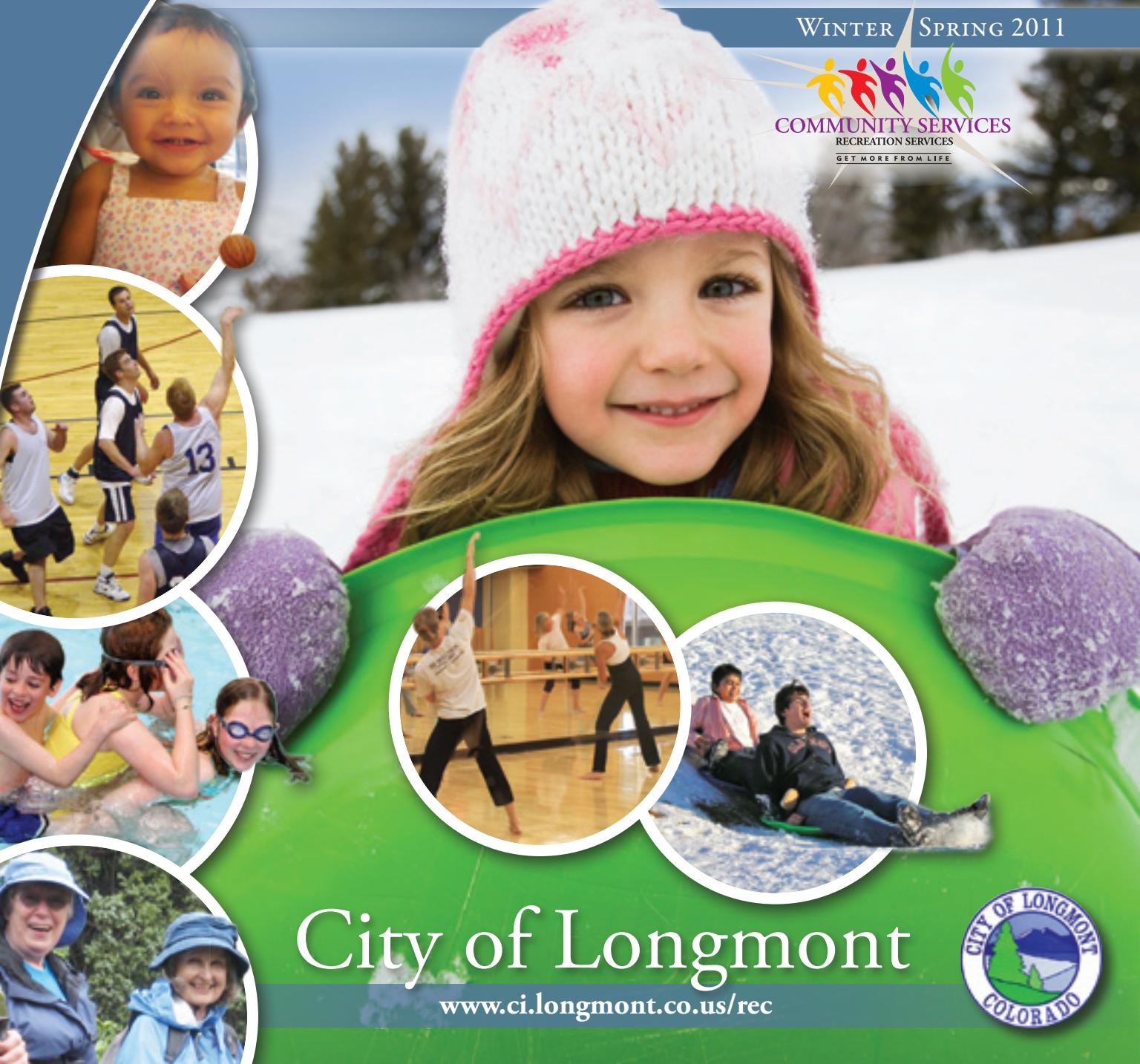


BROCHURE FOR DEC 2010 - APR 2011

Recreation

WINTER SPRING 2011



City of Longmont

www.ci.longmont.co.us/rec



LONGMONT CITY COUNCIL

Mayor Bryan Baum

Brian Hansen

Alex Sammoury

Katie Witt

Sarah Levison

Sean McCoy

Gabe Santos



IMPORTANT PHONE NUMBERS

Hearing Impaired TDD#.....	1-800-659-3656
Longmont Public Library 409 4th Ave.	303-651-8470
Longmont City Source	303-774-4370
Parks 7 So. Sunset St.	303-651-8446
Senior Center 910 Longs Peak Ave.	303-651-8411
Union Reservoir 0461 WCR 26	303-772-1265
Youth Services 1050 Lashley Street	303-651-8580
Longmont Museum & Cultural Center 400 Quail Road	303-651-8374

SEASONAL FACILITIES:

Longmont Ice Pavilion, 725 8th Ave. - Seasonal 303-774-4777
Sunset Pool, 1900 Longs Peak Ave. - Seasonal 303-776-5823
Roosevelt Activity Pool, 903 8th Ave - Seasonal
Kanemoto Activity Pool, 1151 S. Pratt Pky - Seasonal

GOLF COURSES:

Sunset 1900 Longs Peak Ave. 303-651-8466
Twin Peaks 1200 Cornell Drive 303-651-8401
Ute Creek 2000 Ute Creek Drive 303-774-4342

COMMUNITY SERVICES

Director of Community Services Karen Roney

Recreation Manager Jeff Friesner

PARKS & RECREATION ADVISORY BOARD

Rick Accountius

Ruby Bowman

Greg Braun

Doug Gollher

Sharon O'Leary

Lisa Underhill

Jim Wardell

Sean McCoy, **City Council Liaison**

SENIOR CITIZENS ADVISORY BOARD

Julie Burrows

Rose Garcia

Maurine Glidewell

Marietta Gonzales

Sue Heinritz

Miguel Medina

Arlene Poplewko

Fay Reynolds

Alex Sammoury, **City Council Liaison**

MUSEUM ADVISORY BOARD

Camilla Beck Briggs

Oli Olivas Duncan

Richard Luke

Al Milligan

Bruce Montgomery

Rosslyn Scamehorn

Donna Wetzbarger

Glendora Shaffer, **Chair**

Bryan Bowles, **Vice Chair**

Sean McCoy, **City Council Liaison**

LIBRARY ADVISORY BOARD

Viki McKinney

Genny Michael

Paula Watkins

Joan Peck

Nancy Carter

Katie Witt, **City Council Liaison**

*Board Membership as of November 1, 2010

Longmont Recreation Center

303.774.4800

St. Vrain Memorial Building

303.651.8404

Centennial Pool

303.651.8406

REGISTER FOR CLASSES BEGINNING DECEMBER 14, 2010



1. ON-LINE

www.ci.longmont.co.us/rec

*Click on Register On-line and follow the instructions



2. PHONE

St. Vrain Memorial Building 303-651-8404

Centennial Pool 303-651-8406

Longmont Recreation Center 303-774-4800



3. WALK-IN

During regular building hours

• **St. Vrain Memorial Building**

700 Longs Peak Avenue

• **Centennial Pool** - 1201 Alpine Street

• **Longmont Recreation Center** - 310 Quail Road

Important Information

- Full payment is due at registration.
- \$5 service charge will be assessed when a cancellation is requested.
- Sorry, refunds cannot be given in cash. A check will be issued and mailed within 2 weeks.
- \$20 charge on all returned checks.
- A resident is defined as living within the City limits of Longmont and having utilities (trash service) provided by the City of Longmont.
- Classes may be cancelled or consolidated if minimum enrollment figures are not met 3 business days before a class starts. Participants will then be contacted.

Admittance Fees

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

DAILY DROP-IN (Note: different fees for Ice Rink)

(per person)	Resident	Non-Res
Tot Under 2 years	Free	Free
Child 2-10 years	\$3.25	\$3.75
Youth 11-17 years	\$3.50	\$4.50
Adult 18-54 years	\$4.50	\$5.75
Senior 55 and up	\$3.50	\$4.50
Designated Family Swims	\$10.00	\$12.50

Daily drop-in fees are good for same day entry into all sites with valid receipt

20 VISIT PASS

Valid at all facilities - Does not expire

	Resident	Non-Res	Corp/Mil
Child 2-10 years	\$63.00	\$78.75	N/A
Youth 11-17 years	\$63.00	\$78.75	N/A
Adult 18-54 years	\$63.00	\$78.75	\$56.75
Senior 55 and up	\$63.00	\$78.75	N/A

20 visit passes may be shared with friends and family.

Must have card present when checking in.

QUARTERLY

Valid at indoor facilities only. Expires after 3 months

	Resident	Non-Res	Corp/Mil
Child 2-10 years	\$36.00	\$45.00	N/A
Youth 11-17 years	\$51.00	\$63.75	N/A
Adult 18-54 years	\$90.00	\$112.50	\$72.00
Senior 55 and up	\$51.00	\$63.75	\$41.00
Family	\$165.00	\$206.25	\$147.00
Couple	\$150.00	\$187.50	\$132.00
College Student	\$72.00	\$90.00	N/A

College students must present a valid college picture ID.

Family pass: The family rate is for 2 adults, their children (22 & under) living at home and on their taxes.

ANNUAL

All facilities included. Expires 1 year from date of purchase

	Resident	Non-Res	Corp/Mil
Child 2-10 years	\$130.00	\$162.50	N/A
Youth 11-17 years	\$185.00	\$231.25	N/A
Adult 18-54 years	\$325.00	\$406.25	\$260.00
Senior 55 and up	\$185.00	\$231.25	\$148.00
Family	\$600.00	\$750.00	\$535.00
Couple	\$540.00	\$675.00	\$475.00

The benefits of an annual pass: Admittance to all indoor year-round facilities. Admittance to seasonal outdoor facilities (Ice Pavilion, Sunset & Activity Pools). Free towels at LRC. Free Babysitting at LRC for Family Annual Passholders. Free skate rental at Ice Pavilion.

AUTO PAY ANNUAL PASS

Monthly credit card charge only.

	Resident	Non-Res	Corp/Mil
Child 2-10 years	\$12.00	\$15.00	N/A
Youth 11-17 years	\$17.00	\$21.25	N/A
Adult 18-54 years	\$29.75	\$37.25	\$26.75
Senior 55 and up	\$17.00	\$21.25	\$15.50
Family	\$55.00	\$68.75	\$52.00
Couple	\$49.50	\$62.00	\$46.50

Forms to cancel autopay must be received by the 15th of the month prior to stopping; no proration. Any overdraft fees responsibility of card-holder.

PRESCHEDULED GROUP RATE

(10+ people) Valid only at Longmont Recreational Center, the St Vrain Memorial Building and Centennial Pool.

A name, phone number and number of people expected is required to pre-schedule at a facility. No deposit necessary. 24 hr advance notice required. Fee is per person.

	Resident	Non-Res
Child/Youth 2-17 years	\$3.00	\$3.75
Adult 18-54 years	\$4.00	\$5.00
Senior 55 and up	\$3.00	\$3.75

ICE RINK SKATING PASSES

	Resident	Non-Res
Child 2-5 years	\$40.00	\$50.00
Youth 6-17 years	\$54.00	\$68.00
Adult 18-54 years	\$65.00	\$81.00
Senior 55 and up	\$54.00	\$68.00
Family	\$152.00	\$190.00
Couple	\$110.00	\$137.00

Ice Pass includes free skate rental.

ICE RINK GENERAL ADMISSION

	Resident	Non-Res
Tot (Under 2 years)	Free	Free
Child 2-5 years	\$4.50	\$5.50
Youth 6-17 years	\$5.00	\$6.00
Adult 18-54 years	\$5.50	\$6.50
Senior 55 and up	\$5.00	\$6.00
Skate Rental	\$3.00	
Skate Sharpening	\$6.00	

See our Spanish website
www.ci.longmont.co.us/rec-sp

TABLE OF CONTENTS

- 1 Facility Fees
- 2 Special Events
- 3 Recreation Center
- 4 St. Vrain Memorial Building
- 5 Longmont Ice Pavilion
- 7 Centennial Pool
- 8 Swim Lessons
- 11 Aquatic Programs
- 14 Athletics-Youth
- 17 Athletics-Adult
- 19 Fitness Classes
- 22 Fitness & Wellness
- 26 Dance
- 29 Therapeutic
- 31 Infant/Toddler
- 32 Preschool
- 36 Youth/Teen
- 43 Adult
- 53 Senior Services
- 54 Golf
- 55 Library
- 56 Museum



Congratulations to
René Kingsley
2010 CARA
Professional of the Year!



Free Denver Nuggets Skill Challenge

Saturday, January 8, 1pm

Enjoy a FREE competition that allows young boys and girls to showcase their talents in dribbling, passing and shooting.

Boys and girls ages 7-14 as April 30, 2011, will compete in separate divisions. The Denver Nuggets Basketball Skills Challenge competition is co-sponsored by the Colorado Parks and Recreation Association, Denver Nuggets, and the Colorado Beef Council. Top scorers in each age group will advance to a sectional competition. Top scorers at the sectional competition advance to the State Championship competition and get tickets to a Denver Nuggets game. Entry forms are available 1 hour prior to the competition.

Location: Longmont Recreation Center Gym, 310 Quail Rd

Winter Sprinter

Swim Meet for Adults!

Sunday, January 30, 9am

\$20 pre-register/ \$25 day of event

Distances range from 50 to 500 yards in freestyle, back, breast-stroke, butterfly and individual medley. Create your own relays with your buddies on the day of the event! Swim up to 5 individual events and 2 relays.



To register- pick up a registration form at Centennial Pool, Longmont Recreation Center or download at www.ci.longmont.co.us/rec/special

Location: Centennial Pool, 1201 Alpine St

Save the Date

Annual Youth Fishing Derby

Saturday, May 7, 9am

Longmont Recreation Center Pond

Youth and Adult Triathlons

June 4 & 5 at Centennial Pool



16th Annual

Rhythm on the River

July 8 & 9, 2011

Accepting applications

January 1 on-line for the following:

- Grove Stage/World Beat Stage
- Discovery District
- Non-Profit Row
- World Market
- Kids Day Out
- Restaurants

www.ci.longmont.co.us/rotr



Move it! Fitness Fair

Saturday, February 26, 1-4pm

Join us for the Move it! service-learning project; a FREE field day fun-for-the-whole-community event made possible by a State Farm Youth Advisory Board grant! For more information visit www.ci.longmont.co.us/rec/special or call 303-651-8406.

Location: Centennial Park, 1200 Alpine Street

Underwater Easter Egg Hunt

Saturday, April 23, 1:30-3:30pm

Egg hunters of all abilities will have the opportunity to collect weighted eggs from the bottom of the pool and receive treats for their efforts! Please note that an adult must be in the water children 5 years old and younger. \$10 per family/ \$3 per swimmer/ \$1 per observer

Location: Centennial Pool, 1201 Alpine St

Mud Hen 5K Run at McIntosh Lake

Saturday, April 23, 10am

Enjoy a family-friendly 5K run around beautiful Lake McIntosh! Registration forms available at www.ci.longmont.co.us/rec and at all Recreation Facilities.

Adults:	\$15 early bird/ \$20 after April 15
Youth/Senior:	\$12 early bird/ \$17 after April 15

Taste of Therapy Wellness Fairs

Don't miss this opportunity to try a variety of alternative wellness options at a price you can afford! Try massage, Reflexology, Acupuncture, Energy Work, Readings, and more! Only \$5 for each 15 minute session, paid at the fair to the practitioner. Please bring small bills. Appointments are taken at the fair on a first-come basis. Spaces fill quickly, so come early. Doors open 15 minutes prior to fair.



Day/Time: Saturdays, 10am-1pm

Time/Dates: January 8, February 12, and March 12

Location: Izaak Walton Clubhouse, 18 S. Sunset

Plan Ahead: Big Taste of Therapy Wellness Fair

Time/Date: 9am-3pm, Saturday, April 9

Location: St Vrain Memorial Building Gymnasium, 700 Longs Peak Ave

René Kingsley

2010 CARA Professional of the Year

The Colorado Association of Recreation Activities (CARA) awarded their first Professional of the Year Award at the Colorado Parks and Recreation Association (CPRA) Conference in September 2010. Rene Kingsley, Recreation Specialist for the City of Longmont, was the first recipient. Rene is responsible for all youth sport programs and adult basketball leagues. The City of Longmont Recreation Services team offers CARA Hockey, Tennis, Cross Country, Track, and Swimming. In addition to the programs she oversees, Rene served as the CARA Secretary for three years and never missed a monthly meeting. Thank you, Rene, for all your hard work!



Longmont Recreation Center

310 Quail Road • 303-774-4800

Hours of Operation

Mon-Fri 5:00am-10:00pm
Sat & Sun 7:00am-6:00pm

Leisure Pool closed:
December 14-18

Holiday Hours:

December 31, 5am-3pm
Closed: December 24, 25 and January 1

POOL HOURS

Lap Pool:

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

Leisure Pool:

(slides open at 10am daily*)

Mon-Fri* 9:00am-9:30pm
Sat/Sun 9:00am-5:30pm

*No slides/water features on during swim lessons. Check lesson schedule for class times.

BABYSITTING INFORMATION

Parent/guardian must be in the facility.

Ages: 6 mo - 7 yrs.

Mon-Fri 8:00am-1:30pm
Mon-Thurs 4:00pm-8:00pm
Saturday 8:00am-1:00pm
Sunday 8:30am-1:00pm

Hours subject to change

Rates:

\$2/hr Min 1/2 hour, Max 2 hrs

\$40 for 20 hour passcard.

Included w/Family Annual Pass

CLIMBING WALL

Mon-Fri 4:30pm-9:00pm
Sat/Sun 10:00am-5:00pm

Private Instruction Available

Participants must sign a waiver. Those under 18 must have the waiver signed by a parent/guardian. Those under 8 years must climb with parent/guardian present. Closed toe climbing shoes or tennis shoes required. No minimum age. Must safely fit into city harness (instructor discretion). Wall may be closed during class times.

CAFE

Mon-Fri 4:00pm-7:30pm
Sat/Sun 11:00am-5:45pm

Vending machines also available during the day.

A one-stop recreation facility offering:

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

FACILITY RULES

1. A responsible adult (parent or guardian 14 years and older) must be in the facility with children 10 years of age and under. Responsible adult must accompany and stay involved in the water/facility with all children ages 5 and under.
2. A parent must be in the spa, sauna, or steam room with children ages 6 - 13. Children under 6 years of age are not allowed in the steam room or sauna.
3. Youth must be 16 years or older to use the weight room and fitness area. Youth ages 14 and 15 may be permitted to use these areas with a parent present, or upon successful completion of a weight room orientation. Appropriate athletic apparel is required.
4. A responsible adult (parent or guardian 18 and older) must be on the track with youth under 14.
5. The Recreation Center is not responsible for any articles lost or stolen. Lockers are available on a daily use basis. We encourage you to lock up your belongings and leave your valuables at home. Locks are available for purchase.
6. The Longmont Recreation Center is a public, family oriented facility. Profane language and/or abuse of people or equipment will not be tolerated. Offenders will be asked to leave.
7. Please report immediately any suspicious behavior or equipment abuse to the front desk.
8. No cotton clothing in pool.

Skate Park

Behind the Recreation Center

Hours: Daily - Sunrise to Sunset (Weather Permitting)

Rules: Please be respectful of the park, other users, and the neighbors.
Skate at your own risk.

Birthday Party Packages

Rent an hour of room time for your child's next birthday party! Rental fee includes entry for up to 10 people, adults included. The group rate per person will be applied for up to 20 people. Fee is due at time of booking. Cancellation Fee is \$5.00 if you cancel 7 days prior to your event. If you cancel less than 7 days prior, you will receive half your rental fee minus the \$5.00 cancellation fee.

Room rental includes tables and chairs along with pool, gym and climbing wall use before and/or after the room rental. If you would prefer to have a dedicated hour of climbing wall time for your group, there is an additional charge of \$25.00 an hour for every 10 children. Climbing wall birthday party reservations are not available during climbing class and/or open climbing wall times. Climbing Wall Party Packet Information must be completed and turned in on party day. All parents must sign the climbing wall waiver.

Fee: \$60

Call 303-774-4800 for available times or more information.

Large Group Rentals - In order to insure that your group will be able to use the facility - we request any group larger than 25 people to please call and reserve the time that you will be attending. Our pool, gym and rooms have maximum capacity numbers which cannot be exceeded. Therefore, if you were to bring a large group to go swimming we cannot guarantee your entrance if we are full without prior arrangements. Thank You.





St. Vrain Memorial Building

700 Longs Peak Ave • 303-651-8404

Located in Longmont's historic old town district, the St. Vrain Memorial Building offers:

- Locker rooms
- Fitness room
- Weight room with Treadmills, Lifecycles, Ellipticals, free weights, and circuit weights
- Locks and Lockers are available
- **Building Rentals Available**

Building/Weight Room Hours

Monday-Friday 6:00 am - 8:00 pm
Saturday 8:00 am - 5:00 pm
Holiday Hours: Closed Dec 24, 25, 31 & Jan 1

Open Gym Basketball*

For individuals 18 years and older
Tue & Thurs 11:30am-2:30pm

*Other drop-in times available; please call for more information. Locks available to check out with I.D. No towel or babysitting service available.

Memorial Building Rental Fees

For Rental Availability
Call 303-651-8404

Gymnasium	\$50/hr
Gym non-profit	\$35/hr
Classrooms	\$15-\$25/hr

Izaak Walton Clubhouse

18 South Sunset Street

\$25 per hour Weekdays until 5pm
\$50 per hour after 5pm, Sat & Sun
\$200 building deposit required at time of reservation. Additional fees may apply for pre-party services provided by the Recreation party planner. Great Rental facility for parties, wedding receptions, business meetings and community gatherings.

- Maximum Capacity 95 people
- Refrigerator & Microwave (catering style kitchen)
- No Smoking - No Alcohol, No Live Bands, amplified sound, all City noise ordinances must be adhered to. Music must be off by 10pm.

For more rentals, see page 56.

Itty Bitty City Indoor Playplace

Snow or Shine, our toys are divine!
Kids have lots of room to run and play!
Parents must supervise their children.
No older children, please! No fee for babies.
Ages: 6 months to 5 years w/parent

Day/Time: Jan 7-May 20, Fridays, 9am-11am
Jan 11-Mar 22, Tuesdays, 9am-11am

Location: St Vrain Memorial Building Gym, 700 Longs Peak Ave
Fee: \$2 per child drop-in; 10 Visit Pass: \$17

St Vrain Memorial Building Party Packages

Book your party today! Call the St Vrain Memorial Building at (303) 651-8404 or e-mail to check availability and reserve your party.

\$110 for 1.5 hours for 12 children,
\$8 each additional child. Food, beverages, tableware and decorations provided by parents. Party Host(ess) to lead and facilitate partygoer fun!

Party Format: 1/2 hour set up time for parents. 1 hour of entertainment and fun. 1/2 hour for cake and presents



Ages 1 to 3 years

Baby & Me Party

Enjoy an activity area set up for parents to play with their toddlers.

Itty Bitty City

A gym full of age-appropriate toys and activities.

Ages 6 to 14

Sword Games

Enjoy sword dueling skills and games in an exciting atmosphere.

Sports Theme Party

A larger party maximum, 28 youth, make the sports theme party rock for the entire class. Enjoy gym activities and sports.

Call the St Vrain Memorial Building at (303) 651-8404 to check schedule availability and to reserve your date. Full payment is required upon booking.



Ages 3 to 6 years

Dance Imagination Party

Drama, music, dance and play combine in this exploration of the world of fairy tales and storytelling. For specific themes, refer to web or call (303) 651-8404.

Itty Bitty City

A gym full of age-appropriate toys and activities.

Tumbling Party

Games, gymnastic mats, tumbling activities and fun!

"Your Theme" Party

Plan a party as unique as your child. Customizable themes available. Includes a party host to help bring your idea to life!

All Ages

Pay for the space you need to celebrate your party YOUR way!

Build Your Own

Rent the space you need and bring in the elements that will make your party rock! Can accommodate large groups.

Gym/Room Rentals

We provide the space, you provide everything else.

- Gym: \$50/hour
- Aspen Room: \$25/hr
- Spruce Room: \$25/hr

Add on Host(ess)

Our hosts will help facilitate youth activities to avoid party "stall-out".



Presented by
City of Longmont Recreation Services

And brought to you by:
Longmont Power & Communications
Platte River Power Authority

Roosevelt Park, 725 8th Avenue



For more information, please call the Longmont Ice Pavilion at 303-774-4777 or Recreation Services at 303-651-8404.

ICE RINK GENERAL ADMISSION

	Resident	Non-Res
Tot (Under 2 years)	Free	Free
Child 2-5 years	\$4.50	\$5.50
Youth 6-17 years	\$5.00	\$6.00
Adult 18-54 years	\$5.50	\$6.50
Senior 55 and up	\$5.00	\$6.00
Skate Rental	\$3.00	

Passes available, see page 1 for pricing.



Private Rentals

\$150/hour up to 30 people
\$200/hour 31-50 people
\$275/hour more than 50 people
Rental fee includes skate rental (?)

Public Skating Schedule

Nov 29-Dec 19, 2010

Mon	11:30am-1:30pm, 3-7:15pm
Tues	3-6:15pm
Wed	11:30am-1:30pm, 3-7:15pm
Thurs	3-5:45pm
Fri	12:30-9pm
Sat	10am-9pm
Sun	12-5pm

Dec 20, 2010-Jan 2, 2011

Mon - Thurs	10am-7:15pm
Fri	10am-3pm
Sat	12/25* Closed
Sat	1/1* 12-5pm
Sun	12-5pm

January 3 & 4, 2011

Mon/Tues	10am-5pm
----------	----------

January 5-March 13, 2011

Mon	11:30am-1:30pm, 3-5pm
Tues	3-5pm
Wed	11:30am-1:30pm, 3-5pm
Thurs	3-5pm
Fri	12:30-9pm
Sat	10am-6:45pm
Sun	2-5pm

Note: On school days off, public skating will begin at 10am.

Drop-in Figure Skating

January 6-March 10

Thurs 5:15-6pm

Drop-in Hockey Schedule

Adult is defined as age 18 & over.
Teen is defined as age 13-17. Youth is defined as age 12 and under.

November 29 - Dec 19, 2010

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

Dec 20, 2010 - Jan 2, 2011

Mon	8-9:45am	Youth
	7:30-9pm	Adult
Tues	8-9:45am	Youth
	7:30-9pm	Adult
Wed	8-9:45am	Youth
	7:30-9pm	Teen
Thurs	8-9:45am	Teen
	7:30-9pm	Adult
Fri	8-9:45am	Youth

Jan 3 & 4, 2011

Mon	8am-9:45am	Youth
	8pm-9pm	Adult
Tues	8am-9:45am	Youth

January 5-March 13, 2011

Mon	8-9pm	Adult
Tues	11:30am-1:30pm	Open
Wed	8:00-9:00pm	Teen
Thurs	11:30am-1:30pm	Open
	7:45-9pm	Adult
Fri	10:45am-12:15pm	Open
Sat	8-9:45am	Youth
	7-9pm	*Teen/Adult

*Alternating weekly between teen and adult.

Call for week.

Adult Learn-to-Play Hockey

Instruction on all aspects of the game. Players with underdeveloped skating skills should also enroll in an Adult learn-to-skate program.

Ages: 18 years to Adult

Date/Time: Jan 5-Mar 7,

Tues, 7:45-9pm

Beginner Class Code: 2054.101

Intermediate Class Code: 2054.102

Fee: \$100 resident

\$125 non-resident

Youth Hockey Classes

Focused individual hockey skill development.

Ages: 8 to 17 years

Date/Time: Tuesdays, 5:15-6pm

Fee: \$75 res, \$93.25 non-res

Stickhandling Skills

Learn the skills needed to "deke" the competition!

Jan 4-Feb 1 Code: 2013.112

Shooting and Scoring Skills

Get the skills you need to "put the biscuit in the basket"!

Feb 8 - Mar 8 Code: 2013.113



Learn-to-Skate Classes- Longmont Skating School

The Longmont Ice Pavilion is proud to offer the United States Figure Skating Basic Skills Program! Registration includes one class per week, rental skates if needed, and a 5 visit pass for public skating. USFS Membership fee is included with registration. USFS membership benefits include a record book with stickers to keep track of the levels they complete, a member patch, a year patch, information about skating, Sports Accident Insurance coverage and the opportunity to participate in group lessons, exhibitions, ice shows and Basic Skills competitions when offered.

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

Session 2: January 5 - February 3 (5 classes)

1/2 Hour Class Fees: \$55 res, \$67.50 non-res
3/4 Hour Class Fees: \$80 res, \$98.25 non-res

Session 3: February 9 – March 10 (5 classes)

1/2 Hour Class Fees: \$55 res, \$67.50 non res
3/4 Hour Class Fees: \$80 res, \$98.25 non-res

Ages 4-6

Snow Plow Sam 1

Wednesday, 11:30am-12pm Code: 2038.10
Thursday, 6-6:30pm Code: 2038.11

Skaters learn to sit and stand up with skates on & off ice, march in place, march forward 8-10 steps, march then glide on two feet, and dip in place.

Snow Plow Sam 2

Thursday, 6-6:30pm Code: 2039.1

Skaters learn to march followed by a long glide, dip while moving, backward wiggles 6 in a row, forward two foot swizzles 2-3 in a row, rocking horse, one forward & one backward swizzle, two foot hop in place.

Snow Plow Sam 3

Thursday, 6-6:30pm Code: 2040.1

Skaters learn forward skating 8-10 steps, forward one foot glide on right and left foot, forward swizzles 4-6 in a row, backward swizzles 4-6 in a row, forward snowplow stop, and curves.

Ages 7-13

Basic Skills 1

Thursday, 6:30-7pm Code: 2041.1

Skaters learn to sit and stand up with skates on & off ice, march forward across ice, forward two foot glide, dip, forward swizzles 6-8 in a row, backward wiggles 6-8 in a row, snowplow stop, and rocking horse 2-3 in a row, two foot hop in place.

Basic Skills 2

Thursday, 6:30-7pm
Code: 2042.1

Skaters learn forward on foot glides left and right foot, backward two foot glide, backward swizzles 6-8 in a row, two foot turn from forward to backward in place, moving snowplow stop, and forward alternating 1/2 swizzle pumps in a straight line.



Basic Skills 3

Thursday, 6:30-7pm Code: 2043.1

Skaters learn forward stroking showing correct use of blade, forward 1/2 swizzle pumps on a circle 6-8 consecutive clockwise and counter clockwise, moving forward to backward two foot turn clockwise and counter clockwise, backward on foot glides right and left, forward slalom, and two foot spin up to two revolutions.

