

2016-2017 Winter

# PLAY ENGLEWOOD

City of Englewood Parks, Recreation and Library

## MAKE A MOVE TO BETTER HEALTH

Experience our new, innovative  
fitness equipment and  
Fit Zone coming  
December 2016.

**DECEMBER • JANUARY • FEBRUARY**

Residents can register Wednesday, November 2

All others can register Friday, November 4

# CONTENTS

Special Events	3
Englewood Recreation Center	5
Malley Senior Recreation Center	7
Adult Dance	9
Arts and Crafts	10
Athletics	12
Aquatics	13
Birthday Parties	16
Broken Tee Golf Course	17
Computer	18
Education	19
Excursions	21
Fitness	25
Library	33
Outdoor	34
Youth	35
Pirate Youth Sports	38
Englewood Soccer Association	38
Parks	39
Registration Information	42

**EnglewoodRec.org**

**Parks & Recreation Administration**  
**Office Open M-F, 8AM-5PM**  
303-762-2680

**Englewood Recreation Center**  
303-762-2680

**Malley Senior Recreation Center**  
303-762-2660

**Broken Tee Englewood Golf Course**  
303-762-2670

**Pirates Cove Family Aquatic Center**  
303-762-COVE (2683)

**Activity Status Line**  
303-762-2598





# SPECIAL EVENTS

303-762-2680

[EnglewoodRec.org](http://EnglewoodRec.org)

[Facebook.com/PlayEnglewood](https://Facebook.com/PlayEnglewood)

## Holiday Bazaar

Saturday, November 5 • 9AM–4PM

Malley Recreation Center

FREE Entrance

More than 100 artisans are available to choose from in your search for wonderful handmade crafts and fine art. Get a head start on your holiday shopping. Invite your friends and neighbors along as you enjoy this annual Englewood tradition! Concessions are available for lunch or snacking. This is a one stop shopping event! For more information, please call 303-762-2660.

## Hampton Sides: Putting the “Story” Back in History

Saturday, November 5 • 2PM

Englewood Civic Center

Hampton Sides, the award-winning editor of *Outside Magazine* and a bestselling historian, will talk about the importance of narrative in understanding our past. He is best-known for his gripping adventure stories, often set in war-time or depicting epic expeditions of exploration and discovery. Books will be available to purchase and a signing will follow the presentation. For more information on this speaker, please visit [prhspeakers.com](http://prhspeakers.com).

## Giving Tree

Pick-up gift starting Saturday, November 5

Return gift by Monday, December 5

Malley Recreation Center

Giving is a wonderful feeling, so please join us in giving to seniors in the south metro area through Inter-faith Community Services. Take an “Ornament Request” off of the Giving Tree in the Malley Lobby and return the nicely wrapped gift (new items only) to the front desk by Monday, December 5. If you would like to volunteer for Inter-faith Community Services and help deliver call, 303-789-0501.

## Santa Calling

Monday, December 19 • 5:30–7:30PM

The North Pole Operator connects your child with Santa this holiday season. Calling time is limited, so plan to have your children home during calling hours. To register your youngster, complete a Santa Calling Form, available November 11, and return it to any of the listed locations. You may also mail forms directly to the Englewood Recreation Center marked attention “Santa Calling” or fax them to 303-762-2688. Forms must be received by December 12. Forms are available at: Englewood Recreation Center, Malley Recreation Center, Englewood Library and at [englewoodgov.org](http://englewoodgov.org).

## Breakfast with Santa

Saturday, December 10 • 8:30AM & 9:30AM

All-You-Can-Eat Pancakes

Malley Recreation Center

The entire family can enjoy the holiday season while eating breakfast with Santa! Listen to holiday music while feasting on Flippin’ Flapjack pancakes. Visit with Santa to see if you’ve been naughty or nice, bring your camera for a photo opportunity. Kids will receive a gift. Tickets are \$5.50/children ages 2-10, \$6.50/11 years to adults, and free for under 2 yrs. old. Tickets are available now at Malley’s Front Desk, Englewood Recreation Center Front Desk or online at [EnglewoodRec.org](http://EnglewoodRec.org)

## Biggest Winner Challenge

Make the commitment to get fit and lose weight with the Biggest Winner Challenge! This three-month weight loss challenge is designed to give you the motivation and tools to get started on making a lasting lifestyle change to not only shed pounds, but also to increase overall health and well-being. There are three challenge categories:

- Teens (Ages 13-17)
- Adults (Ages 18-54)
- Seniors (Ages 55 yrs and older)

At the end of three-months, we award the person who achieves the greatest percentage of weight lost in each age category with a grand prize. You will also receive points for every activity you attend. The person with the greatest number of points will also receive a prize.

Register to participate in the challenge and you will receive a limited number of FREE visits to the Englewood Recreation Center, limited number of FREE drop-in fitness and wellness classes, a FREE group personal training session, discounts on fitness classes and multiple chances to win prizes along the way. Register in advance using the class numbers below and then attend one of the initial weigh-in dates to get started. Scholarships are available.

### Challenge Kick-Off Party

Saturday, January 7- 8:30AM-Noon at the ERC  
Visit with health exhibitors, try out FREE fitness classes and complete your initial weigh-in for the Biggest Winner Challenge. Pick up a flyer for complete Challenge or Kick-Off party details at the ERC or Malley Center front counters.

Teen	(Ages 13-17 yrs)			
<b>12250111</b>	1/7	\$33	After 1/3	\$41
Adult	(Ages 18-54 yrs)			
<b>12250112</b>	1/7	\$43	After 1/3	\$51
Senior	(Ages 55 yrs& Older)			
<b>12250113</b>	17	\$43	After 1/3	\$51

## REGISTRATION INFORMATION

In order to serve you better, the Parks and Recreation Department will be completing an upgrade to the current registration software.

Please register no later than December 2 for activities, classes and rentals.

On December 5 and 6 we will not be able to complete registrations either in person, phone or on the web. Drop off only registrations will be taken at this time.

Registrations will again be accepted on December 7. For questions please call 303-762-762-2680 or 303-762-2660.

## Night of the Stars Talent Show Auditions

Friday, January 20 • 4-6PM

Saturday, January 21 • 1:15-3:30PM

Englewood Recreation Center



Singers, dancers and more- we're looking for performers in grades K-12 to dazzle us!

Performances will be judged and awards are given in the following categories:

Voice, Dance, and Variety (musical instruments, jugglers, etc.). No bands please: groups of acoustic musicians are allowed. Check with Sara or Tara for approval at 303-762-2680. There are four age categories: K-2<sup>nd</sup> grade, 3-5<sup>th</sup> grade 6-8<sup>th</sup> grade, 9-12<sup>th</sup> grade. This year, after our local competition, we'll be competing with stars from communities around Colorado. Participants must register by January 6. Registration fee is \$5 per performer. Auditions will take place at the Englewood Recreation Center on Friday, January 22 from 4-6PM and Saturday, January 23, 1:15-3:30PM, sign-up for one day. Once you are registered, you will get a link to signuptiongenius.com to sign up for a specific time slot. Dress rehearsal is on Tuesday, February 14 from 6-8PM at Hampden Hall. Our local competition will take place at Hampden Hall from 6-9PM on Friday, February 17th. Then, first place winners will strut their stuff at the state competition (location TBD) on March 12. Admission is \$5 at the door for spectators ages 4 and up.

