre-Team | Breaststroke

Focuses on technique and sprints, with the end goal of 50 yards of non-stop breaststroke with two-handed turns.

Pre-Team | Butterfly Stroke

Focuses on technique and sprints, with the end goal of 50 yards of non-stop butterfly stroke with two-handed turns.

GRADUATION
(takes place at the end of the season)

Learn more and register at [www.aquatics.com](#)

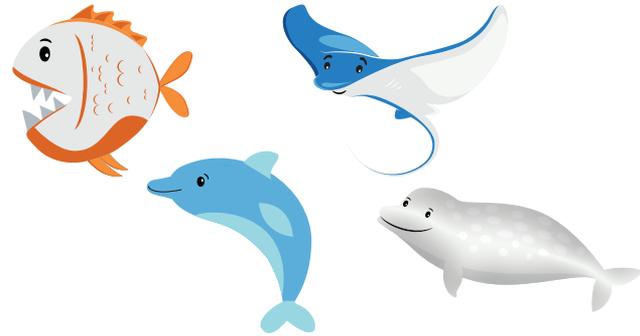
Learn to Swim

For Infants through Adults

Swim in the water through progressive instruction. Group lessons afford students the class arrangements allow students to learn progressively challenging skills with others in a more of an individualized structure to contemplate private lessons.

What is best for your swimmer?

| | Stroke Development | | | | |
|----------------|--------------------|------------|----------------------------|-----------------------------|-----------------------|
| Age Categories | Piranhas | Stingrays | Pre-Team Stroke Refinement | Competitive Swim Techniques | Pre-Masters & Masters |
| Age Ranges | 4-6 years | 6-10 years | 8-13 years | 8-15 years | Adult |



Guppies | 3-5 years | 30 min.

Introductory skills for children ready to be in the water without the direct support of their parents. Swimmers will learn and master the skills of blowing bubbles, submersions, unaided front and back floats and kicking.

Prerequisites: None

Most resembles: Preschool 1 & Preschool 2

Goldfish | 4-6 years | 30 min.

Fundamental skills for children, including front and back glides, 15 yard freestyle kick with breathing, introduction to freestyle arms and an introduction to whip and dolphin kicks.

Prerequisites: Mastery of skills from Guppies, including blowing bubbles repetitively underwater, front and back floating for three to five seconds and kicking continuously for 15 - 20 second intervals.

Most resembles: Preschool 3 & Preschool 4

Stingrays | 6-10 years | 30 min.

Secondary level class for older children. Enhances knowledge of freestyle kick, rotary breathing, elementary backstroke and dolphin kick. Graduates will safely and correctly swim 50 yards of both freestyle and backstroke.

Prerequisites: Mastery of skills from Piranhas or Dolphins, including floating and gliding independently, an understanding of rotary breathing and the ability to use a kickboard for 15 yards.

Most resembles: Youth 3, with new goal of 50 yards

Manatees | 11-14 years | 30 min.

Multi-level class appropriate for older youth and teens looking to learn more advanced swimming skills, with focus on stroke development. Swimmers will further their knowledge of freestyle kick, focusing on rotary breathing, while learning both elementary backstroke and dolphin kick. Successful completion of this class will produce swimmers who can swim 50 yards of both freestyle and backstroke.

Prerequisites: None

Most resembles: New addition to Learn to Swim program

ADVANCED

(After Stingrays)

Competitive Swim Techniques | 9-15 years | 60 min.

Off-season practice for those who are interested in the swim team. This class focuses on endurance, distance swimming, stroke refinement (free, breast, back and fly), racing starts, relays and turns. There are two mini-meets per session. A weekly, independent workout is required.

Prerequisites: Completion of all Pre-Team classes or mid-to-upper swim team skills.

Most resembles: Same format as previously offered, not offered during summer

Pre-Masters | 18+

This class is best for swimmers who are looking to advance their swimming skills, learn additional strokes or enjoy a pleasurable workout while meeting their swimming goals. The curriculum focuses on development and growth to move swimmers into any Masters Swim Program.

Prerequisites: Swim 100 yards across pool without stopping

Most resembles: Same format as previously offered, but now offered during summer



National Public Lands Day

**Saturday, Sept. 26 from 8 a.m. to noon
Gateway Mesa Open Space**

The Town of Castle Rock is marking 2020 National Trails Day with a work day on the Town's newest unpaved trail, Legacy Trail. Volunteers are needed to help maintain and repair specific sections of this new trail corridor built last year. Work projects may include new rock steps and corridor clearing.

- Check-in and light breakfast begins at 8 a.m. Outing begins promptly at 9 a.m.
- Tools and gloves will be provided, as well as coffee and water.
- Participants must be at least 14 years old. Minors under 16 must be accompanied by an adult who is 21 or older.
- Registration is required.

Questions? Call 720-733-2294 or bspagnuolo@CRgov.com.

For more information and registration, visit:

CRgov.com/PublicLandsDay

Hike it!



Volunteer it!

Volunteers will park at Founders Park (4671 Enderud) for shuttle service to the event site. Shuttle will run 7:30-8:30 a.m. and 11:30 a.m.-12:30 p.m.



ARTS & ENRICHMENT



HIGHLIGHTS

- 26 CANVAS & CROISSANTS**
Get creative while enjoying sweet treats and sweeter company!
- 27 KIDZART**
A rich variety of weekly or one-time art classes are available for artists of all ages.



STAFF

ARTS AND ENRICHMENT

dquintana@CRgov.com
720-733-2298

TAG COORDINATOR

rklement@CRgov.com
720-733-2236

ARTS

DRAWING AND PAINTING

BOB ROSS OIL PAINTING

No prior painting experience is necessary. You will leave the class with a completed painting on a 16-by-20 canvas. The instructor requires a \$5 materials fee due at the start of class. Please bring a roll of paper towels. A 30-minute lunch break will be provided. This year-round class runs once a month on Saturdays from 9 a.m.–5 p.m.

Ages: 18+
Fee: \$59 (\$74 nonresident)
Location: Recreation Center

| Date | Theme |
|---------|------------------|
| May 30 | Ocean Sunrise |
| June 13 | Gray Winter |
| July 25 | Not Quite Spring |
| Aug. 25 | Black River |

CANVAS AND CROISSANTS

Canvas and Croissants is a fun painting experience for a parent and their child. Be creative while completing a 12-by-16 inch acrylic painting on canvas, ready to take home and display. The Recreation Center provides croissants, cookies, drinks and all materials. This year-round class runs once a month on Saturdays from 9:45 a.m.– 11:45 a.m. The fee covers two canvas paintings for one adult and one child.

Ages: 5–17
Fee: \$50 (\$53 nonresident); additional children are \$12 each
Location: Recreation Center

| Date | Theme |
|---------|----------------------|
| June 20 | Fox & Floral |
| July 18 | Peacock Portrait |
| Aug. 22 | Hot Air Balloon Ride |





KIDZART® EXPLORE! WEEKLY DRAWING CLASS FOR HOMESCHOOL STUDENTS

With KidzArt®, students will build self-confidence, become creative problem solvers, exercise their creative muscles and learn new ways to draw. KidzArt® meets the National Standards for Visual Arts. Students complete an original project in every class. All materials included. This class runs on Wednesdays from 12:30–1:45 p.m.

Ages: 5–13
 Fee: \$75 (\$88 nonresident)
 Location: MAC

| Date | Theme |
|-----------|------------------|
| Aug. 5–26 | Southwest Styles |

KIDZART® IMAGINE! WEEKLY DRAWING CLASS

KidzArt® teaches drawing skills, promotes problem solving, builds self-confidence and sets the stage for a lifetime of creativity! Students explore a variety of artistic styles, cultural interpretations and materials. Students will complete an original drawing and color it using different mediums each class. All materials included. This class runs on Thursdays from 4:45–6 p.m.

Ages: 5–13
 Fee: \$75 (\$88 nonresident)
 Location: MAC

| Date | Theme |
|-----------|------------------|
| June 4–25 | Summer Fun |
| July 9–30 | Fantastic Beasts |
| Aug. 6–27 | Southwest Styles |

KIDZART® YOUTH PIZZA AND PAINTING NIGHT

Enjoy a fun Friday night with KidzArt® full of painting, pizza and fun with friends. Students will learn new techniques in acrylic painting, all while enjoying pizza with friends! The class fee covers the cost of one 12-by-16 canvas, pizza and a beverage. This class runs on Fridays from 5–7 p.m.

Ages: 6–14
 Fee: \$30 (\$35 nonresident)
 Location: MAC

| Date | Theme |
|---------|-----------------|
| May 29 | Twilight Horses |
| June 26 | Llama on a Hill |
| July 24 | Garden Cat |
| Aug. 28 | Owl Portrait |

POTTERY

ADULT POTTERY

Learn wheel throwing and handbuilding in a comfortable, fun environment. Bring your own tools or purchase tools and clay at the Recreation Center Front Desk. All skill levels welcome. This year-round class runs in five-week sessions.

Attend on Tuesday from 10 a.m.–1 p.m., Wednesday from noon–3 p.m. or 5:45–8:45 p.m., Thursday from 9 a.m.–noon, noon–3 p.m. or 5:45–8:45 p.m. or on Saturday from 9 a.m.–noon.

Ages: 18+
 Fee: \$76 (\$95 nonresident)
 Location: Recreation Center

POTTERY LAB

The pottery studio will be open for current students to work on projects. Students must register online prior to each visit. Pottery Labs run on the first Tuesday of each month on a first-come, first-served basis from 5:45–8:45 p.m. Bring your own tools or purchase tools as an add-on to your registration.

Ages: 18+
 Fee: Single Lab - \$13 (\$16 nonresident);
 Multi-Visit Pass (10 visits) - \$100 (\$125 nonresident)
 Location: Recreation Center

CREATIVE KIDS CLAY

Kids learn the basics of handbuilding while creating functional and beautiful pottery. The Recreation Center provides tools and clay. Classes are limited to 8 students and run on Wednesday from 4:30–5:30 p.m.

Ages: 6–12
 Fee: \$43 (\$53 nonresident)
 Dates: June 3–24
 Location: Recreation Center



ENRICHMENT

ADULT DANCE CLASSES

Adult Dance Classes run in four-week sessions year-round. Additional classes offered include Country Swing, Country and Western Hoedown Dance Party, Country and Western Triple Step, Millennium Cowboy Cha Cha, Hold On To Your Hat Country Swing and Romantic Waltz Celebration.

Ages: 18+
 Fee: \$50 (\$60 nonresident)/couple
 Location: Recreation Center

COUNTRY AND WESTERN SMASH-UP SAMPLER

Dancers will learn the basics and the turns and twirls for Two-Step, Country Swing and Waltz! Get a feel for each dance before signing up for a full class!

COUNTRY AND WESTERN TWO-STEP

This original country western dance is the most versatile on the floor. Dancers will learn basic steps to dominate the dance floor and step the night away.

LINE DANCE BOOTY BASH

Line dancing is an excellent exercise and promotes coordination and balance, providing a super fun way to slim down for the season. Dancers average 2,000 steps per class.

NIGHTCLUB TWO-STEP

It's sweetheart night. Don't just rock back and forth during those slow songs. Learn romantic steps, turns and patterns that will make dancing to ballads and slow songs the highlight of the night.

RED HOT SIZZLIN' SALSA

This red-hot social-style Salsa is fun and easy to learn. This class teaches the basic steps to move and dance to any Latin song.

SWING DANCE EXTRAVAGANZA

Learn to swing dance to any kind of music, including Country, Big Band, Rock and Blues.

| Date | Day/time | Dance |
|----------------|------------------|----------------------------------|
| June 8-29 | Monday, 7-8 p.m. | Nightclub Two-Step |
| June 8-29 | Monday, 8-9 p.m. | Country and Western Two-Step |
| July 6-27 | Monday, 7-8 p.m. | Line Dance Booty Bash |
| July 6-27 | Monday, 8-9 p.m. | Country Western Smash-Up Sampler |
| Sept. 14-Oct.5 | Monday, 7-8 p.m. | Swing Dance Extravaganza |
| Sept. 14-Oct.5 | Monday, 8-9 p.m. | Red Hot Sizzlin' Salsa |





COOKING

ANYONE CAN COOK

Anyone Can Cook teaches food preparation skills. Children receive recipes and practice the skills needed to make an entire meal, no matter their ability level. This year-round class takes place on Wednesday from 5:30–7:30 p.m.

Ages: 7–12
 Fee: \$25 (\$30 nonresident)
 Date: Aug. 19
 Location: Recreation Center

For creative cooking camps, see the Camps and Clinics section on page 46.

HOLIDAY CELEBRATION

In this class, children will enjoy making fun desserts related to specific holidays, as well as learning food preparation skills. This year-round class takes place on Wednesday from 5:30–7:30 p.m.

Ages: 7–12
 Fee: \$25 (\$30 nonresident)
 Date: July 8 - Independence Day
 Location: Recreation Center

HOLIDAY COOKING ARTS

Children will enjoy making fun foods related to specific holidays, along with learning facts and skills in this drop-off class. This year-round class takes place on Wednesday from 5:30–7:30 p.m.

Ages: 4–6
 Fee: \$21 (\$26 nonresident)
 Date: July 1 - Independence Day
 Location: Recreation Center

LITTLE CHEFS

Children prepare fast and fun recipes while learning basic kitchen safety, nutrition and cooking skills. Come back at the end of this drop-off class for a tasty treat! This year-round class takes place on Wednesday from 5:30–7:30 p.m.

Ages: 4–6
 Fee: \$21 (\$26 nonresident)
 Date: July 29 or Aug. 5
 Location: Recreation Center

TEEN

TEEN ADVISORY GROUP

The Parks and Recreation Department has established a group of teens in seventh through twelfth grades to assist with the general planning, preparation and organizing of events and activities in Town. Group members act as the voice for teens in Castle Rock by expressing their opinions and ideas as they relate to the activities for youth in the community.