For descriptions of below learn-to-skate classes, see www.ci.longmont.co.us/rec/Icerink/lesson.htm

Basic Skills 4 Thursday, 7-7:30pm Code: 2044.1

Basic Skills 5 Thursday, 7-7:30pm Code: 2045.1

Basic Skills 6 Thursday, 7-7:30pm Code: 2046.1

Basic Skills 7 Thursday, 7-7:30pm Code: 2047.1

Basic Skills 8 Thursday, 7-7:30pm Code: 2048.1

Age 14 Years Through Adult

Adult 1

Thursday, 7-7:45pm Code: 2050.1

Skaters learn falling and recovery, forward strides and glides, forward swizzles 4-6 in a row, backward skating, backward swizzles 4-6 in a row, forward one foot glides one time skaters height right and left, two foot turns in place, snowplow stops right or left, forward curves on two feet, and forward 1/2 swizzle pumps on a circle clockwise and counter clockwise.

Adult 2

Thursday, 7-7:45pm Code: 2051.1

Skaters learn forward stroking, backward 1/2 swizzle pumps in a circle clockwise and counter clockwise, moving two foot turns on a curve clockwise and counter clockwise, forward edges on a circle outside and inside clockwise and counter clockwise, forward crossovers clockwise and counter clockwise, backward on foot glide right or left, forward pivot on direction only, and forward chasses on a circle both directions.

For descriptions of below learn-to-skate classes, see www.ci.longmont.co.us/rec/Icerink/lesson.htm

Adult 3 Thursday, 7-7:45pm Code: 2052.1

Adult 4 Friday, 7-7:45pm Code: 2053.1



CENTENNIAL POOL

1201 Alpine Street • 303-651-8406

Enjoy year-round fitness and fun at Centennial Pool. Come workout or play in our pool with six 25-yard lap lanes, wading area and deep end, complete with two 1-meter diving boards. Land fitness is available in our fitness room with treadmills, Lifecycles, elliptical, rowing machine and a cable resistance weight machine. We also offer a variety of Land and Water Fitness Classes. Stop by any City of Longmont recreation facility to pick up a fitness schedule today!

Winter/ Spring Hours

December 2010- May 2011

Fitness Room

Mon-Thurs	5:30am-9pm
Friday	5:30am-6:30pm
Saturday	7am-4pm
Sunday	11am-5pm

Lap Swim*

Mon-Fri	5:30am-2:30pm
Friday	5:30pm-6:30pm
Saturday	8am-11am & 1-4pm
Sunday	11am-5pm

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

Open Swim

Mon-Thurs	11am-2:30pm
Friday	9am-2:30pm
Sat-Family Swim	1pm-4pm
\$3 Sunday	1pm-3pm

No School Days

Lap Swim: 5:30am-3:30pm,

Open Swim: 1-3:30pm

Mon- Thurs: Dec 20-Jan 4

Mon: Jan 17 & Feb 21

Mon- Fri: Mar 28-Apr 1

Holiday Facility Hours

Fri, Dec 24 & Dec 31: 5:30am-3:30pm

Sat, Dec 25 & Jan 1; Sun, Apr 24:

CLOSED

Quick Fit at Centennial Pool

Centennial's fitness room overlooks the pool and is perfect for a quick workout while you watch your child's swim lesson. The Quick Fit is only available at Centennial Pool for parents with children in the water taking learn-to-swim classes. \$2 for residents/ \$2.50 for non residents.

**For First Aid & CPR Classes
See Page 52.**

Birthday Party Packages

Have a care-free party at Centennial Pool complete with birthday cake, punch, all the trimmings and swimming fun! If desired, our staff will be on hand to play games and entertain your party. Birthday Party Packages are only available during regularly scheduled Open Swim Hours for two hours. Call 303-651-8406 to reserve with full payment. Fee includes cake, punch, decorations, and swim admission.

Fee:	\$80 for up to 12
	\$100 for 13-16
	\$120 for 17-20

Please note that one adult per 5 children must be in the water with children under 6 years.

Parents Night Out

When was the last time you and your spouse had date night? Drop the kiddos at Centennial Pool for a fun, supervised evening of arts & crafts, movies, games and of course swimming!

Ages: 6 to 10 years

Day/Time: Feb 12, Saturday, 5-9pm

Location: Centennial Pool,
1201 Alpine

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

Code: 6201.101

Private After-Hour Rentals at Centennial Pool

Hold your own special event at Centennial Pool! Rental time is started when the facility is open to the group and ends when the facility is empty and locked at the completion of the rental. When making your reservation consider the time needed to set up decorations as well as the shower time of your guests. Prices can be adjusted to accommodate this extra time. The entire rental fee is due when making the reservation, 1/2 is refundable if you choose to cancel.

Fridays after 6:30pm, Saturdays after 4pm, Sundays before 11am

Fee:	\$50/ hour for up to 25 swimmers
	\$60/ hour for up to 50 swimmers
	\$70/ hour for up to 75 swimmers
	\$80/ hour for up to 100 swimmers
	\$100/ hour for more than 100 swimmers

Observation Room Rental

Rent the observation room at Centennial Pool during regular operation hours and receive the prescheduled group rate to use the facility. Rental includes use of 2 tables and 16 chairs. Contact 303-651-8406 to reserve the room. Rental fee is non-refundable. Observation Room Fee: \$25 for up to 3 hours



Youth Learn-To-Swim Programs

Registration Information: Registration begins December 14. Registrations can be done on-line at <http://www.ci.longmont.co.us/rec>, in person, or over the phone at Centennial Pool, 303-651-8406; the Longmont Recreation Center, 303-774-4800; or the St Vrain Memorial Building, 303-651-8404.

Preschool Program: 3 thru 5 Years Old

The preschool classes follow the American Red Cross Level Program, but further divide the skills to provide a learning environment better suited for preschoolers. Preschool lessons are 30 min.

Turtle: Water Introduction

Students with no or limited water experience and who are uncomfortable putting their face in the water.

Alligator: Skill Introduction

Students comfortable in the water will learn to float independently on front and back for 5 seconds.

Seal: Stroke Introduction

Students who float independently will learn to swim 10 yds without stopping and become comfortable in deep water.

Dolphin: Skill Improvement

Students who swim 10 yds and are comfortable in deep water will learn proper breathing techniques and elementary backstroke.

Whale: Stroke Development

Students with proper breathing will work on increasing endurance and be introduced to sidestroke and survival float.

Parent/Child: 6 months to 3 years old

Aquababy: 6-18 month

Aquatot: 18 month - 3 yrs

Parent/Child classes are 30 min.

Parent and child will be coached using a variety of games and techniques individualized to maximize success in water comfort and skills. Sessions can and should be repeated. A drop-in option is offered during Saturday mornings and Sunday afternoons at Centennial Pool for \$4 resident / \$5.25 non-resident.

Teen/Tween

Teen/Tween is for youth 11 and up looking to build confidence in their swimming skills while working with people around their same age. Group work, enhanced by individualized instruction, will assure you get what you need to be a confident swimmer.

Private Swim Lessons

A limited number of instructors are available, but we will try to accommodate your needs. Call Centennial Pool, 303-651-8406 or the Longmont Recreation Center, 303-774-4800 to leave your name/number, pool, time & day preference.

Private Fee: \$18 resident/ \$22 non-resident per ½ hour
Semi-Private Fee: (2+) \$25 resident /\$31 non-resident per ½ hour

American Red Cross Level Program

6 yrs & up -Level 1 & 2 are 30 min • Levels 3-6 are 40 min

Level 1: Water Introduction

Students will become comfortable putting their face in the water and learn to float independently on their front and back.

Level 2: Skill Introduction

Students who can float independently will learn to swim 10 yds, on front and back, without stopping.

Level 3: Stroke Development

Students who can swim on their front will learn breathing techniques, elementary backstroke and kicks used in all of the swimming strokes.

Level 4: Stroke Improvement

Students who have proper breathing and swim in deep water will learn backstroke, breaststroke, sidestroke and butterfly.

Level 5: Stroke Refinement:

Students will continue to work on stroke technique while increasing endurance, flip turns, and surface dives.

Level 6: Fitness Swimming

An individualized approach will be used to develop strokes, increase endurance and continue to work on a variety of skills. Students will progress up to a 500 yd continuous swim – a great preparation for taking the lifeguard class.

Swim Testing

If you are unsure which swim class to sign-up for, arrange a FREE swim test at Centennial Pool, 303-651-8406 or Longmont Recreation Center 303-774-4800.

Special Needs Swim Lessons

Adapted swim lessons for individuals with special needs not ready or comfortable participating in larger group lessons. Geared for higher functioning individuals, or individuals with a self-provided caregiver. *No class Apr 24.

Ages:	6 to 16 years	Code:
Day/Time:	Sunday, 3:45-4:25pm	
Dates:	Jan 9– Feb 13	6034.101
Fee:	\$24 res/ \$30 non-res	
	Feb 20- Apr 3	6034.102
Fee:	\$28 res/ \$35 non-res	
	Apr 10-May 22*	6034.201
Fee:	\$24 res/ \$30 non-res	
Location:	Centennial Pool, 1201 Alpine St	

Swim Lessons - Centennial Pool

Winter/Spring 2011 | www.ci.longmont.co.us/rec

Centennial Pool

Monday & Wednesday AM & PM	Time Dates	Jan Ssn	Feb Ssn	March Ssn	April Ssn	May Ssn
		1/10-1/26 (3 wk)	1/31-2/23 (4 wk)	2/28-3/23 (4 wk)	4/4-4/27 (4 wk)	5/2-5/18 (3wk)
		Price	\$22.50/ \$28.25	\$30/\$37.50	\$30/\$37.50	\$22.50/ \$28.25
Aqua Baby/ Tot	6:05 PM	6050.101	6050.104	6050.201	6050.204	6050.205
Turtle	10:05 AM	6053.101	6053.108	6053.201	6053.208	6053.212
	3:45 PM	6053.102	6053.109	6053.202	6053.209	6053.213
	4:55 PM	6053.103	6053.110	6053.203	6053.210	6053.214
Alligator	10:40 AM	6054.101	6054.108	6054.201	6054.208	6054.212
	3:45 PM	6054.102	6054.109	6054.202	6054.209	6054.213
	4:55 PM	6054.103	6054.110	6054.203	6054.210	6054.214
Seal	9:30 AM	6055.101	6055.107	6055.201	6055.207	6055.211
	3:45 PM	6055.102	6055.108	6055.202	6055.208	6055.212
	5:30 PM	6055.103	6055.109	6055.203	6055.209	6055.213
Dolphin	11:15 AM	6056.101	6056.106	6056.201	6056.206	6056.209
	4:20 PM	6056.102	6056.107	6056.202	6056.207	6056.210
Whale	11:50 AM	6057.101	6057.106	6057.201	6057.206	6057.209
	3:55 PM	6057.102	6057.107	6057.202	6057.207	6057.210
Level 1	4:30 PM	6001.101	6001.105	6001.201	6001.205	6001.207
	5:30 PM	6001.102	6001.106	6001.202	6001.206	6001.208
Level 2	4:20 PM	6002.101	6002.106	6002.201	6002.206	6002.208
	6:05 PM	6002.102	6002.107	6002.202	6002.207	6002.209
Level 3	4:20 PM	6003.101	6003.106	6003.201	6003.206	6003.208
	5:05 PM	6003.102	6003.107	6003.202	6003.207	6003.209
Level 4	5:05 PM	6004.101	6004.105	6004.201	6004.205	6004.207
	5:50 PM	6004.102	6004.106	6004.202	6004.206	6004.208
Level 5	5:05 PM	6005.101	6005.104	6005.201	6005.204	6005.205
Level 6	5:50 PM	6006.101	6006.104	6006.201	6006.204	6006.205
Teen Tween	5:50 PM	6102.101	6102.103	6102.201	6102.203	6102.204
Diving		For diving pricing, see page 11				
Beginner Diving	5:15 PM	6209.101	6209.103	6203.201	6203.202	6203.204
Inter/Adv Diving	5:15 PM	6209.111	6209.113	6203.211	6203.212	6203.214

Tuesday & Thursday AM	Time Dates	Jan Ssn	Feb Ssn	March Ssn	April Ssn	May Ssn
		1/11-1/27 (3 wk)	2/1-2/24 (4 wk)	3/1-3/24 (4 wk)	4/5-4/28 (4 wk)	5/3-5/19 (3 wk)
		Price	\$22.50/ \$28.25	\$30/\$37.50	\$30/\$37.50	\$22.50/ \$28.25
Turtle	11:00 AM	6053.104	6053.111	6053.204	6053.211	6053.215
Alligator	11:35 AM	6054.104	6054.111	6054.204	6054.211	6054.215
Seal	10:25 AM	6055.104	6055.110	6055.204	6055.210	6055.214
Dolphin	9:50 AM	6056.103	6056.108	6056.203	6056.208	6056.211
Whale	9:15 AM	6057.103	6057.108	6057.203	6057.208	6057.211

Saturday Morning	Time	Ssn 1	Ssn 2	Ssn 3	Sunday Afternoon	Time	Ssn 1	Ssn 2	Ssn 3*	
		Dates	1/8-2/12 (6 wk)	2/19-4/2 (7 wk)		Dates	1/9-2/13 (6 wk)	2/20-4/3 (7 wk)	4/10-5/22 (6 wk)	
		Price	\$22.50/\$28.25	\$26.25/\$32.75		Price	\$22.50/\$28.25	\$26.25/\$32.75	\$22.50/\$28.25	
Aqua Baby/Tot	10:30 AM	6050.102	6050.105	6050.202	Aqua Baby/ Tot	4:25 PM	6050.103	6050.106	6050.203	
Turtle	9:20 AM	6053.105	6053.112	6053.205	Turtle	4:05 PM	6053.107	6053.114	6053.207	
	10:55 AM	6053.106	6053.113	6053.206	Alligator	3:30 PM	6054.107	6054.114	6054.207	
Alligator	8:45 AM	6054.105	6054.112	6054.205	Seal	4:25 PM	6055.106	6055.112	6055.206	
	10:45 AM	6054.106	6054.113	6054.206	Dolphin	2:55 PM	6056.105	6056.110	6056.205	
Seal	10:45 AM	6055.105	6055.111	6055.205	Whale	2:55 PM	6057.105	6057.110	6057.205	
Dolphin	8:50 AM	6056.104	6056.109	6056.204	Level 1	2:55 PM	6001.104	6001.108	6001.204	
Whale	10:10 AM	6057.104	6057.109	6057.204	Level 2	3:05 PM	6002.105	6002.110	6002.205	
Level 1	9:55 AM	6001.103	6001.107	6001.203	Level 3	3:30 PM	6003.105	6003.110	6003.205	
Level 2	8:50 AM	6002.103	6002.108	6002.203	Level 4	4:15 PM	6004.104	6004.108	6004.204	
	10:10 AM	6002.104	6002.109	6002.204	Level 5	3:40 PM	6005.103	6005.106	6005.203	
Level 3	8:40 AM	6003.103	6003.108	6003.203	Level 6	3:30 PM	6006.103	6006.106	6006.203	
	10:10 AM	6003.104	6003.109	6003.204	Teen Tween	4:15 PM	6102.102	6102.104	6102.202	
Level 4	9:25 AM	6004.103	6004.107	6004.203	Diving	For diving pricing, see page 11				
Level 5	9:25 AM	6005.102	6005.105	6005.202	Beginner	3:00 PM	6209.102	6209.104	6203.203	
Level 6	9:25 AM	6006.102	6006.105	6006.202	Inter/Adv	3:45 PM	6209.112	6209.114	6203.213	



Longmont Recreation

Tuesday & Thursday AM	Time	Jan Ssn	Feb Ssn	Mar Ssn	Apr Ssn	May Ssn
	Dates	1/4-1/27 (4 wk)	\$30/\$37.50	\$30/\$37.50	\$30/\$37.50	5/3-5/19 (3 wk)
Turtle	10:05 AM	6053.170	6053.180	6053.260	6053.270	6053.280
Alligator	9:30 AM	6054.170	6054.180	6054.260	6054.270	6054.280
Seal	10:05 AM	6055.170	6055.180	6055.260	6055.270	6055.280
Dolphin	10:40 AM	6056.170	6056.180	6056.260	6056.270	6056.280
Whale	8:55 AM	6057.170	6057.180	6057.260	6057.270	6057.280
Aqua Baby/Tot	9:30 AM	6050.170	6050.180	6050.260	6050.270	6050.280

*Aquatot fee is \$15/res for 4 week sessions or \$11.25/res for 3 week sessions

Tuesday Afternoons	Time	Jan Ssn	Mar Ssn	Apr Ssn	Thursday Afternoons	Time	Jan Ssn	Mar Ssn	Apr Ssn
	Dates	1/11-2/15 (6 wk)	2/22-3/22 (5 wk)	4/5-5/10 (6 wk)	Dates	1/13-2/17 (6 wk)	2/24-3/24 (5 wk)	4/7-5/12 (6 wk)	
	Price	\$22.50/\$28.25	\$18.75/\$23.50	\$22.50/\$28.25	Price	\$22.50/\$28.25	\$18.75/\$23.50	\$22.50/\$28.25	
Aqua Baby/Tot	5:30 PM	6050.172	6050.262	6050.272	Turtle	3:45 PM	6053.176	6053.266	6053.276
Turtle	3:45 PM	6053.172	6053.262	6053.272		4:20 PM	6053.177	6053.267	6053.277
	4:20 PM	6053.173	6053.263	6053.273	Alligator	3:45 PM	6054.176	6054.266	6054.276
	4:55 PM	6053.174	6053.264	6053.274		4:20 PM	6054.177	6054.267	6054.277
Alligator	3:45 PM	6054.172	6054.262	6054.272	Seal	3:45 PM	6055.176	6055.266	6055.276
	4:20 PM	6054.173	6054.263	6054.273		4:55 PM	6055.177	6055.267	6055.277
	4:55 PM	6054.174	6054.264	6054.274	Dolphin	4:55 PM	6056.176	6056.266	6056.276
Seal	3:45 PM	6055.172	6055.262	6055.272	Whale	4:20 PM	6057.176	6057.266	6057.276
	4:55 PM	6055.173	6055.263	6055.273	Level 1	3:45 PM	6001.176	6001.266	6001.276
Dolphin	4:20 PM	6056.172	6056.262	6056.272	Level 2	5:05 PM	6002.176	6002.266	6002.276
Whale	4:30 PM	6057.172	6057.262	6057.272	Level 3	4:20 PM	6003.176	6003.266	6003.276
Level 1	4:30 PM	6001.172	6001.262	6001.272	Level 4	4:55 PM	6004.176	6004.266	6004.276
Level 2	3:45 PM	6002.172	6002.262	6002.272	Level 5	3:45 PM	6005.176	6005.266	6005.276
Level 3	3:45 PM	6003.172	6003.262	6003.272	Teen Tween	5:20 PM	6102.176	6102.266	6102.276
	5:05 PM	6003.173	6003.263	6003.273					
Level 4	3:45 PM	6004.172	6004.262	6004.272					
	5:05 PM	6004.173	6004.263	6004.273					
Level 5/6	4:20 PM	6005.172	6005.262	6005.272					
Wednesday Afternoons	Time	Jan Ssn	Mar Ssn	Apr Ssn	Sunday Mornings	Time	Jan Ssn	Mar Ssn	Apr Ssn
	Dates	1/12-2/16 (6 wk)	2/23-3/23 (5 wk)	4/6-5/11 (6 wk)		Dates	1/9-2/13 (6 wk)	2/20-3/27 (6 wk)	4/3-5/15 (6 wk)
	Price	\$22.50/\$28.25	\$18.75/\$23.50	\$22.50/\$28.25		Price	\$22.50/\$28.25	\$22.50/\$28.25	\$22.50/\$28.25
Turtle	12:00 PM	6053.171	6053.261	6053.271	Aqua Baby/Tot	9:40 AM	6050.178	6050.268	6050.278
Alligator	1:10 PM	6054.171	6054.261	6054.271	Turtle	8:30 AM	6053.178	6053.268	6053.278
Seal	12:35 PM	6055.171	6055.261	6055.271		9:40 AM	6053.179	6053.269	6053.279
Dolphin	1:45 PM	6056.171	6056.261	6056.271	Alligator	8:30 AM	6054.178	6054.268	6054.278

* There will not be any swim lessons during
St Vrain Valley's Spring Break 3/28-4/2



Water Explorers

Not yet old enough for learn to swim lessons? Ready to be in the water without mom or dad? Your preschooler will be exploring the water through songs, games, and toys with an instructor while at the same time learning how to be part of a group, understanding water safety rules, and following directions. Classes are 30 minutes.

Ages: 2 1/2 to 3 1/2 years

Days/Times: Mon or Wed, 8:55am or 12:25pm

Location: Centennial Pool, 1201

Days/Times: Sun, 9:15am; Thurs, 9:30am; or Tues, 5pm
Location: Longmont Recreation Center, 310 Quail

For session dates and fees, please see page 33.

Blast! Accelerated Swim Lessons

Ages: 6 years & older
Location: Centennial Pool, 1201 Alpine St

Beginning Blast

Pre-requisite: Must be able to glide 15 ft on front and back, swim 15 ft crawl stroke with face in the water and be comfortable in deep water. Technique-based lessons focused on developing basics of competitive swim strokes. Students will learn freestyle with side breathing, backstroke and breaststroke kick.

Days/Times: Monday & Wednesday, 4:20pm-5pm

Dates:	Code:	Fee:
Jan 10-26	6214.101	\$30 res/\$37.50 non-res
Jan 31-Feb 23	6214.102	\$40 res/ \$50 non-res
Feb 28-Mar 23	6214.201	\$40 res/ \$50 non-res
Apr 4-27	6214.202	\$40 res/ \$50 non-res
May 2-18	6214.203	\$30 res/\$37.50 non-res

Blast 1

Pre-Requisite: Must be able to swim 25 yards freestyle non-stop with face in the water breathing to the side. For kids 6 & up who want to improve their strokes and work on endurance. Coach Robert will emphasize freestyle, backstroke, and breaststroke for those who have swim team in mind. *No class Apr 24, Easter Sunday.

Days/Times: Sunday, 12:30-1:30pm

Dates:	Code:	Fee:
Jan 9-Feb 13	6214.103	\$30 res/\$37.50 non-res
Feb 20-Apr 3	6214.104	\$35 res/\$43.75 non-res
Apr 10-May 22*	6214.204	\$30 res/\$37.50 non-res

Blast 2

Pre-Requisite: Must have coach's permission. Contact Coach Robert at coach@q.com for details. For kids 6 & up who want to further improve their stroke; add butterfly, starts, and turns, and learn to use a pace clock. *No class Apr 24.

Days/Times: Sunday, 1:30-2:30pm

Dates:	Code:	Fee:
Jan 9-Feb 13	6214.105	\$30 res/\$37.50 non-res
Feb 20-Apr 3	6214.106	\$35 res/\$43.75 non-res
Apr 10-May 22*	6214.205	\$30 res/\$37.50 non-res

Special Needs Swim Lessons

Adapted swim lessons for individuals with special needs not ready or comfortable participating in larger group lessons. Geared for higher functioning individuals, or individuals with a self-provided caregiver. *No class Apr 24.

Ages: 6 to 16 years

Day/Time: Sunday, 3:45-4:25pm

Dates:	Code:	Fee:
Jan 9-Feb 13	6034.101	\$24 res/ \$30 non-res
Feb 20-Apr 3	6034.102	\$28 res/ \$35 non-res
Apr 10-May 22*	6034.201	\$24 res/ \$30 non-res
Location:	Centennial Pool, 1201 Alpine St	

Synchronized Swim Lessons

Pre-requisite: Must be able to swim 1 length of the pool. Synchronized swimming is a fun combination of swimming, dancing and gymnastics. Participants have the opportunity to progress on to the Angelfish Synchronized Swim Team.

Ages: 8-16 years old

Days/Times: Tuesdays, 5:30-6:30pm

Dates: Jan 4-Feb 8 Code: 6215.111

Dates: Feb 15-Mar 22 Code: 6215.112

Location: Centennial Pool, 1201 Alpine St

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

DIVING

All divers, Beginner through Advanced, have the option to compete in CARA dive meets (TBA). Adult divers are welcome on Sunday classes. *No classes Apr 24, Easter Sunday.

Ages: 7 to 18 years

Location: Centennial Pool, 1201 Alpine St

Beginner Diving

Pre-Requisite: Must be able to dive off the side of the pool head first and swim independently in the diving well. Learn dive safety, etiquette, & approaches.

Days/Time: Mon & Wed, 5:15-6pm

Dates:	Code:	Fee (res/non-res):
Jan 10-26	6209.101	\$36 / \$45
Jan 31-Feb 23	6209.103	\$48 / \$60
Feb 28-Mar 23	6209.201	\$48 / \$60
Apr 4-27	6209.202	\$48 / \$60
May 2-18	6209.204	\$36 / \$45

Day/Time: Sunday, 3:30-4:45pm

Dates:	Code:	Fee (res/non-res):
Jan 9-Feb 13	6209.102	\$36 / \$45
Feb 20-Apr 3	6209.104	\$42 / \$52.50
Apr 10-May 22*	6209.203	\$36 / \$45

Intermediate/Advanced Diving

Pre-Requisite: Must have mastered front and back dives and be prepared to learn inward and reverse dives as well as flips. Learn tuck, pike and straight positions. Twisting jumps, front dive with proper approach and back dives will also be covered.

Days/Time: Mon & Wed, 5:15-6:30pm

Dates:	Code:	Fee (res/non-res):
Jan 10-26	6209.111	\$43.50/\$54.50
Jan 31-Feb 23	6209.113	\$58/ \$72.50
Feb 28-Mar 23	6209.211	\$58/ \$72.50
Apr 4-27	6209.212	\$58/ \$72.50
May 2-18	6209.214	\$43.50/\$54.50

Day/Time: Sunday, 3:45-5pm

Dates:	Code:	Fee (res/non-res):
Jan 9-Feb 13	6209.112	\$43.50/ \$54.50
Feb 20-Apr 3	6209.114	\$50.75/ \$63.50
Apr 10-May 22*	6209.213	\$43.50/ \$54.50

CARA Swim Team

CARA swimming is a recreational swim team for youth ages 6-18 who are not USS swimmers, with an emphasis placed on technique building, endurance building and FUN! Age is determined by your child's age on Jan 1, 2011.

Pre-Requisite 6-10, 6-14 & 11-14 groups: Ability to swim one length of pool front crawl with rotary breathing and back crawl without stopping or using assistance.

Pre-Requisite 11-18 group: knowledge of all 4 competitive strokes and swim 400 yards freestyle with rotary breathing. All participants will be evaluated on the first day of practice.

Meets: Jan TBA, Feb 13 (Longmont)
Mar 27 (Northglenn), Apr 16 (Longmont)

Centennial Tsunamis CARA:

Practice: January 4 – April 21 (15wks)

*No practice Mar 29 & 31

Days: Tuesdays & Thursdays

Age Group	Time	Code	Fee
6-10 yrs	5:30-6:15pm	6203.101	\$90 res/ \$112.50 non-res
6-10 yrs	6:15-7pm	6203.102	\$90 res/ \$112.50 non-res
11-14 yrs	5:30-6:30pm	6203.103	\$94.50 res/ \$118 non-res
11-18 yrs	6:30-7:45pm	6203.104	\$97.50 res/ \$122 non-res

Location: Centennial Pool, 1201 Alpine St

Recreation Center Piranha CARA:

Practice: January 10– April 18 (13wks+a day)

*No practice Mar 28 & 30

Days: Mondays & Wednesdays

Age Group	Time	Code	Fee
6-14 yrs	4:25-5:10pm	6203.170	\$84 res/ \$105 no-res
6-14 yrs	5:15-6pm	6203.171	\$84 res/ \$105 no-res
10-18 yrs	5:15-6:30pm	6203.172	\$91 res/ \$113.75 no-res
10-18 yrs	6:35-7:50pm	6203.173	\$91 res/ \$113.75 no-res

Location: Longmont Recreation Center, 310 Quail Rd

Pre-Summer CARA Prep

Just keep swimming! Don't take the month of May off! This is a great chance to stay in the water working on technique and endurance with CARA coaches to be ready for the summer swim teams and/or triathlons! Same prerequisites as CARA swim team.

Date/Days: Apr 26-May 19, Tuesdays & Thursdays

Age Group	Time	Code	Fee
6-10 yrs	5:30-6:15pm	6203.201	\$24 res/ \$30 non-res
6-10 yrs	6:15-7pm	6203.202	\$24 res/ \$30 non-res
11-14 yrs	5:30-6:30pm	6203.203	\$26 res/ \$32.50 non-res
11-18 yrs	6:30-7:30pm	6203.204	\$26 res/ \$32.50 non-res

Location: Centennial Pool, 1201 Alpine St

Adult/Senior Swim Lessons

It is never too late to learn to swim or improve your skills! For adults and seniors of all swimming abilities, this class offers individualized instruction within a supportive group environment. *No class Apr 24.

Ages: 18 years to Adult

Day/Time: Sundays, 2:55-3:40pm

Dates: Code: Fee:

Jan 9-Feb 13 6101.101 \$30 res/ \$37.50 non-res

Feb 20-Apr 3 6101.102 \$35 res/ \$43.75 non-res

Apr 10-May 22* 6101.201 \$30 res/ \$37.50 non-res

Location: Centennial Pool, 1201 Alpine St

Day/Time: Sundays, 8:30-9:15am

Dates: Code: Fee:

Jan 9-Feb 13 6101.178 \$30 res/ \$37.50 non-res

Feb 20-Mar 27 6101.268 \$30 res/ \$37.50 non-res

Apr 3-May 15* 6101.278 \$30 res/ \$37.50 non-res

Location: Longmont Recreation Center, 310 Quail Road

Day/Time: Sundays, 10:30-11:15am "New Class"

Dates: Code: Fee:

Jan 9-Feb 13 6101.179 \$30 res/ \$37.50 non-res

Feb 20-Mar 27 6101.269 \$30 res/ \$37.50 non-res

Apr 3-May 15* 6101.279 \$30 res/ \$37.50 non-res

Location: Longmont Recreation Center, 310 Quail Road

Day/Time: Tuesdays, 5:30-6:15pm "New Class"

Dates: Code: Fee:

Jan 11-Feb 15 6101.172 \$30 res/ \$37.50 non-res

Feb 22-Mar 22 6101.262 \$25 res/ \$31.25 non-res

Apr 5-May 10* 6101.272 \$30 res/ \$37.50 non-res

Location: Longmont Recreation Center, 310 Quail Road

Swim Technique Training

Not sure you're ready for a Master's workout? Coach Robert provides individualized instruction intended to improve your stroke and breathing technique. Geared towards adults and seniors looking to refine their stroke, improve endurance, join Masters or train with other adults in a smaller group setting. *No class April 24.

Ages: 18 years to Adult

Day/Time: Sundays, 11:00am-12:00pm

Dates: Code: Fee:

Jan 9-Feb 13 6101.103 \$30 res/ \$37.50 non-res

Feb 20-Apr 3 6101.104 \$35 res/ \$43.75 non-res

Apr 10-May 22* 6101.202 \$30 res/ \$37.50 non-res

Location: Centennial Pool, 1201 Alpine St

Beginning Swimming for Triathletes

Learn the techniques of sighting, drafting, group swimming and develop the endurance you need to tackle your first open water swim. Participants of this class will get \$5 off an open water swim clinic taught by Coach Robert during the 2011 summer season; dates and times will be in the summer brochure. *No class April 24.