<b>11130011</b>	1/20	F	4-6PM
<b>11130012</b>	1/21	Sa	1:15-3:30PM

We're looking for volunteer judges, call 303-762-2680!

## Raptors of the Rockies

Wednesday, January 25 • 1:30PM

Malley Recreation Center

Tickets \$6

Today is your day to meet some birds of prey found in the Rocky Mountain region. In this interactive program, explore the tools and adaptations that different raptors use to be successful in the wild. Birds featured will be a hawk, an owl and a falcon, all species found right here in Colorado. A bird flying demonstration will be included. Bring your camera for a photo opportunity. This program is brought to us by Wild Wings Environmental Education. Refreshments included. Tickets are \$6, purchase at the Malley Front Desk, call 303-762-2660 for Will Call or online at [www.engagewoodrec.org](http://www.engagewoodrec.org).

## Gold Penny Fashion Show

Wednesday, February 8, 2-3:30PM

Malley Recreation Center

Tickets \$5

Enjoy a unique fashion show featuring models wearing gently used clothing, and you wouldn't even know it! The Assistance League of Denver has been serving the greater Denver community for 59 years and will present the fashion show. Hors d'oeuvres and punch will be served and the opportunity to try-on and purchase clothing will be available after the fashion show. Proceeds will go to support the community outreach programs. Tickets are \$5, available at the Malley Center front desk, call 303-762-2660 for Will Call. *Sponsored in part by:*





**NEW!**  
Fitness  
equipment coming  
December, stop by  
for a tour!

**Facility Supervisor:** Jeff Jones,  
jjones@englewoodco.gov, 303-762-2692

**Guest Service Supervisor:** Shelly Fritz,  
sfritz@englewoodco.gov, 303-762-2690

# ENGLEWOOD RECREATION CENTER

**303-762-2680**

**1155 W. Oxford Ave.**

**EnglewoodRec.org**

A full-service community facility, the center offers:

- an indoor track
- 25 meter eight-lane swimming pool
- **NEW** fit zone
- full-size gymnasium
- expanded weight training area
- cardiovascular area
- four racquetball/walleyball courts
- numerous other amenities

A variety of activities are offered for all ages. The facility is open to anyone and offers reasonable fees for daily or extended visit admission.

## Hours of Operation

Mon.-Thur.	5:30AM - 10PM
Fri.	5:30AM - 8PM
Sat.	8AM - 6PM
Sun.	8AM - 6PM (10/2 - 4/30) Noon - 6PM (5/7 - 9/24)

## Center Closures

Thanksgiving	November 24	<b>Closed</b>
Christmas Eve	December 24	8AM-2PM
Christmas Day	December 25	<b>Closed</b>
New Year's Eve	December 31	8AM-2PM
New Year's Day	January 1	<b>Closed</b>

## Open Gym

### Drop-In Basketball, Volleyball & Pickleball

Check at the front counter for a drop-in schedule. Schedule subject to change; call ahead to verify, 303-762-2680.

## Facility Rentals

The center features a multi-purpose room with attached kitchen, a small classroom, full-size gymnasium, racquetball courts, and pool facilities for individual and group rentals. For information, call 303-762-2680.

## Resident ID Cards for \$3

If you're an Englewood resident within the legal city limits, you must obtain a Resident ID card for each member of your family, age five and older who wish to use an Englewood Recreation facility or register for a program and receive the Resident Fee rate. This rate is listed throughout the activities guide ("Resident Fee"). With a Recreation ID card, this is the fee you will pay to participate in a class or activity. Without the card, you'll be required to pay the regular class fee.

Parents must have a Resident ID to register children under five years of age. Resident IDs are obtained at the Englewood Recreation Center for \$3, and are valid for three years from date of purchase. In order to receive your Englewood Resident ID card, please bring one valid photo identification (Colorado Drivers License, Colorado ID card, passport) and one other form of proof for your physical address (vehicle registration, utility bill, phone bill, water bill, cable bill, credit card bill). *You may also use your Resident ID card to receive resident rates at Cornerstone Park's Batting Cages and Colorado Journey Miniature Golf.*

## Healthways SilverSneakers® Program

Eligible SilverSneakers® members (check with the front counter to see if you are eligible) receive a free basic Recreation Center membership including use of the weight room and cardiovascular area as well as senior aquatics classes.

## Household Account

If you wish to register online, you will need a Household Account established in our computer system. You may call the Recreation Center 303-762-2680 during operation hours to assist you with account questions.

## Age Descriptions

<b>Youth</b>	2-17 Years
<b>Adult</b>	18-54 Years
<b>Senior</b>	55+ Years

## Lockers

Lockers are day use only, please bring your own lock.

## Center Admission

Includes use of available facilities (pool, weight rooms, cardio room, running track, gymnasium). *CPV = Cost Per Visit*

### Daily

Youth/Senior	\$5/\$3.50
Adult	\$6/\$4.75

### Center Punch Card

(25 Admissions)

Youth/Senior	\$73	CPV/\$2.84
Youth/Sr. Res. Fee	\$58	CPV/\$2.32
Adult	\$105	CPV/\$4.04
Adult Resident Fee	\$84	CPV/\$3.36

## Fitness Drop-in Rates

Drop-in is not available for Yoga, Pilates Allegro, Essentrics and Personal Training classes.

Daily	\$7/\$6
12-Punch Card	\$71/\$59
Yoga	\$10/\$8

## Water Fitness Drop-In Rates

Daily	\$7/\$6
-------	---------

## Corporate Rates

Available to corporations based and operated within the Englewood City limits.

100 Visits:	\$336
300 Visits:	\$957
500 Visits:	\$1,570
700 Visits:	\$2,163
900 Visits:	\$2,754
1,000 Visits:	\$3,040

## Englewood Business Resident ID Card

Englewood business owners, officers and directors of a corporation located within the legal city limits are eligible to apply for an Englewood Business Resident ID. This ID allows the holder use of recreation facilities and programs at the same fee rate as Englewood residents. Applications are accepted at the Englewood Recreation Center, 1155 W Oxford Ave.

## Annual Pass

Includes use of available facilities during operational hours. Additional fee for racquetball court rental and fitness classes.

### Six Month Pass

Youth/Senior	\$192	\$32/month
Youth/Sr. Res. Fee	\$126	\$21/month
Adult	\$216	\$35/month
Adult Res. Fee	\$173	\$29/month

### Annual Pass

Youth/Senior	\$324	\$27/month
Youth/Sr. Res.	\$204	\$17/month
Adult	\$390	\$32/month
Adult Res. Fee	\$312	\$26/month

## Racquetball/Walleyball

Reservations accepted two days in advance. Reservations not canceled two hours prior to assigned court time assessed a \$5 fee. Reservations held only ten minutes after the start of the hour.