For more information, contact Rita Klement at rklement@CRgov.com or 720-733-2236. TAG is now accepting new members.



YOUTH DANCE CLASSES

PRINCESS EVENTS

In these magical Dance Exploration classes, dancers will meet their favorite princesses while learning and mastering different dance moves, interacting with the characters during story time, completing obstacle courses and even getting autographs! Dancers will get to move to their favorite songs and have adventures, just like their favorite princesses!

Ages: 3–5
 Fee: \$25 (\$30 nonresident)
 Location: Recreation Center

| Date | Day/time | Princess |
|---------|-----------------------|--------------------------------|
| June 3 | Saturday, Noon–1 p.m. | Ballet with the Little Mermaid |
| July 11 | Saturday, Noon–1 p.m. | Dance with Wonder Woman |
| Aug. 22 | Saturday, 10–11 a.m. | Ballet with Snow White |





SUMMER FITNESS GET FIT

*The Amphitheater
at Philip S. Miller Park*

ADMISSION
FREE

► FITNESS FRIDAY SCHEDULE 8-9 a.m.

- 6/5 Tabata
- 6/12 Body pump
- 6/19 HIIT
- 6/26 Bootcamp
- 7/3 No class 4th of July weekend
- 7/10 Dance & Sculpt
- 7/17 Tabata
- 7/24 Zumba
- 7/31 Body weight strength
- 8/7 Rebel Groove
- 8/14 HIIT
- 8/21 Bootcamp
- 8/28 Body weight strength

YOGA IN THE PARK

June-August
Every Sunday, 9-10 a.m.

Hosted by Inner Connections Yoga

CRgov.com/SummerFitness

ATHLETICS & ADVENTURE



HIGHLIGHTS

36 NEW! SUMMER YOUTH INDOOR VOLLEYBALL
Play games in this league to get ready for the fall season.

37 ADULT SUMMER SPORTS

- **ADULT GRASS VOLLEYBALL**
The same great volleyball league is now happening outside!
- **ADULT CUP-IN-HAND KICKBALL**
The popular 21+ Adult Cup-In-Hand Kickball is back for another season.



STAFF

ADULT ATHLETICS AND INDOOR FIELD RESERVATIONS

adultathletics@CRgov.com

Supervisor: Matt Gasser
303-814-7449

Specialist: Kate Elliott
720-733-2297

Coordinator: Jake Swords
303-814-7449

YOUTH ATHLETICS AND OUTDOOR FIELD RESERVATIONS

youthathletics@CRgov.com

Supervisor: Scott Smeeton
303-638-4084

Specialist: Troy Remington
720-733-4487

Coordinator: Cameron Day
303-902-8809

OUTDOOR ACTIVITIES

mhansen@CRgov.com

Outdoor Coordinator: Marne Hansen
720-733-3569

For information on programs currently running, visit TeamSideline.com/CastleRock. For information or to register for future programs, visit CRgov.com/Registration.



YOUTH SPORTS LEAGUES

FREQUENTLY ASKED QUESTIONS

How are teams formed?

- Scholastic grade (at time of registration)
- Skill evaluations (performed at the third and fourth grade levels)
- School/neighborhood location

Can my child play up?

- Not in pre-k through second grade
- Play-ups are occasionally permitted (third grade and above) if a player displays exceptional skills or development
- Skill evaluations are required for play-ups

How do I volunteer to coach?

- Contact the coordinator of your program to be placed on the coaches list
- Attend a coaches' meeting
- Participate in skills field training
- Pass a background check

What equipment is provided?

- League shirts for all sports, unless otherwise noted
- Baseball/Softball provides a league shirt and hat, unless otherwise noted

How do I register?

- Register, view details and schedules online at CRgov.com/Registration

How do I make a special request?

- Special requests can be made during registration or at your designated parent meeting
- Requests are not taken via phone, email or at the Front Desk of either the Miller Activity Complex or Recreation Center

REGISTRATION DEADLINES

Players must sign up within the designated registration period defined by the early bird and regular registration fees. Late fees are applicable when the space within the program allows.

PARENT AND COACH MEETINGS

Preseason meeting information and informational packets for parents and coaches will be sent out via email. During preseason meetings, our staff will discuss and answer questions about program philosophy, expectations and rosters. Information will be provided regarding practice and game scheduling. Our programs allow parents to participate by coaching, scorekeeping and line judging. Visit CRgov.com/Registration for information regarding practices and games.

YOUTH COACH TRAINING

For all new and returning coaches, a training will be held to provide sport-specific practice plans and drills. Additionally, coaches can attend a hands-on training taught by athletic staff to further their ability to be a successful coach. Coaches are required to complete concussion training certification, coach agreements and agree to a background check.

COMMUNITY SERVICE

High school athletes in need of community service hours can volunteer for officiating or coaching positions. Contact ssmeeton@CRgov.com for more details.



BASKETBALL

LITTLE DRIBBLERS (PRESCHOOL–KINDERGARTEN)

Little Dribblers is designed to introduce young kids to basketball while teaching basic motor skills. Each clinic will teach players how to play defense, dribble, shoot and pass. Participants must be enrolled in Preschool or Kindergarten prior to the start of the season.

Grade level: Preschool–Kindergarten
 Fee: \$70–\$80
 Session: Spring, Fall and Winter
 Location: Recreation Center

YOUTH BASKETBALL LEAGUE (KINDERGARTEN–8TH GRADES)

This basketball league is designed to introduce players to the sport and to advance their skills each season. Each season will consist of seven or eight games and a playoff tournament for 5th–8th grades. Hour-long practices are held once a week for Kindergarten–4th grade teams and twice a week for 5th–8th grade teams. HOOPLA (All-Star Week) is included in the season for 5th–8th grades. Players must be enrolled in their respective grade level prior to the start of the season.

Grade level: Kindergarten–8th grades
 Fee: \$95–\$145
 Session: Fall/Winter
 Location: Recreation Center and local elementary/middle schools

YOUTH BASKETBALL LEAGUE (4TH–7TH GRADES)

This summer basketball league allows teams to play games over the summer prior to the fall/winter season. The season will consist of eight games. No practices are included. Registration is by team only. Games are played on Thursday and/or Friday at the Recreation Center from 6–9 p.m.

Grade level: 4th–7th grades
 Fee: \$700/team
 Session: Summer
 Location: Recreation Center

FOOTBALL

FLAG FOOTBALL (KINDERGARTEN–7TH GRADES)

Flag Football introduces players to the sport and advances their skills. Each season will consist of seven or eight games and a playoff tournament for 4th–7th grades. Hour-long practices are held once a week for 1st–3rd grade teams and twice a week for 4th–7th grade teams. Players must be enrolled in their respective grade level prior to the start of the season.

Grade level: Kindergarten–7th grades
 Fee: \$75–\$120
 Session: Fall and Spring
 Location: Local Castle Rock parks

ATHLETICS

BASEBALL/SOFTBALL

BLASTBALL (PRESCHOOL)

Blastball introduces young players to baseball and softball while teaching them basic motor skills. Each session will teach players how to bat from a tee, run, throw and field the ball. Players must be at least 3 years old prior to the start of the season.

Grade level: Preschool
 Fee: \$60–\$80
 Session: Summer, Fall, Spring
 Location: Bison or Matney parks

FALL BASEBALL (2ND–9TH GRADES)

Recreational and competitive teams will play a minimum of nine games during the season. Each team will be responsible for uniforms, balls and equipment. Individual registrations are not taken for this program, only full-team registration is available. Practice fields are provided for local Castle Rock teams only (one or two practice days per week), and practice schedules are determined by the coach.

Grade level: 2nd–9th grades
 Fee: \$1,200/team
 Session: Fall
 Location: Metzler Ranch Community Park

T-BALL (PRESCHOOL)

T-ball introduces fundamental baseball and softball skills to young players. Players will learn how to bat from a tee, throw and catch in a non-competitive environment. Players must be at least 4 years of age by the start of the season.

Grade level: Preschool
 Fee: \$70–\$100
 Session: Summer and Fall
 Location: Bison or Matney parks



GYMNASTICS

MY GYM

My Gym develops healthy minds and strong bodies under the guidance of trained and loving instructors! All classes take place at the MAC. MyGym offers sessions from September through June.

Waddlers (Parent Participation)

Introduces balancing, tumbling, hanging and agility skills, which help children develop a love of physical activity and pride in their achievements. This class takes place on Thursday or Friday from 11–11:45 a.m.

Ages: 12–24 months with parent participation
 Fee: \$60
 Location: MAC

Gymsters (Parent Participation)

In addition to having fun with structured games, fascinating adventures and pre-gymnastics, Gymsters learn beginning sports skills, gain fine and gross motor proficiency and strengthen manipulative skills. This class takes place on Thursday or Friday from 10–10:45 a.m.

Ages: 24 months–3 years with parent participation
 Fee: \$60
 Location: MAC

Mighty Mites

Strength, flexibility and agility are increased as teachers introduce gymnastic skills. Safe spotting techniques and communication build self-esteem and confidence. Relays, complex games and beginning sports skills lead to increased strength, enhanced motor ability and improved hand-eye coordination. This class takes place on Thursday or Friday from 9–9:45 a.m.

Ages: 3–5
 Fee: \$60
 Location: MAC

SOCCER

YOUTH SOCCER LEAGUE 3V3

Youth will learn the fundamentals of soccer in this fun and noncompetitive seven-week league. Meet on the large indoor field at the MAC.

Ages: 5U–18U
 Fee: \$350/team or \$80/individual
 Session: Summer
 Location: MAC



SOCCER BUDDIES

Soccer Buddies is a child-development soccer program for ages 15 months to 12 years. Soccer Buddies runs instructional soccer classes and goes beyond just teaching skills—coaches use soccer as a tool to instill confidence, perseverance and teamwork—values that will help your child thrive in any situation. Each class is age appropriate and provides fun learning opportunities. Our high-energy coaches take a creative and FUN approach to coaching that will have a positive impact on your child both on and off the field, enhancing the child's overall growth and well-being. You can come to a FREE trial class to check it out for yourself!



To register and view the most up-to-date schedule visit ColoradoSoccerBuddies.com. To schedule your FREE trial class today call 719-330-9642.

Ages: 15 months–12 years
 Fee: \$188/12-week session (or three payments of \$65)
 Session: Year-round
 Location: MAC

| Koalas: (Ages 15 months–3 years) - Parent/Child | |
|---|--------------------------------------|
| Day | Time |
| Wednesday | 5:30 p.m. |
| Friday | 9:30 a.m., 10:30 a.m. and 4:30 p.m. |
| Saturday | 9, 10 and 11 a.m. |
| Bears: (Ages 3–4) | |
| Wednesday | 4:30 and 6:30 p.m. |
| Friday | 10:30 a.m., 11:30 a.m. and 4:30 p.m. |
| Saturday | 9, 10 and 11 a.m. |
| Polar Bears: (Ages 4–6) | |
| Wednesday | 4:30 and 5:30 p.m. |
| Friday | 9:30 a.m., 11:30 a.m. and 5:30 p.m. |
| Saturday | 9, 10 and 11 a.m. |
| Polar Bears: (Ages 7–12) | |
| Wednesday | 6:30 p.m. |
| Friday | 5:30 p.m. |
| Saturday | 9, 10 and 11 a.m. |

CASTLE ROCK RAPIDS: YOUTH FALL SOCCER

Colorado Rapids Youth Soccer Club (CRYSC) is a 501(c)3 nonprofit youth soccer organization located in Castle Rock. Rapids Youth Soccer is Colorado’s premier youth soccer experience and the only club in Colorado to offer opportunities for 3-year-olds to professionals, from first time beginners to seasoned soccer players.



These programs offer players ages 3–18 the opportunity to play with other children of similar ability from local neighborhoods in the Castle Rock area.

Contact Katie Beaudoin at katie.beaudoin@rapidsyouthsoccer.org with any questions.

SOCCER START

Join us for a soccer adventure with Colorado Rapids Youth Soccer’s toddler and preschool soccer program, Soccer Start! Program includes age-appropriate programming one day per week in each six-week season. T-shirt included in registration fee. You get to pick the day/time/location that works best for your family.

Fall program dates are late August through October 2020.

Register at cry.sc/CRSS20

Ages: Players born in 2016 and 2017
Fee: \$75
Registration: May 15–Aug. 20 or when teams are full
Location: Bison and Founders parks and Douglas County Fairgrounds



BEGINNER AND ADVANCED LEAGUES (6U-18U)

The Colorado Rapids Youth 6U and older program is designed for players to experience being part of a team, develop soccer skills, and kindle a love of the game. All ability levels welcome!

Players will be placed on gender specific and ability appropriate teams with a volunteer coach based on their birth year. Each team will have a minimum of 8 games scheduled on Saturdays starting late August. 6U (2015) teams will practice once a week. 7U (2014) and older teams will practice twice a week. Uniform purchase required.

Register at RapidsYouthSoccer.org/Castle-Rock

Ages: Players born from 2003–2015
Fee: Varies by program, please see website
Registration: 6U–8U: May 15–Late August or when teams are full.
9U–18U (born 2012 or prior): May 15–Aug. 5 or when teams are full.
Location: Bison, Founders and Paintbrush parks, and Douglas County Fairgrounds

WINTER CAMPS AND LEAGUES

Players of all ages and ability levels have access to a multitude of winter soccer camp options locally in Castle Rock. Youth soccer camp offerings include specialized camps and leagues for beginner and advanced players and camps for toddlers and preschoolers. Stay close to home this winter and enroll your player in soccer for the first time or give them the extra attention they desire to continue to improve and develop their skills.