Ages: 18 years to Adult

Days/Time: Sunday, 2:45-3:45pm

Dates: Code: Fee:

Jan 9-Feb 13 6101.105 \$36 res/ \$45 non-res

Feb 20-Apr 3 6101.106 \$42 res/ \$52.50 non-res

Apr 10-May 22* 6101.203 \$36 res/ \$45 non-res

Location: Centennial Pool, 1201 Alpine St



Beginning Masters Swimming

Not quite ready for Masters Swimming? Beginning Masters can get you there! While catering to your individual needs, you will receive stroke work plus a great workout. This on-going program is recommended for adults who are comfortable swimming 200 yards non-stop.

Day/Time: Tues/Thurs, 7:30-8:30pm
 Location: Centennial Pool with Coach Megan
 Fee: Daily Admission

Masters Swimming

Improve your skills and stamina while using intervals, drills and distance swimming. This on-going program is recommended for adults who are comfortable swimming at least 1000 yards.

Days/Times: Mon, Wed, Fri - 6-7:15am, Sat - 6:45am-8am
 Location: Centennial Pool with Coach Scott

Days/Times: Tues & Thurs 12-1pm & 6:30-7:30pm
 Location: Longmont Recreation Center with Coach Robert
 Fee: Daily Admission

Open Kayak

Come to Centennial Pool to keep up with your rolls and braces. Why not take time to perfect your off-side roll or your hand roll? Please wash out all boats in the fenced in patio located on the South end of the pool prior to entering the water (hose provided). New! Please register in advance with payment to secure your spot! Maximum of 16 kayaks.

Days/Dates: Sundays, 5-7pm, Jan 9 through April 17
 Location: Centennial Pool, 1201 Alpine St
 Fee: \$8 resident/ \$10 non-resident

When reserving- please use Code: 4793 + Date(s) desired.

**Hiring for Outdoor Pool staff begins
 in February 2011! Get your Lifeguard
 and/or WSI certification today to
 secure your summer job!**

Water Safety Instructor (WSI) Training

Pre-Requisite: 16 yrs old on or before the last day of class. Level 4 proficiency of front & back crawl, breaststroke, sidestroke, elementary backstroke and butterfly. Learn the techniques and skills necessary to be an American Red Cross Instructor. FIT certification is included with this class. Class is intensive, please bring a sack lunch and swim suit every day. Water skills test & FIT class on first day.

Dates/Times: Dec 18, Sat, 1-6pm;
 Dec 20-22, Mon-Wed, 8:30am-6pm
 Code: 6320.100

Dates/Time: Apr 27, Wed, 4:30-9pm;
 May 2-13: M/W/F 4:30-8:30pm, Sat 11am-5pm
 Code: 6320.200

Location: Centennial Pool, 1201 Alpine
 Fee: \$130 resident / \$162.50 non-resident
 Pending employee \$65

Safety Training for Coaches **NEW!**

An excellent (and often required) class for swim coaches, officials, and fitness instructors. Safety Training topics include: Responsible Coaching, Safety Awareness including dryland training and event safety, Emergency Planning and Response and Common Injuries and Medical Conditions. Upon successful completion of the class, the American Red Cross certificate is valid for 3 years.

Age: 16 years and older Code: 6320.130
 Date/Time: Jan 29 & 30, Sat & Sun, 12-4pm
 Location: Centennial Pool, 1201 Alpine St
 Fee: \$50 resident/ \$62.50 non-resident

ARC Lifeguard Training

Pre-Requisite: Must be 15 years old before the last class; 550 yard continuous swim of 200 Front Crawl, 200 Breaststroke, 150 Front Crawl or Breaststroke. Learn the basics of lifeguard skills and practices. First Aid and CPR/AED for the Professional rescuer are included. Register at least 1 week before the first class to ensure place in class. If you are unsure if you can pass the Pre-Requisite- drop in to the Beginning Masters Swim Group Tues/ Thurs nights 7:30-8:30pm at Centennial Pool!

Dates/Times: Dec 20, Mon, 6-7pm – pre-test
 Dec 27-30, Mon-Thurs, 9am-5pm
 Code: 6301.101
 Location: Centennial Pool, 1201 Alpine

Dates/Times: Feb 18, Fri, 5-8pm – pre-test & class
 Feb 19, Sat, 11-7pm; Feb 20, Sun, 8-2pm
 Feb 21, Mon, 8-4pm; Feb 25, Fri, 5-8pm
 Feb 26, Sat, 12-4pm
 Code: 6301.102
 Location: Centennial Pool, 1201 Alpine

Dates/Times: Pre-Test on 1st day of class
 Mar 29-Apr 1, Tues-Fri, 9am-5pm
 Code: 6301.201
 Location: Centennial Pool, 1201 Alpine

Dates/Times: Apr 4, Mon, 5-7pm – pre-test & class
 Apr 10 & 17, May 1, Sun, 9-5pm
 Apr 11, 18 & 25, Mon, 5-8pm
 Code: 6301.250
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$130 resident/ \$162.50 non-resident

Swim Instructor Aide

Pre-Requisite: 11 years old and completion of Level 4. Enjoy swimming and like children? Want to be a Water Safety Instructor, but not 16 yet? Learn how to assist instructors with swim lessons. After successful completion of class, year-round volunteer opportunities exist with City of Longmont swimming lessons!

Dates/Times: Monday & Wednesday, 4-7pm
 Dates: Feb 7 & 9 Code: 6320.101
 Mar 7 & 9 Code: 6320.202
 Apr 11 & 13 Code: 6320.203
 May 9 & 11 Code: 6320.205

Day/Time: Sundays, 2:30-5:30pm
 Dates: Mar 6 & 13 Code: 6320.201
 May 1 & 8 Code: 6320.204
 Location: Centennial Pool, 1201 Alpine St.
 Fee: \$20 resident/ \$25 non-resident

Basketball Ball Handling Camp

Wellborn Educational Services, Inc (High Country Dribblers) is pleased to offer a basketball camp that specifically teaches ball-handling (dribbling) fundamentals. This camp is a great way to build self-confidence and ability! Noel Wellborn will truly TEACH (not just show) young people, of all experience levels, the art of ball handling! Camp includes a basketball and awards.

Ages: 8 to 12 years
 Days/Time: Mon-Wed, 8am-12 noon
 Dates: Dec 27 – 29 Code: 2014.100
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$85 resident/ \$106.25 non-resident

High School Recreational Basketball

This High School Recreational Basketball League is designed for players who do not currently play for their high school but still want to play in a league "team" atmosphere. This will be a game only league.

Grades: 9 to 12
 Day/Time: Sunday, 4-6 pm
 Dates: Jan 16 - Mar 6
 Location: Longmont Recreation Center, 310 Quail Rd
 Code: Boys: 2011.107 Girls: 2010.107
 Fee: \$25 resident/\$31.25 non-resident

Personal Training for Basketball

A guaranteed way to improve your game! Let Jorsua Chambers help you get the tools to achieve the next level with confidence. Trainings range from weight training and agility to fundamental or advanced basketball skills including extensive shooting instruction and ball handling skills. Josh is a basketball coach at Silver Creek HS and a former Panamanian national basketball team player. Contact Josh directly at 720-987-6709 to start the program. All sessions are 75 minutes long.

Individual Instruction: One session: \$40
 Five sessions: \$175
 Ten sessions: \$325

Group Instruction (per session):

2 players \$30; 3 players \$25 per player; 4 or more players \$20 per player



Preschool Sports Clinic

These indoor clinics focus on the basics of the game for preschoolers. Come in and enjoy a workout while the little one also burns some energy. Please wear tennis shoes and bring water and a glove for t-ball and a racquet for tennis.

Ages:	3 to 5 years
Times:	10:30-11:15am
Basketball:	Jan 31– Feb 21, Monday Code: 2037.120 Feb 2-23, Wednesday Code: 2037.121 Mar 1-22, Tuesday Code: 2037.220 Mar 3-24, Thursday Code: 2037.221
Soccer:	Apr 4-25, Monday Code: 2037.210 Apr 6-27, Wednesday Code: 2037.211
T-Ball:	Apr 5-26, Tuesday Code: 2037.200 Apr 7-28, Thursday Code: 2037.201
Times:	10-10:45 am
Tennis:	Feb 1-22, Tuesday Code: 2037.130 Feb 3-24, Thursday Code: 2037.131 Feb 28-Mar 21, Monday Code: 2037.230 Mar 2-23, Wednesday Code: 2037.231
Location:	Longmont Recreation Center Gym, 310 Quail Road
Fee:	\$25 resident/\$31.25 non-resident

Indoor Soccer Game Only League Middle and High School

The fastest indoor sport is back! No need to drive all over the front range for indoor soccer anymore. Stay warm and dry in the comforts of the St Vrain Memorial Building while working on your soccer skills. Teams are co-ed and for middle school and high school students only! Volunteer soccer coaches are needed.

Day/Time:	Saturdays, 6-10 pm
Dates:	Jan 15 - Mar 5
Location:	St Vrain Memorial Building, 700 Longs Peak Ave
Code:	Middle School: 4790.121 High School: 4790.122
Fee:	\$27 resident/\$33.75 non-resident

Rookie Rugby **NEW!**

Rugby is a truly global game played in over 115 countries by over 3 million players. Rookie Rugby is a non-contact game played with flags. It is a fun, safe, team game that develops a range of ball handling, running and evasion skills. Participants learn the importance of teamwork and respect for opponents, coaches and referees. The sport of rugby is simple to understand, organize and teach and can be played with teams of 15, 10 or 7 players. Games will be played on Saturdays in Longmont or surrounding towns. Each participant will receive a ball.

Grades:	3 & 4	Code: 2036.200
	5 & 6	Code: 2036.201
Dates:	Mar 13 – May 21	
Location:	Garden Acres West Field, 1801 Spencer St	
Fee:	\$55 resident/\$68.75 non-resident	

YAB Youth Basketball: It is not too late!

Yes, the deadline is past, but there may still be openings on teams. Call Rene at 303-651-8398 for more information.

YAB Kindergarten Spring Basketball

An organized team participation program with an emphasis on teamwork, sportsmanship, skill development and fun! Coed teams will meet 6 times and will not include games. Includes a t-shirt and basketball for each player.

Grade: Kindergarten
 Dates/Days: Mar 11 - Apr 15, Fridays
 Times: 3:30-4:15 pm Code: 2011.220
 4:15-5 pm Code: 2011.221
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$40 resident/\$20 non-resident

YAB 1st-2nd Grade Spring Basketball

An organized co-ed team participation program with an emphasis on teamwork, sportsmanship, skill development and fun! Players will play 2 exhibition games towards the end of the season on weeknights. Includes a t-shirt and basketball for each player.

Grades: 1 & 2
 Dates/Times: Mar 7 - Apr 15, 4:15-5 pm
 Days: Monday/Wednesday Code: 2011.210
 Tuesday/Thursday Code: 2011.211
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$50 resident/\$62.50 non-resident

Basketball Ball Handling & Shooting Camp

Wellborn Educational Services, Inc (High Country Dribblers) is pleased to offer a basketball camp that specifically teaches ball-handling (dribbling) and shooting fundamentals. This camp is a great way to build self-confidence and ability! Noel Wellborn will truly TEACH (not just show) young people, of all experience levels, the art of ball handling and shooting! Camp includes a basketball and awards.

Ages: 8 to 12 years
 Days/Time: Mon-Wed, 8am-12 noon
 Dates: Mar 28 - 30 Code: 2014.200
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$85 resident/ \$106.25 non-resident

CARA Spring In-Line Hockey

An organized team participation program for boys and girls in grades 3-8. The program emphasis is fun and participation. Teams practice 2 hours per week. Games are played in Longmont or surrounding communities on Saturdays. Registration Deadline is Sun, Mar 14. Practice begins the week of Mar 14. Games begin March 26.

Mandatory Equipment:

In-Line skates, stick, helmet (with face cage), hip girdle, mouthpiece, kneepads, elbow pads, hockey gloves, and shin guards. Shoulder and chest guard recommended.

Grades: 3-5 Code: 2019.201
 6-8 Code: 2019.202
 Dates: Mar 14 - May 21
 Fee: \$65 resident/\$81.25 non-resident

Spring Youth Volleyball

An organized team participation program for youth in grades 3-8. The emphasis of the program is placed on teamwork, sportsmanship, skill development, fun and participation. All teams will play a 6 game schedule with practice two hours a week. Registration Deadline is Mar 27. Practice begins the week of Apr 4. Games begin Apr 16.

Grades: 3 & 4 Code: 2022.201
 5 & 6 Code: 2022.202
 7 & 8 Code: 2022.203
 Dates: Apr 4 - Mar 21
 Fee: \$48 resident/\$60 non-resident

Fast Pitch Girls Softball

The City of Longmont Youth Fastpitch softball program is affiliated with the IPGSA league and is an organized team participation program for girls 6-18 years old. The emphasis of the program is placed on teamwork, sportsmanship, skill development and fun. Teams will meet 2-3 times per week for games and/or practices. Away games involve travel to nearby cities. Please register according to the child's age as of Jan 1, 2011. A copy of your child's birth certificate must be on file at the Longmont Recreation Center. Registration Deadline is Mar 20. Practice begins Apr 1 and games begin May 1.



Dates: Apr 1 - June 30

Ages:	Fee:	Code
8 years & Under	\$60 res/\$75 non-res	2017.201
10 years & Under	\$65 res/\$81.25 non-res	2017.202
12 years & Under	\$70 res/ \$87.50 non-res	2017.203
14 years & Under	\$75 res/\$93.75 non-res	2017.204
18 years & Under	\$80 res/\$100 non-res	2017.205

Spring Break Sports Camp

Come join the Recreation Staff for a week of playing outdoors. We will play multiple sports which could include floor hockey, basketball, t-ball, softball, soccer, volleyball, flag football, tennis and/or kickball. Please come prepared for the weather and ready to play in tennis shoes. Bring sunscreen, a water bottle and a snack. You can sign up for one day or the whole week.

Ages:	6 to 12 years
Time:	9 am-12 noon
Dates:	Mar 28, Monday Code: 2033.200
	Mar 29, Tuesday Code: 2033.201
	Mar 30, Wednesday Code: 2033.202
	Mar 31, Thursday Code: 2033.203
	Apr 1, Friday Code: 2033.204
Location:	Clark Centennial Park, 1100 Lashley St
Daily Fee:	\$15 resident/\$18.75 non-resident

Youth Triathlon Club

A great way to get both physically and mentally prepared to complete the 2011 Longmont Kids Only Triathlon. New for 2011, 2 groups will be offered; beginning and advanced. Join us for running (Tue), biking (Sat) and swimming (Fri).



Dates: Apr 5-May 31

Beginning Group: Tues, 5pm; Fri, 5:45pm; Sat, 10am
Code: 6263.200

Advanced Group: Tues, 5pm; Fri, 5:15pm; Sat 9am
Code: 6263.201

Location: Centennial Pool, 1201 Alpine St

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

Speed and Agility Clinic

This program was developed to help young athletes ages 12 thru 18 years take sports performance to the next level, this program will assist participants in realizing significant gains in speed, agility, quickness, endurance and explosive leaping ability. Decelerate quicker, accelerate into open space faster and become a playmaker in your chosen sport with this fun, yet challenging program! Eric Lee is a former college athlete and certified fitness and sports trainer specializing in sports training.

Ages: 12 to 18 years

Day/Time: Monday/Thursday, 4-5 pm

Dates: Mar 7-31 Code: 2034.200

Apr 4-28 Code: 2034.201

May 2-26 Code: 2034.202

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$95 resident/\$118.75 non-resident

Local Service Providers

The City of Longmont Recreation staff strives to provide a broad spectrum of recreation and leisure opportunities for a wide range of ages, interests and abilities. However, we also acknowledge that not every recreational interest is addressed in our program line up. With this in mind, we would encourage you to contact one or more of the other local providers that provide quality programs in the Longmont community. Web addresses and e-mails are available at www.ci.longmont.co.us/rec/athletics.

Airborne Gymnastics & Dance (303) 651-1456

Boulder County La Crosse (303) 817-5426

The Cage Sports Center (303) 485-7611

Colorado Storm North Soccer Club (720) 494-1800

Dance Dimensions (303) 772-3750

Extra Innings Longmont (303) 776-2255

Garden Acres Batting Cages (303) 682-0822

Longmont Boxing Club (303) 682-1810

Longmont Baseball League (720) 323-0589

Longmont Grizzlies Junior Wrestling Club (303) 775-0255

Longmont Falcons Football Association (303) 651-2256

St Vrain Youth Soccer (303) 651-3109

Spring Tennis Lessons

All Tennis lessons are for beginner to advanced beginners. Participants must supply their own racket. Balls will be provided.

Days: Tuesday/Thursday

Date: April 5 - 21

7-9 years 4-5 pm Code: 2021.200

10-12 years 5-6 pm Code: 2021.201

13-17 years 6-7 pm Code: 2021.202

Date: May 3-19

7-9 years 4-5 pm Code 2021.210

10-12 years 5-6 pm Code: 2021.211

13-17 years 6-7 pm Code: 2021.212

Location: Hover Park Tennis Courts, 1361 Charles Drive

Fee: \$45 resident/\$56.25 non-resident

Beginner Archery

Have fun while learning a new skill in an outdoor setting. You will learn shooting skills, safety, scoring, types of equipment and terminology. Archery is an Olympic sport that teaches discipline and concentration. Tom Adjutant is a nationally certified Archery instructor. All equipment will be provided.

Ages: 10 to 17 years

Day/Time: Tuesday, 4:45-5:45 pm

Dates: Apr 19 - May 10 Code: 2035.200

Location: St Vrain Archery Club, South of Hwy 119 on WCR 5

Fee: \$35 resident/\$43.75 non-resident

Intermediate Archery

Learn multiple aiming techniques, how to avoid bad habits, and the fundamentals of tournament archery. You will have the opportunity to compete with your classmates in a fun outdoor environment. Tom Adjutant is a nationally certified archery instructor. The class is limited to 8 students to provide for personalized instruction. Advancement to this class is dependent on instructor approval. All equipment will be provided.

Ages: 10 to 17 years

Day/Time: Tuesday, 6-7:30 pm

Dates: April 19 - May 10 Code: 2035.310

Location: St Vrain Archery Club, South of Hwy 119 on WCR 5

Fee: \$50 resident/\$62.50 non-resident

Longmont United Soccer Association (303) 776-5749

Living Well, Prestige Plus (303) 651-5080

Longmont Athletic Club (303) 772-4700

Longmont Swim Club (303) 702-0972

Longmont United Hospital Registrations & Therapy (303) 485-4184

Longmont YMCA (303) 776-0370

Alpine Angelfish Synchronized Swim Team (303) 530-1518

St Vrain Velocity Competitive Girl's Fast Pitch (970) 535-9270

Twin Peaks Travel & Scuba (303) 678-7080

We Sport U: NFL Flag Football or Cheerleading (303) 651-9790

Youth Wrestling Niwot Metro Club (303) 702-9813 / (303) 587-4065

Adult Sports Leagues: Sport league sign up is available by team or by free agent. [Free agents are individuals who don't have a team, but want to play in an adult sport league. Free agents will be combined to form a team(s). Free agent registration is available on-line.] Registration packets are available at the Longmont Recreation Center, the St Vrain Memorial Building and on-line at www.ci.longmont.co.us/rec/athletics. Completed registration forms are taken ONLY at the Longmont Recreation Center, 310 Quail Rd.

Winter Adult Basketball

Choose from recreational and leisure leagues. Packets available Mon, Nov 8; registration taken Nov 8-Jan 2.

Ages: 18 years to Adult

Men's Wednesday Recreation League Code: 2000.101

Location: St Vrain Memorial Building,
700 Longs Peak Ave

Dates: Jan 5 – Mar 23, 10 game league

Men's Thursday Leisure League Code: 2000.102

Location: Longmont Recreation Center, 310 Quail Road

Dates: Jan 6 - Mar 24, 10 game league

Fee: Team - \$350

Player - \$20 resident/\$25 non-resident

Spring Basketball

The spring Adult basketball season is now 8 games! You can register as a team in the recreation or leisure league, or as a free agent. Packets available Feb 28; registration taken Feb 28-Apr 3.

Ages: 18 years to Adult

Men's Wednesday Recreation League Code: 2000.201

Location: St Vrain Memorial Building,
700 Longs Peak Ave

Dates: Apr 6 – May 25, 8 game league

Men's Thursday Leisure League Code: 2000.202

Location: Longmont Recreation Center, 310 Quail Road

Dates: Apr 7 - May 26, 8 game league

Fee: Team - \$300

Player - \$13 resident/\$16 non-resident



Winter Adult Coed Indoor Soccer - Drop-In

For the fourth winter, Indoor Soccer will be offered as a drop-in program on Sunday evenings at the Longmont Recreation Center. Come and keep your skills sharp and your body in shape!

Ages: 18 years to adult

Days/Time: Sundays, 6-8pm

Location: Longmont Recreation Center, 310 Quail Road

Fees: \$5 per participant each week (cash or check only, as this is an after hours program)

Spring Adult Coed Soccer

Get your team and friends together to continue to grow this great program. The Coed league will play on Wednesday evenings and may be divided into two divisions (Recreational and Leisure). Packets available Mon, Feb 21; registration accepted Feb 21- Apr 3.



Ages: 18 years to Adult

Dates: Apr 6 - May 25, 8 game league

Location: Sandstone Athletic Fields, 3001 E Highway 119

Fee: Team - \$475

Player – \$13 resident/\$16 non-resident

Spring Softball

GOT SPRING FEVER? THEN THIS LEAGUE IS FOR YOU! The adult spring softball league offers men's, women's and coed leagues. Packets available Mon, Jan 31; registration taken Jan 31-Mar 6.

Ages: 16 years to Adult

Dates: Mar 14 - Apr 22, 6 game league

Location: Garden Acres Park, 2058 Spencer St

Fee: Team - \$225

Player - \$10 resident/\$13 non-resident

Summer Softball

The adult summer softball league offers men's, women's and coed leagues with competitive, recreational and leisure divisions. Packets available Mon, Mar 21; registration taken Mar 21-Apr 24.

Ages: 16 years to Adult

Dates: May 2-Aug 5, 12 game league

Location: Garden Acres or Clark Centennial Park

Fee: Team - \$425

Player - \$20 resident/\$25 non-resident

Spring Adult Flag Football

The City of Longmont adult flag football program offer leagues in Men's 8 v 8 competitive and recreation. Packets available Mar 1; registration taken Mar 1-29.



Ages: 18 years to Adult
Dates: Apr 5-May 24, 8 game league
Location: Sandstone Athletic Fields, 3001 E Highway 119
Fee: Team - \$300
Player - \$13 resident/\$16 non-resident

Spring Tennis Lessons - Adult

Lessons are for beginners or advanced beginners. Please wear tennis shoes and bring a racquet and water bottle.

Ages: 18 years to Adult
Dates/Day: Apr 9-23, Saturdays
Beginner: 9-10 am Code: 2021.213
Adv Beg: 10-11am Code: 2021.214
Location: Hover Park Tennis Courts, 1361 Charles Dr
Fee: \$40 resident/ \$50 non-resident



Union Reservoir Hours

Park Fees Apply Year-round
November 1-February 28:
Daily, sunrise to sunset Walk-in access only

March 1-April 30:

Daily, 6am-6pm
Note: Hours subject to change

Admission Fees:

Vehicle	\$8
Trailed Boat	\$8
Bicycle	\$2/person
Season Pass	\$55/\$65
Second Vehicle	\$25/\$25
Senior Pass	\$35/\$40
Trailed Boat Pass	\$40/\$40
Commercial Vehicles	\$75
Year-round Boat Storage	\$250

Archery for Adults

Archery is great for improving strength and concentration. We will cover shooting skills, safety, scoring and terminology. You will be exposed to several types of equipment, styles and uses for archery. Tom Adjutant is a nationally certified Archery Instructor. All equipment provided.



Ages: 18 years to Adult
Dates/Time: Apr 20-May 11, Wed, 5-7 pm Code: 2035.320
Location: St Vrain Archery Club, South of Hwy 119 on WCR 5
Fee: \$75 resident/\$93.75 non-resident

16 Weeks to your First or Faster Triathlon

New! Nervous about your first triathlon? Want to be faster and more efficient? Coach Jim Hallberg of Join the Jim will guide you to a successful, fun-filled triathlon training and racing experience. In a supportive group setting you will work on swim technique, get more powerful and efficient on the bike, become a more experienced runner. In addition, the group will practice transitions and receive nutritional guidelines for improved racing. Participants of this program will receive \$10 off the Longmont Triathlon entry.

Day/Time: Tue and/or Thurs, 10am-11:15am
Date: Feb 15 – June 2
(just in time for Longmont Triathlon June 5)
Fee: Tues only: \$120 Code: 6264.200
Thurs only: \$120 Code: 6264.201
Tues & Thurs: \$200 Code: 6264.202
Location: Centennial Pool, 1201 Alpine St

Union Reservoir

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

Union Reservoir is a 736-acre body of water offering the best in wakeless boating and a variety of other outdoor activities.



Boating and camping are closed for the season.

Boating is available March 1.
Camping is available May 1.
Visit www.ci.longmont.co.us/parks/park_list or call 303-772-1265 for more information.



LAND

Abs and Arms (Beg)

CORE and Upper body conditioning

Longmont Recreation Center

Ballblast (Int)

Centered around fitball work

Longmont Recreation Center, St. Vrain Memorial Building

Boot Camp (Adv)

High intensity interval sports conditioning, running, plyometrics and calisthenics.

Longmont Recreation Center Main Gym

Butts & Gutts (Int)

Lower body and core training

Longmont Recreation Center

Cardio Kickboxing (Adv)

Kickboxing moves and cardio exercises.

Longmont Recreation Center

Cardio/Sculpt (Int)

Any combination of cardio and sculpt.

Longmont Recreation Center, St. Vrain Memorial Building

Extensive Total

Conditioning (ETC): (Adv)

Advanced Sculpting

Longmont Recreation Center

Indoor Cycling/Biking (All)

Stationary Bike Class. Trainer available only at Centennial Pool

Longmont Recreation Center, Centennial Pool

*Jazzercise (All)

Longmont Recreation Center
St. Vrain Memorial Building

Class Pricing for Jazzercise ONLY

Initial payment needs to be by cash or check.

\$32.00 EFT unlimited-first payment will be two months in advance.

\$80 8 week pass unlimited

\$30 joining fee

\$10 day pass

For more information call 720-494-0312

Latin Aerobics (All)

Dance styles include Salsa, Rumba, Samba and Flamingo.....No dance partner required.

Longmont Recreation Center, St. Vrain Memorial Building

NIA/ Gentle NIA (All)

Combines dance, martial arts and yoga

Longmont Recreation Center, St. Vrain Memorial Building

New to NIA (All)

An introductory NIA class where you will learn about the theory and steps seen in any NIA class (3rd Saturday of each month) Jan 22, Feb 19, Mar 19, Apr 9, May 21; 1-2:15pm

Longmont Recreation Center

Family NIA (All)

Share the fun and playfulness of your NIA class with your children. Ages 5+, all children must be accompanied with by an adult. (1st Saturday of each month) Jan 8, Feb 5, March 5, April 2, May 7; 1-2:15pm

Longmont Recreation Center

Pilyoga (All)

Combination of Yoga poses and Pilates core conditioning.

Longmont Recreation Center, St. Vrain Memorial Building

Power of 3 (Beg)

Cardio Sculpt and Stretch

Longmont Recreation Center, St. Vrain Memorial Building, Centennial Pool

Pure and Simple Stretch (Beg)

Centennial Pool

Sculpt & Tone (All)

A no impact sculpting class.

Longmont Recreation Center, St. Vrain Memorial Building

Step/Step & Conditioning (Int)

Step choreography on 4"-8" high step platforms with or without sculpt intervals.

Longmont Recreation Center, St. Vrain Memorial Building

Tai Chi (All)

24 Form Yang Style

Longmont Recreation Center

Teen/Tween Fitness (All)

A variety of fun, fitness activities to keep you active afterschool

Centennial Pool

Tri – Core/Run/Bike (Int)

Core strength and Indoor bike training for 1 hour

Centennial Pool

**Zumba®

Aerobic interval training with a combination of rhythms that tone and sculpt the body. YOUR FIRST CLASS IS FREE! www.myzumba.class.com 10-visit Punch Card: \$50 res/ \$62.50 non-res (valid for 6 months) Drop-in Fee: \$8 res/ \$10 non-res

Longmont Recreation Center

WATER

Aqua Motion

A low impact, shallow water, joint friendly class.

Longmont Recreation Center

Aqua Power

Shallow water running and cardiovascular interval class.

Longmont Recreation Center

Deep H2O Aerobics

Longmont Recreation Center, Centennial Pool

H2O Fitness

A high intensity combination shallow water aerobic class.

Longmont Recreation Center

*Hydro2ga

A deep water/ underwater class that encourages mind/body connection, breath awareness and core alignment. \$10 res/ \$12.50 non-res. Please check with the front desk at Centennial Pool for dates.

Masters Swimming

This program is recommended for adults who are comfortable swimming at least 1,000 yards non-stop.

Centennial Pool, Longmont Recreation Center

Beginning Masters Swimming

This program is recommended for adults who are comfortable swimming 200 yards non-stop.

Centennial Pool

Morning Fitness

Shallow water aerobics and conditioning.

Longmont Recreation Center

Natal by Sea

A low impact shallow water aerobics class for expectant and new mothers.

Longmont Recreation Center

Nite Fit-Land & Water

Land strength conditioning and deep water aerobics.