Hourly rate is \$9/\$7.25

### 6 Hours of Play Punch Card

Fee:	\$45/\$36
------	-----------

## Household Passes\*

		2nd person	3rd person
Youth/Senior	\$324	+ \$227	+ \$162
Youth/Senior Res.	\$204	+ \$143	+ \$102
Adult	\$390	+ \$273	+ \$195
Adult Res.	\$312	+ \$218	+ \$156

*\*All members must reside within the same household. In order to receive the Resident Fee pricing, the Head of Household must provide necessary documentation to establish a resident of Englewood Household (see Resident ID card on page 5). All adult and senior household members must show identification indicating their household address.*

**Racquetball Rider** Available for a fee of \$60 per individual for annual pass only. A rider must be purchased for each family member wishing to use the rider. A racquetball rider allows the use of one hour of racquet ball court play per day. Reservation is required to ensure court time.

## Financial Assistance

Recreation program scholarships are available to Englewood residents who can demonstrate financial need. Applications are available at the Englewood Recreation Center and Malley Recreation Center. Those receiving financial aid from state or federal agencies or are approved for free or reduced school meals may receive reduced fees for most recreation programs and facility admissions.

## Individuals with Disabilities Program

The City of Englewood strives to mainstream individuals with disabilities into its recreation classes. Qualified individuals with disabilities are provided with reasonable program accommodation in order to receive equal opportunity of inclusion.

In addition to mainstreaming, the City of Englewood has an agreement with the South Suburban Park and Recreation District which allows Englewood residents access to the South Suburban STAR program at resident rates. The STAR program aims to create an environment for individuals with disabilities to enjoy recreation programming with peers. For information on this program, please contact the STAR Program Coordinator at 303-730-4608.

## GOING GREEN

The Englewood Recreation Center is going green.

Towel service will no longer be provided as of December 5, 2016.

Please bring your own towel.

This will enable us to save more than 227,000 gallons of water annually!

Thank you for helping us save water and energy!



**Facility Supervisor:** Allison Boyd,  
 aboyd@englewoodco.gov, 303-762-2667

**Guest Services Supervisor:** Shelly Fritz,  
 sfritz@englewoodco.gov, 303-762-2660



# MALLEY RECREATION CENTER FOR AGES 55 AND BETTER

303-762-2660

3380 S. Lincoln St.

EnglewoodRec.org



The Malley Recreation Center and programs

promote healthy aging and capture friendships. VOA lunch available. Stop in for a tour and a new member packet today. Participation is open to both Englewood residents and non-residents. Englewood residents living within the legal city limits must obtain a resident ID card for each member of your family, to receive the Resident Fee rate. Resident IDs are available for \$3 and are valid for three years from the date of purchase. See page 5 for more information. Those over 55 years of age receive priority when registering, and adults 18 years and older may register for classes and activities on a space available basis. Please call 303-762-2660 for availability. The Malley Fitness Center and Computer Lab are not open to those under age 55.

### Hours of Operation

Mon.-Thur. 8AM - 7PM  
 Fri. 8AM- 5PM  
 Sat. 9AM- 1PM  
 Sun. Closed except for scheduled activities

### Pickeball Drop-in Play

Beginners: M/W 11:15AM-1:30PM  
 Advanced: M/W/F 1:30-5PM

### Center Closures

Thanksgiving Nov. 24 **Closed**  
 Christmas Eve Dec. 24 9AM-1PM  
 Christmas Day Dec. 25 **Closed**  
 New Year's Eve Dec. 31 9AM-1PM  
 New Year's Day Jan. 1 **Closed**  
 Annual Maintenance Feb. 25-March 5

### Center Admission

Includes use of available facilities (fitness center, game room, computer lab, Bridge, Bunco, Billiards, lobby access, table tennis, Pickleball or drop in gym)

#### Daily

Senior \$4  
 Senior Resident \$2  
 Adult \$5  
 (only for Billiards, Pickleball and Table Tennis)

#### Annual

Senior \$48  
 Senior Resident \$44  
 SilverSneakers® \$23  
 SilverSneakers® Resident \$20

### Facility Rentals

The Malley Center's Multi-Purpose Room is available for rent during evenings and weekends, and is perfect for weddings, anniversary parties, church groups, meetings, retreats or conferences. Our commercial kitchen is also available so you may prepare that special meal for your event or bring your own catering service. The center also has four class

rooms that are great for smaller groups or meetings. Call 303-762-2660 for rates and availability.

### Fitness Center Drop-in

Drop-in not available for Beginning and Continuing Weight Training, Balance classes and evening Yoga. Day Yoga drop-in rates vary. SilverSneakers® Members may drop-in to classes with the SilverSneakers® logo for free by swiping their card at the front desk. Malley Daily Drop-in: \$5  
 12-Punch Cards: \$48/\$44

### Fitness Center Hours

Mon. & Wed. 11AM-7PM  
 Tue. & Thurs. 8:30AM-7PM  
 Fri. 8AM-5PM  
 Sat. 9AM-1PM

### Tax Assistance

By Appointment Only  
 Program begins in February through tax day. This program offers free federal and state tax assistance for taxpayers with low/middle income, with consideration to those 60 and older. Bring picture ID, Social Security card for yourself and dependents. Bring all documents reporting income, interest, dividends, pensions, property tax receipts, any other allowable deductions and copies of your 2015 tax returns. Call 303-762-2660 for more information after December 1.

Eligible SilverSneakers® members (check with the front counter to see if you are eligible) can participate in specialized non-impact SilverSneakers® fitness classes and other activities for free. Just look for the SilverSneakers® Logo next to class descriptions; these are classes you may drop-in to participate (with the exception of Weight Training classes).

### **Volunteers of America (VOA) Nutrition Program**

Malley Center and Volunteers of America team up to serve a great lunch Monday through Friday in the Malley Center Ballroom. Reservations for lunch may be made at the Malley Front Desk or by calling 303-762-2660. Reservations must be made by noon two days in advance. Reservations for Monday and Tuesday must be made by noon on the previous Thursday. Monthly menus are available online at [www.inglewoodgov.org](http://www.inglewoodgov.org) on the Malley Center page. The VOA suggested donation for lunch is \$2.50 for people 60 and older or a person under 60 years of age who is a spouse of an eligible person who is over 60. All other guests under 60 are welcome but must pay \$7.25. First time visitors must complete a VOA registration form.

### **Visiting Nurse Association**

The Visiting Nurse Association provides quality, affordable health care including foot care, blood pressure checks, and monitoring of chronic conditions. Various fees are charged for services. Visiting Nurses Clinics are operated and staffed by the VNA with partial funding from Mile High United Way and client contributions. Service is by appointment and participants must sign themselves up by calling 303-698-6496 and leaving a message. Your call will be returned to schedule your appointment.