Register at RapidsYouthSoccer.org/soccer-camps

Ages: Toddler (3 years old)–high school
Fee: Varies by program, please see website
Registration: Sept. 1–early November
Location: MAC

PSD ACADEMY

Premier Soccer Development Academy (PSD Academy) is a supplemental training program focused and devoted to the development of each player within the game of soccer. PSD Academy proudly serves youth athletes ages 9–18 and all levels of play—recreational, competitive, collegiate and professional athletes within the United States. With an amplified attention to detail and repetition, PSD Academy provides a dynamic and proven player curriculum inside a progressive developmental model, which offers over 3,000 touches or steps each training session, speed, agility and conditioning techniques, as well as individual and tactical concepts and progressions.

Sessions are offered at the MAC. For the training schedule and registration visit PSDAcademy.com.





TENNIS

TENNIS

A variety of programs are offered for all skill levels for ages 5 to adult. Programs include daytime and evening leagues, group and private lessons, tournaments, drop-in drills and more. For information, visit DouglasCountyTennis.com or contact 517-242-1787 or benjaminleewolf@gmail.com.



YOUTH PICKLEBALL

YOUTH PICKLEBALL

Does your child want to try pickleball? Castle Rock Tennis offers programs for children to learn the sport and play under the supervision of trained instructors, just like its tennis programs. Sessions run Tuesday–Friday evenings from 5:30–6:30 p.m. at Deputy Zack S. Parrish III Memorial Park. Paddles may be rented for a small fee.

To register, visit CastleRockTennis.com/YouthPickleball.

Ages: 7+
 Fee: \$64
 Session: Summer
 Location: Deputy Zack S. Parrish III Memorial Park

VOLLEYBALL

LITTLE SPIKES VOLLEYBALL (1ST–2ND GRADES)

Little Spikes is designed to introduce young players to volleyball while teaching basic motor skills. Each session will teach kids how to serve, bump, set and spike. Participants must be enrolled in 1st or 2nd grade prior to the start of the season.

Grade level: 1st–2nd grades
 Fee: \$60–\$80
 Session: Spring and Fall
 Location: Recreation Center

YOUTH VOLLEYBALL LEAGUE (3RD–8TH GRADES)

Learn and develop the basic skills, rules, strategy and mechanics of volleyball. Each season will consist of seven to eight games and a playoff tournament (Spring: 4th–8th grades; Fall: 4th–6th grades). Each team will receive one or two practices per week, based on their grade level.

Grade level: 3rd–8th grades (7th–8th grades are Spring only)
 Fee: \$105–\$125
 Session: Spring and Fall
 Location: Recreation Center and local high schools

YOUTH VOLLEYBALL LEAGUE (4TH–7TH GRADES)

This summer youth volleyball league allows teams to get games in over the summer prior to the fall season. The season will consist of eight games; no practices are included. Registration is by team only. Games are played on Monday and/or Tuesday at the Recreation Center from 6–9 p.m. Knee pads are highly recommended.

Grade level: 4th–7th grades
 Fee: \$400
 Session: Summer
 Location: Recreation Center and local high schools



ADULT SPORTS (AGES 18+)

REGISTERING FOR ADULT LEAGUES

All adult league registration is through CRgov.com/Registration and must be completed by a Team Captain or Manager.

- Registration is by team for all leagues, but Free Agents are allowed.
- Season information and league specific details can be found online.
- Participants must be 18 years of age or older prior to the start of the season.
- Teams and players may only play at one level of competition in any given sport.

Contact adultathletics@CRgov.com with any questions.

ADULT LEAGUE TEAM FEES

To qualify as a resident team, at least half of the players must be Castle Rock residents.

Payment may be made online or in person, either paid in full or invoiced. All team fees must be paid in full by 5 p.m. on the day of the first game. If the balance of league fee is not paid by this time, your team's position from the league may be forfeited.

REGISTRATION AND SEASON DATES

Summer registration is available March 20–May 25. Summer Seasons will be played June 1–August 2 on their respective days as listed below.

| ADULT BASKETBALL LEAGUE (INDOOR) | | | |
|---|---------------|-------------------------------|---------------------------------------|
| Season and Division | Day | Time | Fee per team |
| Men's Basketball (Rec Mid/One Division) | Wednesday | 6–10 p.m. | \$625 |
| Women's Basketball (Rec Mid/One Division) | Wednesday | 6–10 p.m. | \$625 |
| ADULT CORNHOLE LEAGUE | | | |
| Cornhole | Thursday | 6–8 p.m. | \$105 |
| ADULT FLAG FOOTBALL AT THE MAC (INDOOR) | | | |
| Men's 5v5 Open Arena | Thursday | 7–10 p.m. | \$550 |
| ADULT SUMMER KICKBALL | | | |
| Coed Kickball (Cup-In-Hand, 21+) | Wednesday | 6–9 p.m. | \$325 |
| ADULT PICKLEBALL | | | |
| Pickleball | Monday–Friday | 7–9:30 a.m. or 9:30 a.m.–noon | \$25/class |
| ADULT SOCCER AT THE MAC (INDOOR) | | | |
| Women's 4v4 (Recreational) | Sunday | 3–6 p.m. | \$370 |
| Women's 4v4 (Competitive) | Sunday | 3–6 p.m. | \$370 |
| Men's 6v6 (Recreational or Competitive) | Monday | 7–11 p.m. | \$550 |
| Coed 6v6 (Recreational Division B) | Wednesday | 7–11 p.m. | \$550 |
| Coed/Men's 4v4 (Recreational or Competitive) | Thursday | 7–10 p.m. | \$370 |
| Coed 6v6 (Competitive) | Friday | 7–9 p.m. | \$550 |
| ADULT SOFTBALL AT METZLER RANCH COMMUNITY PARK (OUTDOOR) | | | |
| Men's Softball (Rec Mid and Upper Divisions) | Monday | 6–10 p.m. | \$625 |
| Coed Softball (Mid and Upper Divisions) | Friday | 6–10 p.m. | \$625 |
| ADULT VOLLEYBALL | | | |
| Coed 4v4 Grass Volleyball | Tuesday | 6–8 p.m. | \$100 (June) \$150 (June and July) |

NEW! ADULT SPORTS

ADULT GRASS VOLLEYBALL

Join us this summer for some fun in the sun. For the first time, Castle Rock Athletics will offer a 4v4 grass volleyball league. Each week, teams will play two matches and will self-officiate. Two four-week leagues will be held, one in June and one in July. Both leagues include three weeks of regular season play and one week of tournament play.

Ages: 18+
 Fee: \$100 (June); \$150 (June and July)
 Session: Summer
 Day/time: Tuesday, 6–8 p.m.
 Location: TBD

ADULT CUP-IN-HAND KICKBALL LEAGUE (21+)

Join the summer kickball league! This 9-on-9 league is coed; at least three women must be on the team and no more than five men may play on the field at a time. Teams may have as many subs as they would like. All are welcome to bat even if they do not play on the field.

This league is cup-in-hand. Every player, whether at bat or on the field, must have a beverage cup in their hand! Water provided, but players are welcome to bring their own beverage of choice.

Ages: 21+
 Fee: \$325/team
 Session: Summer
 Time: 6–9 p.m.
 Location: Metzler Ranch Community Park

ADVENTURES

EXCURSIONS

FISHING

Get registered for one of these great fishing trips. Each trip will be at a different location so you will have the opportunity to catch different types of fish. Please note participants are required to bring a valid, current Colorado Fishing License. The price includes transportation, gear and a guide. Bring a sack lunch.

Ages: 8+
 Fee: \$145
 Day/date: Saturday, June; date and time TBD
 Location: Spinney Lake

HIKING

These hiking series are designed for adults 18+ who wish to get into the outdoors with competent and experienced guides. Guides carry GPS in case of emergency and are Wilderness First Aid certified. Participants are required to provide their own equipment, water and snacks. Participants must be in good health and capable of moderate physical activity, meeting the distance and elevation requirement associated with each outing.

ADVANCED HIKING

Advanced hiking means moderate to strenuous hiking with varying changes in elevation of up to 2,500 feet with up to 12 miles at a steady pace. Fee includes transportation to and from as well as an experienced guide. Transportation is provided from the MAC at 5 a.m.

Fee: \$30 (\$40 nonresident)
 Day/time: Saturday or Sunday from 5 a.m.–5 p.m.

| Date | Day/time | Hike |
|---------|-------------------------|--------------|
| July 25 | Saturday, 5 a.m.–5 p.m. | Mt. Quandary |
| Aug. 9 | Sunday, 5 a.m.–5 p.m. | Grays Peak |
| Aug. 29 | Saturday, 5 a.m.–5 p.m. | Location TBD |

FRONT RANGE HIKES

These are moderate to strenuous hikes with elevation gain of up to 850 ft. and up to 7 miles at a steady pace. Fee includes transportation to and from as well as an experienced guide. Transportation is provided from the MAC at the designated time.

Fee: \$10

| Date | Day/time | Hike |
|----------|-----------------------------|---|
| May 27 | Wednesday, 8 a.m.–2 p.m. | Eagle's View Trail Loop in Jefferson County |
| June 24 | Wednesday, 8 a.m.–2 p.m. | Alderfer Three Sisters Trail in Jefferson County |
| July 29 | Wednesday, 8:30 a.m.–2 p.m. | Spruce Mountain in Douglas County |
| Aug. 26 | Wednesday, 8 a.m.–2 p.m. | Golden Gate Canyon State Park in Jefferson County |
| Sept. 30 | Wednesday, 8 a.m.–2 p.m. | Devil's Head and Fire Lookout in Douglas County |

LOCAL HIKES

Local hikes are easy to moderate with minimal elevation gain and up to 5 miles at a steady pace. Transportation is only provided from the MAC if the hike is outside of Castle Rock. In all other cases, meet at the trailhead. Location information available online.

Fee: Free, but registration is required
 Session: June–September
 Weekly Wednesday hikes and monthly Saturday hikes.
 Time: 8:30–11:30 a.m.

WATER SPORTS

RUETER-HESS PADDLE DAYS

Paddle and kayak at Rueter-Hess Reservoir while it is still closed to the general public. This year, Paddle Days will be programmed by the Town of Parker. Registration is required. Boat inspections will be on-site. Learn more at ParkerRec.com.

Fee: \$15/watercraft
 Dates: June 14, 20, 27
 July 4, 5, 11, 12, 19, 26
 Aug. 2, 8, 15, 22, 29
 Sept. 5

CAMPS & CLINICS



HIGHLIGHTS

41 **ROCK REC CAMP**

Campers will take field trips with this state-licensed program and stay busy with structured activities such as games, sports, crafts and more.

42 **CSU R.A.M. CAMP**

The Town has partnered once again with Colorado State University to offer fun, healthy summer camps for kids ages 5–15!

43 **HALF-DAY ATHLETIC CAMPS**

Athletic Camps are back with new sessions of Baseball, Lacrosse and Softball.

CAMPS & CLINICS

STAFF

ATHLETIC CAMPS

camps@CRgov.com
303-814-7449

ROCK REC CAMP

mfortin@CRgov.com
303-814-7454

SPECIALTY CAMPS

dquintana@CRgov.com
720-733-2298

CAMPS INFORMATION

CRgov.com/Camps

ATHLETIC CAMPS

FENCING

SUMMER JEDI AND FENCING TRAINING CAMP

In the morning, campers will join the Jedi ranks and become a hero! Participants train their mind and body to become the greatest heroes of all time to save the universe from evil Sith warriors! Jedi trainees will wield lightsabers in theatrical fighting, participate in strength and agility training, learn Jedi lore and history.

In the afternoon, campers learn the history of fencing, footwork and blade work including parries and reposts. Coaches provide level-appropriate instruction for all beginner and intermediate fencers.

Fencing equipment is included in the class fee. This camp takes place at the MAC Monday–Friday. The morning session takes place from 9 a.m.–noon and the afternoon session takes place from noon–4 p.m. An all-day combo camp is available. Please bring lunch.

Ages: 8–17
Fee: \$175 (\$185 nonresident) - Half-day camp
\$275 (\$285 nonresident) - Full-day camp
Dates: July 6–10



SOCCER

SOCCER BUDDIES SUMMER CAMP

Kick off your summer right with Soccer Buddies camps for kids ages 4–12 years old! We make it easy for parents with our drop-off program, pay-by-the-day options and flexible scheduling. Come see what we are all about and attend a FREE TRIAL class.

Call 719-330-9642 for more information or visit ColoradoSoccerBuddies.com to register.

Ages: 3–6, 7–14
Fee: \$35/day or \$150/week
Session: Summer
Day/time: Monday–Friday or single days 9 a.m.–noon
Location: MAC

FULL-DAY CAMPS

ROCK REC CAMP

Rock Rec's state-licensed day camp is open when school is closed, so kids won't have to spend their days off stuck at home. Campers will attend field trips or swim at the Recreation Center or MAC pools. Kids will be busy at camp with structured activities such as games, sports, crafts, swimming, field trips and more.



Rock Rec Camp bases grades on the 2020–2021 school year. A completed emergency packet with a current immunization record from your doctor is required to attend. Forms are available for download from CRgov.com/FullDayCamps.

Rock Rec Camp takes place Monday–Friday from 8:30 a.m.–4:30 p.m. Before and after camp care is available for \$5 per visit. Before care starts at 7:30 a.m. and after care ends at 5 p.m.

Ages: 1st–6th grades
 Fee: \$205 (\$250 nonresident)
 Location: Recreation Center

| Date | Theme |
|-------------|---------------------|
| June 1–5 | Sweet Factory |
| June 8–12 | Fan Favorite |
| June 15–19 | Outdoor Exploration |
| June 22–26 | Outdoor Exploration |
| July 6–10 | Master Chef |
| July 13–17 | First Responders |
| July 20*–24 | DIY—How It's Made |
| July 27–31 | Olympic Games |
| Aug. 3–7 | Mind Over Matter |

*Camp on Monday, July 20 will start at 9 a.m.



ATHLETIC ROCK REC/CSU CAMP

Our Athletics Camps are designed for youth ages 7–12 and will provide each athlete an opportunity to learn different sports each week. It is engineered to appeal to athletes who are interested in a full week of sports and/or learning a new sport. Athletes will participate in small and large group instruction, drills, games, and/or scrimmages. Sports include baseball, basketball, flag football, lacrosse, soccer, softball and volleyball.