Centennial Pool

No Regular Fitness Classes

Friday, Dec 24

Saturday, Dec 25

Fri, Dec 31: reg classes until 1pm

Saturday, Jan 1

Adv = Advanced level

Beg = Beginning level

Int = Intermediate level

All = All levels

Land Fitness Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am		Indoor Cycling-R		Indoor Cycling-R			
	(5:45) Tri Bike -C				(5:45) Core Plus -C		
6:00 am	Indoor Cycling-R	Boot Camp-R	Indoor Cycling-R	Boot Camp-R	Indoor Cycling-R		
	Cardio Sculpt-M	Sculpt & Tone-M	Cardio Sculpt-M	Sculpt & Tone-M	Cardio Sculpt-M		
6:30 am		Indoor Cycling-R		Indoor Cycling-R			
7:00 am	Abs & Arms-R		Abs & Arms-R		Pilyoga-R	Cardio Kickboxing-R	(7:30 am) Butts &Gutts - R
						Cardio Sculpt -M	
						Indoor Cycling (7:30-9am) - C	
8:00 am	** Jazzercise Regular-R	Butts and Gutts-R	** Jazzercise Regular-R	Butts and Gutts-R	** Jazzercise Regular-R	Step & Condition-M	
	Ballblast-R	Pure & Simple Stretch-C	Pilyoga-R	Pure & Simple Stretch-C	Ballblast-R	** Jazzercise Regular-M	
		**(8:20am) Jazzercise Sculpt-R		**(8:20am) Jazzercise Sculpt-R		(8:10am) Indoor Cycling-R	
8:45 am							Cardio Kickboxing-R
9:00 am	Cardio Kickboxing-R		Cardio Kickboxing-R		Cardio Sculpt-R	Cardio Kickboxing-R	
					Pilyoga - R		
9:15 am	** Jazzercise Regular-R	** Jazzercise Regular-R	** Jazzercise Regular-R	** Jazzercise Regular-R	** Jazzercise Regular-R	Pilyoga-M	
	Power of 3-M	Step-R	Power of 3-M	Step-R	Power of 3-M		(10:00am) Cardio /Sculpt-R
10:15 am	Sculpt & Tone-R		Sculpt & Tone-R			NIA-R	
10:30 am		Sculpt & Tone-R		Sculpt & Tone-R	ETC-Ext.Total Cond. - R		
11:15 am						(11:45 am) Cardio Sculpt-R	NIA-R
12:00 pm	Cardio/Sculpt-R	NIA-R	Latin Aerobics-R	NIA-R	Cardio/Sculpt-R		
	Pilyoga-M	Ballblast-M		Pilyoga-M	Beg. Latin Aerobics-M		
		Core Plus-C		Tri Bike-C			
12:15 pm			Tai Chi - R		Tai Chi - R		
3:30 pm	*Teen/Tween Fitness-C		*Teen/Tween Fitness-C		*Teen/Tween Fitness-C		
4:15 pm	(4:30 pm) Indoor Cycling-R	Cardio Sculpt-R	(4:30 pm) Indoor Cycling-R	Cardio Sculpt-R	(4:30 pm) Butts & Gutts-R		(4:30 pm) Latin Aerobics-R <small>Ends Dec 26</small>
	*(4:30 pm) Power of 3 -C		*(4:30 pm) Power of 3 -C		*(4:30 pm) Power of 3 -C		(4:30 pm) **Zumba@-R Starts Jan 9
05:30 pm	Indoor Cycling-R	Sculpt & Tone-R	Indoor Cycling-R	Sculpt & Tone-R	Boot Camp-R		
	Boot Camp-R	Pilyoga-R	Boot Camp-R	Pilyoga-R			
		** Jazzercise Regular-M		** Jazzercise Regular-M			
				Power of 3-M			
05:45 pm	Step & Condition-M		Step & Condition-M				
06:00 pm		Indoor Cycling-C		Indoor Cycling-C	NIA-R		
06:30 pm	NIA-R	Pilyoga-R	Cardio Sculpt-R	Pilyoga-R			
		NIA-R		NIA-R			
8:00 pm		Nite Fit -C		Nite Fit -C			
Key		C - Centennial Pool	R - Recreation Center	M - Memorial Building	** Extra Fee		
* Will not meet on no-school days							

**Special
New Years Day
Fitness Class**
 1pm @ St Vrain
Memorial Building

Water Fitness Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Masters Swimming-C		Masters Swimming-C		Masters Swimming-C		
6:45am						Masters Swimming-C	
7:30 am	Aqua Motion-R						
9:00 AM	Morning H20 Fitness-R	Aqua Power-R	H20 Fitness-R	Aqua Power-R	Morning H20 Fitness-R	Natal By Sea-R	
	Deep Water -C						
12:00 PM	Deep H20 Aerobics-R	Masters Swimming-R	Deep H20 Aerobics-R	Masters Swimming-R	Deep H20 Aerobics-R		**Hydroga-C
		Deep Water -C					
6:00 pm	Deep H20 Aerobics-R	Natal By Sea-R	Deep H20 Aerobics-R	Natal By Sea -R			
06:30 PM		Masters Swimming-R		Masters Swimming-R			
07:30 PM		Beginning Masters - C		Beginning Masters - C			
08:30 PM		Nite Fit-C		Nite Fit-C			
Key		C - Centennial Pool	R - Recreation Center	M - Memorial Building	** Extra Fee		

Personal Training

Training can include core and balance training, basic weight training, nutrition advice and muscle building. Individual workout programs can be designed to fit all your fitness needs. Sport specific and rehab programs also available. Call the Longmont Recreation Center at 303-774-4800 or the St Vrain Memorial Building at 303-651-8404, for more information. Days and Times by appointment.

Fee: Private

1 session- \$40/ \$50	Semi-Private
5 sessions- \$175/ \$220	1 session- \$50/ \$62
10 sessions- \$325/ \$406	5 sessions- \$225/ \$282

January 2011 Personal Training Special!

Get a jump start on your fitness goals ASAP! Offer expires 5pm on Jan 31. Purchase a single session, save \$10! Purchase a 5 or 10 visit session, save \$25!

Personal Training Policy

The Longmont Recreation Center, St Vrain Memorial Building and Centennial Pool are City of Longmont operated and insured facilities. Therefore, only City employees can perform Personal Training within City facilities.

Weight Room Orientations

Please call the Longmont Recreation Center at 303-774-4800 or the St Vrain Memorial Building at 303-651-8404 for free orientation class dates and times.

Quick Fit

Enjoy a \$2 Quick Fit Workout exclusively to parents at: Centennial Pool - for parents of learn-to-swim classes while their children swim (303-651-8406).

St Vrain Memorial Building - for parents while their children are in tumbling classes (303-651-8404).

Fitness Assessment Program

The City of Longmont Recreation Services offers several fitness assessment options at the Longmont Recreation Center, St Vrain Memorial Building and Centennial Pool. Call Cindy Kraft at 303-774-4752 for more information or to get your program set up today!

Body Composition

Designed for those who already know their fitness levels but want to monitor their body composition. Includes: height, weight, BMI, bodyfat%, waist-to-hipratio and circumferences

Fee: \$10 resident/ \$12.50 non-resident

Body Analysis: muscular balance assessment

Determine your relative muscular balance between the major muscle groups and right to left. Receive a consultation on what injuries and chronic pains imbalance can cause and how to adapt your workout to rebalance your body.

Includes: all major muscle groups of the upper and lower body, shoulder and hip rotators, muscular strength and muscular endurance testing as well as independent right and left side analysis

Fee: \$30 resident/ \$38 non-resident

Diet Analysis

Record your food intake for 5 days and receive a detailed printout of individual meal analysis as well as average daily calories, vitamin and mineral intake, and grams of carbohydrates, fats and proteins consumed. Results are compared to the RDA for each category.

Fee: \$10 resident/ \$12.50 non-resident

JUMP-START:

Fitness Assessment and Orientation

Designed for those who just want to take the first step and don't know where to start! Includes: health history screening, 30-minute consultation, personalized fitness profile and weight room orientation.

Fee: \$30 resident/ \$38 non-resident

Take the Fitness Buffet Challenge!

Also known as The Half-Time Sport Eating Season All-You-Can-Take Fitness Buffet. In February and March, Longmont Recreation Services will be running a friendly competition to get you to expand your fitness cross training by taking different fitness classes in different buildings at different times. Consider it a negative calorie buffet: the more you sample, the more you burn. Sign up at any one of our recreation sites for \$5 and you get class schedules (Menus) for each of the weeks in February and March.

8 Weeks to Weight Loss & Wellness

Whole Health RN's offers an educational 8 week wellness and nutrition program that includes health assessments, fitness, stress management and disease prevention. Receive wellness & nutrition coaching, advice and group support from licensed RN's. Includes Wellness Binder with program material, journal and pedometer.



Ages: 18 years to Adult
 Days/Time: Tuesdays, 11:30-12:30pm
 Dates: Jan 4- Mar 1 Code:4323.102
 Date/Time: Wednesdays, 6:30-7:30pm
 Dates: Jan 5-Mar 2 Code:4323.103
 Location: Longmont Recreation Center, 310 Quail Road
 Fee: \$225 resident/ \$281 non-resident

Yoga Classes

Special Class!

Mother/Daughter Yoga

Enjoy this time together, side by side, as you learn and practice some fun and relaxing basic yoga poses that promote healthy body care. Moms, daughters, grandmothers and granddaughters are all invited. Wear comfortable, loose clothing. Please bring a thick Blanket and/or Yoga Mat.

Fee is per person. * Please Register early to assure your place in class.

Ages: 7 years to Adult Code: 4420.100
 Date/Time: Dec 20, Mon, 9:15 -10:15 am
 Instructor: Nancy Coleman
 Location: Izaak Walton Clubhouse, 18 S Sunset
 Fee: \$7 resident/\$8.75 non-resident



Intro to Mindfulness with Crystal Singing Bowls

Experience the results of a successful meditation in this one hour class. This class offers a glimpse into the power and grace that can be achieved through quieting the mind and bringing our awareness into the present moment. Includes 20 minutes of instruction, 30 minute crystal bowl meditation session and 10 minutes of discussion.

Ages: 16 years to Adult
 Day/Time: Thursday, 7:45 -8:45 pm
 Dates: Jan 13 Code: 4261.100
 Mar 24 Code: 4261.200
 Day/Time: Saturday, 10 -11 am
 Date: Jan 22 Code: 4261.101
 Instructor: Kelly MacInnis
 Location: Izaak Walton Clubhouse, 18 S Sunset
 Fee: \$15 resident/\$18.75 non-resident

Yoga for Back Care- One Day Specialty Class

Come enjoy this class combining Hatha and Kundalini styles to support, strengthen and stretch the back. All levels welcome.

Ages: 18 to Adult Code: 4409.102
 Date/Time: Jan 29, Sat, 10:30 -11:30 am
 Instructor: Robyn Lambert
 Location: Izaak Walton Clubhouse, 18 S Sunset
 Fee: \$7 resident/\$8.75 non-resident

Yoga for Hip Health- One Day Specialty Class

Come enjoy this class encompassing Hatha and Vinyasa styles to strengthen and stretch the hips. All levels welcome.

Ages: 18 to Adult Code: 4409.202
 Date/Time: Feb 26, Sat, 10:30 -11:30 am
 Instructor: Robyn Lambert
 Location: Izaak Walton Clubhouse, 18 S Sunset
 Fee: \$7 resident/\$8.75 non-resident

Crystal Bowls Valentine's Evening for Lovers

Enjoy an hour of relationship bliss resting in the arms of love. Crystal singing bowls change your mental focus and offer physical sensations of connection and love. Sitting together and allowing the sounds to penetrate you can bring you back to connection and delight.

Ages: 16 years to Adult Code: 4261.102
 Date/Time: Feb 10, Thurs, 7:45-8:45 pm
 Instructor: Kelly MacInnis
 Location: Izaak Walton Clubhouse, 18 S Sunset
 Fee: \$15 resident/\$18.75 non-resident
 Couple Fee: \$25 resident/\$31.25 non-resident



Yoga students: Please bring your own yoga mat, if you have one. Yoga drop-in students are welcome. Please purchase Drop-In passes in advance at the front desk of the Longmont Recreation Center or the St Vrain Memorial Building. Monthly registered participants have priority and will be notified of any changes.

Hatha Yoga

Yoga is good for what ails you. Regular practice improves the functioning of all the bodily systems, lubricates joints, improves concentration, aids with depression, releases tension and develops internal happiness and wisdom. Yoga integrates us- and that feels good.

Ages:	16 years to Adult	
Days/Time:	Tuesdays, 9-10:30 am	
Dates:	Fee:	Code:
Jan 11-25	\$21 res/\$26.25 non-res	4415.101
Feb 1-22	\$28 res/\$35 non-res	4415.102
Mar 1-22	\$28 res/\$35 non-res	4415.200
Apr 5-26	\$28 res/\$35 non-res	4415.201
Instructor:	Maura Youle	
Location:	Izaak Walton Clubhouse, 18 S Sunset	
Drop in Fee:	\$9 resident/\$11 non-resident	

Alignment Based Yoga Level I-2

For Beginners and Continuing Students, this class includes basic, weight-bearing standing poses that safely improve strength and balance; a hip balancing series for tight hamstrings, thighs, and hips; twists and gentle backbends for bringing mobility to the spine; and more. This slow style of yoga relieves stress and promotes inner calm. Please bring a thick blanket, and sticky mat.

Ages:	18 to Adult	
Day/Time:	Mondays, 4-5:15 pm	
Dates:	Fee:	Code:
Jan 10-31	\$28 res/\$35 non-res	4403.101
Feb 7-28	\$28 res/\$35 non-res	4403.102
Mar 7-28	\$28 res/\$35 non-res	4403.200
Apr 4-25	\$28 res/\$35 non-res	4403.201
Instructor:	Gwyn Cody	
Location:	Izaak Walton Clubhouse, 18 S Sunset	
Drop in Fee:	\$9 resident/\$11 non-resident	

Beginning/Advanced Beginning Yoga

Class offers structurally based yoga involving slow and deep basic poses and movements. Strengthen your body and release muscular tensions, increase clearer thinking and concentration, and foster greater emotional wellness for yourself. Feed your body and spirit. Bring a friend or come and make some new ones.

Ages:	14 years to Adult	
Days/Time:	Fridays, 9:15 -10:15 am	
Dates:	Fee:	Code:
Jan 7-28	\$28 res/\$35 non-res	4400.121
Feb 4-25	\$28 res/\$35 non-res	400.122
Mar 4-25	\$28 res/\$35 non-res	4400.220
Apr 8-29	\$28 res/\$35 non-res	4400.221
Instructor:	Nancy Coleman	
Location:	Izaak Walton Clubhouse, 18 S Sunset	
Drop in Fee:	\$9 resident/\$11 non-resident	

Open Levels Yoga

Moving from the inside-out, synchronize breath with movement and find calm within stillness. Flowing and restorative postures are combined in this class to create a well rounded and deeply restful practice experience. Please bring a thick wool or cotton blanket if you have one.

Ages:	16 years to Adult	
Days/Time:	Thursdays, 6 -7:30 pm	
Dates:	Fee:	Code:
Jan 6-27	\$28 res/\$35 non-res	4413.101
Feb 3-24	\$28 res/\$35 non-res	4413.102
Mar 3-31	\$35 res/\$43.75 non-res	4413.200
Apr 7-28	\$28 res/\$35 non-res	4413.201
Instructor:	Katharine Kaufman	
Location:	Izaak Walton Clubhouse, 18 S Sunset	
Drop in Fee:	\$9 resident/\$11 non-resident	

Sunday Beginning Yoga

Are you new to yoga? Feel at ease through alignment based foundational practice designed for every body. Honing awareness, cultivate breath, strength, flexibility and deep rest, coming to a greater understanding of your own well being. Please bring a thick wool or cotton blanket if you have one.

Ages:	16 years to Adult	
Day/Time:	Sundays, 9-10:15 am	
Dates:	Fee:	Code:
Jan 9-30	\$28 res/\$35 non-res	4414.101
Feb 6-27	\$28 res/\$35 non-res	4414.102
Mar 6-27	\$28 res/\$35 non-res	4414.200
Apr 3-17	\$21 res/\$26.25 non-res	4414.201
Instructor:	Katharine Kaufman	
Location:	Izaak Walton Clubhouse, 18 S Sunset	
Drop in Fee:	\$9 resident/\$11 non-resident	

Wellness Yoga

Yoga serves as a resource for personal growth and healing. Yoga is a vehicle for deepening the experience of unity between Body, Mind and Soul. This class offers a wide variety of yoga poses and breathing techniques to increase balance, flexibility and strength in body and mind, and a greater sense of inner peace and joy. Beginner and intermediate levels welcome.



Ages:	18 years to Adult	
Days/Time:	Mondays, 5:30 -6:45 pm	
Dates:	Fee:	Code:
Jan 10-31	\$28 res/\$35 non-res	4404.101
Feb 7-28	\$28 res/\$35 non-res	4404.102
Mar 7-28	\$28 res/\$35 non-res	4404.200
Apr 4-25	\$28 res/\$35 non-res	404.201
Instructor:	Heidi Nordlund	
Location:	Izaak Walton Clubhouse, 18 S Sunset	
Drop in Fee:	\$9 resident/\$11 non-resident	

Hatha Yoga - Intermediate/Advanced

This class is for those with previous Hatha Yoga experience. We will endeavor to move beyond merely "doing" Yoga Asanas (postures) to explore the more subtle and joyful aspects of our practice. Please bring a thick blanket, and sticky mat

Ages:	18 to Adult	
Days/Time:	Wednesdays, 5:30 -7:30 pm	
Dates:	Fee:	Code:
Jan 19-26	\$20 res/\$25 non-res	4401.101
Feb 2-23	\$40 res/\$50 non-res	4401.102
Mar 2-30	\$50 res/\$62.50 non-res	4401.200
Apr 6-27	\$40 res/\$50 non-res	4401.201
Instructor:	Shar Lee	
Location:	Izaak Walton Clubhouse, 18 S Sunset	
Drop in Fee:	\$12 resident/\$15 non-resident	



Women's Hatha Yoga

This class is for continuing students of the Hatha Yoga. We will explore Asanas from the core, utilizing structural alignment, pranayama, and Ayurvedic principles.

Ages:	16 years to Adult	
Days/Time:	Thursdays, 9-11 am	
Dates:	Fee:	Code:
Jan 20-27	\$20 res/\$25 non-res	4402.101
Feb 3-24	\$40 res/\$50 non-res	Code: 4402.102
Mar 3-31	\$50 res/\$62.50 non-res	4402.200
Apr 7-28	\$40 res/\$50 non-res	4402.201
Instructor:	Shar Lee	
Location:	Izaak Walton Clubhouse, 18 S Sunset	
Drop in Fee:	\$12 resident/\$15 non-resident	

Yoga for Hips and Lower Back

These are two of the most common area of the body to experience pain and tension. Soreness here can be a source of decreasing mobility. This gentle class will help bring greater flexibility to your hips and lower back which can mean a more comfortable and active life.

Ages:	16 years to Adult	
Days/Time:	Tuesdays, 1 -2 pm	
Dates:	Fee:	Code:
Jan 11-25	\$21 res/ \$26.25 non-res	4418.101
Feb 1-22	\$28 res/\$35 non-res	4418.102
Mar 1-22	\$28 res/\$35 non-res	4418.200
Apr 5-26	\$28 res/\$35 non-res	4418.201
Instructor:	CM Brown	
Location:	Izaak Walton Clubhouse, 18 S Sunset	
Drop in Fee:	\$9 resident/\$11 non-resident	

Yoga for Energy & Balance

Enhance your vitality and re-energize in this ALL LEVELS class. Find and develop the strength that lies within you. This class incorporates basic poses from various yoga styles and integrates the poses into a flow that gets your body moving. Arrive at class tired and leave with a renewed sense of energy!

Ages:	16 years to Adult	
Day/Times:	Wednesdays, 12 -1:10 pm	
Dates:	Fee:	Code:
Jan 12-26	\$21 res/\$26.25 non-res	4406.101
Feb 2-23	\$28 res/\$35 non-res	4406.102
Mar 2-30	\$35 res/\$43.75 non-res	4406.200
Apr 6-27	\$28 res/\$35 non-res	4406.201
Instructor:	Troy McPeak	
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	
Drop in Fee:	\$9 resident/\$11 non-resident	

Power Vinyasa Yoga

Vinyasa yoga is movement of body to rhythm of breath. Invigorating and strengthening poses will tone your body and your mind. Most poses will be held for five breaths as you move deeper in postures that increase flexibility. All levels welcome.

Ages:	16 years to Adult	
Day/Times:	Tuesdays, 5:15 -6:15 pm	
Dates:	Fee:	Code:
Jan 4-25	\$28 res/\$35 non-res	4408.101
Feb 1-22	\$28 res/\$35 non-res	4408.102
Mar 1-22	\$28 res/\$35 non-res	4408.200
Apr 5-26	\$28 res/\$35 non-res	4408.201
Instructor:	Lisa Marie	
Location:	St. Vrain Memorial Building, 700 Longs Peak Ave	
Drop in Fee:	\$9 resident/\$11 non-resident	

Couples Massage

Valentine's Day Special Class!

See page 44.



Aikido For Adults

Aikido is a non-violent martial budo of Japanese origin with the basic philosophy of stopping conflict before it occurs and building a peaceful world. Using a martial framework, students learn to harmonize with the energy of partners, not opponents, and redirect and control that energy without resorting to fighting. Aikido Shugenkai training is non-competitive and fosters a cooperative and supportive attitude. The benefits of Aikido practice are intended to extend beyond the dojo into all aspects of the participant's daily life. Classes are ongoing and students may join at any time.

Ages: 18 years to Adult
Days/Time: Tuesdays and Thursdays, 7-8:30 pm
Dates:
 Jan 4-27 Code: 4200.101
 Feb 1-24 Code: 4200.102
 Mar 1-31 Code: 4200.200
 Apr 5-28 Code: 4200.201
 May 3-31 Code: 4200.202
Instructor: Paula Lydon
Location: St Vrain Memorial Building,
700 Longs Peak Ave
Fee: \$50 resident/\$62.50 non-resident
Senior Fee: \$40 resident/\$50 non-resident
Drop in Fee: \$8 resident/\$10 non-resident



Kung Fu for the Whole Family

Kung Fu has long been a positive, physical and mental endeavor to improve one's mental state and bodily health. Share in the fun, increase your flexibility, improve your wellbeing and study a method of moving meditation! This beginning Kung Fu workshop will focus on Chi (Ki) development and cultivation as well! Classes are taught by Mr. Mike Parenteau, 4th degree Midnight Blue Belt (black belt). This is a perfect opportunity for the whole family to contribute to the greater community!

Ages: 10 to Adult
Day/Time: Saturday, 12-1 pm
Dates:
 Jan 29 Code: 4204.101
 Feb 26 Code: 4204.102
 Mar 26 Code: 4204.200
 Apr 23 Code: 4204.201
Location: St Vrain Memorial Building,
700 Longs Peak Ave
Youth Fee: \$5 resident/\$6.25 non-resident
Adult Fee: \$15 resident/\$18.75 non-resident

Tae Kwon Do for Adults

Tae Kwon Do is a Korean martial art that offers physical fitness, improved self confidence, and more. Learn self defense techniques and traditional movements through ongoing classes. Good for beginning or experienced students. Each student receives a free uniform. Taught by 3rd-degree Black Belt John Lynn. Drop-ins welcome; \$8 per class. Pay drop-in fee at the Memorial Building front desk before class.

Ages: 16 years to Adult
Days: Mon & Wed 8-9pm; Fri 6:30-7:30pm
Dates:
 Jan 3-31 Code: 4650.100
 Feb 2-28 Code: 4650.101
 Mar 2-30 Code: 4650.200
 Apr 1-29 Code: 4650.201
 May 2-30 Code: 4650.202
Location: St Vrain Memorial Building,
700 Longs Peak Ave
Fee: \$50 resident/\$62.50 non-resident



Free Introduction to the Feldenkrais Method

Discover what musicians, dancers, athletes and others who have recovered from chronic pain all over the world have learned: How to move with more intelligence and less effort. In this introductory class you will learn some of the key principles of the Method, do a short movement lesson, see how it can be applied, ask Al how it can help you, and pick up some reading material. Class is FREE - However, please call 303-651-8404 to reserve you space or register on-line.

Ages: 13 years to Adult
Day/Time: Wednesday, 6-7 pm
Dates:
 Jan 26 Code: 4260.102
 Feb 23 Code: 4260.103
 Mar 30 Code: 4260.200
 Apr 27 Code: 4260.202
Instructor: Al Wadleigh
Location: Senior Center, 910 Longs Peak Ave
Fee: FREE but you must preregister

**Youth/Teen Aikido
& Tae Kwon Do for youth
See Page 41**

Adult Hip Hop

This high energy class is a great opportunity to learn the latest in hip hop dancing as well as getting a great workout. It is full of fun, up beat dances accompanied by great music. Come and find your inner funk! * No class March 28.

Ages: 18 years to Adult
 Day/Time: Mondays, 6:30 -7:30 pm
 Dates: Jan 10-Feb 14 Code: 4080.101
 Mar 7-Apr 18* Code: 4080.200
 Location: Mountainside Dance Academy,
 1822 Sunset Pl, Suite A
 Fee: \$65 resident/\$81.25 non-resident

Argentine Tango

Argentine tango is an exciting improvisational social dance originating from Buenos Aries. Learn the basics of tango with an emphasis on leader and follow connection, technique, and musicality. No partner is necessary and couples are welcome. By the end of this class, you will have learned the skills necessary to dance tango with anyone and anywhere. Class is 7-8 pm with the practice dance from 8-9 pm.

Ages: 16 years to Adult
 Day/Time: Saturday, 7-9 pm
 Dates: Feb 5-26 Code: 4015.200
 Mar 5-26 Code: 4015.201
 Apr 9-30 Code: 4015.202
 Instructor: John Miller and Laura Niss
 Location: St Vrain Memorial Building,
 700 Longs Peak Ave
 Fee: \$40 resident/\$50 non-resident

Beginning Salsa for Couples

An introductory class for beginners to learn the sultry salsa. You will learn to effectively lead and follow, interpret music, learn a variety of step patterns and gain confidence with your dancing.

Ages: 18 years to Adult
 Day/Time: Tuesdays, 8 -9 pm
 Dates: Jan 11-Feb 8 Code: 4001.101
 Apr 5-May 3 Code: 4001.201
 Instructor: Christian Thierens, a.k.a "The Dancing Giant"
 Location: St Vrain Memorial Building,
 700 Longs Peak Ave
 Fee: \$100 resident/\$125 non-resident



Beginning Ballroom for Couples

This is a fun, structured class for couples only, with an emphasis on correct technique. Class size is small and limited to enhance your learning and feel more comfortable. You'll learn the art of leading and following, correct hold and posture, body mechanics and steps in the smooth foxtrot, graceful waltz, rhumba and east coast swing. The fee includes both partners.

Ages: 14 year to Adult
 Day/Time: Wednesdays, 7-8 pm
 Dates: Jan 12-Feb 9 Code: 4000.101
 Feb 16-Mar 16 Code: 4000.102
 Apr 6-May 4 Code: 4000.201
 Instructor: Christian Thierens, a.k.a "The Dancing Giant"
 Location: St Vrain Memorial Building,
 700 Longs Peak Ave
 Fee: \$100 resident/\$125 non-resident

Ballroom 2 for Couples

A fun, structured class for couples only, with an emphasis on correct technique for those who have taken the class previously. The fee includes both partners.

Ages: 14 years to Adult
 Day/Time: Wednesdays, 8-9 pm
 Dates: Jan 12-Feb 9 Code: 4000.111
 Feb 16-Mar 16 Code: 4000.112
 Apr 6-May 4 Code: 4000.212
 Instructor: Christian Thierens, a.k.a "The Dancing Giant"
 Location: St Vrain Memorial Building,
 700 Longs Peak Ave
 Fee: \$100 resident/\$125 non-resident

Belly Dance Basics for Fitness & Beyond

Belly dance is a wonderful way to exercise and tone your body. Develop better body awareness, posture, strength, and grace in this 6 week class. You will learn many basic moves, and how to use basic moves to build combinations. Wear something easy to move in, and bring a scarf or sash to tie around your hips.

No dance experience is necessary.

Ages: 16 years to Adult
 Day/Time: Mondays, 7-8 pm
 Dates: Jan 10-Feb 14 Code: 4016.101
 Feb 28-Apr 11 Code: 4016.200
 Apr 25-June 6 Code: 4016.201
 Instructor: Edna Hetchler
 Location: St Vrain Memorial Building,
 700 Longs Peak Ave
 Fee: \$60 resident/\$75 non-resident



Beginning Country Dance

Get ready for the Country dance floor! We'll be learning all the basics for Texas Two-Step and Triple Step. In addition we'll be learning some couples dances like Cowboy Cha-Cha and Waltz Across Texas, so grab your boots and come join us. No class March 25.



Ages: 16 years to Adult
Date/Time: Mar 11-Apr 15, Fri, 7-8 pm **Code:** 4022.202
Instructor: Casablanca Dance Studio
Location: St Vrain Memorial Building,
700 Longs Peak Ave
Fee: \$45 resident/\$56.25 non-resident

Beginning Latin Dance

Would you like to be dancing like the Stars? Why should Celebrities have all the fun? If you're looking for a way to spice up your relationship try Latin Dancing. It is fun, easy, and a heart-healthy workout. We'll be learning the lively Salsa, romantic Rumba, and the Tango. There's no better time to put on your dance shoes!

Ages: 16 years to Adult
Date/Time: Jan 21-Feb 18, Fri, 8-9 pm **Code:** 4047.101
Instructor: Casablanca Dance Studio
Location: St Vrain Memorial Building,
700 Longs Peak Ave
Fee: \$45 resident/\$56.25 non-resident

Night Club 2-Step

This is beautiful slow dancing done to soft rock love songs, slow Latin, or slow contemporary music. It is romantic, simple, and easy to learn. *No class March 25.

Ages: 16 years to Adult **Code:** 4055.201
Date/Time: Mar 11-Apr 15*, Fri, 8 -9 pm
Instructor: Casablanca Dance Studio
Location: St Vrain Memorial Building,
700 Longs Peak Ave
Fee: \$45 resident/\$56.25 non-resident

Back Beat Jitterbug

Back Beat Swing is a great upbeat dance with a nice Be-Bop movement. This is done to a moderate tempo, so the smoke isn't coming from your soles. We will show the lead and follow to make this fun for everyone. Get your best two-tone shoes on and come dance.

Ages: 16 years to Adult
Date/Time: Jan 21-Feb 18, Fri, 7-8 pm **Code:** 4064.101
Instructor: Casablanca Dance Studio
Location: St Vrain Memorial Building,
700 Longs Peak Ave
Fee: \$45 resident/\$56.25 non-resident

Wedding Dance

Workshop

Are you getting ready for an upcoming wedding or cruise? You will be learning the basics of the elegant Waltz and the smooth Foxtrot. These are the two most popular Wedding dances. If you have a song to dance to, please bring it to class on a CD. No experience necessary.



Ages: 16 years to Adult
Day/Time: Fridays, 7-9 pm
Dates: Feb 25 & Mar 4 **Code:** 4065.102
Apr 22 & 29 **Code:** 4065.202
Instructor: Casablanca Dance Studio
Location: St Vrain Memorial Building,
700 Longs Peak Ave
Fee: \$40 resident/\$50 non-resident

Beginning Teen Jazz

A great class for teens that have always wanted to start a dance class, but with dancers their own age. Jazz technique and fun combinations will be offered by Denver Broncos veteran cheerleader, Valerie Scott. Class is designed to offer a basic foundation of technique and terminology to build upon. *No class April 2.

Ages: 13 to 17 years
Day/Time: Saturdays, 11 am-12 pm
Dates: Jan 8-Feb 26 **Code:** 4106.101
Mar 5-Apr 30* **Code:** 4106.201
Location: Dance Dimensions Studio, 638 Main St
Fee: \$80 resident/ \$100 non-resident

Cheer and Pom

This fun non-competitive class is ideal for students 6-11 years old who want to learn the basics of cheerleading. Skills taught include: pom dance skills, chant and cheer motions, safety with stunts, crowd involvement and performance skills. No prior cheerleading experience required.