### **Red Hat Society**

Come be a part of a women's social group where each member has had "the birthday"! Celebrate your age of 50+ and life by enjoying activities and friendships and just having fun. Call Cheryl at Malley, 303-762-2660 for more information."

### **Pickleball**

This game combines elements of badminton, tennis and table tennis. Players use rackets to volley a perforated plastic ball over a low net. It's low impact but gets you moving. It is also easy to learn yet can be a quick, fast-paced, competitive game for experienced players. Equipment is available. To play Pickleball, obtain an annual or daily pass.

Location: MRC-Gym  
Mon/Fri 1-4:30PM

### **Table Tennis**

The sport can be played single or doubles and is great for beginners. To play Table Tennis, obtain an annual or daily pass.

Location: MRC-Gym  
Tue/Thur 12:30-4PM

### **Bridge Group**

Bring a partner for Duplicate Bridge every Tuesday starting at 12:30PM. To play Bridge, obtain an annual or daily pass.

### **Bunco Bash Fridays**

**1st, 3rd, 5th Fridays Monthly, 1-3PM**

Played with only dice and a score sheet, all you need to do is roll the dice and add the points! Partners rotate. To play Bunco, obtain an annual or daily pass. Prizes and refreshments included.

### **MovieTime**

**Movies start at 1PM**

Watch a free movie on the big screen! Popcorn available for .25 cents. Watch for flyers each month with the movie title or call 303-762-2660 the week of the movie. New Release: Dec. 9, Jan. 13, Feb. 10 Classic: Jan. 26 and Feb. 24

### **AARP Smart Driver Course**

This driving course is specially designed for motorists age 50 and older. The course helps drivers refine existing skills and develop safe, defensive, driving techniques. Upon successfully completing the course, you may be eligible to receive a discount on your auto insurance.

Thursday, January 19, 12:30-4:30PM  
Thursday, February 23, 12:30-4:30PM

### **Mahjong**

Join us for this Chinese originated game using various designed tiles. No partner needed. Bring your Mahjong set if you have one. Every Friday, 12:30-4:30PM. To play Mahjong obtain an annual or daily pass.

### **Activities at Malley**

*Malley Library Daily Activities Operate during regular business hours. Malley Library is open if no class is scheduled in that space.*

#### **Monday**

Computer Lab	8AM -7PM
Fitness Center	11AM-7PM
*VOA Lunch	11:30AM
Gym Basketball	12:15-1PM
Gym Pickleball	1-4PM
Ballroom Dance	3-4:30PM

#### **Tuesday**

Computer Lab	Noon-7PM
Fitness Center	8:30AM-7PM
Travel Tales	10-11AM
*VOA Lunch	11:30AM
Gym Table Tennis	12:30-4:30PM
Duplicate Bridge	12:30PM

#### **Wednesday**

Computer Lab	8AM-7PM
Fitness Center	11AM-7PM
*VOA Lunch	11:30AM
Gym Volleyball	12:30-4PM
Ultra Beg. Line Dance	9-10AM
Adv. Beg. Line Dance	10:15-11:15AM

#### **Thursday**

Computer Lab	8AM-7PM
Visiting Nurse	8:30AM-Noon
Fitness Center	8:30AM-7PM
*VOA Lunch	11:30AM
Gym Table Tennis	12:30-4:30PM

#### **Friday**

Computer Lab	8AM-5PM
Fitness Center	8AM-5PM
*VOA Lunch	11:30AM
Gym Basketball	11AM-1PM
Bunco	1-3PM
	1st, 3rd & 5th Friday
Gym Pickleball	1-4PM
Movietime	1PM, 2nd Friday
Movietime (Classic)	1PM, 4th Friday
Mahjong	12:30-4:30PM

#### **Saturday**

Computer Lab	9AM-1PM
	1st, 3rd & 5th Sat.
Fitness Center	9AM-1PM
Open Gym	9AM-1PM (if available)

*\*A voluntary suggested donation of \$2.50 is asked for VOA lunch participants, 60 and older. A fee (\$7.25) is charged for those under 60.*

# ADULT DANCE

Program Administrator: Cheryl Adamson,  
cadamson@englewoodco.gov, 303-762-2660

## Belly Dance Basics

Age: 13 yrs. & Older

Explore the art of classical belly dance and fusion for fun and fitness. Belly dancing increases self-awareness and self-confidence in a non-competitive atmosphere. This class teaches choreography and improvisational exercises. Wear comfortable clothing.

Location: ERC-AA1

Instructor: Adina of Sadakat Belly Dance

**11850111**

12/6-1/17 Tu 6-7:30PM \$52/\$48

**11850112**

1/24-2/28 Tu 6-7:30PM \$52/\$48

No class 12/27

## Advanced Belly Dance

Age: 13 yrs. & Older

Englewood Belly Dance troupe and performance class. Continued focus on developing performance skills and knowledge of the art of belly dance.

Instructor approval necessary.

Location: ERC-AA1

Instructor: Adina of Sadakat Belly Dance

**11850211**

12/5-1/16 M 6-7:30PM \$52/\$48

**11850212**

1/23-2/27 M 6-7:30PM \$52/\$48

No class 12/26

## Piano Lessons

Age: 55 yrs. & Older Priority, 18-54 yrs.

Space Available

Would you like to play your favorite songs on the piano? Malley has just the class for you! From the beginning class through each progressing level, you will learn all of the basics needed to play whatever songs or pieces you want. The class works in piano and music theory books, along with supplemental music and pieces chosen by the students. You will need to purchase the "Alfred Adult All in One" book that is appropriate for your skill level, which can be found at the Music Box and costs about \$15.

Location: MRC-Eldorado

Instructor: Renee Goletz

**11861511**

1/6-2/24 F 10-11AM \$44/\$40

## Vocal Lessons

Age: 55 yrs. & Older Priority; 18-54 yrs.

Space Available

Singing is good for your mind, heart, soul, and stress level. Come and sing in this fun group setting. Enjoy singing with others while learning fundamental vocal skills. All experience levels are welcome. No books required.

Location: MRC- Eldorado

Instructor: Renee Goletz

**11861411**

1/6-2/24 F 11AM-Noon \$44/\$40



## Social Ballroom

Age: 55 yrs. & Older Priority; 18-54 yrs.

Space Available

Learn to perform ballroom dance steps with style! Incorporating how to move around the dance floor, proper placement of hands and arms, how to tie steps together, and specific footwork. A new dance is taught each month. A new dance is taught each month. Dec.-Samba, Jan.-

Fox Trot, Feb.-East Coast Swing

Location: MRC-Ballroom

Instructor: Lila Horton

**11860111**

12/5-2/20 M 3-4:30PM \$42/\$38

\$5/daily drop-in

No class 12/26



## Cultural Line Dance

Age: 18 & Older

Come join this fast-paced, high level line dancing experience. Learn a variety of dances from around the world followed up with a cultural event. For example: Greek dances then a dinner of Greek food, Latin American dances with a Festival. You will increase your stamina, improve your coordination, utilize your mental abilities and make new friends! This is an intermediate level class. Dec.-

Greek, Jan./Feb.-American

Location: MRC- Ballroom

Instructor: Diana Eilers

**11860811**

12/5-2/20 M 5:30-6:15PM \$31/\$28

\$5/daily drop-in

No class 12/26



## Intro to Ultra-Beginning Line Dance

Age: 55 yrs. & Older Priority; 18-54 yrs.