Campers will then transition over to Rock Rec/CSU RAM Combo Camp in the afternoon and participate in activities and field trips including swimming, hiking, Boondocks, miniature golf, museums, zoo and much more.

Ages: 7–12
 Fee: \$205 (\$250 nonresident)
 Session: Summer
 Day/time: Monday–Friday, 9 a.m.–4 p.m.
 Location: Recreation Center or Town outdoor facilities

| Date | Theme |
|------------|---------------------------|
| June 1–5 | Basketball |
| June 8–12 | Lacrosse or Volleyball |
| June 15–19 | Soccer or Baseball |
| June 22–26 | Flag Football or Softball |
| July 6–10 | Basketball |
| July 13–17 | Lacrosse or Volleyball |
| July 20–24 | Soccer or Baseball |
| July 27–31 | Flag Football or Softball |

CSU R.A.M. CAMPS

In partnership with Colorado State University, the Town is excited to offer residents CSU summer camps!

Before and after camp care is available for \$5 per visit. It is offered one hour before camp and one hour after camp.

Ages: 5–15, varies by camp
 Fees: FunLIFE, Multisport and Music and Movement: \$205;
 Outdoor Adventure: \$284
 Location: MAC



| FunLIFE | Multisport | Music and Movement | Outdoor Adventure |
|------------|----------------|--------------------|-------------------|
| May 26–29 | May 26–29 | | May 26–29 |
| | June 1–5 | June 1–5 | June 1–5 |
| June 8–12 | June 8–12 | | June 8–12 |
| | June 15–19 | June 15–19 | June 15–19 |
| June 22–26 | June 22–26 | | June 22–26 |
| | June 29–July 3 | June 29–July 3 | June 29–July 3 |
| July 6–10 | July 6–10 | | July 6–10 |
| | July 13–17 | July 13–17 | July 13–17 |
| July 20–24 | July 20–24 | | July 20–24 |
| | July 27–31 | July 27–31 | July 27–31 |

FunLIFE 

FunLIFE stands for Learning to Improve Fitness and Eating. While participating in a variety of sport and physical activities, as well as creative classroom activities, campers will enjoy learning about nutrition, fitness and healthy lifestyles. Noncompetitive activities include field and team games, yoga, hiking, swimming and other outdoor pursuits. This camp alternates with the Music and Movement camp each week.

Multisport 

Multisport camps are engineered to appeal to campers who may not be interested in a full week of any specific sport and campers who simply want to try new things. Activities may include lacrosse, ultimate Frisbee, flag football, field hockey and cricket. Campers will experience a different sport each day. Shin guards and field footwear are recommended. Multisport camps are broken down into two age groups: 5–8 and 9–15.

Music and Movement 

Jumpstart the day with martial arts, dance, kickboxing, aerobic games, group sing-alongs and tumbling. This non-contact camp has activities that involve the learning and development of rhythmic skills to provide our campers with all the tools to discover healthy active lifestyles. This camp alternates with the FunLIFE camp each week.

Outdoor Adventure 

Depending on weather, our anticipated activities include bicycling, hiking, geocaching, exploring and other outdoor pursuits. Due to the off-site activities, this camp is open only to those campers aged 10 and over. Campers must provide their own bicycle and safety equipment, appropriate footwear and clothing. Each week includes a half day on the Castle Rock Zip lines, EPIC Adventure Tour and the EPIC Sky Trek.

Campers must weigh 70 pounds or more to participate due to the zipline requirements.



PRESCHOOL CAMPS

Adventure Club Camps are state-licensed programs and all participants must have an immunization record and emergency card on file.

AROUND THE WORLD IN 30 DAYS

Your child will have a blast participating in music, arts and crafts, games, drama, science and more. This camp runs every Tuesday, Wednesday and Thursday from 12:30–3:15 p.m. at the Recreation Center.

Ages: 3–5
 Fee: \$160 (\$180 nonresident)
 Dates: June 2–July 9 (No class June 30–July 2)

ADVENTURE CLUB CAMP

Your child will have a blast in our fun filled environment as they participate in music, arts and crafts, games, drama, science and more based around various themes. This camp runs every Monday, Tuesday, Wednesday and Thursday from 9:15 a.m.–noon at the Recreation Center.

Ages: 3–5
 Fee: \$95 (\$110 nonresident)

| Date | Theme |
|------------|----------------------|
| June 1–4 | Spish Splash |
| June 8–11 | Artful Antics |
| June 15–18 | Dino Dig |
| June 22–25 | Stars and Stripes |
| July 6–9 | A-Camping We Will Go |
| July 13–16 | Take Me To The Zoo |
| July 20–23 | Down On The Farm |
| July 27–30 | Bugging Out |



HALF-DAY CAMPS

CASTLE ROCK ATHLETICS HALF-DAY CAMP

Athletics Camps are designed for youth ages 7–12 and will provide each athlete an opportunity to learn different sports each week. It is engineered to appeal to athletes who are interested in a full week of sports and/or learning a new sport. Athletes will participate in small and large group instruction, drills, games, and/or scrimmages.

Sports include baseball, basketball, flag football, lacrosse, soccer, softball and volleyball.

Campers can also make it a full day of fun by signing up for the state-licensed Rock Rec/CSU R.A.M. Combo Camp for the afternoon. This half-day camp takes place from 7:30 a.m.–12:30 p.m.

Ages: 7–12
 Fee: \$100 (\$125 nonresident)
 Location: Recreation Center (indoors) or Metzler Ranch Park (outdoors)

| Date | Theme |
|------------|---------------------------|
| June 1–5 | Basketball |
| June 8–12 | Lacrosse or Volleyball |
| June 15–19 | Soccer or Baseball |
| June 22–26 | Flag Football or Softball |
| July 6–10 | Basketball |
| July 13–17 | Lacrosse or Volleyball |
| July 20–24 | Soccer or Baseball |
| July 27–31 | Flag Football or Softball |



SPECIALTY CAMPS

ARTS

SUMMER ART CAMPS WITH KIDZART®

At KidzArt® Camp,, your child's expression and self-esteem will soar! This summer, give your child the opportunity to learn drawing skills that will last a lifetime through fun art exercises and techniques that anyone can follow. Each student at KidzArt Camp will have access to the highest quality, professional art materials and will be taught by talented and certified instructors. All campers will receive a KidzArt t-shirt.

KIDZART®: INTO THE WOODS CAMP

Join us as we learn to draw a curious honey bear, a camping scene and an amazing mountain landscape using a variety of fun art materials. We will work on different surfaces and sculpt in 3D! Kids will have a blast using objects from nature to make beautiful art to impress their friends and family. This class will take place Monday-Friday from 9:30 a.m.-12:30 p.m. at the Recreation Center.

Ages: 5-12
 Fee: \$250 (\$260 nonresident)
 Dates: June 15-19

KIDZART®: MIXED MEDIA CAMP

This camp offers a diverse curriculum geared to stretch minds, exercise imaginations and introduce new idea-generating techniques! Paint on tile and fabric, sculpt in clay, draw in pen and ink, use shrink film and more! This class will take place Monday-Friday from 9:30 a.m.-12:30 p.m. at the Recreation Center.

Ages: 5-12
 Fee: \$250 (\$260 nonresident)
 Dates: July 13-17

COGNITIVE/CREATIVE

YOUTH TECH INC.

Youth Tech Inc. is an interactive computer camp that focuses on providing enrichment opportunities to students in the world of computers. With a caring environment at the core of camp values, Youth Tech strives to create a positive learning community that encourages creativity, fun and academic excellence.

There is a \$5 lab fee for all of these camps payable by cash, check or credit on the first day.

For more information about Youth Tech Inc. please visit YouthTechInc.com. Classes will be held at the Recreation Center.

3D GAME DESIGN

This class offers an interactive look at the world of 3D Game Design. This awesome 3D video game design course offers the chance for students to create and immerse themselves in a 3D world. If you are looking to design professional 3D games that both look and feel just like the ones you play at home, then you don't want to miss this course.

Ages: 10-17
 Fee: \$155 (\$175 nonresident)
 Dates: July 27-30
 Day/time: Monday-Thursday, 1-4 p.m.
 Location: Recreation Center

ANIMATION

In this class, students will learn the basics of animation and digital design. Students who enjoy going to various sites to see fun interactive animations will love this course. This class will utilize award winning animation software. Students will create fun interactive animations that they can share with the world.

Ages: 9-17
 Fee: \$155 (\$175 nonresident)
 Dates: June 15-18
 Day/time: Monday-Thursday, 9 a.m.-noon
 Location: Recreation Center



APPLICATION DESIGN

This class offers students a hands-on look at the world of application design and development. This interactive course will instruct students about the design and development of applications. Students will design their own app, which can be shared with friends and family members with an Apple or Android device.

Ages: 9–17
Fee: \$155 (\$175 nonresident)
Dates: July 20–23
Day/time: Monday–Thursday, 1–4 p.m.
Location: Recreation Center

GAMING AND CODING

This course combines two unbelievable experiences for students: gaming and coding. Students spend the morning taking an interactive look at coding and building virtual apps to share with friends. In the afternoon, students build simple video games combining the art of video game design and animation to create interactive characters that fly around the screen. Students are encouraged to bring a sack lunch.

Ages: 6–12
Fee: \$255 (\$275 nonresident)
Dates: July 13–16
Day/time: Monday–Thursday, 9:30 a.m.–3:30 p.m.
Location: Recreation Center

ICODE

This course offers younger students a fun, interactive look at coding. Students will create virtual apps and write their own programs that they can share with friends and family. This course makes learning to code fun and explores problem solving and programming logic.

Ages: 6–12
Fee: \$125 (\$145 nonresident)
Dates: July 13–16, 9:30 a.m.–noon or
July 27–30, 1:30–4 p.m.
Day/time: Monday–Thursday
Location: Recreation Center



IGAME CREATORS

Want to create video games? This is an introductory course for younger students who want to learn to build simple video games. This course combines the art of video game design and animation to create interactive characters that fly around the screen. Amaze your friends and family with fun interactive games.

Ages: 6–10
Fee: \$125 (\$145 nonresident)
Dates: June 22–25, 9:30 a.m.–noon or
July 13–16, 1–3:30 p.m.
Day/time: Monday–Thursday
Location: Recreation Center

MOVIE MAKERS

This hands-on, interactive course will instruct students on the world of digital video design and production. Students will learn concepts that will help them become an effective director of digital video projects. Students enrolled in this course will learn how to create a wide range of movie productions, even producing their very own 3D video that they can share with friends and family.

Ages: 9–17
Fee: \$150 (\$170 nonresident)
Dates: July 6–9
Day/time: Monday–Thursday, 9 a.m.–noon
Location: Recreation Center

ROBLOX STUDIO PROGRAMMING

Calling all ROBLOX users! Join in with millions of gamers and immerse yourself in your own 3D world! ROBLOX Studio is a 3D-based program that uses physics, LUA programming and individual creativity to build a world around you, and your avatar—unlike any other software. This course will guide students through concepts such as beginner physics, LUA programming and game development. Students in this course will build and publish their game to share with friends and family!

Ages: 9–15
Fee: \$150 (\$170 nonresident)
Dates: July 6–9, 1–4 p.m. or
July 27–30, 9 a.m.–noon
Day/time: Monday–Thursday
Location: Recreation Center



THE GAMING ACADEMY

This hands-on, interactive course will instruct students on the world of digital video design and production. Students will learn concepts that will help them become an effective director of digital video projects. Students enrolled in this course will learn how to create a wide range of movie productions, even producing their very own 3D video that they can share with friends and family.

Ages: 9–17
Fee: \$290 (\$300 nonresident)
Dates: June 29–July 2
Day/time: Monday–Thursday, 9 a.m.–4 p.m.
Location: Recreation Center

VIDEO GAME DESIGN

This course provides students with a fun interactive look at the world of mobile video game design and development. Students enrolled in this camp will learn the basics of video game design and produce several different interactive video games to share with their friends and family.

Ages: 9–17
Fee: \$170 (\$190 nonresident)
Dates: July 15–18, 1–4 p.m. or
July 20–23, 9 a.m.–noon
Day/time: Monday–Thursday
Location: Recreation Center

WEB DESIGN AND DEVELOPMENT

This course is an in-depth look at the world of web design and development. Students enrolled in this session will learn how to build their own website from start to finish using an award winning suite of products. The learning for this camp does not end with the class—students will have access to their website with free hosting for one year.

Ages: 9–17
Fee: \$155 (\$175 nonresident)
Dates: June 22–25
Day/time: Monday–Thursday, 1–4 p.m.
Location: Recreation Center



COOKING

COOKIE CAMP

During this camp, the focus will be on baking different types of cookies. Each child will leave with a tin of cookies to share with their family!

Ages: 4–6
Fee: \$70 (\$90 nonresident)
Dates: June 15–19
Day/time: Monday–Friday, 1–2:30 p.m.
Location: Recreation Center

ANYONE CAN COOK SUMMER CAMP

Campers learn how to make their own salsa, tortillas, enchiladas and Mexican wedding cakes during this fun camp. At the end of camp there will be a fiesta!

Ages: 7–12
Fee: \$70 (\$90 nonresident)
Dates: July 13–17
Day/time: Monday–Friday, 1–2:30 p.m.
Location: Recreation Center

DANCE

DANCE EXPLORATION SUMMER DANCE CAMPS

Dance Exploration, LLC offers non-competitive dance camps designed for beginning to intermediate level dancers ages 3 to 8. For information on all Dance Exploration classes and camps, please contact castlerock@danceexploration.co.

FAIRY TALE PRINCESS DANCE CAMP

Fairy Tale Princess Dance Camp explores some of the classic fairy tales that have been retold over the years and transformed into movies, TV shows and other popular productions. Fairy Tale Princess Dance Camps are perfect for both little princes and princesses with games and movement activities that are fun for everyone!