Please call for any additional information.
303-772-3750. *No class March 30.



Ages: 6 to 11 years
Day/Time: Wednesdays, 4:15 -5:15 pm
Dates: Jan 5-Feb 23 **Code:** 4113.102
Mar 2-Apr 27* **Code:** 4113.202
Location: Dance Dimensions Studio, 638 Main St
Fee: \$80 resident/\$100 non-resident



The SCOPE (SUPPORTIVE, CAPTIVATING, & ORIGINAL PROGRAMS & EXPERIENCES)

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

Scope Bowling-Thursday

This program is designed to give each participant an opportunity to continue a leisure activity skill that provides fun and excitement for years to come. Participants should have a basic knowledge of bowling because no instruction is given. Each bowler will be participating at his/her own pace. An additional fee of \$1.00 will be collected from each bowler per week for Centennial Lanes.



Ages: 8 years to Adult

Days/Time: Thursdays, 3-4 pm

Dates: Jan 6 – Mar 24

Code: 3000.101

Fee: \$15 res/ \$18 non-res

Apr 7 - May 19

Code: 3000.200

Fee: \$10 res/ \$12.50 non-res

Location: Centennial Bowling Lanes, 110 E 9th Ave

Scope: Adaptive Bowling- Wednesdays

The Wednesday Adaptive bowling program is for those who need more one-one assistance and a smaller and quieter environment. Each bowler will be participating at his/her own pace. An additional fee of \$1.00 will be collected from each bowler per week for Centennial Lanes.

Ages: 8 years to Adult

Days/Time: Wednesdays, 4 -5 pm

Dates: Jan 12 - Mar 23

Code: 3000.121

Location: Centennial Bowling Lanes, 110 E 9th Ave

Fee: \$5 resident/ \$6.25 non-resident

Scope: Basketball-Youth

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

Ages: 8 to 17 years

Days/Time: Tuesdays, 7-8 pm

Dates: Jan 11 – Mar 8

Code: 3002.111

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$15 resident/ \$18 non-resident

Scope: Basketball -Adult

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

Ages: 18 years to Adult

Days/Time: Tuesdays, 7-8 pm

Dates: Jan 11 – Mar 8

Code: 3002.101

Location: St Vrain Memorial Building,

700 Longs Peak Ave

Fee: \$15 resident/ \$18 non-resident

Special Olympics Swim (Independent)

This program offers instruction and training for competition in the Special Olympics Swimming for individuals who are able to swim without any assistance. Participants are to register depending on ability. Space is limited and a first come basis. *No swimming during Spring Break, Mar 31.



Ages: 8 years to Adult

Days/Time: Thursdays, 5:30 -6:30 pm

Dates: Jan 13 - May 19*

Code: 3030.101

Location: Longmont Recreation Center, 310 Quail Rd

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

Special Olympics Swimming (Personal Assistance)

This program offers instruction and training for competition in Special Olympics Swimming for individuals requiring personal assistance. Participants are to register depending on ability. Space is limited and on a first come basis. Parent or guardian may be required to assist the swimmer in the pool and in the locker room. *No practice Apr 1, during spring break.

Ages: 8 years to Adult

Days/Time: Fridays, 5:30 -6:30 pm

Dates: Jan 7 - May 20*

Code: 3030.111

Location: Centennial Pool, 1201 Alpine St

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

Scope: Track and Field

This program offers instruction and training in Special Olympics track and field events. Indoor practices begin March 12 at the Memorial Building Gym. Outdoor practices will begin April 9 at Trail Ridge Middle School, 1000 Buttonrock Drive.

Ages: 8 to Adult

Days/Time: Saturdays, 11 am-12 pm

Dates: Mar 12 - May 28

Code: 3006.200

Location: St Vrain Memorial Building,
700 Longs Peak Ave

Fee: \$20 resident/ \$25 non-resident

Scope: Introduction to Drumming for Health

This introduction to drumming is fun, easy and accessible to anyone. The Djembe drum from West Africa is the drum of choice, and drums are provided. Simple rhythms will be presented slowly and patiently.



Ages: 14 years to Adult

Days/Time: Tuesdays, 5:15
-6:15 pm

Dates: Jan 4 Code: 3039.102
Feb 1 Code: 3039.103
Mar 1 Code: 3039.200
Apr 5 Code: 3039.201

Instructor: Gregg Hansen

Location: Izaak Walton Clubhouse, 18 S Sunset

Fee: \$9.50 resident/\$11.85 Non-resident

Gentle Self Expression Through Collage

Express yourself while learning about collage! This is a gentle non-threatening art class for beginners. Let's have fun and play with art.

Ages: 14 years to Adult
Date/Time: Feb 2, Wed, 4-5 pm Code: 3012.111

Instructor: Donna Clement

Location: St Vrain Memorial Building,
700 Longs Peak Ave

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

Scope: Grease Performance

Do you love songs from the movie Grease? Join us for a performance with YOU as the stars! Call 303-651-8394 to let us know you want to participate! We will set up practices and a performance.

Ages: 8 years to Adult

Dates: Practices and Performance in March/April

**See page 11
for Special Needs
Swimming Lessons**

Scope Parties!

Ages: 8 years to Adult

Location: Senior Center, 910 Longs Peak Ave

Fee: \$5 resident/\$6.25 non-resident

Karaoke Night

Get your groove on, and sing along to some popular tunes. Please bring your favorite song on CD to perform!



Date/Time: Jan 10, Mon, 7-8:15 pm

Code: 3019.101

Country Western Party

Put on your cowboy hat, your boots, and get ready for a grand old time! Dance to Garth, Tim, and Toby, or make crafts to make your western night something special.

Date/Time: Jan 24, Mon, 7-8:15 pm Code: 3019.211

Valentine Party

Bring your sweetheart or just be one! Come enjoy sweets and treats and dance to your favorite love songs.

Date/Time: Feb 14, Mon, 7-8:15 pm Code: 3019.102

Mardi Gras Party

Mardi Gras is a fun and vibrant cultural celebration that is synonymous with the Gulf Coast and cities like New Orleans, but this carnival-inspired bash will be celebrated here! Dress in costume for prizes! Masks and beads will be provided!

Date/Time: Mar 7, Mon, 7-8:15 pm Code: 3019.212

50's Rock & Roll Party

Doo Wop, Elvis, and more! Wear your poodle skirt or your black leather jacket and we'll rock the night away! Bring your favorite Oldies but Goodies CD and sing along!

Date/Time: Apr 4, Mon, 7-8:15 pm Code: 3019.201

Hawaiian Luau Party

Come dance, sing karaoke, make crafts and enjoy refreshments as we celebrate some warm luscious weather! Dress Hawaiian and win a prize!

Date/Time: May 9, Mon, 7-8:15 pm Code: 3022.202

Thank You Volunteers!

We would like to thank the following special people for donating their time and talents to make a difference in the lives of people with special needs: Preston Brown, Shaina Brown, Candice Morris, Kristin Johansen, Danette Anderson, Kay Laatt, Cindy Haefele, Julie Ann Markiewicz, swimming volunteers, the wonderful staff at Centennial Lanes and everyone else who so kindly supports our programs and activities for people with special needs.

If you are interested in sharing your time or talents, please call 303-651-8394.

Baby Signs - Parent Workshop

The Baby Signs® Parent Workshop introduces parents to the history of the Baby Signs® movement and the research behind the program. Participants will receive the Baby Signs® Parent Kit which includes: The Baby Signs® Parent Guide – a fun, travel-guide-themed introduction to the Baby Signs® Program that includes an illustrated glossary of 100 signs, delightful songs and nursery rhymes for signing at home, and more. Materials fee \$25 payable to instructor.

Ages: 15 years to Adult
 Day/Times: Sat, 9:30-11:00am
 Date: Feb 26 Code: 4502.150
 Apr 16 Code: 4502.250
 Instructor: Steffen Consulting
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$45 resident/ \$53 non-resident + materials fee

Baby Signs® Level I

In a playful, educational and language-rich environment, caregivers and children will build their American Sign Language (ASL) vocabulary through instruction, games and songs. Learn recommended first signs, the benefits of using ASL with infants, and demonstrate easy techniques. Materials fee \$25 payable to instructor at first class.

Ages: 6.5 months to 1 year
 Days: Tuesday, 9:30-10:15 am
 Dates: Jan 18-Mar 8 Code: 4502.100
 Mar 15-May 4 Code: 4502.201
 Days: Wednesday, 5:30-6:15 pm
 Dates: Jan 19-Mar 9 Code: 4502.101
 Mar 16-May 11 Code: 4502.202
 Instructor: Steffen Consulting
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$80 resident/ \$100 non-resident + materials fee

Infant/Parent Yoga

Class offers playtime with your baby as you practice some yoga and is appropriate for those new to yoga. Get out of the house to enjoy a non stressful environment and meet new moms. Please wear loose clothing and bring a baby blanket. Feel free to bring a few baby toys. Bring a drink and healthy snack for the end of class.

Ages: 8 weeks to pre-crawling
 Day/Time: Monday, 9:15-10:15 am Code:
 Dates: Jan 10 - 31 4423.101
 Fee: \$36 res/\$45 non-res
 Dates: Feb 7 - 28 4423.102
 Mar 7 - 21 4423.200
 Fee: \$27 res/\$33.75 non-res
 Dates: Apr 4 - 25 4423.201
 Fee: \$36 res/\$45 non-res
 Instructor: Nancy Coleman
 Location: Izaak Walton Clubhouse, 18 S Sunset

Baby & Me

This weekly class is filled with sensory experiences, music and finger plays as well as motor exercises for you and your little one. Have fun interacting with baby while also meeting parents and caregivers who are in a similar life stage. Parent discussion and time for networking will round out this fun class.



Ages: 1 month to 6 months
 Days/Times: Tues, 10:30-11:15 am
 Dates: Jan 18 - Feb 8 Code: 4503.100
 Feb 15 - Mar 8 Code: 4503.101
 Mar 15 - Apr 19 Code: 4503.200
 Apr 19 - May 10 Code: 4503.201

Ages: 6 months to 12 months
 Days/Times: Thurs, 10:30-11:15 am
 Dates: Jan 20 - Feb 10 Code: 4504.100
 Feb 17 - Mar 10 Code: 4504.101
 Mar 24 - Apr 21 Code: 4504.200
 Instructor: Steffen Consulting
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$40 resident/\$50 non-resident

Baby Bouncers

Adults lead their bouncing, curious tykes in movements that prepare babies for creeping, crawling and, later on, their very first steps. Bubbles and a parachute tickle their senses as they delight in the wonders of color and music.

Ages: 6 months to 1 year
 Days/Times: Tuesday, 10-10:45 am
 Dates: Jan 18 - Feb 8 Code: 4874.100
 Days: Thursday, 10:30-11:15 am
 Dates: Feb 17 - Mar 10 Code: 4874.200
 Apr 7-28 Code: 4874.203
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$25 resident/\$31.25 non-resident

Infants Love Reflexology

Babies love being touched. Bring your baby to class and learn how to alleviate issues such as colic, hiccups, sleep problems and more. We will work on the child with simple techniques you can do anywhere. Bring a baby carrier for your child's comfort and a blanket. It is helpful to take the Intro to Reflexology class.

Ages: 16 years to Adult Code: 4311.234
 Date/Time: Mar 24, Thurs, 9:30-11:30 am
 Instructor: Karen McMeans Sapienza
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$20 resident/ \$25 non-resident

Itty Bitty City

Let the fun begin! Come enjoy our drop-in open gym designed for active little ones! Scooters, trikes, Cozy Coups, Skates, floor mats and more!



Ages: 6 months to 5 years
 Day/Time: Jan 7-May 20, Fridays, 9am-11am
 Jan 11-Mar 22, Tuesdays, 9am-11am
 Location: St Vrain Memorial Building Gym,
 700 Longs Peak Ave
 Fee: \$2 per child drop-in; 10 Visit Pass: \$17

Fun Spanish

Come and have fun learning Spanish in an interactive class where children will be singing songs, reading books, dancing, playing games and making crafts. This is a drop-off class designed for little ones.

Ages: 2 to 3 years
 Day/Time: Wednesdays, 9:30-10:15 am
 Dates: Jan 19-Feb 9 Code: 4500.100
 Feb 16-Mar 9 Code: 4500.101
 Apr 6-27 Code: 4500.200
 Ages: 4 to 5 years
 Day/Time: Wednesdays, 10:30 -11:15 am
 Dates: Jan 19-Feb 9 Code: 4500.102
 Feb 16-Mar 9 Code: 4500.103
 Apr 6-27 Code: 4500.204
 Instructor: Cintia Ciorciari
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$32 resident/\$40 non-resident

Small Wonders Preschool

Preschool Open House & Registration for Fall 2011-2012
 Tuesday, February 8, 5:30-6:30pm
 St Vrain Memorial Building,
 700 Longs Peak Avenue



Registrations are accepted beginning at 5:30pm on Feb 8. Attending the Open House is optional.

Small Wonders is licensed with the State of Colorado. Our program is designed to offer a variety of developmentally appropriate activities that help each child develop to his/her fullest... socially, emotionally, physically, creatively and cognitively. Classes follow the St Vrain School District calendar for holidays and school breaks. Tuition is based on a full school year and is divided evenly through the nine months. May's 2012 tuition is collected at the time of registration. For additional questions, please call 303-774-4757 or visit our web site at www.ci.longmont.co.us/rec/childrens/small_wonders.htm

Fun Time Escape (3 year old class)

Age: 3 years old by Sept 30, 2011
 Dates: Aug 29, 2011 to May 18, 2012
 Time: 9-11:30am
 Days: Mon/Wed option or Tues/Thurs option
 Fee: \$100/month res & \$125/month non-res
 Location: St Vrain Memorial Building, 700 Longs Peak Ave

SUPERKIDS COOKING

Your child will stir, mix, measure, chop knead, and have a lot of fun learning new cooking skills. With an emphasis on healthy food choices, we believe when kids have a hand in making their own food, they are more likely to try something new.



Sweet Peas is for the youngest kitchen helper, ages 2-3 1/2, who is ready to explore on their own. Parents are encouraged to drop-off child but may stay if child is not able to be on their own.

Lil' Chef is for ages 3 1/2 - 6, parent are encouraged to drop-off child so they can build confidence in the kitchen. Please let us know about any food allergies. For questions, please call Super Kids Cooking, JoAnn Johnson, 303-664-1585.

Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$12.50 resident/ \$ 16.75 non-resident

Apple Pies and Ice Cream

The smell of fresh baked apple pie is so delicious! We'll make our own mini apple pies and homemade ice cream.

Date/Day: Jan 13, Thursday
 Sweet Peas: 9-9:45am Code: 4915.110
 Lil' Chef: 10:15-11:15am Code: 4915.120

Cupid's Cookies

Children will mix up Valentine Cookies from scratch and decorate them for all their sweethearts.

Date/Day: Feb 10, Thursday
 Sweet Peas: 9-9:45am Code 4915.111
 Lil' Chef: 10:15 -11:15am Code 4915.121

St. Patty's Day cooking

Send us your little leprechauns and we'll bring out the green together! Mix up Irish Soda bread scones along with some shamrock shakes. Wear green and win a prize!

Date/Day: Mar 17, Thursday
 Sweet Peas: 9-9:45am Code: 4915.201
 Lil' Chef: 10:15-11:15am Code: 4915.222

Mamma Mia, It's a Pizza

Roll and shape the dough, spread the sauce, and put your favorite toppings on. We will also make lemonade slushy that tastes delicious.

Date/Day: April 14, Thursday
 Sweet Peas: 9-9:45am Code: 4915.202
 Lil' Chef: 10:15-11:15am Code: 4915.223

Little Learners

Age: 4 years old by Sept 30, 2011
 Dates: Aug 29, 2011 to May 18, 2012
 Time: 12:15-2:45pm
 Days/Fees:
 Tue/Thurs option: \$100/month res or \$125/month non-res
 M/W/F option: \$140/month res or \$175/month non-res
 Location: St Vrain Memorial Building, 700 Longs Peak Ave

Musicare Sing-a-long

Through singing, body movement, drumming and the introduction of a variety of instruments and activities, children learn the basics of music, while practicing age appropriate social and motor skills. The core curriculum reinforces musical concepts such as fast and slow, loud and quiet, starting and stopping on cue. All instruments and materials are provided. Second child discount applies to siblings only.

Ages: 1 to 5 years

Instructor: Kelye L. Lotz

Days/Times: Wednesdays, 11:35am -12:05pm

Dates:
Jan 5 - 26 Code: 4835.102
Feb 2 - 23 Code: 4835.112
Mar 2 - 23 Code: 4835.200
Apr 6 - 27 Code: 4835.201
May 4 - 25 Code: 4835.202

Location: Longmont Recreation Center, 310 Quail Rd

Days/Times: Wednesdays, 1:30-2pm

Dates:
Jan 5 - 26 Code: 4835.121
Feb 2 - 23 Code: 4835.122
Mar 2-23 Code: 4835.220
Apr 6 - 27 Code: 4835.221
May 4-25 Code: 4835.222

Location: St Vrain Memorial Building, 700 Longs Peak Ave

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

2nd Child Fee: \$20 resident/\$25 non-resident

Music-Go-Round

Come and play with us on the Music-Go-Round! We'll go up and down and all around. Twirl, stomp, jump and clap to the beat. Music-Go-Round is a parent child class with all of the wonders of music. Our class encourages self confidence, communication, turn taking, and early language skills. Enjoy singing, moving, listening, and fun simple instruments and manipulatives.

Ages: 1 to 3 years

Days/Times: Mondays 9:30-10:05am

Dates:
Jan 24 - Feb 14 Code: 4874.101
Feb 28 - Mar 21 Code: 4874.102

Days/Times: Mondays, 10:15-10:50 am

Dates:
Jan 24 - Feb 14 Code: 4874.111
Feb 28 - Mar 21 Code: 4874.202

Instructor: Shanaine Hendrix

Location: Longmont Recreation Center, 310 Quail Rd

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

Little Mozarts

Enhance your child's development through inspiration of music. Music for Little Mozart's is a piano, music and movement curriculum for preschoolers. The course centers on the adventures of Mozart Mouse and Beethoven Bear as they learn about music. As their adventures unfold, they introduce the student to new musical concepts and piano performance pieces. Each student learns and plays on their own Portable Grand digital piano. \$15 material fee and headphones. *No class Feb 21 & Mar 29.

Ages: 4 to 6 years

Dates/Time: Jan 24-Feb 28*, Mon, 1-2pm Code: 4653.121
Mar 1-Apr 5*, Tue, 1-2pm Code: 4653.221

Instructor: Carolyn Baldassare

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Fees: \$110 resident/ \$137.50 non-resident + material fees

Mommy & Me Intro to Horses & Riding

Geared towards parents and their preschooler, the clinic includes safety discussions, hands-on time brushing and grooming gentle horses, and a turn to ride a horse with parent leading the horse. Important Safety Rules: No younger siblings in strollers or worn in carriers. Parent must remain with child and be very hands on at all times. Wear closed shoes and long pants. Riding Helmets are provided.

Ages: 2.5 years to 5 years

Times: 10-11:30am

Day/Dates: May 5, Thurs Code: 4733.230

May 11, Wed Code: 4733.231

Location: Sun Pony Ranch, 18490 County Rd 1

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



Water Explorers

Not yet old enough for learn to swim lessons? Ready to be in the water without mom or dad? Your preschooler will be exploring the water through songs, games, and toys with an instructor while at the same time learning how to be part of a group, understanding water safety rules, and following directions. Classes are 30 minutes.

Ages: 2 1/2 to 3 1/2 years

Location: Centennial Pool, 1201 Alpine St

Date: Jan 10-Feb 23 Code:

Day/Time: Mon, 8:55am 6150.101

Wed, 8:55am 6150.103

Mon, 12:25pm 6150.102

Wed, 12:25pm 6150.104

Fee: \$28 resident/ \$35 non-resident

Date: Feb 28-Apr 27* (*No class 3/28 or 30)

Day/Time: Mon, 8:55am 6150.105

Wed, 8:55am 6150.201

Mon, 12:25pm 6150.106

Wed, 12:25pm 6150.202

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

Dates: May 2-18, Monday & Wednesday

Time: 8:55am 6150.203

12:25pm 6150.204

Fee: \$24 resident/\$30 non-resident

Location: Longmont Recreation Center, 310 Quail

Day/Time: Sundays, 9:15-9:45am

Dates: Jan 16-Feb 6 Code: 6150.178

Feb 27-Mar 20 Code: 6150.268

Apr 10-May 8 Code: 6150.278

Day/Time: Thursday, 9:30-10am

Jan 6-27 Code: 6150.170

Feb 3-24 Code: 6150.180

Mar 3-24 Code: 6150.260

Apr 7-28 Code: 6150.270

May 5-19 Code: 6150.280

Day/Time: Tuesday, 5-5:30pm

Date: Jan 18-Feb 8 Code: 6150.172

Mar 1-22 Code: 6150.262

Apr 12-May 3 Code: 6150.272

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

Child/ Parent Yoga

Class will offer you a variety of pose interactions with your child. It's playtime in yoga as kids watch and participate. Kids at this age love yoga when it is fun! You'll love the good stretch you will get. Please wear loose clothing. Bring a water bottle and healthy snack for the end of class.

Ages: 3 to 5 years

Day/Time: Mondays, 10:30 -11:30 am

Dates:

Jan 10-31	\$36 res/\$45 non-res	4423.111
Feb 7-28	\$27 res/\$33.75 non-res	4423.112
Mar 7-21	\$27 res/\$33.75 non-res	4423.210
Apr 4-25	\$36 res/\$45 non-res	4423.211

Instructor: Nancy Coleman

Location: Izaak Walton Clubhouse, 18 S Sunset

Code:

Kanga and Roo for Twos Tumbling

Come have fun with your little one while they learn to tumble. We will be jumping, stretching and learning basic tumbling skills in a fun and energetic way your child will love! Enjoy one on one time in this parent/child class while your child learns gymnastics with the instructor. Child does not have to be potty trained but please remember changing bag and water bottle. * No class Monday, Jan 17 or Feb 21.



Ages: 2 to 3 years

Day/Time: Mondays, 5:15-6 pm

Dates:

Jan 10-31*	\$24 res/\$30 non-res	4822.101
Feb 7-28*	\$24 res/\$30 non-res	4822.112
Mar 7-21	\$24 res/\$30 non-res	4822.200
Apr 4-25	\$32 res/\$40 non-res	4822.201

Days: Wednesdays, 10:15-11 am

Dates:

Jan 12-26	\$24 res/\$30 non-res	4822.120
Feb 2-23	\$32 res/\$40 non-res	4822.121
Mar 2-23	\$32 res/\$40 non-res	4822.220
Apr 6-27	\$32 res/\$40 non-res	4822.221

Days: Wednesdays, 6:15-7 pm

Dates:

Jan 12-26	\$24 res/\$30 non-res	4822.111
Feb 2-23	\$32 res/\$40 non-res	4822.113
Mar 2-23	\$32 res/\$40 non-res	4822.210
Apr 6-27	\$32 res/\$40 non-res	4822.211

Instructor: Linda Pellett

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Jumping Joeys Tumbling

Jumping Joeys Tumbling class is a wonderful way to introduce your child to gymnastics. Your child will learn beginning gymnastics in a fun, interactive class designed specifically with the preschooler in mind. Stretching, mat work, spring-board and basic tumbling will all be covered. Child should be potty-trained. *No class on Jan 17 or Feb 21.

Ages: 3 to 4 years

Day/Time: Mondays, 9:15-10 am

Dates:

Jan 10-31*	\$24 res/\$30 non-res	4819.101
Feb 7-28*	\$24 res/\$30 non-res	4819.114
Mar 7-21	\$24 res/\$30 non-res	4819.200
Apr 4-25	\$32 res/\$40 non-res	4819.201

Day/Time: Mondays, 4:15-5 pm

Dates:

Jan 10-31*	\$24 res/\$30 non-res	4819.102
Feb 7-28*	\$24 res/\$30 non-res	4819.115
Mar 7-21	\$24 res/\$30 non-res	4819.202
Apr 4-25	\$32 res/\$40 non-res	4819.203

Day/Time: Tuesdays, 5:15-6 pm

Dates:

Jan 11-25	\$24 res/\$30 non-res	4819.111
Feb 1-22	\$32 res/\$40 non-res	4819.112
Mar 1-22	\$32 res/\$40 non-res	4819.210
Apr 5-26	\$32 res/\$40 non-res	4819.211

Day/Time: Wednesdays, 9:15-10 am

Dates:

Jan 12-26	\$24 res/\$30 non-res	4819.121
Feb 2-23	\$32 res/\$40 non-res	4819.123
Mar 2-23	\$32 res/\$40 non-res	4819.220
Apr 6-27	\$32 res/\$40 non-res	4819.222

Day/Time: Wednesdays, 5:15-6 pm

Dates:

Jan 12-26	\$24 res/\$30 non-res	4819.122
Feb 2-23	\$32 res/\$40 non-res	4819.124
Mar 2-23	\$32 res/\$40 non-res	4819.221
Apr 6-27	\$32 res/\$40 non-res	4819.223

Instructor: Linda Pellett

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Advanced Jumping Joeys Tumbling

This class is for students who have previously taken Jumping Joeys classes, and must have instructor approval to register. Stretching, mat work, spring-board and basic tumbling will all be covered. Child should be potty-trained.



Ages: 3 to 4 years

Day/Time: Tuesdays, 4:15 -5pm

Dates:

Jan 11-25	\$24 res/\$30 non-res	4819.113
Feb 1-22	\$32 res/\$40 non-res	4819.116
Mar 1-22	\$32 res/\$40 non-res	4819.214
Apr 5-26	\$32 res/\$40 non-res	4819.215

Instructor: Linda Pellett

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Parents-our observation area is very limited.

Parents may wait in front lobby and observe class on a computer monitor. Quick Fit is for parents while their child is in a Tumbling Class. The Memorial Building Weight Room Quick Fit is only \$2 payable at the front desk prior to your quick workout.

Kicking Kangas Tumbling

This is a great class for children taking afternoon kindergarten! Kicking Kangaroo's Tumbling class is a wonderful way to introduce your child to gymnastics. Your child will learn beginning gymnastics in a fun, interactive class designed specifically with the preschooler in mind. Stretching, mat work, spring-board and basic tumbling will all be covered. * No class Monday, Jan 17 or Feb 21.

Ages:	5 to 6 years	
Day/Time:	Mondays, 10:15 -11 am	
Dates:		Code:
Jan 10-31*	\$24 res/\$30 non-res	4820.121
Feb 7-28*	\$24 res/\$30 non-res	4820.122
Mar 7-21	\$24 res/\$30 non-res	4820.221
Apr 4-25	\$32 res/\$40 non-res	4820.222
Day/Time:	Mondays, 6:15-7 pm	
Dates:		
Jan 10-31*	\$24 res/\$30 non-res	4820.130
Feb 7-28*	\$24 res/\$30 non-res	4820.131
Mar 7-21	\$24 res/\$30 non-res	4820.230
Apr 4-25	\$32 res/\$40 non-res	4820.231
Instructor:	Linda Pellett	
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	

Advanced Kicking Kangas Tumbling

This is an advanced Kicking Kangas class. The instructor will move a child into this class when they have completed skills within the Kicking Kangas class. Parents- our observation area is very limited. Parents may wait in front lobby and observe class on a computer monitor.

Ages:	5 to 6 years	
Day/Time:	Wednesdays, 4:15-5 pm	
Dates:		Code:
Jan 12-26	\$24 res/\$30 non-res	4820.111
Feb 2-23	\$32 res/\$40 non-res	4820.112
Mar 2-23	\$32 res/\$40 non-res	4820.210
Apr 6-27	\$32 res/\$40 non-res	4820.211
Instructor:	Linda Pellett	
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	

Boys Endurance, Strength and Tumbling

This class helps build strength and endurance in between your child's regular sports practices and games. Class includes: 10 minutes of run/walk outside; 10 minutes of stretching; 20 minutes of tumbling; 15 minutes of strength and 5 minutes of cool down. Parents- our observation area is very limited. Parents may wait in front lobby and observe class on a computer monitor.

Ages:	5 to 6 years	
Day/Time:	Tuesdays, 6:15-7 pm	
Dates:		Code:
Jan 11-25	\$24 res/\$30 non-res	4823.101
Feb 1-22	\$32 res/\$40 non-res	4823.102
Mar 1-22	\$32 res/\$40 non-res	4823.200
Apr 5-26	\$32 res/\$40 non-res	4823.201
Instructor:	Linda Pellett	
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	

Build It With Duplo

Come design and explore with Play-Well courses featuring Duplo blocks and excellent leaders. Learn the basics of engineering using wheels and axles, gears and pulleys! New theme each class!

Ages:	3 to 5 years	
Dates/Time:	Jan 13-Feb 10, Thurs, 1-2 pm	
Instructor:	Play Well TEKnologies	Code: 4948.111
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	
Fees:	\$80 resident/ \$100 non-resident	

Create with Clifford

Come create, with Clifford the Big Red Dog! We will make Valentine crafts, decorate cookies, and much more in this special winter workshop! This is a parent/child activity.

Ages:	3 to 7 years	
Date/Time:	Feb 5, Sat, 10-10:45 am	Code: 4917.100
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	
Fees:	\$8 resident / \$10 non-resident	
Second Child:	\$6.50 resident/ \$8.25 non-resident	

Paint, Paste & Pour

"Parent & Me"

Put on your play clothes and have some messy, gooey fun with your toddler! In this class we will experiment with crazy concoctions, foam art, finger painting, shaving cream and much more.



Ages:	2 to 5 years	
Date/Time:	Mar 5, Sat, 10-10:45 am	Code: 2054.200
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	
Fees:	\$6.50 resident/ \$8.25 non-resident	

From Caterpillars to Butterflies

Butterflies are amazing insects that are easily recognizable to children of all ages. We will learn the life cycle of a Butterfly, sing songs and play games.

Ages:	2 to 5 years	
Date/Time:	Mar 19, Sat, 10-10:45 am	Code: 4917.300
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	
Fees:	\$6.50 resident/ \$8.25 non-resident	



For Preschool
Sports Clinics
See Page 14

Terrific Twos

This class is geared for the 24-36 month old child and an adult to spend quality time together. Class will include songs, finger plays, art projects and the opportunity for your child to learn social skills while in a play environment. There will be different activities each session. Please plan to pay \$4 drop-in fee for siblings who attend class.

Ages: 2 to 3 years
 Day/Time: Friday, 9-10:15 am
 Date: Jan 14 - Feb 11 Code: 4830.112
 Feb 18-Mar 18 Code: 4830.212
 April 8-May 6 Code: 4830.213
 Instructor: Ms. Emmy
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fees: \$35 resident/ 43.75 non-resident

Together Time

Join us for fun! We will include art, movement and more in this class especially designed for 3-4 year olds. This is a parent/child class. Come ready to paint, play and enjoy a multitude of learning centers.