Space Available

Never line danced before? Well, this class is for you! Learn basic universal line dance steps. Line dancing adds both mind and body benefits and promises to improve coordination, memory and bone density while having a great time.

Location: MRC-Ballroom

Instructor: Judy Curtis

**11860311**

12/7-2/22 W 8:15-9AM \$33/\$30

\$5/daily drop-in

No class 12/28



## Ultra Beginning Line Dance

Age: 55 yrs. & Older Priority; 18-54 yrs.

Space Available

Let's step up the pace in this beginners class. More steps will be taught while perfecting the vine, weave and shuffle. Try new dances choreographed to a little more upbeat music, thus benefitting your body and mental attitude. Line dance can boost your memory, balance, stamina, and bone density. All good reasons to come dance with us!

Location: MRC-Ballroom

Instructor: Judy Curis

**11860411**

12/7-2/22 W 9-10AM \$38/\$35

\$5/daily drop-in

No class 12/28



## Advance Beginning Line Dance

Age: 55 yrs. & Older Priority; 18-54 yrs.

Space Available

This dance level will build on your endurance and memory by using steps already learned in different combinations to faster music thus increasing your cardio and calorie output. We'll exercise your body and improve your mood!

Location: MRC-Ballroom

Instructor: Judy Curis

**11860611**

12/7-2/22 W 10:15-11:15AM \$38/\$35

\$5/daily drop-in

No class 12/28

# ARTS AND CRAFTS

*Art classes listed on these pages are for 18 yrs. and older unless otherwise noted.*

## Water Media Art

Watercolors and Acrylics are taught in this versatile and exciting art class that is full of wonderful surprises! Find out just how much fun painting is! Your subject matter is only as limited as your imagination. Bring your own paper, paint and brushes. All experience levels are welcome

Instructor: Jeff Simpson

## Evening Watercolors

The art of painting with watercolors or acrylics isn't as hard when you understand the techniques. This class is a great way to try a new way of painting or just learn to paint. You'll learn blending and building colors to paint flowers, landscapes and more.

Instructor: Jeff Simpson

## Drawing Class

Drawing well is the stepping stone to better painting and learning to see differently is how to do it! Create more depth and perspective in your drawings and paintings, and learn the secret of lights, darks, and shadows. Bring a soft pencil (2B) to class. A supply list will be provided at the first class. Continuing students bring your drawing supplies.

Instructor: Jeff Simpson

## Creative Pottery

The possibilities are endless when working with clay! Work with 3 different methods of hand building and/or sculpting to make 3 different pieces. Clay and glazes are supplied. Open to all skill levels. Supplies fee \$15 per 12lbs of clay you use, payable to the instructor.

Instructor: Michael McGrath

## Knitting & Crocheting

Create new projects, and learn new stitches and techniques to knit or crochet. Learn a variety of stitch patterns and how to determine a gauge. This class is for all skill levels. You will receive a supply list at the first class.

Instructor: Megan Gold

## Chocolate & Canvas

*Age: 10 yrs. & Older*

We believe everyone has an artistic ability. Join us for a fun and informative class where you follow along step by step and end up going home with your own beautiful and colorful painting. This is a class you'll enjoy while throwing away your inhibitions. We provide the supplies and a teacher to walk you through each part of the painting. Materials Fee: \$20 per class, payable to instructor. Chocolate and drinks will be served. Projects:

January - Playing with Color in Abstract  
February - Monet Water Lilies

Instructor: Lannie Pihajilic

## Colored Pencils

Take what you have learned in pencil-drawing and start to add color! Build on your knowledge of shading and line. You will not believe the possibilities! This class is for those who have previous drawing experience.

Instructor: Jeff Simpson

## Oil Painting

Oil painting is a great and extremely versatile medium. Bring your own paints, brushes and canvas and work at your own pace. Have fun while finishing a piece for your home, family or friend. There is no instructor, but members will help you.

Bring a project with you to class.

## Drawing Portraits

This class focuses on depicting an accurate likeness of the human face through proportion and proper use of light and shadow. Please bring a 2B or soft lead pencil, an eraser, and a 9 x 12 or bigger sketch book to class. The remainder of the supply list will be provided at the first class. All skill levels welcome.

Instructor: Jeff Simpson

## NEW BYOC Crafters Group

Do you start projects and have difficulty finishing them? You really enjoy socializing too? If the answer is YES, then this group is for you! Whether it is to knit a scarf, finish a dress, quilt, scrapbooking, jewelry making, or ornament creating the choices are endless. Bring your supplies and join others and "craft" away! Large tables and sewing machines are provided.

## Drop-In Woodcarving

For carvers with some experience. Enjoy working on your carving in the company of other carvers. A carving glove and thumb guard are required. There is no instructor but fellow carvers are always willing to help.

## Bunka Embroidery

Sometimes called Japanese thread painting, this needlework art is done with a punch needle and a unique thread from Japan. The finished picture frequently resembles an oil painting and is easy to learn. Initial supplies cost \$35- \$50, and are available from the instructor. Get hooked!