Each day begins with an interactive story time where campers recreate the story through movement. Next, simple warm up games are played to stretch and warm up the body.

Every class includes fun games, obstacle courses, dance and movement activities and a craft activity.

Ages: 3–5
Fee: \$240 (\$260 nonresident)
Dates: June 8–12
Day/time: Monday–Friday, noon–3 p.m.
Location: Recreation Center

| Date | Princess |
|---------|--|
| June 8 | Cinderella |
| June 9 | The Little Mermaid |
| June 10 | Rapunzel |
| June 11 | Moana |
| June 12 | Anna and Elsa (Frozen) and a Tea Party |



POPSICLE PUPPET THEATER PRESENTS: FROZEN

During the Popsicle Puppet Theater Camp, students will learn how to perform a scripted play complete with their very own handmade puppets! Camp includes a custom written script designed specifically for the students enrolled in camp.

Campers will learn how to create characters, learn simple lines and perform scenes from the popular movie. Roles will be divided equally among campers ensuring everyone has an opportunity to shine (including double casting roles as needed).

Campers will have the opportunity to make their own puppets from coloring pages that are cut out, laminated and glued onto a popsicle stick.

Dances to the songs “Do You want to Build a Snowman” and “Let it Go!” will also be taught and performed during the production.

- Ages: 4–8
- Fee: \$240 (\$260 nonresident)
- Dates: June 22–26
- Day/time: Monday–Friday, noon–3 p.m.
- Location: Recreation Center

STORYBOOK BALLET CAMP

Dance Exploration’s Storybook Ballet Camp explores popular Storybook ballets with interactive storytimes, ballet games, obstacle courses and dress up. Students will explore a new ballet each day, learn about the characters, synopsis, choreographers and composers. They will recreate the stories with fun ballet games, obstacle courses and a daily craft. Students will get a chance to learn a dance to one of the ballets to share with parents during the final class on July 17 from 1–2 p.m. They will also get to meet a real life ballerina at a Ballerina Tea Party!

- Ages: 4–8
- Fee: \$240 (\$260 nonresident)
- Dates: July 13–17
- Day/time: Monday–Friday, noon–3 p.m.
- Location: Recreation Center

| Date | Ballet |
|---------|-----------------|
| July 13 | Cinderella |
| July 14 | Sleeping Beauty |
| July 15 | Coppélia |
| July 16 | Swan Lake |
| July 17 | The Nutcracker |

DRAMA AND ROLEPLAY

DUNGEONS & DRAGONS SUMMER CAMP BY ROLL, PLAY, LEAD®

(RPL) is a community organization that uses the role playing game Dungeons & Dragons to help both neurodiverse and neurotypical teens work on social skill development. Specifically, we find that play helps develop empathy, problem solving, communication, critical thinking and frustration tolerance.



This camp is designed for adventurers who have taken at least one class with RPL and are familiar with our play style. We will continue to delve further into the lore and explore new areas of the maps! All adventurers will receive a set of dice, character sheet and folder that they will be able to take home after camp ends.

Visit RollPlayLead.org to learn more about RPL and the work they do. Camp takes place Monday–Friday at the Recreation Center.

- Ages: 11–17
- Fee: \$200 (\$210 nonresident)
- Dates: June 8–12, 1–5 p.m.
July 20–24, 9 a.m.–1 p.m.
July 27–31, 9 a.m.–1 p.m.





INSPIRE TO LEARN AND IMAGINE

I2LI: CREATIVE BUILDER AND MAKER CAMP

Prepare for fun and wonder at this cool Creative Builder and Maker Camp. Each day Campers will step into a different era to learn and build various objects or animals, from dinosaurs and mummies, to knights and Indians, to cars and planes. Campers will build with LEGO® Bricks, make cool crafts and experiments, experience the past and plan for the future! Don't miss this one of a kind, engaging and educational camp!

Ages: 5–12
 Fee: \$180 (\$205 nonresident) - Half-day
 \$300 (\$325 nonresident) - Full-day
 Date: June 22–26
 Day/time: Monday–Friday, 9 a.m.–noon or 9 a.m.–3 p.m.
 Location: Recreation Center

I2LI: CREATIVE MINECRAFTER CAMP

Join us for a week of Minecrafting and LEGO building! We will bring Minecraft to life through LEGO bricks, interactive tech tools, games and more! Let's build Minecraft characters and designs, play games, make potions and create the coolest Minecraft habitats and animals.

Ages: 7–14
 Fee: \$180 (\$205 nonresident)
 Date: July 20–24
 Day/time: Monday–Friday, 1–4 p.m.
 Location: Recreation Center

I2LI: ESCAPE ROOM CREATOR CAMP

Escape school break boredom with our cool Escape Room Creator camp! Campers will participate in a real escape room right here at the camp, learn different codes and ciphers, figure out puzzles and solve mysteries! This amazing camp focuses on team work, creativity, practicing analytical skills, memory ability and problem solving skills. In teams, kids will create puzzles, leave clues and create a mini-escape room of their own.

Ages: 7–14
 Fee: \$180 (\$205 nonresident)
 Date: July 20–24
 Day/time: Monday–Friday, 9 a.m.–noon
 Location: Recreation Center

POTTERY

POTTERY BOOT CAMPS

All materials are supplied for boot camp.

PLANTER POT PROJECT

Students will be making one or two plant-themed, hand built clay projects. Students will plant live plants in their pots on the last day of class. This is a three-session class.

Ages: 5–12
 Fee: \$43 (\$53 nonresident)
 Dates: June 8–12
 Day/time: Monday, Tuesday and Friday, 9–10 a.m.
 Location: Recreation Center

CITY DESIGNING

Participants will be encouraged to explore their creativity and use their engineering minds to create a replica of a Town of Castle Rock building. Students will have the satisfaction of creating artwork and bringing it to its completion. This is a six-session class.

Ages: 5–12
 Fee: \$57 (\$67 nonresident)
 Dates: July 20–27
 Day/time: Monday–Friday, 9–10 a.m.
 Location: Recreation Center

SCIENCE

MAD SCIENCE: UNDERGROUND EXPLORERS

Calling all Junior Archaeologists and Paleontologists! Uncover the mysteries of ancient civilizations, explore the history of dinosaurs and dig up the ancient past! Solve real-life mysteries. Learn about archaeology and the techniques scientists use to excavate long lost cities. Discover ancient civilizations and the tools and artifacts they used in everyday life. Study bone fragments, pottery shards, amber deposits and fossils; understand what they can tell us about history.

Ages: 6–12
 Fee: \$215 (\$235 nonresident)
 Dates: June 8–12
 Day/time: Monday–Friday, 9 a.m.–noon
 Location: Recreation Center

MAD SCIENCE: SUPER SLEUTH ACADEMY

James Bond? Sherlock Holmes? Do you think you have what it takes to discover "whodunnit"? This program explores the ins and outs of forensic science and encourages creative thinking and analytical skills as campers work together to solve a series of mock crime scenes. Campers will also explore secret communications, security systems and spy gadgets! If you've ever wanted to be a police officer, secret agent or a CSI, Super Sleuth Academy is the camp for you!

Ages: 6–12
 Fee: \$215 (\$235 nonresident)
 Dates: July 27–31
 Day/time: Monday–Friday, 9 a.m.–noon
 Location: Recreation Center

EDUCATION



HIGHLIGHTS

- 50 PRESCHOOL REGISTRATION IS NOW OPEN!**
The Town's Adventure Club Preschool has earned a high rating from Colorado Shines for excellence in early learning, giving parents peace of mind about their children's education.
- 51 ANIMALS AROUND THE ROCK**
The popular family-friendly presentation series is back!



STAFF

ADVENTURE CLUB PRESCHOOL

mfortin@CRgov.com
303-814-7454

NATURAL RESOURCES AND ENVIRONMENTAL EDUCATION

bspagnuolo@CRgov.com
720-733-2294

OUTDOOR EDUCATION

mhansen@CRgov.com
720-733-3569

RED CROSS CLASSES

apina@CRgov.com
720-733-4486

ADVENTURE CLUB PRESCHOOL

ADVENTURE CLUB PRESCHOOL PROGRAMS

Adventure Club preschool and pre-k programs offer a secure, enriching and nurturing environment where children are able to establish the solid educational foundations they need to have success in future academic and social endeavors. Adventure Club Preschool offers state-licensed, continuous school-year programs held at the Recreation Center beginning in September and ending in May.

Adventure Club 2020–2021 registration opened on Jan. 21. The school year starts Monday, Aug. 31 and Tuesday, Sept. 1. Registration packets are available at the Recreation Center or online at CRgov.com/Classrooms. Castle Rock residents are given priority over nonresidents. If your child is currently in the program, you still have to participate in the registration process.

At the time of registration, a nonrefundable deposit of \$45 is required to secure your child's spot through May. If the child does not attend for that month, the deposit is forfeited and you may lose your spot. Monthly balances are due by the first of each month to verify your child's continuous attendance. Contact Mindy Fortin at 303-814-7454 or mfortin@CRgov.com to inquire.

- All participants must have an up-to-date immunization record, health physical and emergency card on file
- Junior Preschool participants (ages 2½–3) must have their third birthday after Oct. 1
- Preschool participants (ages 3–4) must have reached their third birthday by Oct. 1
- Pre-k participants (ages 4–5) must have reached their fourth birthday by Oct. 1



JUNIOR PRESCHOOL (AGES 30 MONTHS–3 ½)

The Junior Preschool program is geared toward children who are ready to go to school, but not old enough to attend our preschool program. The program's curriculum will include songs, stories, crafts and playtime. Children will work on counting and numbers, zoo-phonics, colors, shapes and fine motor skills such as cutting, coloring and gluing to give them a good foundation for preschool.

Ages: 30 months–3 ½ years
Registration: \$45 non-refundable deposit
Fee: \$120/month (\$155 nonresident)
Day/time: Tuesday and Thursday, 9:15–11:15 a.m.
Location: Recreation Center

PRESCHOOL (AGES 3–4)

Adventure Club Preschool accommodates the size, pace and interest of students. The environment contains stimulating, attractive materials arranged within easy reach. Age appropriate activities engage children in art, music, movement, dramatic play and storytelling. Small groups encourage personal growth and self-esteem. Through daily tasks, children learn coordination, concentration, good habits and attention skills. The curriculum includes, but is not limited to, colors, numbers, seasons and an introduction to the alphabet.

Ages: 3–4
Registration: \$45 non-refundable deposit
Fee: \$140/month (\$175 nonresident)
Day/time: Tuesday and Thursday, 9:15 a.m.–noon or 12:30–3:15 p.m.
Location: Recreation Center

PRE-K (AGES 4–5)

The Adventure Club Pre-k Program aims to expand minds and build self-esteem to prepare children for kindergarten. The program nurtures children and enriches them with exciting ideas. Science, pre-math and pre-reading skills are strongly emphasized. Curriculum and activities include science experiments, creating and telling stories, word and alphabet recognition, phonograms, music, movement, art and dramatic play.

Ages: 4–5
Registration: \$45 non-refundable deposit
Fee: \$180/month (\$215 nonresident)
Day/time: Monday, Wednesday and Friday, 9:15 a.m.–noon or 12:30–3:15 p.m.
Location: Recreation Center

FIVE-DAY PRE-K (AGES 4-5)

Our five-day program gives children the opportunity to learn and grow every day at school. The program nurtures children and enriches them with exciting ideas. Science, pre-math and pre-reading skills are strongly emphasized. Curriculum and activities include science experiments, creating and telling stories, word and alphabet recognition, phonograms, music and movement, art and dramatic play.

- Ages: 4-5
- Registration: \$45 non-refundable deposit
- Fee: \$295/month (\$335 nonresident)
- Date: Monday-Friday, 12:30-3:15 p.m.
- Location: Recreation Center

KINDERGARTEN PREP (AGES 4-5)

Let's keep the learning going over the summer with Kindergarten Prep. This class is designed as a stepping stone to Kindergarten. We will work on building a strong foundation for Kindergarten. We will use the same fun learning techniques for our summer session that we do in the regular school year. This means we will use the Zoo Phonic's curriculum to enhance learning. This class will have an academic structure which will include reading, writing, phonemic awareness, math and science. This class is designed to fully equip your child to begin the math, reading, spelling and writing process in Kindergarten.

- Ages: 4-5
- Registration: \$45 non-refundable deposit
- Fee: \$255/month (\$305 nonresident)
- Day/time: Tuesday, Wednesday and Thursday, 9:15 a.m.-noon or noon-3:15 p.m.
- Location: Recreation Center



NATURE EDUCATION

RAPTORS OVER THE ROCK

Join Nature's Educators for this popular one-hour presentation featuring the birds that share our home. Learn about the characteristics that define raptors, including where they live and how they hunt. Arrive early for picnicking and activities, then stick around for the chance to meet some of these live raptors up close and personal. Please note, **no dogs** are allowed at this event.

This is a free family-friendly program presented by the Town in partnership with Douglas Land Conservancy. Donations are appreciated to help further the program! Registration is recommended at CRgov.com/RockAnimals.

- Ages: All ages
- Fee: Suggested donation - \$10-\$20/family
- Date/time: Tuesday, July 21, 6-7:30 p.m.
- Rain Date: Tuesday, Aug. 25, 6-7:30 p.m.
- Location: The Amphitheater at Philip S. Miller Park

REPTILES UNDER THE ROCK

Join Nature's Educators for a one-hour presentation featuring some of the amazing reptiles and amphibians that live in our area. They will bring up to six native reptiles to meet. Participants will learn about their habitats, diets, defenses, conservation and more.

Arrive early for picnicking! This is a free family-friendly program presented by the Town in partnership with Douglas Land Conservancy. Donations are appreciated to help further the program! Registration is recommended at CRgov.com/RockAnimals.