Ages: 3 to 4 years
 Day/Time: Friday, 10:15-11:30am
 Dates: Jan 14-Feb 11 Code: 4831.414
 Feb 18- Mar 18 Code: 4831.415
 Apr 8-May 6 Code: 4831.416
 Instructor: Ms. Emmy
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fees: \$35 resident/ 43.75 non-resident

Youth & Teen

Babysitter's Training

The American Red Cross Babysitter's Training course provides the information and skills necessary to provide safe and responsible care for children in the absence of parents or guardians. This training will help participants develop skills in 5 critical areas: leadership, safety and safe play, basic care, first aid, and professionalism.

Ages: 11 to 15 years
 Date/Time: Code:
 Jan 17, Mon, 8:30am-4pm 6310.102
 Mar 28, Mon, 9am-4:30pm 6310.201
 Feb 4 & 5; Fri 5-8pm & Sat 12-4:30pm 6310.103
 Location: Centennial Pool, 1201 Alpine St
 Fee: \$50 resident/ \$62.50 non-resident

Babysitter's Boot Camp

This course includes certification in Babysitter's Training, First Aid, and CPR for infants and children. Includes two text books for later reference. Great for both experienced and novice sitters ages 12 and older. Please bring a sack lunch or snacks as needed.

Ages: 12 years and older
 Times: 9am-3pm Code:
 Dates: Dec 27 & 28, Mon & Tues 6310.150
 Mar 29 & 31, Tue & Thurs 6310.225
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$80 resident/ \$100 non-resident

Create a Babysitter's Kit

Design your own babysitter's kit to be ready to work at a moment's notice. Learn about the essentials every babysitter's kit should have and how to tailor your kit to YOU! Bring a bag or pack from home: we'll start stocking your kit in class.

Ages: 11 years and older
 Day/Time: Wednesday, 4:15-5:30pm
 Dates: Jan 19 Code: 6310.170
 Feb 16 Code: 6310.171
 Mar 16 Code: 6310.270
 Apr 6 Code: 6310.271
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$15 resident/ \$18.75 non-resident



Babysitter's Practicum

Have you taken Babysitter's Training and want to put your skills working with 6-10 year olds to use in a supervised environment? Join us during Parent's Night Out to practice leading individual and group activities in a supportive environment. Similar to a "real" job, you will be contacted for an over-phone interview for selection and confirmation.

Ages: 11 years and older with Babysitter's Training Certification
 Day/Time: Feb 12, Sat, 3:45-9pm Code: 6310.175
 Location: Centennial Pool, 1201 Alpine St
 Fee: Free volunteer opportunity

Move IT!

Come out and enjoy all the amazing opportunities to be active around Longmont—swim, snowshoe, bike (indoors and out!), climb, make healthy snacks—all year long. Pick and choose days to come, or choose to come all season long. The choice to Move It is yours! Check the monthly Move It! calendar online at http://www.ci.longmont.co.us/rec/teen/teen_clubs.htm

Grades: 6 to 8
 Day/Time: Monday-Friday, 3:30-5:30pm
 Dates: Jan 5 – Feb 28 Code: 4799.100
 Location: Meets at Centennial Pool, 1201 Alpine St
 Fee: FREE! thanks to State Farm Youth Advisory Board Grant



Move It!

**The 7 Week
 Move it!
 Community
 Challenge
 drawing winner
 is Anna Carter!
 Congratulations!**

Intro to Skateboarding

Meet us at the Recreation Center skatepark to learn and practice basic skateboard moves. Balance, kick turns, ollies, manuals as well as other street and ramp tricks will be covered. Small classes ensure attention to students. NO experience necessary. Please bring skateboard, helmet, knee and elbow pads and a water bottle.

Ages:	6 to 12 years
Day/Time:	Monday, 5:30-7 pm
Dates:	April 4 Code: 4867.100
	April 11 Code: 4867.101
	April 18 Code: 4867.102
	April 25 Code: 4867.103
	May 2 Code: 4867.200
	May 9 Code: 4867.201
	May 16 Code: 4867.202
	May 23 Code: 4867.203
Location:	Longmont Recreation Center-Skate Park, 310 Quail Rd
Fee:	\$16 resident/\$20 non resident

Intro to Horses & Riding

Class includes a simple discussion on basic Safety Issues around horses and riding tack. Most of the class time will be "Hands-On" with the kids learning to brush and groom the gentle horses. The last 45 (5-7yr olds) to 60 (8-14yr olds) minutes of the class will be spent riding. Wear closed shoes and long pants. Riding Helmets are provided.

Ages:	5 to 7 years
Day/Time:	Saturday, 4-5:30pm
Dates:	
Apr 2	\$32 res/ \$40 non-res Code: 4733.200
Apr 23	\$32 res/ \$40 non-res Code: 4733.201
May 14	\$32 res/ \$40 non-res Code: 4733.202

Ages:	8 to 14 years
Day/Time:	Saturday, 4-6pm
Dates:	
Apr 30	\$43 res/\$53.75 non-res Code: 4733.210
May 28	\$43 res/\$53.75 non-res Code: 4733.211

Ages:	15 years through adult
Date/Time:	Apr 16, Saturday, 4-6:30pm
	\$54 res/ \$67.50 non-res Code: 4533.202

Location: Sun Pony Ranch, 18490 County Rd 1

Intermediate Skateboarding

This class takes skateboarding to the next level! For those who have progressed from our Intro to Skateboarding classes to those wanting to expand on current skills. Basic skills and competency on all parts of the Recreation Center skate park are necessary to take this fun class. Small classes ensure attention to students. Please bring skateboard, helmet, knee and elbow pads and a water bottle.

Ages:	8 to 14 years
Day/Time:	Wednesday, 5:30-7 pm
Dates:	April 20 Code: 4867.110
	May 18 Code: 4867.111
Location:	Longmont Recreation Center-Skate Park, 310 Quail Rd
Fee:	\$16 resident/\$20 non resident

Little Climbers

Are your kids climbing the walls at home? Little Climbers 1 is a great chance for your child to learn the basics of rock climbing! We will cover technique, gear, commands and safety. Little Climbers 2 will develop technique, movement and balance through instructional rock climbing: completion of Little Climbers 1 is recommended.

Ages:	6 to 11 years
Day/Time:	Sunday, 10-11:30 am

Little Climbers 1

Date:	
Jan 16	Code: 4151.110
Feb 20	Code: 4151.111
Mar 20	Code: 4151.112
Apr 17	Code: 4151.210
May 22	Code: 4151.211



Day/Time:	Saturday, 10-11:30 am
-----------	-----------------------

Little Climbers 1 Little Climbers 2

Date:	
Jan 8	Code: 4151.100
Feb 5	Code: 4151.101
Mar 5	Code: 4151.102
Apr 9	Code: 4151.201
May 7	Code: 4151.202
Jan 15	Code: 4152.100
Feb 12	Code: 4152.101
Mar 12	Code: 4152.102
Apr 16	Code: 4152.200
May 14	Code: 4152.201

Location: Longmont Recreation Center Climbing Wall, 310 Quail Rd

Fee: \$10 resident/\$12.50 non resident

No School Day Snow Fun!

Spend Presidents' Day & Martin Luther King Jr. Day in a white winter wonderland at Beaver Meadows Ranch. Experience the thrills of curves, banks and bumps on the snow tubing hill; winter walking with dry feet on snowshoes through wooded trails, ice skate on the outdoor skating ponds; or glide at your own pace on cross country skis! These trips include activity fees and rental equipment for snow tubing, ice skating and either snowshoeing or cross country skiing (check trip date for each activity). Transportation to and from the Red Feather Lakes area also included. Come prepared for a full day of winter fun with warm clothes, a sack lunch, snacks and a water bottle.

Ages: 11 to 15 years

Day/Times: Monday, 8am-5pm

Snowshoe trip (snow tubing and ice skating included)

Date: Jan 17 Code: 4790.101

Cross Country Ski Trip (snow tubing and ice skating included)

Date: Feb 21 Code: 4790.102

Location: Trip meets at and returns to the St Vrain Memorial Building, 700 Longs Peak Ave

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



Art with Amy!

Join Amy Pallas, licensed Art Teacher, to explore various art mediums and techniques. Unless otherwise noted, all supplies are included.

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Art Exploration For Kids

Ever paint in Acrylics? Wanted to try oil pastels? Enjoy sculpture? Colored pencils? Each class will explore a different material and a variety of techniques.

Ages: 7 to 12 years

Days/Times: Thursdays, 4:15-5:45pm

Dates: Feb 17-Mar 10 Code: 4936.111

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

Construct a Creature

Construct a large, imaginative, and colorful creature by making an armature covering it with plaster of paris, and decorating with paint, yarn, feather, and beads. Clear a shelf; this hands on project is a time-tested favorite! You'll be showing it off for years. *No class March 31.

Ages: 7 to 15 years

Days/Times: Thursdays, 4:15 - 5:45pm

Dates: Mar 24 - Apr 14* Code: 4936.230

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

Children's Drawing Workshop

Anyone can learn to draw! Whether a beginner or experienced artist, kids will develop their talent and expand their creativity in a nurturing environment. Kids will learn to apply value, proportion, perspective and many other elements to create wonderfully realistic drawings. Drawings will be based on still lifes and photographs. A supply list available at the first class.

Ages: 7 to 12 years

Day/Time: Thursdays, 4:15 - 5:15pm

Dates: Jan 20 - Feb 10 Code: 4936.101

Apr 21 - May 12 Code: 4936.201

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

Crackpots Clay Dates!

Join us on the first Friday of the month for a fun "clay date". In each class, kids will play with clay and learn hand building tools and techniques to help them create a fabulous clay masterpiece. Cost includes all materials, instruction and firing for the project, plus free studio time to come back and paint, glaze and fire their masterpieces at Crackpots Studio.

Ages: 5 to 15 years

Day/Time: Fridays, 4-5:15 pm

Funky Footed Bowl Feb 4 Code: 4989.200

Make a Mask Mar 4 Code: 4989.201

Bird House Apr 1 Code: 4989.202

Create a Critter May 6 Code: 4989.300

Location: Crackpot Studios, 501 Main St

Fee: \$20 resident/\$25 non-resident

Mother Daughter Beading

Making jewelry is a wonderful way to bond with your daughter. During class, each of you will create a simple beaded necklace or bracelet. After class, with your newly acquired design and technical skills, you and your daughter will continue to enjoy making beautiful jewelry together at home.

Ages: 16 years to Adult

Day/Times: Saturdays, 10 - 11:30am

Dates: Apr 16 Code: 4937.201

Apr 23 Code: 4937.202

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

Painting Gone Wild! Acrylics for Kids

Join us on a wild and wooly wonderful painting adventure! Kids will learn to mix colors and apply texture to create a realistic acrylic animal painting with a surprisingly imaginative background. Paintings will be based on photographs.

Ages: 7 to 12 years

Days/Times: Mondays, 4:15 - 5:45pm

Dates: May 2-16 Code: 4936.220

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

Portrait Drawing for Teens

Lean how to capture the likeness of a person using classical measurements, value, and detail. Drawings will be based on photographs.

Ages: 12 to 17 years

Days/Times: Mondays, 4:15 - 5:15pm

Dates: April 4-25 Code: 4936.245

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

Teen Drawing Workshop

Whether a beginner or experienced artist, develop your talent by applying proportion, detail and value to produce realistic drawings. Drawings will be based on still lifes.

Ages: 12 to 17 years

Days/Times: Mondays, 4:15-5:15pm

Dates: Feb 28-Mar 21 Code: 4936.140

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

The Art of Magic and Mystery

Ever wish you could magically make a ball disappear or change a scarf into a rose? Finding out secrets, creating a character and acting are all a part of the incredible process of learning magic. We explore these concepts and more during this exciting class which will culminate into a performance you can invite your family and friend to on the last class. Taught by a fulltime professional magician and actress Erica Sodos.

Ages: 10 to 18 years

Day/Times: Wednesdays, 6:30-7:30pm

Dates: Feb 16 - Mar 16 Code: 4433.121

Location: Longmont Senior Center, 910 Longs Peak Ave

Fee: \$50 resident/ \$60 non-resident

Lift Off! - Space Time

Space Time's Lift Off Workshop launches kids into the world of rockets and space exploration and includes rocket building and launching, exciting rocket games and much more.

Ages: 5 to 12 years
 Date/Times: Apr 9, Sat, 12:30-2:30pm Code: 4935.210
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$19 resident/ \$23.75 non-resident

Life In Space Workshop

Space Time's Life in Space Workshop lets kids see, hear and feel some of what it would be like to live, work and play in outer space including designing space missions, feeling a gravity "sling shot" and much more.

Ages: 5 to 12 years
 Date/Times: Jan 17, Mon, 9-11am Code: 4935.131
 March 4, Fri, 9-11am Code: 4935.231
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$19 resident/ \$23.75 non-resident

Spring Break Camps

Spring Break Horse Camp

Have your own horse for a week!

We will match each camper with a horse to ride and love for the week. Campers will learn the care and responsibility for their horse, as well as learning and practicing "safety" around horses. They will begin to learn riding skills, or improve those they already have. Both English and Western style riding are taught - campers choice.



Ages: 8 to 14 years
 Day/Times: Mon-Fri, 10am - 2pm
 Dates: Mar 28-Apr 1 Code: 4533.201
 Location: Sun Pony Ranch, 18490 County Rd 1
 Fee: \$260 resident/ \$325 non-resident

Art Intensive: Faces with Feelings

Kids will explore how beloved artist Vincent Van Gogh used line, shape, and color to express emotion. Following his example, kids will create their own colorful and expressive oil pastel self-portrait. All supplies provided.

Ages: 6 to 12 years
 Date/Times: Apr 1, Fri, 9am-12pm Code: 4932.220
 Instructor: Amy Pallas, licensed Art Teacher
 Location: Izaak Walton Clubhouse, 18 S Sunset
 Fee: \$20 resident/ \$25 non-resident

Art Intensive: Marvelous Mask Making

Join us for two days of infinite possibilities! Day one, kids construct a mask out of a plastic jug and recyclables. On the same day, they also create a plaster of paris mask using a whimsical animal mold. On Day two, kids embellish their creations with paint, yarn, feathers, and beads. All supplies provided.

Ages: 6 to 12 years
 Days/Times: Thursday & Friday, 1-4pm
 Dates: March 31 - April 1 Code: 4932.221
 Instructor: Amy Pallas, licensed Art Teacher
 Location: Izaak Walton Clubhouse, 18 S Sunset
 Fee: \$40 resident/ \$50 non-resident

Teen Photography

Basic photography concepts will be covered including aperture, exposure, and natural light. All photography interests from portrait to nature to documentary are welcome. Class will also cover post-processing and digital darkroom skills. Bring your camera; DSLR helpful but not necessary.



Ages: 12 to 18 years
 Day/Times: Monday - Friday, 2:30-5pm
 Dates: March 28 - April 1
 Instructor: Lynsey Peterson
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$145 resident/ \$181 non-resident

Deep Space Adventures

Space Time's Deep Space Adventures Camp takes kids on a deep space journey into The Great Unknown where they will get to set up bases an space stations, explore the new "exoplanet" or distant stars and more.

Ages: 6 to 12 Years
 Days/Times: Monday – Friday, 9am- 12pm
 Dates: March 28 - April 1 Code: 4935.250
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$115 resident/ \$143.75 non-resident

Sailing the Solar System

Space Time's Sailing the Solar System Camp let's kids explore the planets, moons, asteroids and other objects in our solar neighborhood through exciting hands-on & minds-on activities and projects.

Ages: 6 to 12 years
 Days/ Times: Monday – Friday, 1 – 4pm
 Dates: March 28 - April 1 Code: 4935.251
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$115 resident/ \$143.75 non-resident

Pottery Painting with Pottery Perfection

Each child will choose one item to glaze. All glazes are lead free, bright & fun. Pick up fired pieces on week after class at the St Vrain Memorial Building. Taught by Sherry Laurienti, Pottery Perfection

Ages: 3 to 10 years
 Days/Times: Saturdays, 1:30-2:30pm

Valentine's Day: Jan 29 Code: 4903.101

Bird House or Feeder: Mar 12 Code: 4903.201

Mother's Day: Apr 30 Code: 4903.202

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Fee: \$13.50 resident/ \$16.75 non-resident

Mandarin Chinese

Don't know how to pronounce the Chinese symbols? We offer Pin Yin, the Chinese phonetics course. Interested in Chinese cultures? Come and enjoy the Mandarin Chinese class step by step.

Ages: 7 to 16 years
 Days/Time: Mondays, 4:30 -5:15 pm
 Dates: Jan 24 - Feb 14 Code: 4586.101
 Days/Time: Tuesdays, 4:30 -5:15 pm
 Dates: Mar 1 - 22 Code: 4586.201
 Instructor: Juli Armas
 Location: St Vrain Memorial Building,
 700 Longs Peak Ave
 Fee: \$35 resident/ \$43.75 non-resident

Friendly Chess for Youth

Chess is a great game for kids and youth to learn concentration, patience, visualization and analytical thinking. Friendly Chess is a concept where there are no clocks or trophies to win, but more importantly a way to learn chess with others, socialize and share in fun times! Also, your child will learn some history while they're at it! This is a beginning chess course.

Ages: 7 to 13 years
 Day/Time: Saturdays, 11 -11:45 am
 Dates: Feb 5-26 Code: 4910.102
 Mar 5-26 Code: 4910.200
 Apr 9-30 Code: 4910.201
 Instructor: Michael Parenteau
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$10 resident/ \$12.50 non-resident



Rapid Ropers Beginning Jump Roping

Come join us for this exciting new class for kids ages 6 to 18 years olds!

Molly Metz, who placed 1st in the World in her division, will be teaching the class. Your son or daughter will develop strength, coordination, self-confidence, and have a great time jumping to the beat of the music!



Ages: 6 to 18 years

Days/Time: Mondays, 5 -5:45 pm
 Dates: Jan 10 - 31 Code: 4998.101
 Dates: Feb 7 - 28 Code: 4998.102
 Dates: Mar 7 - 28 Code: 4998.200
 Dates: Apr 4 - 25 Code: 4998.201
 Location: Senior Center - Gym, 910 Longs Peak Ave
 Fee: \$32 resident/\$40 non-resident

Rapid Ropers Intermediate Jump Roping

Has your Hot Shot been jumping longer than 3 months or has the talent to move them up to the next level of jumping? Intermediate Hot Shots takes your jumper to the next stage of jumping - this course will include choreographed routines, competitive styles of rope skipping, conditioning, various opportunities to perform and of course... tons of fun!

Ages: 8 to 18 years
 Days/Time: Mondays, 6 -7:30 pm
 Dates: Jan 10 - 31 Code: 4996.101
 Feb 7-28 Code: 4996.102
 Mar 7 - 28 Code: 4996.200
 Apr 4 - 25 Code: 4996.201
 Instructor: Molly Metz, JumpN' Rope
 Location: St. Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$32 resident/ \$40 non-resident

Rapid Ropers Jump Roping Mini Camp

This mini-camp will focus on breaking down the areas of jumper rope including single rope freestyles, speed and power; double dutch freestyles, speed and power; performance based travelers, group routines, Chinese wheels and long rope. Choreography, contests and lots of fun are also a part of the JumpN'Rope mini camp. Be prepared to learn tons of new tricks and have tons of fun! It is recommended for kids to come prepared with appropriate running/athletic shoes, snacks and water. Free jump rope with registration.

Ages: 7 to 18 years
 Day/Time: Saturday, 9:30 -12:30 pm
 Dates: Jan 8 Code: 4998.111
 Date: Mar 12 Code: 4998.211
 Instructor: Molly Metz, JumpN' Rope
 Location: St. Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$22 resident/ \$27.50 non-resident

Aikido For Youth and Teens

Aikido is a non-violent martial budo of Japanese origin with the basic philosophy of stopping conflict before it occurs and building a peaceful world. Using a martial framework, students learn to harmonize with the energy of partners, not opponents, and redirect and control that energy without resorting to fighting. Classes are ongoing and students may join at any time. Paula Lydon instructing.

Location: St Vrain Memorial Building, 700 Longs Peak Ave
Ages: 9 to 12 years
Day/Time: Saturday, 10:30-11:30am
Dates:
 Jan 8 - 29 Code: 4203.101
 Feb 5 - 26 Code: 4203.102
 Mar 5 - 26 Code: 4203.200
 Apr 9 - 30 Code: 4203.201
Fee: \$25 resident/ \$31.25 non-resident

Ages: 13 to 17 years
Days/Time: Tuesday & Thursday, 7-8:30pm
Dates:
 Jan 4 - 27 Code: 4202.101
 Feb 1 - 24 Code: 4202.102
 Mar 1 - 31 Code: 4202.200
 Apr 5 - 28 Code: 4202.201
Fee: \$35 resident/ \$43.75 non-resident
Drop-In Fee: \$8 resident/ \$10 non-resident

Tae Kwon Do for Youth

Tae Kwon Do is a Korean martial art that offers physical fitness, improved self confidence, and more. Children and young teens will learn how to channel energy in positive ways, focus and achieve goals, stay safe, and build their confidence. Learn what it takes to become leaders through ongoing classes. A uniform is provided to each student. Taught by 3rd-degree Black Belt, John Lynn, Longmont Martial Arts Academy.

Ages: 7 to 16 years
Days/Times: Mon/Wed 4:15 - 5:15pm; Fri 6:30-7:30pm
Dates:
 Jan 3-31 Code: 4650.181
 Feb 2-28 Code: 4650.182
 Mar 2-30 Code: 4650.281
 Apr 1-29 Code: 4650.282
 May 2-27 Code: 4650.283
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Monthly Fee: \$50 resident/ \$62.50 non-resident
Drop-in Fee: \$8 per class

Keyboard Encounters

Keyboard Encounters is a unique course of piano style instruction that will help you play the music of your choice sooner than you thought possible. Each student learns on individual Portable Grand digital pianos, which allow more people to learn to play piano in less time than ever before. A materials fee (\$20 fee for adult class and \$15 for youth) will be collected by instructor at first class.

*No class Monday, Feb 21.

Days: Mondays
Dates: Jan 24 - Feb 28*
Ages: 6-9 years, 6-7pm Code: 4653.102
Instructor: Carolyn Baldassare
Location: Longmont Senior Center, 910 Longs Peak Ave
Fee: \$110 res/ \$137.50 non-res + materials fee

Sewing Fun!

Join us as we construct a vest! Make something fun and practical on your winter break! Learn how to follow a pattern from start to finish. Sewing machines provided. Pick up a supply list and bring your own supplies. Ann Poindexter instructor.

Ages: 8 to 14 years
Date/Time: Jan 3-4, Mon & Tues, 9am-12pm Code: 4901.131
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$40 resident/ \$50 non-resident

Sewing: Sand Paper and Crayon Art

Repurpose an average grocery store bag, use an appliquéd Butterflies and/or Flowers made using sand paper and Crayon Art! Bring your own fabric tote (with any logo smaller than 9" x 10"). We will cover it up and make it fun! Sewing machine furnished, \$5 kit fee paid to the instructor, Ann Poindexter.

Ages: 6 to 12 years
Dates/Time: Feb 5 & 12, Sat, 12:30-2pm Code: 4901.101
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$25 rest/ \$31.25 non-res + materials fee

Sewing Fundamentals for Kids

Perfect for those who want to learn to sew! Learn to use a sewing machine and finish a project. We will make our own unique personalized pillow with appliquéd. Sewing Machines furnished. Bring \$5 materials fee to first class made payable to the Instructor, Ann Poindexter.

Ages: 7 to 12 years Code: 4901.200
Dates/Time: Apr 5-12, Tues, 4:15-5:30pm
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$40 res/ \$50 non-res + material fee

Royal Rousers Acting Class

Here's a great class for both the beginner and the experienced actor. This class consists of nothing but theatre games and improvisation. A terrific way to initiate children to the stage!

Ages: 4 to 9 years
Days/Times: Saturdays, 11am - 12pm
Dates: Jan 15 - Feb 19 Code 4950.111
Location: Jesters School Performing Arts, 224 Main Street
Fee: \$60 resident/ \$75 non-resident

The Crown's Characters

For the serious and the recreational actor, this class will emphasize acting technique, focusing on spontaneity, creativity, improvisation, and honest. A liberating class-sure to free the actor within.

Ages: 10 years to adults
Days/Times: Tuesdays, 5-6pm
Dates: Feb 22 - Mar 29 Code 4684.131
Location: Jesters School Performing Arts, 224 Main Street
Fee: \$60 resident/ \$75 non-resident

The Royal Troubadours

Select your musical or play of choice from the listing below. Must be able to attend all performances to enroll in class. Great for both the beginner and the experienced actor. For show descriptions, go to www.jestertheatre.com. Rehearsals and performances held at the Jesters School for Performing Arts, 224 Main Street

Ages: 5 years to adults

Location: Jesters School for Performing Arts, 224 Main Street

MUSICALS

Days/Times: Mondays/Wednesdays, 4-6pm

Fee: \$225 resident/ \$281.25 non-resident

The Ugly Duckling

Performances on Mon, Feb 21, 4:15pm & Feb 21, dinner 6pm, show 7:30pm

Dates: Jan 17 - Feb 23 Code: 4950.101

Clowns

Performances on Mon, Apr 11, 4:15 & Apr 11, dinner 6pm, show 7:30pm.

Dates: Feb 28 - Apr 13 Code: 4950.102

Disney's Cinderella

Performances on Mon, May 23, 4:15 & May 23, dinner 6pm, show 7:30pm.

Dates: Apr 18 - May 25 Code: 4950.103

PLAYS

Days/Times: Tuesdays/Thursdays, 4-5:30pm

Fee: \$180 resident/ \$225 non-resident

Robin Hood

Performances on Tues, Feb 22, 4:15pm & Feb 22, dinner 6pm, show 7:30pm.

Dates: Jan 18 - Feb 24 Code: 4950.181

The Ransom of Emily Jane

Performances on Tues, May 24, 4:15pm, & May 24, dinner 6pm, show 7:30pm

Dates: Apr 19 – May 26 Code: 4950.182

Showtime on the Showboat

Performances on Tues, Apr 12, 4:15pm & Apr 12, dinner 6pm, show 7:30pm.

Dates: Mar 1 – Apr 14 Code: 4950.281

Summer Day Camp 2011

All fees include any weekly Wednesday outings, guest speakers, special events, swimming on Tuesdays and Fridays, and lots of fun-filled days! One-time discount for additional child available for full and part-time options only.

Ages 6 to 12 (Campers must have completed Kindergarten)

Information / Registration Packets available February 1 online at www.ci.longmont.co.us/rec

Registration begins at 7 am, Tuesday, March 1, at the Memorial Building and will continue until space is filled.

Full Time

Up to 55 hrs/week

7 am – 6 pm

8 weeks – June 6-July 29

\$1236 res / \$1545 non-res

10 weeks – June 6-Aug 12

\$1391 res / \$1739 non-res

Part Time

Up to 25 hrs/week

7 am – 6 pm

8 weeks- June 6-July 29

\$927 res / \$1159 non-res

10 weeks – June 6-Aug 12

\$1094 res / \$1367 non-res

Weekly Options

Up to 55 hours/week • 7 am – 6 pm

Per Week: \$190 res/ \$237 non-res;

*Week 5 = \$152 week/\$190 non-res

Pre-registration is required at least two weeks prior to start date. Space is limited. Before and after hours may be added for additional fee. You must register for specific weeks when registering.

Week 1	June 6-10
Week 2	June 13-17
Week 3	June 20-23
Week 4	June 27-July 1
Week 5 *	July 5-8 *no July 4
Week 6	July 11-15
Week 7	July 19-23
Week 8	July 25-29
Week 9	Aug 1-5
Week 10	Aug 8-12

Payment Options:

For more information, call 303-651-8404 or visit

<http://www.ci.longmont.co.us/rec/childrens/summercamp.htm>

\$35 of payment is non-refundable

1. Full Payment due at registration

2. Half payment required at registration; remainder paid no later than May 27 (no exceptions).

3. Auto Pay Program – monthly fee taken from credit card on the 2nd of each month.

Auto Pay information is included in registration packet.

Beginning Guitar for Adults

This course is geared towards the beginning student and will start with the basics. We will learn how to tune the guitar, play basic chords and accompaniment patterns in a fun, relaxed group setting. A \$5 materials fee is payable to instructor at first class. Students are to furnish their own acoustic guitar.

Ages: 18 years to Adult Code: 4502.102

Dates/Time: Jan 31-Mar 7, Mon, 8-9 pm

Instructor: Mike Tolle

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Fee: \$48 resident/\$60 non-resident + materials fee

Just Once Piano for Busy People

Some music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. Learn all the chords you'll need to play any song in this one session. If you can find middle C and know the meaning of Every Good Boy Does Fine, you know enough to enroll in this workshop. Materials fee of \$29 for workbook and practice CD will be collected in class by the instructor.

Ages: 16 years to Adult

Dates/Time: Jan 31, Mon, 6:30-9:30pm Code: 4699.100

Instructor: Benji Goodrich

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Fee: \$25 resident/ \$31.25 non-resident + material fee

The Art of Magic and Mystery

Ever wish you could magically make a ball disappear or change a scarf into a rose? Finding out secrets, creating a character and acting are all a part of the incredible process of learning magic. We explore these concepts and more during this exciting class which will culminate into a performance you can invite your family and friend to on the last class.

Ages: 16 years to Adult Code: 4433.100

Dates/Time: Feb 16-Mar 16, Wed, 7:45-8:45pm

Instructor: Erica Sotos

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Fee: \$50 resident/\$60 non-resident

Intro to Horses & Riding

This is a 2 1/2 hour "Introduction" class geared to the older teen and adult. Most of the class time will be "hands on" with everyone learning to brush, groom, and "tack up" their horse. Each participant will have 60 minutes of riding time in a group lesson.



Ages: 15 years to Adult

Day/Times: Apr 16, Sat, 4-6pm Code: 4533.202

Location: Sun Pony Ranch, 18490 County Rd 1

Fee: \$54 resident/ \$67.50 non-resident

Drumming for Health & Therapy

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



Ages: 16 years to Adult

Instructor: Gregg Hansen

Location: Izaak Walton Clubhouse, 18 S Sunset

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

(Drop in available for beginning/continuing during first two classes of the month.)

Beginning Drumming

Simple rhythms will be presented slowly and patiently. Drums are provided.

Dates/Time: Tuesdays, 6:30-7:30 pm

Dates: Jan 4-25 Code: 4299.101

Feb 1-22 Code: 4299.102

Mar 1-22 Code: 4299.200

Apr 5-26 Code: 4299.201

Fee: \$35 resident/\$43.75 non-resident

Continuing Drumming

Now that you've learned the basics, it's time to go deeper. Pre-requisite- Beginning Drumming. Drums are provided.