Instructor: Jacque Southern



Class	Activity #	Dates	Days	Time	Location	Fee \$	Res Fee \$
Water Media Art <i>No class 12/19, 12/26</i>	<b>11761611</b>	12/5-1/16	M	10AM-Noon	MRC-Art	\$44	\$41
	<b>11761612</b>	1/23-2/20	M	10AM-Noon	MRC-Art	\$44	\$41
Evening Water Colors and Acrylic <i>No class 12/19, 12/26</i>	<b>11750211</b>	12/5-1/16	M	6:30-8:30PM	MRC-Art	\$44	\$41
	<b>11750212</b>	1/23-2/20	M	6:30-8:30PM	MRC-Art	\$44	\$41
Drawing Class, Beginning <i>No class 12/19, 12/26</i>	<b>11761011</b>	12/5-1/16	M	1-2:45PM	MRC-Art	\$44	\$41
Drawing Class, Continuing	<b>11761012</b>	1/23-2/20	M	1-2:45PM	MRC-Art	\$44	\$41
Creative Pottery	<b>11760111</b>	1/3-2/21	Tu	1-3PM	MRC-Art	\$70	\$65
Knitting and Crocheting	<b>11750511</b>	12/6-12/20	Tu	5:30-7:30PM	MRC-Art	\$31	\$26
	<b>11750512</b>	1/10-1/24	Tu	5:30-7:30PM	MRC-Art	\$31	\$26
	<b>11750513</b>	2/7-2/21	Tu	5:30-7:30PM	MRC-Art	\$31	\$26
Colored Pencils <i>No class 12/19, 12/26</i>	<b>11761111</b>	12/7-1/18	W	10AM-Noon	MRC-Art	\$44	\$41
	<b>11761112</b>	1/25-2/22	W	10AM-Noon	MRC-Art	\$44	\$41
Oil Painting Group	<b>11761411</b>	12/7-2/22	W	1-3:30PM	MRC-Art	\$16	\$13
Chocolate & Canvas Painting Party	<b>11750611</b>	1/18	W	6-8PM	MRC-Art	\$13	\$10
	<b>11750612</b>	2/15	W	6-8PM	MRC-Art	\$13	\$10
Drawing Portraits Basics <i>No class 12/22</i>	<b>11760511</b>	12/1-1/19	Th	9:30-11:30AM	MRC-Art	\$49	\$45
Drawing Portraits, the Next Level	<b>11760512</b>	1/26-2/23	Th	9:30-11:30AM	MRC-Art	\$44	\$41
BYOC Crafters Group	<b>11760611</b>	12/1-2/23	Th	1-3PM	MRC-Art	\$13	\$10
Drop-In Woodcarving	<b>11762511</b>	12/2-2/24	F	9:30-11:30AM	MRC-Art	\$13	\$10
Bunka Embroidery <i>No class 12/24, 12/31</i>	<b>11751611</b>	12/3-2/18	Sa	9-11AM	MRC-Peak	\$37	\$34
	<b>11751612</b>	12/3-2/18	Sa	9AM-Noon	MRC-Peak	\$42	\$38

Most arts classes require additional supplies. Please see class description to estimate what additional supplies may cost.



# ATHLETICS

Program Administrator: Lindsay Peterson,  
Lpeterson@englewoodco.gov, 303-762-2697

## Men's Basketball Leagues

Sunday Men's Rec, Sunday Men's Comp,  
Monday Men's Rec, Monday Men's Comp.  
Team Fee: \$425 non-resident manager  
\$385 resident manager

**12352011**

8 games plus single elimination tournament  
Leagues start the week of January 8  
Deadline to register is January 3

## Winter Volleyball Leagues

Mon - Thur

Coed, Men's, and Women's

Team Fee: \$315 non-resident manager  
\$285 resident manager

**12350011**

Leagues start the week of January 16  
Deadline to register is January 6

Looking to join a team or need a few more  
players to complete your team? Contact  
Lindsay about the Free Agent List!

**To register your team, please contact  
Lindsay at [Lpeterson@englewoodgov.org](mailto:Lpeterson@englewoodgov.org)  
or 303-762-2697.**

**More information is available at  
[www.teamsideline.com/englewoodrec](http://www.teamsideline.com/englewoodrec)**

## Private Racquetball Lessons

Looking to improve your racquetball game?  
Contact Lindsay to set up private lessons!

## Youth Athletics

*Ages: 3-5 yrs. old*

### StartSmart Basketball

1/21-2/25 Saturdays

9-9:45AM \$57/\$50

**12331111**

Deadline to register is 1/17

Englewood Recreation Center

1/21-2/25 Saturdays

10-10:45AM \$57/\$50

**12331112**

Deadline to register is 1/17

Englewood Recreation Center

### StartSmart Indoor Soccer

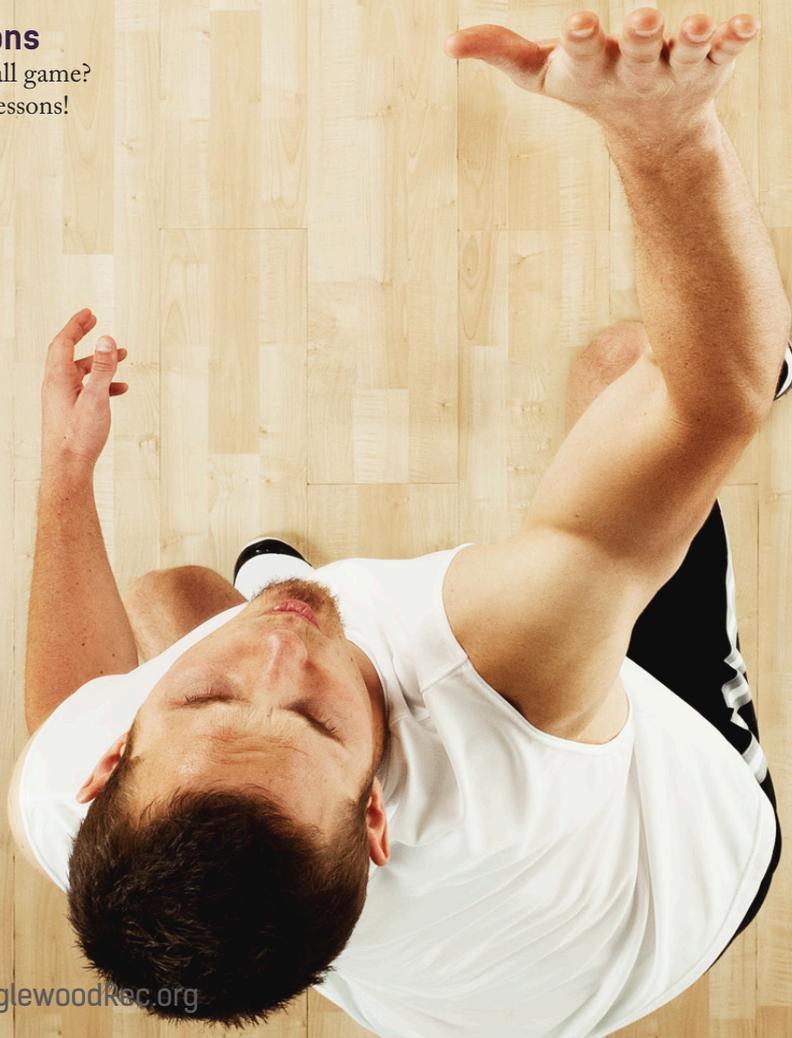
1/21-2/25 Saturdays

11-11:45AM \$57/\$50

**12331011**

Deadline to register is 1/17

Englewood Recreation Center



# AQUATICS

**Program Administrator:** Kathy Wallace,  
kwallace@englewoodco.gov, 303-762-2679

**Facility Supervisor:** Brad Anderson,  
banderson@englewoodco.gov, 303-762-2659

## Hours

Mon-Thur	5:30AM - 9:30PM
Fri	5:30AM - 7:45PM
Sat	8AM - 5:45PM
Sun	8AM-5:45PM (October-April)

## Ultra-Violet light (UV) is

used to enhance the disinfection of microorganisms that are hard to kill with normal chlorine levels and eradicates chloramine's that cause eye burn and poor air quality.

**Sphagnum Moss** is used as a water conditioner which reduces proliferation of bacteria, helps keep the water clear and helps the skin stay soft.

## Tidal Waves Swim Team

Take your swimming skills to the next level on our year round CARA recreational swim team. Swimmers must be proficient in freestyle and backstroke for 25 meters.