- Ages: All ages
- Fee: Suggested donation - \$10-\$20/family
- Date/time: Tuesday, Aug. 18, 6-7:30 p.m.
- Rain Date: Tuesday, Aug. 25, 6-7:30 p.m.
- Location: The Amphitheater at Philip S. Miller Park



CASTLE ROCK'S ADVENTURE CLUB PRESCHOOL EARNS HIGH RATING FROM STATE OF COLORADO

The Town's Adventure Club Preschool has earned a level three rating from Colorado Shines for excellence in early learning.

Colorado Shines is a free service offered through the Colorado Department of Human Services Office of Early Childhood, which rates Colorado's early care and learning programs. The rating communicates to families that the Town's preschool program

provides a high-quality experience for children. When comparing preschool programs, having a Colorado Shines rating gives families the peace of mind that a program is safe and supports healthy development.



BATTY ABOUT CASTLE ROCK

Join the Denver Audubon Society for a presentation on local bats, adaptations and the benefits they bring to our ecology. Afterwards we will head out to the pond to look and listen for bat activity. Due to Colorado law, there will not be any live bats at this event.

This is a free family-friendly program presented by the Town in partnership with Douglas Land Conservancy. Donations are appreciated to help further the program. Seating is limited. Registration is required; go to CRgov.com/RockAnimals.

Ages: Not recommended for children under 8
 Fee: Suggested donation - \$10-\$20/family
 Date/time: Tuesday, Sept. 15, 6:30-8 p.m.
 Location: The Millhouse at Philip S. Miller Park

CREEPY CRAWLIES AT THE FALL FESTIVAL

Join Nature's Educators in Festival Park to celebrate the creatures of the season! Live Halloween-themed characters such as snakes, spiders, toads, owls and roaches will be on hand (weather dependent). Stop by their interactive and educational booth and conquer your fears during the Fall Festival!

Ages: All ages
 Fee: Suggested donation - \$10-\$20/family
 Date/time: Saturday, Oct. 17, 11 a.m.-3 p.m.
 Location: Festival Park

+ RED CROSS CLASSES

BABYSITTING/CPR CERTIFICATION BOOT CAMP

This two-day class covers babysitting skills such as first aid, safety, rescue breathing, emergency procedures and infant and child CPR. Also taught are diaper changing, feeding and marketing for your babysitting business. Please bring lunch.

Ages: 11-15 (must be 11 by start of class)
 Fee: \$142 (\$168 nonresident)
 Dates: June 19-20 or July 17-18
 Day/time: Friday 4:30-7 p.m. and Saturday 8:30 a.m.-4:30 p.m.
 Location: Recreation Center Trailer

COMMUNITY CPR AND FIRST AID

Provides training in basic lifesaving skills: CPR for infants, children, adults, first aid and AED training. Bring a lunch and notebook.

Ages: 12+
 Fee: \$98 (\$116 nonresident)
 Dates: June 6 or Aug. 1
 Day/time: Saturday, 8 a.m.-2 p.m.
 Location: Recreation Center Trailer



OUTDOOR EDUCATION

WILDERNESS FIRST AID

Designed for outdoor enthusiasts, scouts and youth/scout leaders, and anyone who works or spends time in remote environments. This course teaches advanced skills for emergencies when help from professional first responders may be far away. This course aligns with OSHA's Best Practices for Workplace First Aid Training Programs. 2-year certification, digital certificate available upon successful completion of course. Participants must bring their own print materials, purchased through American Red Cross.

Ages: 14+ (Must hold current adult CPR/AED certification)
 Fee: \$200 (\$225 nonresident)
 Session: Summer
 Day/time: Saturday-Sunday, 8 a.m.-4 p.m.
 Location: The Millhouse at Philip S. Miller Park and surrounding park grounds

GUIDED FOREST THERAPY

Research shows that visits to natural places have real health benefits. Experience the healing and wellness of Shinrin-Yoku: the practice of bathing the senses in nature. Take a quiet, contemplative walk that integrates gratitude, reflection and creativity.

Ages: All ages
 Fee: \$20
 Dates: June 23, July 7, Aug. 11
 Day/time: Tuesday, 6:30-8:30 p.m.
 Location: Instructor will notify participants of location prior to class

LOW IMPACT HIKING WORKSHOP

Hike a local natural area and discuss ways hikers can avoid or reduce negative impacts on nature and other outdoor enthusiasts. Learn the Leave No Trace principles and the science behind them. If time allows, principles related to camping will be discussed.

Ages: All ages
 Fee: Free, but registration required
 Date: June 16
 Day/time: Tuesday, 6:30-9 p.m.
 Location: Instructor will notify participants of location prior to class

FITNESS AND WELLNESS



HIGHLIGHTS

8 THE FITGROUND AT PHILIP S. MILLER PARK The FitGround is an adult-only outdoor fitness course located across from the Challenge Hill.

Weather permitting, FitGround fitness classes are Tuesday and Thursday, 9:30–10:30 a.m. and Saturday, 10:30–11:30 a.m. These classes are included in your MAC Membership, Multi-Visit pass or daily admission. Check in at the MAC Front Desk.

55 GROUP FITNESS SCHEDULE Same great classes, new online look! Visit CRgov.com/GroupFitness.

The Group Fitness schedule can also be accessed by visiting CRgov.com/Registration and navigating to the calendar at the bottom of the screen. In the interest of safety, class sizes may be limited to 10 participants.



STAFF

FITNESS/WELLNESS SUPERVISOR

cglass@CRgov.com
303-814-7453

PERSONALIZED FITNESS AND WELLNESS

PERSONAL FITNESS ASSESSMENT

Includes sit-ups, push-ups, sit-and-reach, body fat, weight, step test or treadmill walk test, blood pressure and heart rate.

Ages: 18+
Fee: \$50 (\$63 nonresident)

30-MINUTE POWER SESSIONS

Whatever your goal, these quick sessions will support your busy schedule and accommodate your needs.

Ages: 8+
Fee: One session: \$25 (\$30 nonresident)
Six sessions: \$137 (\$165 nonresident)
Ten sessions: \$225 (\$270 nonresident)

PERCENT BODY-FAT

A three-site skinfold test.

Ages: 18+
Fee: \$10 (\$12 nonresident)

RIGHT WEIGHT PLAN

Lose those unwanted pounds with this simple, easy-to-follow meal plan with healthy recipes. Menus are approved by the American Heart Association. Call for a complimentary 30-minute consultation to learn more.

Level one includes a six-week customized meal plan. Level two includes a six-week customized meal plan with three (one-hour) personal training sessions. Level three includes a six-week customized meal plan and weekly personal training.

Fee: Level one: \$250 (\$310 nonresident)
Level two: \$350 (\$410 nonresident)
Level three: \$450 (\$510 nonresident)

PRIVATE PERSONAL TRAINING

Personal training can help you achieve your goals regardless of your age or fitness level. A trainer will design a program to meet your individual needs. This one-hour session may include cardiovascular conditioning, muscular strength, endurance or sport-specific training.

Ages: 8+
Fee: One session: \$40 (\$50 nonresident)
Six sessions: \$220 (\$275 nonresident)
Ten sessions: \$360 (\$450 nonresident)

BUDDY PERSONAL TRAINING

Buddy training allows you and a friend to work together toward a fitness goal. This one-hour session may include cardiovascular conditioning, muscular strength, endurance or sport-specific training. Groups of two or three.

Ages: 8+
Fee: One session: \$55 (\$69 nonresident)/group
Six sessions: \$302 (\$396 nonresident)/group
Ten sessions: \$495 (\$648 nonresident)/group

PILATES REFORMER PERSONAL TRAINING

Contact the Fitness and Wellness Supervisor, Courtney Glass, at 303-814-7453 or cglass@CRgov.com, for information about Pilates Reformer training options.

INDIVIDUAL REFORMER TRAINING

Private Reformer Training is one-on-one instruction that can help you achieve your goals regardless of your age or fitness level. Trainers will assess your alignment and posture to design a workout specifically for you.

Ages: 16+
Fee: One session: \$50 (\$60 nonresident)
Six sessions: \$260 (\$300 nonresident)
Ten sessions: \$390 (\$520 nonresident)

BUDDY REFORMER TRAINING

Buddy training allows you and a friend to work together toward your fitness goals. This one-hour session will be tailored to your specific goals. Groups of two or three.

Ages: 16+
Fee: One session: \$75 (\$80 nonresident)/group
Six sessions: \$400 (\$475 nonresident)/group
Ten sessions: \$620 (\$675 nonresident)/group

FREE FITNESS FRIDAYS

Part of the Summer Fitness Series, Fitness Fridays are free and open to everyone—all ages and levels! Each week will showcase a different exercise format and theme that is offered through the Group Fitness Schedule. Participants will enjoy a variety of fitness formats! Please note that classes are held outdoors. The schedule will be posted to CRgov.com/SummerFitness.

Date: May 31–Aug. 30, 8–9 a.m. Fridays
Location: The Amphitheater at Philip S. Miller Park

GROUP FITNESS

FITNESS SPOTLIGHT: SENIOR WALK & WEIGHTS

Walk your way to better health with strength training and cardio exercises on the Recreation Center's indoor track. Equipment used includes bands and light dumbbells. This class will also improve agility and balance. This free group fitness class is taught on Tuesday and Thursday from 9:30–10:30 a.m. To view the online group fitness class schedule, visit CRgov.com/GroupFitness. These classes are included with your daily admission.

POWER HOUR BOOT CAMP

We don't call it boot camp for nothing! If you're looking to burn fat, increase strength and up your endurance, this is the class for you! Pre- and post-assessments will show you how you can change your body in just seven weeks. Get ready to sweat with cardio, strength, agility and plyo moves designed to burn maximum calories.

Ages: 18+
Fee: \$75 (\$90 nonresident)
Session: Year-round
Day/time: Wednesday/Friday, 5:30–6:30 a.m.
Location: MAC

TRX SUSPENSION TRAINING (60 MINUTES) AND ADVANCED TRX EXPRESS (30 MINUTES)

TRX is total-body resistance training that uses body weight and gravity to build strength, balance, coordination, flexibility, core and joint stability—all while preventing injuries. This best-in-class workout system allows the user to perform hundreds of exercises. Simply adjust your body position to add or decrease resistance.

Advanced TRX Express 30-Minute Sessions

Ages: 18+
Fee: \$35 (\$40 nonresident)
Session: Year-round
Day/time: Monday/Wednesday, 7–7:30 a.m.
Location: Recreation Center

TRX Suspension Training 60-Minute Sessions

Ages: 18+
Fee: \$75 (\$90 nonresident)
Session: Year-round
Day/time: Tuesday/Thursday, 6:30–7:30 p.m.
Location: Recreation Center



ACTIVE AND AGING

SILVERSNEAKERS® FITNESS PROGRAM

The Recreation Center and Miller Activity Complex are members of the SilverSneakers® network of fitness facilities. Check with either the Rec Center or MAC front desks to determine if your Medicare supplemental health coverage provider participates. The SilverSneakers® Fitness Program is a unique physical activity, lifestyle and socially oriented program designed to encourage physical activity and foster an active lifestyle. The program reflects senior sensitivity, promotes social interaction and encourages participation in healthy lifestyle activities, showing that it's easy to get fit, have fun and make friends.

The SilverSneakers® schedule is subject to change. Visit CRgov.com/Fitness or call 303-814-7453 for the current schedule. No registration is required for these classes.

Fee: Included with admission to Recreation Center

SILVERSNEAKERS® CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activity for daily living skills. Hand-held weights, resistance bands and balls are offered for resistance; a chair is used for seated or standing support.

Day/time: Monday, 10:35–11:35 a.m. or
Wednesday, Thursday and Friday, 10:45–11:45 a.m.
Location: Recreation Center

SILVERSNEAKERS® CARDIOFIT

Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow, low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

Day/time: Monday and Wednesday, 9:30–10:30 a.m.
Location: Recreation Center

SILVERSNEAKERS® CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, resistance bands and balls are alternated with low-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

Day/time: Tuesday, 10:45–11:45 a.m.
Location: Recreation Center



MARTIAL ARTS

T'AI CHI AND CHI GUNG (INTRODUCTORY CLASS)

Increase your energy, sleep soundly, reduce your stress, rid your body of toxins, calm your nervous system and increase balance and flexibility with this supreme method of exercise.

Daytime T'ai Chi during the week is located at 4807 N. Industrial Way within Danza Dance Academy. All new daytime students please contact Roger Newell at 303-549-1377 three days prior to class.

Evening T'ai Chi is located at the Recreation Center.

Daytime classes

Ages: 18+
Fee: \$100
Session: Monthly sessions run year-round
Day/time: Tuesday/Thursday, 10:45–11:45 a.m.
Location: Danza Dance Academy
4807 N. Industrial Way, Castle Rock

Evening classes

Ages: 18+
Fee: \$80 (\$97 nonresident)
Session: Monthly sessions run year-round
Day/time: Tuesday/Thursday, 7:30–8:30 p.m.
Location: Recreation Center

T'AI CHI CH'ÜAN (ADVANCED CLASS)

Increase your energy, improve your balance, reduce your stress and achieve harmony between your body and mind with this supreme method of exercise. This class runs on Tuesdays and Thursdays from 8–9 p.m.

Prerequisite class: T'ai Chi and Chi Gung (introductory class)

Ages: 18+
Fee: \$80 (\$97 nonresident)
Session: Monthly sessions run year-round
Location: Recreation Center

ATA TAEKWONDO

John Addison, an American Taekwondo Association fifth-degree black belt with more than 30 years of teaching experience, along with several assistant Black Belt instructors, teach this ongoing traditional Taekwondo program for all ranks and ages 5 and up. This program is safe for the entire family. Taekwondo is a Korean martial art focusing on kicking and striking. Train in forms, sparring, self-defense and some traditional weapons (safely padded).

This class runs weekly on either Monday and Wednesday from 5–6 p.m., Tuesday and Thursday from 7:30–8:30 p.m. or for Brown Belts and above on Saturday from 11:45 a.m.–12:45 p.m.