Dates/Time: Tuesdays, 11:30-12:30 pm

Dates: Jan 4-25 Code: 4299.111

Feb 1-22 Code: 4299.112

Mar 1-22 Code: 4299.210

Apr 5-26 Code: 4299.211

Dates/Time: Wednesdays, 7:45 -9 pm

Dates: Jan 5-26 Code: 4299.126

Feb 2-23 Code: 4299.128

Mar 2-23 Code: 4299.215

Apr 6-27 Code: 4299.217

Dates/Time: Thursdays, 12-1 pm

Dates: Jan 6-27 Code: 4298.101

Feb 3-24 Code: 4298.102

Mar 3-24 Code: 4298.200

Apr 7-28 Code: 4298.201

Fee: \$35 resident/\$43.75 non-resident

Advanced Drumming

These classes are for those who have drummed a while and like to drum fast. Must have own full sized rope-tied goat skinned Djembe and permission from Gregg at communitydrum@earthlink.net.

Dates/Time: Tuesdays, 7:45-9 pm

Dates: Jan 4-25 Code: 4298.121

Feb 1-22 Code: 4298.122

Mar 1-22 Code: 4298.220

Apr 5-26 Code: 4298.221

Fee: \$35 resident/\$43.75 non-resident

Couples Massage

Enjoy and learn the benefits of giving and receiving a massage. Learn a variety of techniques. Please bring two sheets and a favorite massage oil. Class is offered in a discreet manner.

Ages: 18 years to Adult
 Date/Time: Feb 14, Mon, 7-9 pm Code: 4308.102
 Instructor: Shar Lee
 Location: Izaak Walton Clubhouse, 18 S Sunset
 Couple Fee: \$60 resident/\$75 non-resident

Intro to Reflexology

This class will inform the participant of what Reflexology is, how it can benefit your health, when it is used, how it works for children and adult wellness and foot conditions, as well as any contraindications, and understanding the mapping correlation from the feet to the body. A \$6 materials fee is payable to the instructor at class.

Ages: 14 years to Adult Code: 4311.232
 Date/Time: Mar 3, Thurs, 6:30-8:30 pm
 Instructor: Karen McMeans Sapienza
 Location: Senior Center, 910 Longs Peak Ave
 Fee: \$20 resident/\$25 non-resident + materials fee

Reflexology for Foot Conditions

Learn how beneficial reflexology can be for Plantar Fasciitis, Neuromas, Achilles tendonitis, sciatica, foot cramps, edema, osteoarthritis, sprained ligaments, restless leg syndrome and more. Don't suffer with foot pain. A \$6 materials fee is payable to the instructor at class.

Ages: 14 years to Adult Code: 4311.233
 Date/Time: Mar 10, Thurs, 6:30-8:30 pm
 Instructor: Karen McMeans Sapienza
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$20 resident/\$25 non-resident + materials fee

Foot Care

Learn inexpensive hints and exercises for caring for good foot health. We will discuss proper shoes and fitting, corns/calluses, bunions, ingrown nails, foot and toe fungus, plantar warts etc. Learn how to take care of those poor tired feet that work so hard for us. There is a special section for Diabetic feet. A \$6 materials fee is payable to the instructor at class.



Ages: 14 years to Adult Code: 4311.235
 Date/Time: Mar 17, Thurs, 6:30-8:30 pm
 Instructor: Karen McMeans Sapienza
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$20 resident/\$25 non-resident + materials fee

Hands on Reflexology Class

Learn how to do a simple session of reflexology. Bring a partner (or be prepared to work with a partner). Bring a blanket and pillow. This is a fun interactive class. Prerequisite is Intro to Reflexology Class. A \$6 materials fee is payable to the instructor at class.

Ages: 14 years to Adult Code: 4311.236
 Date/Time: Apr 7, Thurs, 6:30-9:30 pm
 Instructor: Karen McMeans Sapienza
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$30 resident/\$37.50 non-resident

Organization Strategies

Join "Dr. Declutter" for these informational workshops.

Ages: 16 years to Adult
 Instructor: Kim Wolinski
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$16 resident/\$20 non-resident

10 Keys to Stop Procrastination

Get your TO DOs, TO DONE! Whether it's putting holiday decorations away, or a bigger "I'll get around to it someday", procrastination affects your peace of mind and limits your choices. Nip it in the New Year's bud this time!

Date/Time: Jan 19, Wed, 6:30-8:30 pm Code: 4249.100

12 Keys to Stop Stress and Overwhelm

Bad news-97% of all doctor's visits are stress related. Good news!- you can take charge! Use these do-able keys to make the immediate changes you really want. BONUS! You'll receive the 12 Commandments to Manage Stress poster!

Date/Time: Feb, Wed, 6:30-8:30 pm Code: 4251.103

How to Organize Paper for Taxes, Files and more

Got paper? If you're overwhelmed with, or stuck due to paper overload, sign up for this class. Taxes, piles of bills, photos, kid's art and schoolwork, stacks and heaps need attention. BONUS! Receive "Dr. DeClutter's Important Documents Location List".

Date/Time: Mar 2, Wed, 6:30-8:30 pm Code: 4241.200

Burn Your House Down! Get Organized for Good

Learn how to decide, sort, and clear out the clutter from your life to decrease stress, frustration and wasted time and energy. Learn the 10-Steps to Organizing Everything and invaluable tips and tools to make your life easier.

Date/Time: Apr 6, Wed, 6:30-8:30 pm Code: 4248.200

10 Ways to Manage Low Thyroid Symptoms

Over 15 million Americans suffer from hypothyroidism and Hashimoto's disease, mostly women. Realizing that fatigue, "fog brain", muscle pain, cold feet, hard to lose weight and other symptoms aren't your fault is great! Now, find out how to manage them too.

Ages: 18 years to Adult Code: 4251.101
 Date/Time: Feb 3, Thurs, 6:30-8:30 pm
 Instructor: Kim Wolinski
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$16 resident/\$20 non-resident

Art Exploration for Adults

Ever paint in acrylics? Ever wanted to try oil pastels? Enjoy sculpture? Colored pencils? Each class will explore a different material and a variety of techniques. All supplies provided.

Ages: 16 years to Adult Code: 4629.102
 Date/Time: Feb 17-Mar 10, Thurs, 7-8:30 pm
 Instructor: Amy Pallas Creates
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$40 resident/\$50 non-resident

Adult Drawing Workshop

Anyone can learn how to draw! Whether your highest achievement is stick figures or your sketches are admired by friends and family, come and enjoy developing your talent. You will learn to apply proportion, detail, and value to create wonderfully realistic drawings. Drawings will be based on still lifes. All supplies provided.

Ages: 16 years to Adult
 Date/Time: Apr 4-25, Mon, 7 -8 pm Code: 4629.201
 Instructor: Amy Pallas Creates
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$25 resident/\$31.25 non-resident

No Fear Oil Painting

Whether you are a beginner or have some experience, come and enjoy developing your talent in a nurturing environment. Enjoy the pleasurable experience of working with this forgiving medium. Learn how to mix and apply color to create a glowing painting. Students must have materials at first session. Supply list available at time of registration or on-line.

Ages: 18 years to Adult
 Dates/Time: Mondays, 9-11 am
 Dates: Jan 3-24 Code: 4613.111
 Jan 31-Feb 21 Code: 4613.112
 Feb 28-Mar 21 Code: 4613.210
 Mar 28-Apr 18 Code: 4613.211
 Apr 25-May 16 Code: 4613.212

Dates/Time: Mondays, 7-9 pm
 Dates: Jan 3-24 Code: 4613.101
 Jan 31-Feb 21 Code: 4613.102
 Feb 28-Mar 21 Code: 4613.200
 Mar 28-Apr 18 Code: 4613.201
 Apr 25-May 16 Code: 4613.202

Dates/Time: Wednesdays, 1-3 pm
 Dates: Jan 5-26 Code: 4613.121
 Feb 2-23 Code: 4613.122
 Mar 2-23 Code: 4613.220
 Mar 30-Apr 20 Code: 4613.221
 Apr 27-May 18 Code: 4613.222

Instructor: Dorothy Pecina
 Location: Carriage House Art Studio, 11938 Oxford Rd
 Fee: \$49 resident/\$61 non-resident

Hand Building with Clay

Put a clump of clay in your hands and you just can't help but create. Now, let us introduce you to some simple tools and fun techniques and you'll discover how you can make beautiful and functional pieces of hand -built pottery. Cost includes instruction and firing for the project, plus free studio time to come back to paint, glaze and fire their masterpieces in Crackpots Studio. A \$20 materials fee is payable at class.

Ages: 18 years to Adult
 Dates/Time: Monday, 6-8 pm
 Bud Vase: Jan 17 Code: 4644.100
 Birdhouse: Mar 14 Code: 4644.200
 Windchime: Apr 18 Code: 4644.201
 Location: Crackpot Studios, 501 Main St
 Fee: \$15 resident/\$18.75 non-resident + materials fee

Pottery Painting & Design

Discover your inner artist. In each session you will explore a new way of designing with ceramic underglazes. You'll learn to combine brushstroke technique, texturing, layering, masking, scraffito and much more to create a truly fabulous ceramic masterpiece. Additional fee: price of ceramic piece chosen (starting at \$10) at class.

Ages: 16 years to Adult
 Dates/Time: Wednesday, 6-8 pm
 Texture & Layering Design: Feb 16 Code: 4645.101
 Watercolor Spring Flowers: Mar 16 Code: 4645.200
 Creative Masking Techniques: Apr 13 Code: 4645.201
 Location: Crackpot Studios, 501 Main St
 Fee: \$15 resident/\$18.75 non-resident + materials fee

Gentle Self-Expression Through Collage & Art Play

Express yourself while learning different types of collage and a variety of art materials. Let's make art fun and playful and take away apprehension. This is a gentle non-threatening art class for beginners primarily, but all levels are welcome. Supplies needed: 1 piece of 20 x 30" foam core board, art board, mat board, or illustration board 16" x 20", small personal objects such as : buttons, fabric swatches, dried flowers or leaves, photos, small pine cones, sea shells etc.

Ages: 18 years to Adult
 Dates/Time: Feb 2-23, Wed, 7-9 pm Code: 4660.101
 Instructor: Donna Clement
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$35 resident/\$43.75 non-resident

Simple Beading Class

Make a simple beaded necklace or bracelet using soft flex wire and crimp beads. After exploring color theory, basic jewelry design, and beading techniques, you will be more than capable of making your own beautiful jewelry at home. All supplies are provided.

Ages: 15 years to Adult
 Date/Time: Jan 20, Thurs, 7-8:30 pm Code: 4627.112
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Date/Time: Feb 28, Mon, 7-8:30 pm Code: 4627.200
 Location: Senior Center, 910 Longs Peak Ave
 Instructor: Amy Pallas Creates
 Fee: \$20 resident/\$25 non-resident

Acting lessons and performance opportunities, refer to page 41.

KNITTING

Materials fee is payable to instructor at first class and covers supplies (yarn, etc., and needles) necessary to complete project

Ages: 14 years to Adult

Instructor: Gail Sundberg-Douse

Location: St Vrain Memorial Building, 700 Longs Peak Ave

**Adults Learn to Knit**

This course is for absolute beginners. By the end of the two classes, you will have a warm luxurious alpaca scarf that you will be proud to wear. Materials provided at class. Plan on knitting between the two classes.

Dates/Time: Jan 12 & 26, Wed, 7-9 pm Code: 4655.101
Mar 8 & 22, Tues, 7-9 pm Code: 4655.200
Fee: \$30 resident/\$37.50 non-resident
plus \$37 materials fee

Beyond Scarves- Knitting a Hat

Ready to branch out from rectangles? In this class you will learn how to knit with circular needles and double pointed needles and how to follow a pattern to make a warm, soft alpaca hat!

Dates/Time: Feb 17-24, Thurs, 7-9 pm Code: 4655.111
Fee: \$24 resident/\$30 non-resident
plus \$38 materials fee

Knit an Alpaca Vest

You will want to make yourself one in every color once you find out how cozy and soft this vest is. Ribbed pattern flatters every body type. Recent previous knitting experience is required.

Date/Time: Feb 8, Tues, 7-9 pm Code: 4655.120
Fee: \$18 resident/\$22.50 non-resident
plus \$70 materials fee

Knit Some Mittens

Using double pointed needles and bulky yarn, these knit up quickly. Mittens make a great portable knitting project. Make one mitten in class and the second at home. Recent previous knitting experience required. Plan to knit for 3 hours straight.

Dates/Time: Jan 18, Tue, 6-9 pm Code: 4655.121
Fee: \$24 resident/\$30 non-resident
plus \$28 materials fee

Adults Learn to Crochet

This course is for beginners. By the end of the 3 classes, you will have a nice cotton scarf and the basics to create more important items of your choice. Materials are provided at class. A \$17 materials fee is payable to instructor at first class. Please plan on crocheting between classes.

Ages: 16 years to Adult

Dates/Time: Feb 1-15, Tue, 6:30-8 pm Code: 4618.102

Instructor: Hiba Hawi

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Fee: \$30 resident/\$37.50 non-resident + materials fee

Knit Yourself Some Socks

Socks make a great portable knitting project. Knit from the cuff down using double pointed needles and washable wool. Recent previous knitting experience required.

Dates/Time: Feb 2,9, & 16, Wed, 7-9 pm Code: 4655.102
Fee: \$40 resident/\$50 non-resident
plus \$24 materials fee

Baby Surprise Sweater

Elizabeth Zimmerman is known for her inventiveness in creating patterns. We will use her Baby Surprise Sweater pattern to create a warm and soft baby alpaca sweater that will be treasured by the receiver. Recent previous knitting experience required and must allow knitting time between classes to finish the project. A supply list is available at registration. Students can provide their own yarn and needles or purchase at the first class.

Dates/Time: Mar 2-16, Wed, 7-9 pm Code: 4655.213
Fee: \$40 resident/\$50 non-resident
plus \$3 pattern fee

Cabled Hat and Scarf Set

This cute set will allow you the opportunity to learn or reinforce pattern reading and making cables. The hat is knit in the round using circular and double pointed needles. 100% alpaca yarn is soft and warm and a treat to knit with.

Dates/Time: Apr 6-13, Wed, 7-9 pm Code: 4655.214
Fee: \$30 resident/\$37.50 non-resident
plus \$65 materials fee

Knit a Capelet

Smaller than a poncho but bigger than a scarf, a capelet fits nicely over your shoulders to take the chill off and keep your hands free. We knit ours in the round for speed and comfort and to save ourselves from seaming later. In this one session class, you will cast on using circular needles and begin knitting the neckline of the capelet. You will be well on your way to finish your capelet at home.

Dates/Time: May 4, Wed, 6:30-9 pm Code: 4655.221
Fee: \$20 resident/\$25 non-resident
plus \$32 materials fee

Market Bag

Here's an all purpose tote that securely holds everything from your groceries to your pool and sand toys. Made of 100% cotton, it is eco friendly and an alternative to plastic and paper, and looks better too! Plan to pre-register and START PROJECT before first class.

Dates/Time: Apr 19&26, Tue, 7-9 pm Code: 4655.231
Fee: \$24 resident/\$30 non-resident
plus \$28 materials fee (\$10 if provide 10.5 straight needles and 15mm 24" circulars)

Adults Learn Needle Work

This course is for beginners. By the end of the 3 classes, you will have a beautiful piece to use under a vase, or night table cover. Materials are provided at class. A \$22 materials fee is payable to instructor at first class. Please plan on practicing between classes.

Ages: 16 years to Adult Code: 4618.103

Dates/Time: Jan 11-25, Tue, 6:30-8 pm

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Fee: \$30 resident/\$37.50 non-resident
+ materials fee

Cooking; Taco Madness

Learn to make 4 different fun tacos that you can serve for dinner and social gatherings. Kid's love them too! Learn the health benefits using fish, buffalo an tempeh in your tacos. Also, a special living food taco and dairy free nacho cheese that will blow your mind. We will also make a quick green salad to compliment any taco recipe. We sample all of our creations at the end of class.

Ages: 16 years to Adult
 Dates/Time: Jan 22, Sat, 1 – 3pm Code: 4652.120
 Instructor: Michele Zahakis
 Location: Izaak Walton Clubhouse, 18 S Sunset
 Fee \$25 resident/ \$31.25 non-resident

Gluten Free Cooking

Learn how easy it is to make healthy, delicious, and inexpensive gluten-free food. Sample creations at the end of class.

Ages: 16 years to Adult
 Fee \$25 resident/ \$31.25 non-resident

Gluten Free Desserts without Using an Oven

Learn a technique using whole foods and food combining to create a beautiful apple pie, pumpkin pie and chocolate cream pie. Learn to create brownies you and your kids will love with an avocado chocolate topping and rippling whip cream to top it all off!



Date/Time: Feb 26, Sat, 1 – 3pm Code: 4652.121
 Instructor: Michele Zahakis
 Location: Izaak Walton Clubhouse, 18 S Sunset

Gluten Free Foccacia Bread; Sweet or Savory

Learn how to make gluten free Foccacia Bread. We will also discuss what the gluten free rage is all about and how to take simple steps to lead a gluten free diet. \$5 food and material fee payable to the Instructor.

Date/Time: Mar 9, Wed, 6-7:15pm Code: 4652.132
 Instructor: Pam Vagnieres, Owner of Nutriphysique: Nutrition and Fitness Therapy
 Location: St Vrain Memorial Building, 700 Longs Peak Ave

Italian Gone Gluten Free

Learn how to make a Zucchini Tomato Lasagna with basil pistachio pesto. Second dish will be spaghetti and pesto tomato sauce with famous nut balls. Both are gluten free, dairy free, soy free but full of flavor. We will also make two secret side dishes that compliment our main course. Little hint, we use sweet potato and kale.

Date/Time: Mar 19, Sat, 1-3pm Code: 4652.220
 Instructor: Michele Zahakis
 Location: Izaak Walton Clubhouse, 18 S Sunset

Make Your Own Protein Bars

Why buy expensive pre packaged protein bars that include a lot of unnecessary additives when you can make your own? Join us as you learn to make your own protein bars from natural, healthy ingredients. Samples provided; a \$5 food and material fee is payable to the Instructor.

Ages: 16 years to Adult
 Date/Time: Jan 27, Thurs, 6 - 7:15pm Code: 4652.130
 Feb 23, Thurs, 6 - 7:15pm Code: 4652.131
 Instructor: Pam Vagnieres, Owner of Nutriphysique: Nutrition and Fitness Therapy
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee \$25 resident/ \$31.25 non-resident

Cooking; Got Greens, Got Grains!

Learn quick and healthy green recipes. Greens are the number one food missing from the American diet. Learn about kale, collards, seaweeds and sprouts. You will leave this class craving and loving your greens. A special segment on gluten free grains and the health benefits will be discussed. Also, learn about the green challenge that is sweeping Colorado! Plan to sample all of our creations at the end of class.

Ages: 16 years to Adult
 Date/Time: Apr 16, Sat, 1-3pm Code: 4652.221
 Instructor: Michele Zahakis
 Location: Izaak Walton Clubhouse, 18 S Sunset
 Fee \$25 resident/ \$31.25 non-resident

Veggies: How We Can Eat More & Make It Delicious

Veggies don't have to be dull and boring. Learn how to include more into your everyday diet and make great tasting; healthy dishes to everyone in your family want more. Samples provided. A \$5 food and material fee payable to the Instructor. Instructor: Pam Vagnieres, Owner of Nutriphysique: Nutrition and Fitness Therapy

Ages: 16 years to Adult
 Date/Time: Apr 27, Wed, 6 - 7:15pm Code: 4652.133
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee \$25 resident/ \$31.25 non-resident

Cooking; Dip Into The Summer

Learn how to make healthy dips for your summer gatherings. Make a hummus dip for veggies and pita bread. Make a nacho cheese dip and salsa for chips, crackers and veggies. Best of all, a chocolate dip for those summer strawberries. Let's all start dipping! We sample all of our creations at the end of class.



Ages: 16 years to Adult
 Date/Time: May 7, Sat, 1-3pm Code: 4652.222
 Instructor: Michele Zahakis
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee \$25 resident/ \$31.25 non-resident

\$5 Nutrition Lectures

Ages: 14 years to Adult
 Instructor: Franziska Bishop, MS
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$5 resident/\$6.25 non-resident

Small Steps to a Better Diet

Nutrition does not have to be overwhelming and even small additions and changes to your diet can have a big impact on your health and overall wellness. This lecture will focus on nutrition education, tools and tips to help anyone improve their eating habits for weight loss, disease prevention, energy and overall wellness.

Date/Time: Jan 13, Thurs, 7-8:30 pm Code: 4257.111

Diet Myths and Pitfalls

Confused about what diet to follow? Should you watch out for carbohydrates or fat? What about all the "cleanse" or "detox" diets you hear about? This class will review some common diet myths based on nutrition research and give you tools to navigate around fad diets that are unhealthy and find healthy eating guidelines that work for you.

Date/Time: Jan 29, Sat, 3:30-5 pm Code: 4257.112

Eating Out Tips & Tricks-

Special Valentine's Day Lecture

Celebrations can lead to overeating and a little too much indulgence. Learn how to have an enjoyable and satisfying meal without throwing the towel in on your healthy eating habits. Focusing on your surroundings, your Valentine and the moment can help you to enjoy your meal with moderation: chocolate dipped strawberries included.

Date/Time: Feb 3, Thurs, 7-8:30 pm Code: 4257.200

Nutrition Multi-taskers

Eating well can help you with so many health goals at once. Learn about the best multi-taskers around; foods that help with weight loss and brain function and foods that help your heart and give you glowing skin. There are a handful of foods that should be in everyone's diet for health and beauty inside and out.

Date/Time: Feb 26, Sat, 3:30-5 pm Code: 4257.201

Fuel Your Day

Learn about foods and healthy eating strategies that help you feel and perform your best. Want to feel better and more energized during your workouts? Training for your first 5k or even your 3rd marathon? Want more energy to play with your kids after work? This lecture will focus on simple additions and changes to your diet that will help give you more energy and focus for whatever is in your life.

Date/Time: Mar 12, Sat, 3:30-5pm Code: 4257.212

Mindful Eating

An area that we all need to be aware of is eating while listening to our bodies. Mindfulness stems from awareness of the body, how you are feeling, your emotions and thoughts. When mindfulness is used to tune into the activity of eating then we can focus on our body's internal signals (hunger/fullness) and not only give our body what it needs for fuel but give our senses and mood a wonderful boost as well.

Date/Time: Mar 24, Thurs, 7-8:30 pm Code: 4257.211

Cake Decorating Basics

This is a comprehensive course for the beginner! Learn basic techniques such as how to smooth a cake, shell border, writing, figure piping, and the rose. Learn while having fun. Supply list available at time of registration.



Ages: 16 years to Adult

Dates/Time: Jan 5-26, Wed, 6-7:30 pm Code: 4553.401

Feb 3-24, Thurs, 6-7:30 pm Code: 4553.411

Instructor: Maria Tostado

Location: St Vrain Memorial Building, 700 Longs Peak Ave

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

Beginning Astronomy

In this class you will become familiar with bright stars and constellations and how to locate many beautiful objects in the winter sky. At the first meeting you'll learn the basics of how to locate objects using a star chart and how to set up and use a telescope. The following 3 classes will be held, weather permitting, at Sandstone Ranch: Mar 11, Mar 25, and Apr 8. Telescopes provided or you may bring your own if you wish. No restrooms available at the outdoor classes.

Ages: 18 years to Adult

Day/Time: Fridays, 7-8 pm Code: 4588.102

Dates: Feb 25 (classroom);

Mar 11 & 25 & April 8 (outdoors)

Instructor: Longmont Astronomical Society

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Fee: \$20 resident/\$25 non-resident

Love & Logic for Parents

Because kids don't come with an owner's manual and every child deserves an informed parent, the Love & Logic Institute is dedicated to making parenting and teaching fun and rewarding, instead of stressful and chaotic.

Ages: 18 years to Adult Code: 4501.101

Dates/Time: Jan 8-Feb 5, Sat, 2-4:30 pm

Instructor: A Solution for Change

Location: St Vrain Memorial Building, 700 Longs Peak Ave

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

Couple Fee: \$150 resident/ \$187 non-resident

Introduction to Antiques

Join Licensed Appraiser of personal property, Christian Thierens, as he talks about the various aspects of identifying and recognizing different areas of antiques. Each person can bring in ONE item relevant to that week's discussion. No monetary evaluations will be given but students will receive some measure of verbal authentication. Register for the series, or just the specific class of interest. Jan 15 - Furniture, Jan 22-Glass, Jan 29- Silver and jewelry, Feb 5- Pottery and porcelain, Feb 19- Miscellaneous. *No class Feb 12.

Ages: 18 years to Adult Code: 4577.100

Dates/Time: Jan 15-Feb 19*, Sat, 12-1:15 pm

Location: St Vrain Memorial Building, 700 Longs Peak

Series Fee: \$59 resident/\$73.75 non-resident

Weekly Fee: \$15 resident/\$18.75 non-resident

Dog Obedience Beginners

This class is designed for dogs 4 months old and up. Dogs and their companions will learn beginning level obedience skills. Please bring your dog, a 6-foot leash (leather or nylon) and an appropriately sized corrective collar or head halter. Please bring proof of all current immunizations to the first class, including distemper, leptospirosis, parvo and corona viruses. Praise and affection, not treats, are used in this training program.

Ages: 14 years to Adult Code: 4500.201

Dates/Time: Mar 24-Apr 28, Thurs, 7-8 pm

Instructor: Bill Eyl

Location: St Vrain Memorial Building, 700 Longs Peak

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

The Art of Canine Massage-Beginners

Create a deeper connection with your dog. Does your dog have cabin fever? Did you know that 10 minutes of massage equals 30 minutes of aerobic activity? Give your furry friend the physical and emotional benefits of massage. Please bring your dog, a dog bed or small rug, as well as proof of immunizations.

Ages: 14 years to Adult

Date/Time: Thursday, 7-8:30 pm

Dates: Jan 20 Code: 4501.100

Feb 17 Code: 4501.102

Mar 10 Code: 4501.201

Instructor: Lisa Simmerman, CTMT, Stella Earth, LLC

Location: St Vrain Memorial Building, 700 Longs Peak Ave

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

Canine Acupressure- Beginners

Apply the 3,000 year-old holistic healing of Traditional Chinese Medicine to the health of your dog. Learn the basic techniques and powerful acupressure points. Use your own energy through your fingertips to restore and rebalance your dog. Please bring your dog, a dog bed or small rug, as well as proof of all current immunizations.

Ages: 14 years to Adult

Date/Time: Apr 12, Tue, 7-8:30 pm Code: 4501.202

Instructor: Lisa Simmerman, CTMT, Stella Earth, LLC

Location: St Vrain Memorial Building, 700 Longs Peak Ave

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

Mandarin Chinese

Don't know how to pronounce the Chinese symbols? We offer Pin Yin, the Chinese phonetics course. Interested in Chinese cultures? Come and enjoy the Mandarin Chinese class step by step. Learn dates, months, years and time, as well as going to Chinese restaurants/ hobbies and some Chinese calligraphy.

Ages: 17 years to Adult

Dates/Time:

Jan 24-Feb 14, Mon, 5:30-6:15 pm Code: 4586.111

Mar 1-22, Tue, 5:30-6:15 pm Code: 4586.211

Instructor: Juli Armas

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Fee: \$35 resident/\$43.75 non-resident

Safety Awareness for Women

The class will cover: Awareness theory, stalking methods used by predators, common myths regarding where and when we are "safe", home safety tips, travelling safety tips, and some easily obtained tools and weapons that can be used for your defense. While this is not a fighting class per se, there will be some simple and effective defensive techniques taught. Participants should arrive a few minutes early, and wear loose clothing. Jewelry and watches should be left at home. Mother/daughter combinations are welcome and encouraged.

Ages: 12 years to Adult

Date/Time: Thursday, 7-9 pm

Dates: Jan 13 Code: 4587.101

Feb 10 Code: 4587.102

Apr 14 Code: 4587.200

Instructor: Commander Tim Perkins

and Detective Tori Lucero

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Individual Fee: \$10 resident/\$12.50 non-resident

Mother/Daughter: \$15 resident/\$18.75 non-resident

Womens Self Defense

Fear of being physically assaulted can be just as traumatic as an actual assault. Learn what happens before, during, and after an attack. Reduce the risk of becoming a victim by improving your confidence, self-esteem, and learning what it takes to physically repel an attacker. Learn the basics



of physical self-defense and overcome fear. Come with questions and requests so we can more accurately customize the class for you. For women only. \$10 discount given for daughters and siblings, must register at the same time.

Ages: 14 years to Adult

Date/Time: Jan 22, Sat, 12:30-4pm Code: 4650.121

Feb 19, Sat, 9-12:30pm Code: 4650.122

Mar 19, Sat, 9am-12:30pm Code: 4650.123

Apr 30, 9am-12:30pm Code: 4650.124

Instructor: Longmont Martial Arts Academy

Location: St Vrain Memorial Building, 700 Longs Peak Ave

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

Stage with Style

Offered by Room Improvements: If you are planning on selling your home and need some tips on how to get the best look to showcase your home, then this class is for you. Or perhaps you're just looking for a fresh new look and feel to your home, then stop by and bring pictures of your space. Take more than one picture and from different views in the room for advice and ideas on the spot!

Ages: 16 years to Adult

Date/Time: Mar 10, Thurs, 7-8:30 pm Code: 4675.102

Instructor: Dawn Gibbs and Lisa Landman

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Fee: \$15 resident/\$18.75 non-resident

Sewing: Basic Alterations

Learn basic hand and machine techniques to save you lots of money in alterations. Learn the basics skills and build confidence to fix your everyday sewing dilemmas. Button replacement, hemming pants and skirts, mending holes and basic repairs will be covered.

Ages: 15 years to adults
 Day/Times Mondays, 6-8:30pm
 Dates: Jan 10 Code: 4901.155
 May 9 Code: 4901.255
 Instructor: Ann Poindexter
 Location: Longmont Senior Center, 910 Longs Peak
 Fee: \$25 resident; \$31.25 non resident

Sewing Machine Basics

How do I use my machine? We will cover basic use, care, and problems with stitches, tension and more. Your machine has many stitches, let's try them out. This is hands on class, bring your machine and owners manual or use one of ours. Supply list available.

Ages: 16 years to Adult
 Date/Time: Feb 5, Sat, 3-5pm Code: 4901.251
 Feb 12, Sat, 3-5pm Code: 4901.252
 Instructor: Ann Poindexter
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$20 resident/ \$25 non-resident

Sewing for Adults

Sewing is not complicated when you know the basics. Build your confidence as we learn about machine fundamentals, basic sewing techniques by hand and on the machine as we complete a few simple projects to take home and enjoy. Great for those with little or no sewing experience. Machines provided. Materials fee \$10 payable at the first class to the Instructor.