**11230911**

1/11-3/19 M/W \$65/\$55

## Pool Safety Guidelines

- Children under 8 yrs. old must be directly supervised by an adult in the pool area.
- Adults must provide in water supervision of children unable to pass the swim test.

## The Swim Test

Children under 8 yrs. old must be able to swim 10 meters by themselves to go down the big slide or to be out of reach of an adult.

## Temperature

Pool 86° year round  
Sauna 180-200°

## Pool Rules

- Supervise children
- No diving
- No breath holding

## Pool Features

- 8 lanes, 25 meters
- Body slide (must pass a swim test to ride)
- 2-3 ft. shallow children's area with easy access stairs
- Small slides
- Family Changing Rooms
- Dry Sauna
- ADA Accessible

## Rec Swim

Gather the troops and head on down for an afternoon of fun. Toss the ball, dive for rings, or take a ride down the slides.

## Lap Swim

1-2 lanes are available most days and times. Lap swim etiquette applies.



# Pool Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Masters</b>			5:30-7AM		5:30-7AM		
<b>Lap Swim*</b>		5:30-7AM		5:30-7AM	5:30AM-Noon	5:30-7AM	Noon-1PM
	4:30-5:45PM	10AM-1PM	Noon-1PM	10AM-1PM	1-9:30PM	11AM-1PM	4:30-5:45PM
<b>Modified Lap**</b>		7-10AM	5:30-Noon	7-10AM	5:30-8AM	7-11AM	
	1-4:30PM	1-9:30PM	1-9:30PM	1-9:30PM	1-9:30PM	1-9:30PM	8AM-4:30PM
<b>Rec Swim</b>	1-4:30PM						
		7:30-9:30PM	7:30-9:30PM	7:30-9:30PM	7:30-9:30PM	6:30-7:45PM	
<b>Water Fitness</b>		7-10AM	8AM-Noon	7-10AM	8AM-Noon	7-11AM	
		6:30-7:30PM	5:30-6:30PM		5:30-6:30PM		
<b>Swim Lessons</b>				1-3PM			8:30AM-Noon
		5-7:15PM	5-7:15PM	5-7:15PM	5-7:15PM		
<b>Water Walking</b>	Anytime						
<b>Swim Team</b>		4-8:30PM	4-8:30PM	4-8:30PM	4-8:30PM		
<b>Tot Area</b>	Open-Close	Open-Close	Open-Close	Open-Close	Open-Close	Open-Close	Noon-5:45PM

\* 3-5 lanes

\*\* 2-3 lanes

Please note: There are limited laps during swim lessons

# ENGLEWOOD ACCELERATED SWIMMING

## **NEW** Beginning Swim Assessment

Do you feel like you are kicking or using so much energy in the pool but getting nowhere? Would you like to learn to be a more efficient swimmer? Participants will be provided with a short swim assessment; practice 2-3 drills to improve stroke efficiency, breathing and kicking; and swim away with tips to work on their own. Must be comfortable in the water and be able to swim half a length of the pool.

Instructor: Susan Yasuhara USAT Level 1 Coach  
**11250511** 1/11-2/1 W 7:30-8:30PM \$50/\$40

## Stroke Refresher

It's the season to get back in swimming shape. We'll ease you back into your swimming routine with tips and tricks to make the most out of your workout. Swimmers must be able to swim 50 meters freestyle.

Instructor: Dave Epperson  
**11250511** 1/10-1/19 T/Th 7:30-8:30PM \$50/\$40

## Home School Lesson

Join the fun in our home school lessons. Open swim is included for the swimmers and parents as part of our afternoon experience. Parents who actively supervise their non-swimmers under 8 years old augment our layers of protection. Please email [kwallace@englewoodco.gov](mailto:kwallace@englewoodco.gov) for placement and exact class times.

1/4-1/25  
**11230811** W 1-3:30PM 3-7yrs. \$25  
2/1-2/22  
**11230812** W 1-3:30PM 8+ yrs. \$20

## Private Swim Lessons

Get the instruction you need to reach your goals, small or large. Contact Kathy at [kwallace@englewoodco.gov](mailto:kwallace@englewoodco.gov) with age, days and times available, and brief description of your needs. Please allow two weeks for placement with an available instructor who fits your needs.

Private (30 Minutes)

1 Lesson: \$25

3 Lessons: \$66

Semi-Private (2 Students/30 Minutes)

1 Lesson: \$33 (\$16.50/person)

3 Lessons: \$85 (\$42.50/person)

## Aquatic Personal Training

Call 303-762-2680 to schedule your training with a certified professional.

Private (60 Minutes)

1 Lesson: \$50

3 Lessons: \$125

Semi-Private (2-3 Students/ 60 Minutes)

1 Lesson: \$62

3 Lessons: \$140

## Infant and Toddler

### Babes & Tots (6 months - 3 years)

Introduction to the water with a focus on safety and primary water skills including submersion, bubbles, and water play in a fun, family environment.

### Jellyfish (2.5 years - 3.5 years)

The next step for a toddler ready to explore the pool on their own, with an instructor. These little ones must be adventurous and ready to take instruction.

## Preschool

### Seahorse (3-5 years)

These little ones may be cautious but are ready to start the basics. A gentle approach using songs and games is used to help them gain confidence and trust.

### Seal (3-5 years)

These little ones are happiest going under water and are just starting to float on their own.

### Otter (4-6 years)

These little ones can float 10 seconds, roll over, and kick 10 meters to safety.

### Sea Lion (4-6 years)

These are our most experienced little swimmers working on freestyle and backstroke drills up to 15 meters.

## School Age

### Stingray (6-13 years)

Swimmers with limited experience or basic skills should start here. Cautious and adventurous alike will find success in this class. Floating, kicking, and breathing will be mastered here.

### Dolphin (6-13 years)

Swimmers will be conditioned to float, kick, and breathe for longer distances while core swimming skills are mastered. Swimmers will master freestyle and backstroke drills 15-25 meters.

### Swordfish (6-13 years)

Swimmers at this level can swim up to 25 meters of freestyle, backstroke, and elementary backstroke with ease. Dolphin kick and treading water will be introduced.

### Barracuda/Shark (6-13 years)

Swimmers are working towards 50 meters of freestyle and backstroke with efficiency and ease. Butterfly and breaststroke drills are introduced and refined. Open turns, treading water for time, and advanced safety skills are included.