Call John Addison at 720-323-1216 for more information and to set up a free one-week trial.

Ages: 5+
Fee: \$80/month resident and nonresident
(testing and equipment costs are not included)
Session: Monthly sessions run year-round
Location: Recreation Center





YOGA

INNER CONNECTIONS YOGA & WELLNESS, ROCK SALT THERAPY & COMMUNITEA

The following classes are taught at Inner Connections Yoga & Wellness, Rock Salt Therapy & CommuniTea, 821 N. Park Street, Castle Rock.

A four-visit pass may be purchased through the Recreation Center for \$68 (\$72 nonresident). Please bring your receipt with you on your first visit. Purchases may be used for one class per week and must be used within 30 days from the date of the first studio visit.

Contact Inner Connections Yoga at 303-688-8598 or email yoga@innerconnectionsyoga.com for fees and class times. Visit InnerConnectionsYoga.com for more information.

| MONDAY | |
|-----------------------|-------------------------------|
| 9–10 a.m. | Mindful Flow |
| 11:30 a.m.–12:30 p.m. | I-Power Vinyasa |
| Noon–1 p.m. | Restoration |
| 4:30–5:30 p.m. | Yang to Yin |
| 5:45–6:45 p.m. | I-Focused Flow |
| 6:15–7:15 p.m. | Yoga Therapeutics |
| TUESDAY | |
| 8:30–8:50 a.m. | Meditation |
| 9–10:15 a.m. | Pranasana I™ |
| 10:30–11:30 a.m. | Foundations |
| 11:30–12:30 p.m. | I-Power Vinyasa |
| Noon–1 p.m. | Mindful Flow |
| 5:15–6:15 p.m. | Hard Core |
| 6:30–7:30 p.m. | I-Mindful Flow |
| 6:30–8 p.m.* | Prenatal (*Must pre-register) |
| WEDNESDAY | |
| 9–10 a.m. | Power Vinyasa |
| 10:30–11:30 a.m. | Kaiut |
| 11 a.m.–noon | Chair and Ball Yoga |
| 11:30 a.m.–12:30 p.m. | I-Focused Flow |
| Noon–1 p.m. | Mindful Flow |
| 4:30–5:30 p.m. | Yoga Nidra |
| 5:45–6:45 p.m. | Pranasana II™ |
| 6:15–7:15 p.m. | I-Power Vinyasa |
| THURSDAY | |
| 8:30–8:50 a.m. | Meditation |
| 9–10:15 a.m. | Yoga Therapeutics |
| 9:30–10:30 a.m. | Power Vinyasa |
| Noon–1 p.m. | Mindful Flow |
| 6–7 p.m. | I-Pranasana II™ |
| 6:30–7:30 p.m. | Restore & More |
| FRIDAY | |
| 8:15–9:15 a.m. | Hard Core |
| 9:30–10:30 a.m. | Power Vinyasa |
| 11:30 a.m.–12:30 p.m. | I-Mindful Flow |
| Noon–1 p.m. | Restoration |
| SATURDAY | |
| 8–9 a.m. | Yoga Therapeutics |
| 9–10:15 a.m. | I-Mindful Flow |
| 9:30–10:45 a.m. | Pranasana II™ |
| SUNDAY | |
| 7:30–8:45 a.m. | I-Yoga Lab |
| 9–10:15 a.m. | Power Vinyasa |
| 9:30–10:45 a.m. | I-Yoga Therapeutics |

Class descriptions on next page

INNER CONNECTIONS YOGA CLASS DESCRIPTIONS



I=Infrared heated room. Inner Connections Yoga has a brand new state-of-the-art infrared hot room! With sweat comes a beautiful cleansing feeling of detoxification and happiness from the inside. Radiant infrared waves warm the body to peak temperatures that promote ultimate health. Bring a towel and water to Infrared classes. Heated to 95 degrees.

***=Beginner Friendly.** New to yoga? Begin with one of these classes. If you need help selecting a class, feel free to contact Inner Connections Yoga.

***CHAIR/BALL YOGA:** Increase balance and flexibility, improve strength, proprioception and stability by activating core abdominal muscles, and strengthen connective tissue that supports the joints of the body, all while utilizing a chair and ball to support this unique practice. Practice yoga postures, breathing techniques and meditation on the ball and chair. Great for stress, pain management and mental clarity.

***FOUNDATIONS:** An all level class that dives deeper into the understanding of the yoga asanas (postures), pranayama (breath) and meditation. This class focuses on form, alignment and exploring your yoga. Modifications are offered to accommodate all body types.

***HARD CORE:** Increase your functional fitness by focusing on the foundation of all human movement. With its emphasis on strengthening and stretching the muscles of the abdominal, pelvic and lower-back regions, Hard Core helps sustain the ability to perform the activities of daily living. This class uses ball and other props to aid in your Hard Core experience.

***KAIUT:** Addresses biomechanical health (freedom of movement) in a unique practice consisting of long, slow poses that are designed to address old injuries, chronic pain, stiffness and hyper-flexibility. Specific Kaiut sequences are offered weekly in a structured, organized format.

***MEDITATION:** 20 minutes of meditation practice Tuesday and Thursday mornings for FREE for active members and card holders! Following the teachings of the Himalayan Masters, learn to breathe, relax and rejuvenate the mind, body and spirit at the deepest level. Enjoy a variety of meditation techniques to help you find what resonates with you for your home practice. Drop-in fee for non-members is \$19 and includes the Gentle class at 9 a.m.

***PRANASANA I™:** A unique all-level, gentle class designed by John Adams to relax your body and mind, weaving together breath, movement (conditioning movements and a few basic standing asanas/flows) and meditation. Class may include sound healing, Qi Gong and other modalities to experience the Pranic Field.

***RESTORE & MORE:** Learn to relax and rest deeply and completely while using yoga props to support you. Explore a variety of restorative poses as well as pranayama, relaxation and meditation. In this practice, all the organ systems of the body receive benefits, blood pressure reduces and immune function improves, as well as improvement in digestion, fertility, elimination and reduction of muscle tension and generalized fatigue.

***RESTORATION:** An all-level class that provides all the benefits of Restore & More. Each class focuses on the same sequence of restorative poses, rather than a variety, to calm the mind with familiarity and routine and aid you in a deep sense of release and relaxation.

***YOGA NIDRA:** An all-level class that offers an ancient sleep-based meditation technique that has the power to take you to the innermost, deepest levels of relaxation where your whole body and being is permeated by peace of mind and profound stillness. It is said by yogis that one hour of Yoga Nidra is as restorative as four hours of sleep. Starts with gentle movement, then progressive relaxation and nidra.

***YOGA THERAPEUTICS:** ICY's signature class is great for any level of practitioner. Practice a gentle yet deep form of yoga with conditioning movements that open hips, knees, ankles, lower back, upper body, and spine to lubricate joints and reduce stress and inflammation. Learn basic asanas (postures) pranayama (breathwork) and meditation while enjoying a class fully taught on the floor. Relax, de-stress, and just feel good in your body, mind, and being, weaving together breath, movement and awareness.

I-FOCUSED FLOW: In a world where we are always racing to the next thing, Focused Flow, created by Jeanne Adams, offers students the chance to arrive, settle in and feel the heat of purposeful, mindful movements. Taking a traditional power vinyasa practice and leaving space for more creative and mindful transitions, Focused Flow classes challenge your equanimity while building physical and mental strength through elongated holds and controlled, fluid movements. Infused with yogic philosophy and wisdom, the class inspires your spirit and opens your inner knowing, reaching the pinnacle of mind-body-spirit awareness and connection.

MINDFUL FLOW: Explore the subtleties within your practice as you move with greater awareness. The flow is at a slower pace to help you reconnect with the fundamentals of alignment, pranayama, and relaxation/meditation throughout the practice, and offers space to be with your thoughts as you mindfully transition between asanas. Each class will be unique, as each teacher infuses her/his own style and creativity to the experience.

POWER VINYASA: Move, breathe, sweat and flow in ICY's Power Vinyasa class. Each time you arrive on your mat is unique and this class reflects the flow we experience in our daily lives. Each Power Vinyasa class features different sequencing, at times a simple and structured practice offering familiar postures for grounding and stability, and others infused with vibrant creativity that allows the mind to flow freely. These classes focus on building strength and mobility, challenging the body to achieve peak poses and sink into longer holds. A mix of centering breathwork, sun salutations, hip openers, balancing postures, backbends and twists comprise the arc of our Power Vinyasa classes. Beginners and experienced practitioners alike are invited to experience their own power in ICY's uplifting Power Vinyasa classes.

PRANASANA II™: A unique Mixed Level Flow class, created by John Adams, unfolds based on John's intuition. Expect to be challenged, release limiting beliefs, and to connect to your inner power, wisdom, and grace as your mind becomes quiet. This experience will guide your awareness deep into your heart where you can cultivate the art of inner listening. John offers techniques from yoga, sound healing, Qi Gong, pranayama, and meditation to inspire the body, mind, and spirit.

PRENATAL: A comprehensive and safe form of exercise to practice during your pregnancy. We teach Classical Hatha Yoga utilizing yoga asanas with and without props so that mother and baby obtain maximum benefit from poses without strain. Join other moms-to-be on this six-week journey to explore the joys of pregnancy. See the website for upcoming dates. \$85 per session.

YANG TO YIN: Yang to Yin is 40 minutes of Yang energy- a more active practice working on muscles and blood flow, building strength, stamina and flexibility with rhythm and repetition of vinyasa, and 20 minutes of Yin energy, a slower practice where poses are passively held for longer, working on the deep, dense connective tissues and joints in the body.

YOGA LAB: Yoga Lab is for the student who wants to advance their yoga practice by exploring intermediate/advanced postures in a safe and welcoming environment. The class will begin with breath-centered movements designed to warm the body and increase the heart rate. The second part of class will focus on the breakdown down of more complex yoga postures and techniques, with the goal of giving the student the tools and building blocks to safely incorporate them into their personal yoga practice. This class is not recommended for beginners, as prior knowledge of basic asana is required.



LIVE MUSIC FREE CONCERTS



THIRD THURSDAY OF THE MONTH

JULY 16 * THAT EIGHTIES BAND

AUG. 20 * THE LONG RUN

SEPT. 17 * FACE



6:30 - 9 P.M.

THE AMPHITHEATER
AT PHILIP S. MILLER PARK

DONATIONS FROM THIS
CONCERT SERIES BENEFIT



CRgov.com/TrailTunes

FOOD AND BEVERAGES AVAILABLE
BOUNCY HOUSES * YARD GAMES * FAMILY FUN

GOLF



HIGHLIGHTS

- 62 SATURDAY NIGHT LIVE MUSIC**
Enjoy live music and a great view from the outdoor patio on select Saturdays, May through September!
- 62 HOST A GOLF TOURNAMENT AT RED HAWK RIDGE**
Perfect for any corporate retreat or event.



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303-814-1999

FOOD AND BEVERAGE

pmorphis@CRgov.com
720-733-3506

RED HAWK RIDGE GOLF COURSE

2156 Red Hawk Ridge Drive
Castle Rock, CO 80109
720-733-3500
RedHawkRidge.com

GENERAL INFORMATION

Designed by award-winning golf course architect Jim Engh, the 6,830-yard layout combines playability with the spectacular Front Range and mountain scenery. Considered one of the premium public golf courses in the state, Red Hawk Ridge continues to be a favorite among local and visiting golfers alike. Please visit RedHawkRidge.com to learn more.

RESERVATIONS

Residents may make tee times up to eight days in advance while nonresidents may make tee times up to seven days in advance. To book a tee time call 720-733-3500 or visit RedHawkRidge.com.

RED HAWK RIDGE REWARDS

Earn rewards by paying green fees, cart fees or purchasing range balls or merchandise. Call the Pro Shop, 720-733-3500, for more details or register online, RedHawkRidge.com.

TOURNAMENTS AND EVENTS

Red Hawk Ridge is the community's tournament and group specialist. Let us help you coordinate your company, neighborhood, reunion or fundraiser golf event. Groups as small as 40 or as large as 144 players are welcome. Contact Tournament Director, Brigg Jergenson, at 720-733-3504 or bjergenson@CRgov.com.

DRIVING RANGE

\$5-30 balls/\$8-65 balls/\$11-100 balls

RENTAL CLUBS

Each player is required to have their own set of clubs. Club rental rates start at \$20 (9 holes) and \$35 (18 holes).

DRESS CODE

Red Hawk Ridge requires conventional golf attire on the golf course and practice areas. Slacks or Bermuda-length shorts and shirts with collars are necessary. Red Hawk Ridge does not permit clothing such as tank tops, sweat pants and metal spike golf shoes.

GOLF LESSONS/CUSTOM CLUB FITTINGS

PGA golf professional staff offer group and private lessons throughout the year. Need to update your set of golf clubs? Get a custom club fitting by contacting Doug Rikkers at 720-733-3560.

RED HAWK RIDGE CLUBHOUSE GRILL

The Clubhouse Grill offers a wide variety of entrees, appetizers, and salads. Whether you are golfing or dining, the staff at the Clubhouse Grill are committed to providing quality food and service.

The Clubhouse Grill is capable of handling a wide range of private functions. Please contact Pam Morphis at 720-733-3506 for more details. To view the hours of operation and menu, please visit RedHawkRidge.com.



AUDOBON INTERNATIONAL CERTIFIED



Red Hawk Ridge has been a proud member of the Audubon Cooperative Sanctuary program since 2014. Red Hawk Ridge is a course dedicated to environmental stewardship through environmental planning, wildlife and habitat management, outreach and education, chemical use reduction, water conservation and water quality management.