Ages: 16 years to Adults
 Dates/Time: May 12-19, Thurs, 6-8:30pm Code: 4901.253
 Instructor: Ann Poindexter
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$40 resident/ \$50 non-resident + materials



Will Maker Legal Seminar

A wonderful way to get a tough job finished! In a single, easy and enjoyable session, you'll complete a will, living will, medical power of attorney, financial power of attorney, and organ donor request, all with the help of licensed attorney, Rebecca Bennetti and her staff. Cost of the class is per person and includes all materials, witnessing, notarizing, individual review and plenty of time for discussion and questions.

Ages: 18 years to Adult
 Instructor: Rebecca Bennetti
 Fee: \$99 resident/\$124 non-resident
 Date/Time: Jan 11, Tue, 6-9 pm Code: 4537.100
 Mar 26, Sat, 10am-1 pm Code: 4537.201
 Apr 20, Wed, 6-9 pm Code: 4537.202
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Date/Time: Feb 5, Sat, 10am-1pm Code: 4537.101
 Feb 16, Wed, 6-9 pm Code: 4537.102
 Mar 9, Wed, 6-9 pm Code: 4537.200
 May 7, Sat, 10am-1pm Code: 4537.203
 Location: Senior Center, 910 Longs Peak Ave

Introduction to Voiceovers

Have you ever wanted to be the voice everyone hears on commercial and documentaries? This fun and interactive class covers details of the industry, the importance of marketing and of a demo tape. You will be coached and recorded for a personal evaluation. Be warned--- many who have taken this class have gone on to become real, bona-fide professional Voice Actors! This class is taught by a professional voice actor from the voice acting training company, Voices for All.

Ages: 18 years to Adult
 Date/Time: Feb 16, Wed, 7-9 pm Code: 4691.102
 Location: Senior Center, 910 Longs Peak Ave
 Fee: \$25 resident/\$31.25 non-resident

Basic Car Maintenance

Regular car maintenance is important to keep your car in good running condition. We will discuss and demonstrate why it is important to get under the hood and how to detect serious problems before they occur. Topics include how to check and fill fluids, change windshield wipers blades, propertire inflation and more. We will have you practice on your own vehicle at the end of class. Taught by Sean Tewee, Professional mechanic and Owner of the Shop Stop in Longmont.

Ages: 15 years to adults
 Date/Time: Apr 9, Sat, 11am-12pm Code: 4122.201
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$5 resident/ \$7.50 non-resident



How to Take Better Pictures of Your Kids

Learn basic photography principals so you can take better images of your child. DSLR helpful, but not required. We discuss light, facial expressions, finding moments, all to produce images you'll cherish for a lifetime. Saturday is outdoors to take pictures of your subject matter. Taught by Lynsey Peterson, Professional Photographer.

Ages: 18 years to Adult Code: 4552.201
 Dates/Time: Mar 17-29, Wed, 6:30-7:30pm; Sat, 9-11am
 Location: Longmont Senior Center, 910 Longs Peak Ave
 Fee: \$50 resident/\$62 non-resident

Getting To Know Your Digital Camera

This course will help owners of digital cameras get more out of their equipment. Second class will be held at the Memorial Building. Topics covered will include automatic vs. manual control, white balance, file formats, ISO ratings and reducing red eye. REQUIRED EQUIPMENT: Digital Camera with the ability to manually change aperture and shutter speed.

Ages: 14 years to Adult
 Date/Time: Wed, 7-9 pm and Sat, 10-11:30 am
 Dates: Jan 12 & 15 Code: 4512.101
 Feb 2 & 5 Code: 4512.200
 Location: Senior Center, 910 Longs Peak Ave
 Dates: Mar 9 & 12 Code: 4512.201
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Instructor: John Lovell
 Fee: \$35 resident/\$43.75 non-resident

Shooting Pictures

Like a Pro

This course will help amateur photographers improve the quality of their photographs by understanding what makes a great photo and how it got that way. The second class will be held at Sandstone Ranch.

Topics covered will include posing subjects, lighting, depth of field, stop action, and composition. REQUIRED EQUIPMENT: 35mm or Digital Camera with the ability to manually change aperture and shutter speed.

Ages: 14 years to Adult
 Days: Wed, 7-9 pm and Sat, 10-11:30 am
 Dates: Jan 26 & 29 Code: 4511.102
 Location: Senior Center, 910 Longs Peak Ave
 Dates: Mar 16 & 19 Code: 4511.200
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Instructor: John Lovell
 Fee: \$35 resident/\$43.75 non-resident



Gardening Series:

Ages: 16 years to Adult
 Dates/Time: Monday, 7-8:15pm
 Location: Callahan House, 312 Terry Street
 Instructor: Evelyn Freytag, Master Gardener
 Fee: 12.50 resident/\$15.75 non resident

Indoor Plants

Learn easy tips for plant selection, care and maintenance including orchids in and around your home and office.

Date: January 31 Code: 4145.132

Grow your plants from Seeds

Learn how to grow healthy plants from seed. Get started early indoors or learn when to begin outdoors in the Colorado climate.

Date: February 28 Code: 4145.133

Elements of Garden Designs

Learn how to create front entrance and backyard appeal by using various principles of design. We will discuss combinations of hardscapes and softscapes by incorporating line, texture, plant selection for height and continuous color.

Date: February 7 Code: 4145.130
 April 11 Code: 4145.230

Pruning, Deadheading and Dividing

Give your plants a little nip and tuck to improve the look of your yard and garden spaces. Join us we discuss best methods and techniques for maintaining your shrubs, trees, annuals and perennials.

Date: March 7 Code: 4145.231

Containers: spillers, thrillers and fillers

Come find out the best selection of plants that compliment each other for spectacular summer color. We include how to care for your containers throughout the growing season.

Date: March 14 Code: 4145.232

Long Blooming Perennials

Looking for essential plants that endure a long blooming season in Colorado? We discuss a wide variety of plants that are used in shade or full sun to provide continuous color.

Date: April 18 Code: 4145.233

Essential Tools

How many tools do you really need for gardening? Save time and money with the right equipment. This essentials class will help you select and maintain tools of the trade.

Date: April 25 Code: 4145.234

Organic Practices

Learn various home remedies for pest control and fertilizers that help you maintain a healthy, organic yard and garden. We will also learn how to create a simple yard waste compost bin in your backyard.

Date: May 16 Code: 4145.235

Growing Vegetables and Herbs

Discover great techniques to grow your own herbs and warm and cool season vegetables for a successful harvest.

Date: May 23 Code: 4145.236

All About Roses

For ALL LEVELS of rose gardeners. This seminar focuses on practical methods of selecting, planting and taking care of roses in Colorado. We will cover history, hardy and fragrance varieties, organic gardening, insects and diseases, propagation and more.

Ages: 16 years to Adult Code: 4145.201
 Dates/Time: Apr 20-May 11, Wed, 6:30-8pm
 Instructor: Kaz Ueno
 Location: Longmont Senior Center, 910 Longs Peak Ave
 Fee: \$30 resident/ \$37.50 non-resident

Composting Basics

Composting is easy and beneficial! Learn how to get started and what materials you can divert from your kitchen right back to the soil. From home you can maximize the environmental and economic potential of this resource.

Ages: 16 years to Adult
 Date/Time: Feb 28, Mon, 6- 7:30pm Code: 4622.101
 Instructor: Caroline Eader
 Location: St Vrain Memorial Building, 700 Longs Peak
 Fee: \$15 resident/\$18.75 non-resident

Rock Climbing Belay Clinic

This introductory 2-4 hour class includes belay techniques, gear use, commands, bouldering and safety. Please sign up with a partner.

Ages: 16 years to Adult
 Day/Time: Thursday, 6-9 pm Code:
 Dates: Jan 12 & 19 4153.100; Feb 10 & 17 4153.101
 Mar 10 & 17 4153.102; Apr 14 & 21 4153.200
 May 12 & 19 4153.201
 Location: Longmont Recreation Center Climbing Wall,
 310 Quail Rd
 Fee: \$24 resident/\$30 non resident

Hunter Safety

If you want to hunt in Colorado, you need a Hunter Registration Card. This class provides students with a solid foundation in the shooting sports and emphasizes safety, ethics and care of wildlife. Non-hunters are welcome. Fee is \$10 per person. Children must be accompanied by an adult. Contact the instructor directly to register: Michael Hora at (303) 747-2827 or mehdch@aol.com.

Day/Times: Mon/Wed/Fri 5:15-8:30pm, Sat 9am-4pm
 Dates: Jan 24, 26, 28 & 29 / Mar 28,30, Apr 1 & 2
 Location: Longmont Senior Center, 910 Longs Peak Ave
 Fee: \$10

Tree Climbing - Dances with Branches

Tree Climbing Colorado offers introductory recreational tree climbing lessons using fun, easy-to-learn, arborist rope techniques, stressing both safety for climbers and protection of trees. Certified facilitator provides all instruction and equipment. All minors must have parent/guardian present. Important info: Wear long pants and sturdy shoes.

Ages: 7 years to Adult
 Day/Time: Sat, 12:30-3:30pm Code:
 Dates: Apr 9 4783.200 May 14 4783.201
 Location: Local Longmont Site, available after registration
 Fee: \$26 yth/\$29 adult resident;
 \$32.25 yth/ \$36.25 adult non-resident

Winter Snowshoe Adventures

Bundle up and join us in these winter wonderland adventures! Snowshoeing is a fun activity for all ages and ability levels to experience the snowy outdoors! Our outdoor-savvy staff will help you make the most of each experience, with tips and tricks to get you up the trail safe and dry. Activity fee includes snowshoes and poles for the day. Transportation provided: trips depart from and return to the St Vrain Memorial Building, 700 Longs Peak Ave. Trip locations to be determined by snow and trail conditions—check our website for updates!

Snowshoe Day Hikes

Ages: 7 years to Adult (children 12 and younger must be accompanied by a participating adult)

Day/Time: Saturdays, 10am-4pm

Dates: Jan 22 Code: 4790.103
 Feb 5 Code: 4790.104
 Mar 5 Code: 4790.201
 Fee: \$20 yth/\$35 adult resident
 \$25 yth/\$43.75 adult non-resident

Moonlight Snowshoe Hike

Take a walk in a fairy tale setting on this guided moonlight snowshoe hike. Bring friends or bring a sweetheart to enjoy this special setting.

Ages: 18 years to Adult

Time: 6pm-12am

Dates: Feb 19, Friday Code: 4790.105
 Mar 19, Saturday Code: 4790.202
 Fee: \$35 resident/\$43.75 non-resident

Community CPR & AED

This American Red Cross class covers CPR & AED for adults, children and infants.

Ages: 12 years to Adult

Date/Time: Jan 17, Mon, 9-3pm Code: 6332.150
 Mar 12, Sat, 9-3pm Code: 6332.250
 May 11, Wed, 4-10pm Code: 6332.251

Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$45 resident/ \$56.25 non-resident

Community First Aid and Safety

This American Red Cross course covers First Aid and CPR for adults, children and infants.

Ages: 12 years to Adult

Date/Time: Feb 20, Sun 9-5pm Code: 6330.150
 Apr 6 & 8, Wed & Fri, 5:30-9:30pm 6330.250

Location: Longmont Recreation Center, 310 Quail Rd
 Date/Time: Jan 21, 5:30-8:30pm,
 Jan 22 11:30am-4:30pm Code: 6330.151

Date/Time: April 15, 5:30pm-9pm,
 April 16, 11am-3:30pm Code: 6330.251

Location: Centennial Pool, 1201 Alpine St
 Fee: \$60 resident/ \$75 non-resident

First Aid

The American Red Cross First Aid Basics course stresses the basic steps to follow in emergencies involving wounds, injuries to muscles joints, bones, and sudden illnesses.

Ages: 11 years and older

Date/Time: Feb 12, Sat, 12-3pm Code: 6333.100
 Location: Centennial Pool, 1201 Alpine St

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

We'll come to your group and teach First Aid and/or CPR classes. Call 303-651-8406 to set up a date and time!



Division of Senior Services offers programs and services for those 55 years plus.

Longmont Senior Center

910 Longs Peak Ave

303-651-8411

Hours: Monday - Friday, 8 am - 5 pm

Call for classes and event registration, or on line at www.ci.longmont.co.us/sen_ctr/index.htm

Resources & Services:

Staff is available to provide information about housing and referrals to other resources such as Medicare, social security, or information regarding low income assistance. Professional staff is also available to meet with individuals or family members of older adults if there are questions about safety or health issues. Call to visit with one of our resource staff: 303-651-8411.

FRIDAY AFTERNOON CONCERTS:

Tickets available at the door, cost \$7, 2:30pm

Jan 14: The MONT ALTO MOTION PICTURE ORCHESTRA presents Steamboat Bill Jr.

The film will be accompanied live by the Mont Alto Motion Picture Orchestra, a five-piece ensemble.

Feb 18: PATRICK MASON

presents the Ups and Downs of Love

Distinguished American baritone, Patrick Mason, returns to delight audiences once again with a program about love in all its guises.

Time is a Lovely Friend

Seventy-seven year old playwright and performer, Len Barron and ten year old Bella Betts, a wondrous mandolin player and singer, share stories, songs, and dance about the richness that time and experience bring. The work is full of soft turns and surprises. Free.

Date/Time: Feb 11, Fri, 1pm Code: 7005.100

Location: Longmont Senior Center, 910 Longs Peak Ave

Using your Computer as a Phone

Want to use your computer and the internet to talk with your family and friends around the world? Despite the technical jargon, it is easy to use and best of all it is free. Join us for a demonstration to see how it works.

Date/Time: Feb 15, Tue, 6-8pm Code: 7607.100

Location: Longmont Senior Center, 910 Longs Peak Ave

The Ultimate Brain Development Program; Become a Whole Brain Thinker

Combining hundreds of ambidexterity activities, footwork drills, and sensory expansion exercises, you will stimulate growth of brain cells, dendrites and synapses. During this class Dean Brittenham, will teach you the drills, exercises and information for self improvement.

Dates/Times: Jan 10-Feb 23; Mon, 10-11am & Wed, 2-3pm

Location: Longmont Senior Center, 910 Longs Peak Ave

Fee: \$30 resident/ \$36 non-resident Code: 7207.100

Dying to Live:

What Facing Death Taught Me About Trust, Faith, Gratitude, Courage and More!

Meet Gaea Shaw, a heart transplant recipient and breast cancer survivor. She received her new heart in 1997 and shortly afterwards took up competitive swimming. After winning her first gold medals at the 1998 U.S. Transplant Games, she met her heart donor's family on Valentine's Day 1999 and learned that her donor loved to swim.

Date/Time: Feb 7, Mon, 9:30-11am Code: 7810.100

Location: Longmont Senior Center, 910 Longs Peak Ave

Fee: \$2 resident/ \$2.50 non-resident

Mysteries of Standing Stone

In Britain and Brittany, over 900 circles and other monuments employing standing stones were constructed in pre-Celtic times, from 3500 – 1500 B.C.E. The circles" show definite orientations and shapes that reveal great astronomical knowledge. John Hitchcock, Ph.D. has visited dozens of these sites and will share photos as well as knowledge of what has been learned about them and their builders.

Dates/Time: Jan 12-Feb 2, Wed, 1-3pm Code: 7212.100

Location: Longmont Senior Center, 910 Longs Peak Ave

Fee: \$32 resident/ \$38 non-resident

Softball

Coming in the spring Colorado Senior Softball League, for those ages 50+ interested in playing in a formal league. Organizational meeting will be held Friday, Feb 25, 9 am, at the Longmont Senior Center, 910 Longs Peak Ave.

Fitness

Classes such as Line Dance, Latin Flair, Yoga, Pilates, Qi Gong, and aerobics, targeted specifically for the older adults are available at the Senior Center.

Travel

Leave the driving and planning to us. Enjoy various day trips for entertainment, learning and social interaction.



For a complete listing of all the events, activities, classes and trips please refer to our "GO" catalog, or check us out online at www.ci.longmont.co.us/sen_ctr/index.htm



303.651.8466
1900 Longs Peak Ave.



303.651.8401
1200 Cornell Drive



303.774.4342
2000 Ute Creek Drive

Green Fees	9-Hole	18-Hole	Green Fees	9-Hole	18-Hole	Green Fees	9-Hole	18-Hole
Weekday (M-F)	\$14.00	\$21.00	Weekday (M-F)	\$18.00	\$29.00	Weekday (M-F)	\$21.00	\$36.00
Weekend/Holiday	\$15.00	\$22.00	Weekend/Holiday	\$19.00	\$31.00	Weekend/Holiday	\$23.00	\$41.00
Senior Weekday	\$11.00	\$16.00	Senior Weekday	\$14.00	\$23.00	Senior Weekday	\$17.00	\$29.00
Junior Weekday	\$ 8.00	\$12.00	Junior Weekday	\$11.00	\$18.00	Junior Weekday	\$13.00	\$22.00
10 Play Premium Pass			10 Play Premium Pass			10 Play Premium Pass		
9-Hole Weekday (M-F)	\$120.00		18-Hole Weekday (M-F)	\$245.00		18-Hole Weekday (M-F)	\$305.00	
9-Hole Sr Weekday	\$95.00		18-Hole Sr Weekday	\$195.00		18-Hole Sr Weekday	\$245.00	
Some restrictions apply.			Some restrictions apply.			Some restrictions apply.		
20 Play Premium Pass			20 Play Premium Pass			20 Play Premium Pass		
9-Hole Weekday (M-F)	\$220.00		18-Hole Weekday (M-F)	\$465.00		18-Hole Weekday (M-F)	\$575.00	
9-Hole Sr Weekday	\$180.00		18-Hole Sr Weekday	\$370.00		18-Hole Senior Weekday	\$465.00	
Some restrictions apply.			Some restrictions apply.			Some restrictions apply.		
Sunset Membership			Twin Peaks Membership			Ute Creek Membership		
Select Membership	\$600.00		Select Membership	\$1,200.00		Select Membership	\$1,600.00	
Unlimited individual play			Unlimited individual play			Unlimited individual play		
Elite Membership	\$900.00		Elite Membership	\$1,800.00		Elite Membership	\$2,200.00	
Unlimited individual play plus golf car use			Unlimited individual play plus golf car and range use			Unlimited individual play plus golf car and range use		
Annual Pass Rates			Annual Pass Rates			Rental Fees		
Adult	\$470.00		Adult	\$470.00		Golf Car (2 Riders)	\$20.00	\$28.00
Adult (M-F, excl. holidays)	\$330.00		Adult (M-F, excl. holidays)	\$330.00		Golf Car (1 Rider)	\$10.00	\$14.00
Senior	\$400.00		Senior	\$400.00		Pull Cart	\$4.00	\$6.00
Senior (M-F, excl. holidays)	\$280.00		Senior (M-F, excl. holidays)	\$280.00		Clubs	\$10.00	\$15.00
Super Senior (M-F, excl. holidays)	\$135.00		Super Senior				Small	Large
Junior	\$220.00		(M-F, excl. holidays)	\$135.00		Range Balls	\$5.00	\$8.00
Junior (M-F, excl. holidays)	\$135.00		Junior	\$220.00		10 Bucket Range Pass	\$70.00	
Family (4 members)	\$960.00		Junior (M-F, excl. holidays)	\$135.00		30 Bucket Range Pass	\$180.00	
Passes are subject to an additional use fee: Monday-Friday: \$4/9 holes; \$7/18 holes Weekend/Holiday: \$5/9 holes; \$8/18 holes			Passes are subject to an additional use fee: Monday-Friday: \$6/9 holes; \$10/18 holes Weekend/Holiday: \$7/9 holes; \$11/18 holes			Golf Car Fees include all applicable sales tax.		
Rental Fees	9-Hole	18-Hole	Rental Fees	9-Hole	18-Hole	Golf Instruction Available at Ute Creek		
Golf Car (2 Riders)	\$18.00	\$26.00	Golf Car (2 Riders)	\$13.00	\$26.00	Sam Linnenburger - PGA Professional		
Golf Car (1 Rider)	\$ 9.00	\$13.00	Golf Car (1 Rider)	\$ 9.00	\$13.00	Mike Maydew - PGA Professional		
Pull Cart	\$ 3.00	\$ 5.00	Pull Cart	\$ 3.00	\$ 5.00	Tray Shehee - PGA Professional		
Clubs	\$ 5.00	\$ 9.00	Clubs	\$10.00	\$15.00	Please call the pro shop for details 303-774-4342		
Golf Car Fees include all applicable sales tax.			(Lessons and rates vary by instructor and are by appointment only.)					
Golf Instruction Available at Sunset								
Scott Sommers - Certified PGA Pro Please call the pro shop for details 303-651-8466								
*All fees listed are valid January 1, 2011 through December 31, 2011.								

PLAN YOUR 2011 EVENT TODAY!

Tournaments, fund raisers/benefits, class reunions, family/work outings, receptions and more!
Longmont offers three distinctive course layouts for your event.
Each course offers varied services and facilities for banquets, barbecues or award ceremonies. For more information,
call your course of choice today or visit us at www.golflongmont.com





Longmont Public Library

409 4th Ave • 303-651-8470

Hours: Mon-Thurs, 10am-9pm;
Fri & Sat, 9am-5pm; Sun, 1-5pm

Check out some of our great happenings at the Longmont Public Library in the Children's and Teen Department. Stop by in person or check out our website to see what else we have going on that might interest you!

PAWsitive Reading

Read to trained reading dogs

Grades: Kindergarten - 5th grade

Day/Time: Monday, 6:30-7:30 pm

Dates: Feb 7, Mar 7, Apr 4, or May 2

DEAR Program (Dogs Enjoy Afternoon Reading)

Days/Time: Saturdays, 1-2pm

Dates: Jan 22, Feb 19, Mar 19, or Apr 16

Lego Club

Complete a building challenge and display your creations in the Library.

Days/Time: Last Sunday of the Month, 2-4pm

Dates: Jan 30, Feb 27, Mar 27, or Apr 24

Register: Call 303-651-8477

Fancy Nancy Valentine's Tea Party

Come dressed up in your fanciest clothes and enjoy some fun lessons in etiquette, delicious tea and pastries and, of course, some ooh la la tres chic fun! Bon Appetit!

Ages: 4 to 8 years

Date/Time: Feb 12, Sat, 11am-12pm

Register: Limited to 20; call 303-651-8477

Booklovers Club for Girls 12 and up

Saturdays with the Sisterhood: Enjoy snacking, gabbing and reading The Sisterhood of the Traveling Pants!

Dates/Time: Feb 5-26, Sat, 2:30-4pm

Register: 303-651-8477

Spring Break Art Daze

Each day will feature art and craft projects that explore different art mediums and techniques in the Children's and Teen area.

Ages: 5 years and older

Days/Time: Monday-Thursday, 3-5pm

Dates: Mar 28-31

Register: Drop-In

Winter Wizardry

Enjoy Harry Potter trivia, games, movie clips and snacks. Costumes encouraged.

Ages: 6 years and older

Date: Jan 16, Sun, 2-3:30pm

Register: Call 303-651-8477

Your Public Library - After Hours

Longmont Public Library closes at 9 PM Monday through Thursday, and at 5 PM Friday through Sunday. Even though we are closed, you can still access some of our services 24/7. Just go to our homepage and click on the Library 24/7 bar to see the services you can access at any time.

1. Overdrive. You can download audio and ebooks at anytime using our Overdrive service. Overdrive ebooks are accessible by Sony readers and the Borders Nook. Directions for use are on the help button on the first page.



2. Ebsco Host. Need an authoritative magazine article for a paper? Ebsco Host provides full-text access to thousands of magazines, journals and newspaper articles.



3. Ask Marian. Have a simple, burning question to ask one of our librarians? Ask Marian, Marian (one of our reference librarians) will try to respond within a day.



4. Tumble Book Library. This tool is a great help to children learning to read.

5. DearReader.com. Coming soon. Discuss the latest books with like minded folks.

6. Job & Career Accelerator. Coming Soon. Need help writing a resume, job hunting tips, interview help, or just looking for a job, this is the site for you.



7. Learning Express. Coming soon. This tool allows you to brush up on grammar, math and science skills. It also allows you to take preparatory tests for everything from firefighter to SAT. This marvelous tool also grades your test and tells you what questions you missed and how to correct them.



8. Reference USA. Find detailed information on millions of companies in the United States. Great for folks looking for jobs, small businesses looking to market their goods or even investors looking for company information.



9. Heritage Quest Online. A great place to begin tracking down your ancestors.



Questions?

Call the reference desk at 303-651-8472 or 651-8473 during business hours.

Sandstone Visitor Center

3001 E Ken Pratt Blvd • 303-774-4692

The Sandstone Visitor Center includes hands-on displays on environmental features of the area, as well as history of the Coffin family who homesteaded the site, and other early Longmont history. The 1880's era homestead includes historical and environmental hands-on displays in the Visitor Center, as well as educational exhibits in the ice house, tool shed and barn.

There is no admission fee to the Visitor Center.

Programs at Sandstone Visitor Center

To register for the following programs, please call 303-774-4692 or e-mail ann.turbin@ci.longmont.co.us at least two days in advance.

Location: Sandstone Visitor Center, 3001 E Ken Pratt Blvd

SANDSTONE
RANCH



Pioneer Women's Life Book Club

How did the pioneer women meet the challenges of life in the 1800's? Join a group of women who have each read a different book about a pioneer woman in Colorado. Come share the highlights of their stories at Sandstone Ranch. Tea, coffee, and treats will be provided.

Day/Time: Tuesdays, 1-3pm

Dates: Jan 11, Feb 8, Mar 8, or Apr 12

Fee: \$5 per date

Winter Beauty at Sandstone Ranch

Come join us on a walk to observe wildlife in the beauty of winter weather. If snow is on the ground, bring boots, snowshoes or cross-country skis. For your enjoyment bring warm clothes, sunglasses, sunscreen, binoculars and a camera. Hot beverages and treats will be provided in the ranch.

Date/Time: Feb 5, Saturday, 11am-2pm

Fee: \$ 5/person or \$10/family

Longmont Museum

Longmont Museum programs

Discovery Days

This interactive drop-in program encourages children (ages 2-5) to engage in creative and sometimes messy arts and crafts projects with their parents.

Ages: 2 to 5 years with parent

Days: Tuesday/Wednesday/Friday

Times: 9-10:15am, 10:15-11:30am, or 12:30-2pm

Dates: Ongoing * *No program Dec 22-Jan 4

Fee per child: \$3 resident/ \$3.50 non-resident

10 pack card: \$25 resident/ \$30 non-resident

School Holiday Mondays

The Longmont Museum will be open 9am-5pm on Monday, December 20 and 27.



Longmont Museum exhibits

November 13 – January 2, 2011

Frida Kahlo: Through the Lens of Nickolas Muray

During his long career, Nickolas Muray photographed many important people from the political, artistic, and social arenas. The photographs, dating from 1937 to 1946, explore Muray's unique perspective; in the 1930s and 1940s he was Frida Kahlo's friend, lover and confidant. Muray's photographs bring to light Kahlo's deep interest in her Mexican heritage, her life and the people significant to her.



January 15 – March 13, 2011

America Celebrates! Quilts of Joy and Remembrance

Quilts have often been created to observe special occasions, like weddings, births, and new homes. The 56 art quilts in this exhibit celebrate holidays and events, from the 4th of July and Mardi Gras to the Festival of the Buddha and Derby Day. Art quilters from across the country have contributed to this show that depicts in fabric the celebrations of our lives.



LONGMONT MUSEUM

400 Quail Road • Longmont CO 80501

303-651-8374 • www.ci.longmont.co.us/museum

Hours: Tuesday-Saturday, 9am-5pm | Sunday 1pm-5pm

Closed Mondays and City Holidays | FREE General Admission

Facility Rentals

The City of Longmont and Longmont Recreation Services has a number of facilities that are available to rent for a meeting or special event. Fees listed are for Longmont residents, non-resident rate slightly higher.

LONGMONT RECREATION SERVICES

All Recreation Services facilities offer during-hours and after-hours rentals. ci.longmont.co.us/rec/gen



Centennial Pool

1201 Alpine St • 303-651-8406
Observation Room
Pool Rental



St Vrain Memorial Building

700 Longs Peak Ave • 303-651-8404
Meeting/Party Rooms
Gymnasium



Longmont Recreation Center

301 Quail Rd • 303-774-4800
Meeting/Party Rooms
Gymnasium
Pool Rentals

Ice Pavilion - Seasonal
725 8th Ave • 303-774-4777
Outdoor cabana space

Athletic Fields - Seasonal
Long & short term reservations
Contact: 303-774-4754

Outdoor Swimming Pools
Sunset Pool, 1700 Longs Peak Ave
Roosevelt Pool, 903 8th Ave
Kanemoto Pool, 1151 S. Pratt Pkwy
Summer reservations accepted
beginning mid-March
Contact: 303-651-8406



Izaak Walton Clubhouse

18 S Sunset St, north of Boston Ave
Contact: 303-651-8404
Capacity: 95 people with tables & chairs
Patio with BBQ; Kitchen with microwave, refrigerator and catering entrance
Cost is \$50/hr for pm/weekend/ holidays;
\$25 weekdays. \$200 deposit required
ci.longmont.co.us/rec/rentals



Willow Farm Barn

901 S. Fordham St • 303-651-8404
Enclosed shelter with six picnic tables adjacent to playground and modern restrooms. Seasonal.
Cost is \$45 half-day/ \$70 whole-day;
\$200 deposit required, \$50 deposit for electrical outlet



Historic Callahan House

312 Terry St • 303-776-5191
Capacity In-house event: 80
Sit-down meals: 40
House and garden: 150
Full-service catering available
Cost varies; deposit required
ci.longmont.co.us/callahan

Longmont Museum

400 Quail Rd • 303-651-8373
During operating hours only.
Classroom and meeting space.
Capacity: 80 lecture style
Cost is \$120 half-day/ \$200 full-day;
deposit required

Senior Center

910 Longs Peak Ave • 303-651-8411
Nights and Weekends Only.
Capacity:- Gym/Cafe seats 250
• Gym/Multipurpose Room seats up to 200 Lecture Style
• Café/Dining Room: 80
• Small Classrooms: 15 to 40
• Large Classrooms: 100 Lecture Style
Cost is \$40/hr small room;
\$75/hr gym only; \$125/hr gym/caf ; deposit required.
ci.longmont.co.us/sen_ctr/rentals

Parks Shelters

Permanent shelter structures at city parks are available for rental through Recreation Services. Seasonal.
Contact: 303-651-8404
Cost is \$35/day small shelter; \$25/hr or \$200/day large Sandstone Shelter and Roosevelt Pavilion.
ci.longmont.co.us/rec/rentals

Longmont Public Library

409 4th Ave • 303-651-8795
Capacity: 12 to 90 people
Classroom and meeting space
Free -Only non-profit/educational usage.

Fire Station Community Rooms

Fire station #3: 1000 Pace St
Fire station #4: 501 23rd Ave
Fire station #5: 617 Barberry Dr
Contact: 303-651-8437
Classroom Space
Capacity (each room): 34
Cost is \$80 for two hour rental, non-profit use free; \$100 deposit

Cancellations with two weeks notice or less are subject to loss of deposit and/or loss of a percentage of fees paid.