FEES

The fees listed include a golf cart.

| Resident | | | | |
|--------------------|------------------------|-----------------|----------------------|-----------------|
| Dates | Monday–Thursday | Twilight | Friday–Sunday | Twilight |
| May 1–May 10 | \$63 | \$44 | \$73 | \$48 |
| May 11–September | \$68 | \$44 | \$78 | \$48 |
| October | \$60 | \$39 | \$66 | \$43 |
| November–March | \$53 | \$36 | \$58 | \$40 |
| April | \$55 | \$39 | \$61 | \$43 |
| Nonresident | | | | |
| May 1–May 10 | \$70 | \$47 | \$83 | \$54 |
| May 11–September | \$78 | \$50 | \$88 | \$54 |
| October | \$70 | \$46 | \$76 | \$49 |
| November–March | \$55 | \$39 | \$63 | \$44 |
| April | \$60 | \$44 | \$68 | \$49 |





POST Partners provides opportunities for groups and individuals to make volunteer contributions in time and/or funding for the purpose of enriching and improving the Town of Castle Rock parks, open space and trails.

POST PARTNERS VOLUNTEER PROGRAM
mjones@CRgov.com
303-814-7456

POST Partners provides fun, skill-building volunteer opportunities that contribute to the beautification of and fosters community pride in Town of Castle Rock parks, open space and trails.

POST Partners is proud to partner with local businesses, students and individuals to provide opportunities for all to give back to their local community.

Volunteer hours count toward high school graduation and court-ordered community service.

Visit CRgov.com/POSTPartners to find a volunteer opportunity right for you.



NATIONAL PUBLIC LANDS DAY

The Town of Castle Rock is marking 2020 National Public Lands Day with a work outing on the Town's newest unpaved trail, Legacy Trail. Volunteers are needed to help maintain and repair specific sections of this new trail corridor built last year. Work projects may include new rock steps and corridor clearing.

Pre-registration is required. Visit CRgov.com/PublicLandsDay for event details and registration. Tools and breakfast provided.

For more information, contact 720-733-2294 or bspagnuolo@CRgov.com.

Ages: 14+ (Minors under 16 must be accompanied by an adult 21 or older)
Date: Sept. 26
Day/time: Saturday, 8 a.m.–noon
Location: Gateway Mesa Open Space



TRAIL MAINTENANCE GROUPS

The POST Partners Volunteer Program organizes four trail maintenance groups. For more information, visit CRgov.com/TrailGroups.

Ridgeline Wranglers

Ridgeline Wranglers

Volunteers maintain Stewart Trail at Ridgeline Open Space one Saturday a month. Please visit the webpage for rain dates and more information.

Ridgeline Wranglers Season Outing Dates:

May 16, June 13, July 11, Aug. 8, Sept. 19 and Oct. 17 (Outing and end-of-season party)



PSM Trail Partners

Volunteers maintain the trails at Philip S. Miller Park monthly.



Rhyolite Bike Park Dirt Crew

Regular volunteer Crew Leaders needed. Volunteers maintain the bike parks' downhill lines, pump track and session zone jumps as needed to resurface, build and rebuild the jump faces and berms and test out the improvements to ensure they flow correctly.



Keepers of the Rock

Regular volunteer crew leaders needed to lead Teen Court participants at Rock Park one Saturday a month.

GATEWAY MESA LEGACY TRAIL PROJECT



Volunteers for Outdoor Colorado is coming back to Castle Rock to help us construct phase two of a new 2-mile soft-surface trail at Gateway Mesa Open Space. Volunteers are needed!

Pre-registration is required. Visit CRgov.com/LegacyTrail for event details and registration. For more information, contact 303-814-7456 or mjones@CRgov.com.

Outing Date: Oct. 10

VOLUNTEERING MADE EASY

We make it easy to get involved and help your community through Volunteer Douglas Connect Douglas County. Please visit VolunteerConnectDC.org to sign up for one of the volunteer opportunities in Castle Rock.



VOLUNTEER OPPORTUNITIES

- Gateway Mesa Legacy Trail Project
- National Trails Day
- PSM Park Trail Partners
- Rhyolite Bike Park Dirt Crew
- Ridgeline Wranglers
- Weekly Parks and Trails Clean Up
- Group Projects

OTHER POST PROGRAMS

- Adopt a Trail or Park
- Colorado Bluebird Project
- Dog Waste Station Sponsorship
- Earth Day
- Eagle and Life Scout Projects
- Festival of Trees
- Memorial Bench and Tree Program



HAVE A QUESTION? WANT TO JOIN THE MAILING LIST? Email mjones@CRgov.com

ADDITIONAL POST PARTNERS OPPORTUNITIES ADDED MONTHLY. PLEASE VISIT CRGOV.COM/POSTPARTNERS FOR DETAILS AND THE MOST UP-TO-DATE INFORMATION.

INDIVIDUAL TRAIL MAPS

Individual trail maps are available online, at CRgov.com/Trails

| | Trail length in miles | Open space acreage | Trail rating | Surface | Adopted (POST Partners) | Uses (Where allowed, dogs must be on a leash) |
|--|-----------------------|--------------------|-----------------------|------------------------------|-------------------------|--|
| Bike Park at Rhyolite Regional Park Rhyolite Regional Park | 1 | – | easy to difficult | downhill, single track | Y | |
| East Plum Creek Trail Meadows Parkway, Festival Park, Fairgrounds or Gilbert Street | 8.4 | – | easy | 10-foot-wide concrete | N | |
| Gateway Mesa Open Space/Chuck's Loop Trail Dirt lot east side of Highway 86 | 1.8 | 275 | moderate | native surface, single track | N | |
| Hangman's Gulch Trail Recreation Center parking lot | 1 | – | easy | 10-foot-wide concrete | Y | |
| Hidden Mesa Open Space West side of Highway 83, 1 mile north of Franktown | 4.5 | 1,294 | moderate | native surface, single track | N | |
| Memmen Ridge Open Space Southeast corner of South Street and Oman Road | 1.9 (loop) | 43 | moderate | concrete and native surface | Y | |
| Mitchell Creek Canyon Trail Extension Gateway Mesa Open Space or via Mitchell Creek Trail | 1.5 | 10 | moderate to difficult | native surface, single track | N | |
| Mitchell Creek Open Space and Trail Mitchell Gulch Park or east Founders Park lots | 2.1 | 102 | easy | 8-foot-wide concrete | Y | |
| Native Legend Open Space and Trail Paintbrush or Butterfield Crossing parks | 3.2 | 100 | easy to moderate | 8-foot-wide concrete | Y | |
| Philip S. Miller Park 1375 W. Plum Creek Parkway | 10.5 | 300 | easy to moderate | concrete, native surface | Y | |
| Philip S. Miller Park Challenge Hill 1375 W. Plum Creek Parkway | – | – | difficult | 200 timber steps | N | |
| Quarry Mesa/Madge Trail Rhyolite Regional Park and east of Lions Paw Street | 3 (loop) | 133 | easy to moderate | native surface, single track | N | |
| Ridgeline Open Space/Stewart Trail Coachline Road, Meadows and Red Hawk areas and Bison Park | 13.5 | 378 | moderate | native surface, single track | Y | |
| Rock Park 1710 Front St. | 1.4 | 62 | difficult | native surface, single track | Y | |
| Sellars Gulch Trail Access east of Festival Park | 1.3 | – | easy | 8-foot-wide concrete | N | |
| The Bowl Recreation Center parking lot | 1.8 | 19 | moderate | 8-foot-wide concrete | N | |

PROHIBITED ACTIVITIES

- Parking or driving unauthorized motor vehicles except in designated roadways or parking areas
- See CRgov.com/OpenCarry for more information regarding firearms
- Dumping commercial or household trash
- Use of any closed area
- Open fires and charcoal grills (gas grills allowed)
- Posting of signs
- Commercial activities without a Town permit
- Vandalism, littering, hunting or camping
- Any hazardous activity
- Possession of alcoholic beverages, except by permit

PARKS

Visit CRgov.com/Parks for maps, amenities and pictures

| | Acres | ADA Accessible | Adopted (POST Partners) | Baseball/softball field | Basketball | Bike path (paved) | Electricity | Gas fire pit | 18-hole disc golf course | Lawn games | Multiuse court | Outdoor swimming pool | Pickleball | Pavilions (✓ Reservable) | Picnic tables | Play fields | Playground (2-5 years) | Playground (5-12 years) | Portable restroom | Permanent restroom | Sand volleyball | Skate park (lighted) | Splash Pad | Synthetic turf field | Tennis court |
|--|-------|----------------|-------------------------|-------------------------|------------|-------------------|-------------|--------------|--------------------------|------------|----------------|-----------------------|------------|--------------------------|---------------|-------------|------------------------|-------------------------|-------------------|--------------------|-----------------|----------------------|------------|----------------------|--------------|
| Baldwin Park 2417 Plum Creek Parkway | .5 | | | | | ✓ | | | | | | | | | | | ✓ | ✓ | | | | | | | |
| Bison Park 1390 Clear Sky Way | 10 | ✓ | | ✓ | ✓ | ✓ | ✓ | | | | ✓ | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | ✓ | ✓ |
| Butterfield Crossing Park 3952 W. Butterfield Crossing Drive | 28 | | ✓ | ✓ | ✓ | ✓ | ✓ | | | | ✓ | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | ✓ | ✓ |
| Castle Highlands Park 1735 Granger Circle | .5 | | | | ✓ | | | | | | | | | | | | | ✓ | | | | | | | |
| Castle North Park 801 Canyon Drive | 1.5 | ✓ | | | ✓ | ✓ | | | | | ✓ | | | | ✓ | | ✓ | ✓ | ✓ | | | | | | |
| Centennial Park 22 N. Gilbert St. | 12 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | ✓ | ✓ | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | ✓ |
| Deputy Zack S. Parrish Memorial Park 2020 Fiddle Rd. | 2 | ✓ | | | | ✓ | ✓ | | | ✓ | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | | |
| Festival Park 300 Second St. | 2 | ✓ | | | | ✓ | ✓ | ✓ | | | | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | |
| Founders Park 4671 Enderud Blvd. | 25 | ✓ | | ✓ | ✓ | ✓ | ✓ | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | |
| Gemstone Park 6145 Sapphire Pointe Blvd. | 7 | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | ✓ | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | ✓ | ✓ |
| Glovers Park (Community Garden) 534 S. Gilbert St. | .5 | | | | | | | | | | | | | | ✓ | | | | | | | | | | |
| Matney Park 5790 Lantern Circle | 10 | ✓ | | ✓ | ✓ | ✓ | ✓ | | ✓ | ✓ | ✓ | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | ✓ | |
| Metzler Ranch Park 4175 Trail Boss Drive | 22 | ✓ | | ✓ | | ✓ | ✓ | | | | ✓ | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | ✓ | | ✓ | |
| Mitchell Gulch Park 200 Mikelson Blvd. | 28 | | ✓ | ✓ | ✓ | ✓ | | | | | ✓ | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | | |
| Paintbrush Park 3492 Meadows Blvd. | 16 | | | ✓ | | ✓ | | | | ✓ | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | ✓ | | | | |
| Philip S. Miller Park 1375 W. Plum Creek Parkway | 300 | ✓ | ✓ | | | ✓ | ✓ | ✓ | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | ✓ | ✓ | |
| Plum Creek Park 3517 Mount Royal Drive | 10 | | | ✓ | ✓ | ✓ | | | | | | | | | ✓ | | ✓ | | | | | | | | |
| Plum Creek and Gilbert Park 215 Plum Creek Parkway | .5 | | | | | | | | | | | | | | ✓ | | | | | | ✓ | | | | |
| Rhyolite Regional Park 1701 Crystal Valley Parkway | 174 | ✓ | | ✓ | ✓ | ✓ | ✓ | | | | ✓ | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | ✓ | ✓ |
| Rock Park 1710 Front St. | 62 | | ✓ | | | | | | | | | | | ✓ | ✓ | | ✓ | | | | | | | | |
| Triangle Park 804 Sixth St. | .5 | | ✓ | | | | | | | | | | | | ✓ | | | | | | | | | | |
| Wrangler Park 2418 Autumn Sage St. | 9 | ✓ | | | | ✓ | ✓ | | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | ✓ | ✓ |

PARK PAVILION AND FIELD RESERVATIONS

Park pavilions at Bison, Butterfield, Centennial, Founders, Matney, Metzler Ranch, Philip S. Miller, Rhyolite Regional, Rock and Wrangler parks may be reserved with at least one week notice. Online pavilion reservation requests must be submitted at least one week prior to the date requested. Visit CRgov.com/Registration for more information. If your event is within one week, please contact 720-733-2260, or tmcgraw@CRgov.com. For outdoor field requests and fees, call 720-733-2299, or email ssmeeton@CRgov.com.



Miller Activity Complex
1375 W. Plum Creek Parkway
Castle Rock, CO 80109

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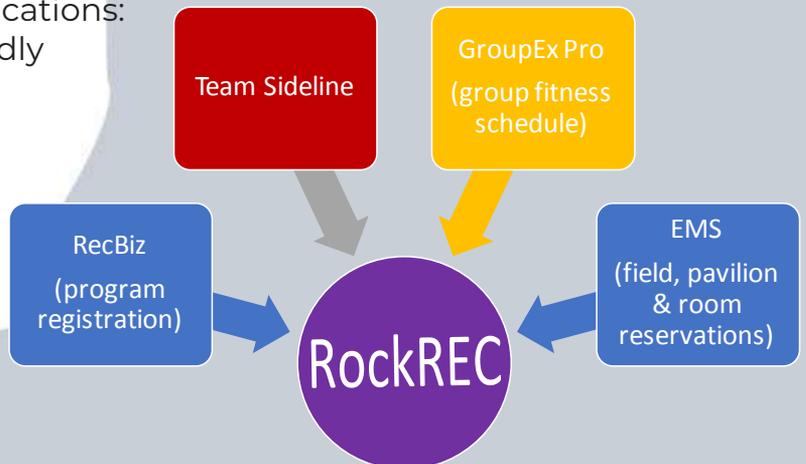
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