## SWIM LESSONS

# SKILL LEVEL

6-36 months	Babes & Tots (Parent/Child)			
2.5-3.5 years			Jellyfish	
3-5 years	Seahorse		Seal	
4-6 years			Otter	Sealion
6-14 years	Stingray		Dolphin	Swordfish Barracuda Shark
14+ years	Stroke Clinic		Masters Swimming	

## Monday/Wednesday Evening (four weeks) Fees: NR \$44 Res. \$36

Class	Time	11/28-12/21	1/2-1/25	1/30-2/22
Jellyfish	5-5:25PM	11210221	11210222	11210223
Seahorse	5-5:25PM	11220121	11220122	11220123
Seal	5:30-6PM	11220221	11220222	11220223
Otter	6:05-6:35PM	11220321	11220322	11220323
Sea Lion	6:05-6:35PM	11220421	11220422	11220423
Stingray	5:30-6PM	11230111	11230112	11230113
Dolphin	6:40-7:10PM	11230211	11230212	11230213
Swordfish	6:40-7:10PM	11230311	11230312	11230313

## Tuesday/Thursday Morning (four weeks) Fees: NR \$44 Res. \$36

Class	Time	11/29-12/22	1/3-1/26	1/31-2/23
Babes & Tots	9:05-9:35AM	11210111	11210112	11210113
Jellyfish	9:40-10:05AM	11210211	11210212	11210213
Seahorse	10:10-10:40AM	11220111	11220112	11220113
Seal/Otter	10:45-11:15AM	11220211	11220212	11220213

## Tuesday/Thursday Evening (four weeks) Fees: NR \$44 Res. \$36

Class	Time	11/29-12/22	1/3-1/26	1/31-2/23
Jellyfish	5-5:25PM	11210241	11210242	11210243
Seahorse	5-5:25PM	11220141	11220142	11220143
Seal	5:30-6PM	11220241	11220242	11220243
Otter	5:30-6PM	11220341	11220342	11220343
Stingray	6:05-6:35PM	11230121	11230122	11230123
Dolphin	6:05-6:35PM	11230221	11230222	11230223
Swordfish	6:40-7:10PM	11230321	11230322	11230323
Barracuda	6:40-7:10PM	11230421	11230422	11230423



## Saturday Morning (four weeks)

Session 1 Fees: NR \$20 Res. \$16; Session 2 & 3 Fees: NR \$24 Res. \$20

Class	Time	12/3-12/17	1/7-1/28	2/4-2/25
Babes & Tots	10-10:30AM	11210131	11210133	11210135
	10:35-11:05AM	11210132	11210134	11210136
Jellyfish	9:30-9:55AM	11210231	11210232	11210233
Seahorse	10-10:30AM	11220131	11220133	11220135
	10:35-11:05AM	11220132	11220134	11220136
Seal	10-10:30AM	11220231	11220233	11220235
	10:35-11:05AM	11220232	11220234	11220236
Otter	8:50-9:20AM	11220331	11220332	11220333
Sea Lion	11:10-11:50	11220431	11220432	11220433
Stingray	9:15-9:55AM	11230131	11230133	11230135
	11:10-11:50AM	11230132	11230134	11230136
Dolphin	9:15-9:55AM	11230231	11230233	11230235
	11:10-11:50AM	11230232	11230234	11230236
Swordfish	8:30-9:10AM	11230331	11230332	11230333
Barracuda/ Shark	8:30-9:10AM	11230431	11230432	11230433

# PARTY WITH US

**All parties include a host, paper products, lemonade, and your choice of cake & ice cream, or pizza.**

### Pool Parties Saturdays & Sundays 12:30PM or 2:30PM

- All Parties begin in the party room for 1 hour with your host, and end with unlimited swimming until close
- Parties for children under 8 years old require 3-5 adults actively supervising in the water with a swim suit on.

### Active Kids Parties Saturdays & Sundays

- Get their heart pumping with active sports like dodgeball and basketball, or become tiny tumblers. Ask about all our activities and times available.
- 2 hours: 1 hour activity, 1 hour party room

\$135 1-15 guests

\$150 16-20 guests

Stay & Play!

Add the pool to your Active Kids party for only \$49! It includes swimming for supervising adults too!

**Reservations require a \$75 deposit or full payment if within 10 days. Contact Kathy Wallace to make your reservation. 303-762-2680 or kwallace@englewoodgov.org**



## Not A Masters Swim Team

Coach led workouts to fit the goals of novice swimmers or long time devotees to the 5AM workout. Must love flip flops and early mornings.

Instructor: Aavid Lee, ASCA Certified

11/29-2/23 T/Th 5:30-7AM

No Class 12/27 & 12/29

Daily: \$7/\$6, 10 punches: \$66/\$50

20 punches: \$112/\$90

## HydroTone

If you enjoy high intensity exercise, adding water to your routine will aid in joint and muscle recovery so you can keep pounding the pavement.

Instructor: Sara Avitia

11250311

11/28-12/19 M 6:30-7:30PM \$23/\$19

11250321

1/2-1/23 M 6:30-7:30PM \$23/\$19

11250331

1/30-2/20 M 6:30-7:30PM \$23/\$19

## Aqua Power

Add water to your everyday fitness routine and see the difference.

Instructor: Kathy Tabor

11250211

12/1-12/22 Th 5:30-6:30PM \$23/\$19

11250221

1/5-1/26 Th 5:30-6:30PM \$23/\$19

11250231

2/2-2/23 Th 5:30-6:30PM \$23/\$19

## Aqua HIIT

High intensity followed by active recovery = all gain with no pain.

Instructor: Sara Avitia

11250611

11/29-12/20 Tu 5:30-6:30PM \$23/\$19

11250621

1/3-1/24 Tu 5:30-6:30PM \$23/\$19

11250631

1/31-2/21 Tu 5:30-6:30PM \$23/\$19



## Senior Water Fitness

Rediscover the fountain of youth where splashing and smiling isn't just for kids.

11260111 Instructor: Christi Slade

11/28-2/24 M/W/F 7-8AM \$42/\$40

11260112 Instructor: Liz Shepard

11/28-2/24 M/W/F 8-9AM \$42/\$40

11260113 Instructor: Liz, Sara, Christi

11/28-2/24 M/W/F 9-10AM \$42/\$40

11260114 Instructor: Liz Shepard

11/29-2/24 Tu/Th/F 8-9AM \$42/\$40

11260115 Instructor: Judy Rosich, Christi

11/29-2/24 Tu/Th/F 9-10AM \$42/\$40



# BROKEN TEE GOLF COURSE

303-762-2670

2101 W Oxford Ave.

BrokenTeeGolf.com

Englewood Parks and Recreation presents one of the finest public golf facilities in the Rocky Mountain region - Broken Tee Englewood Golf Course. In the 2016 Colorado Avid Golfer "Best of Colorado" magazine, Broken Tee was named Best Practice Facility (staff pick), Best Course for Families (readers choice), Best Course for Women (readers choice) and Best Course for Seniors (readers choice).

## Advance Tee Times

Call 303-762-2670 after 2PM or book your tee times online at [www.BrokenTeeGolf.com](http://www.BrokenTeeGolf.com). Resident, 7 days • Non-Resident, 6 days

## Weekday Golf Fees

"Weekday" constitutes Monday-Thursday.

Green Fees	9 Holes	18 Holes
Fee	\$17	\$27
Resident Fee	\$15	\$25
Senior*	\$13	\$24
Senior Resident*	\$12	\$20
Junior **	\$9	\$15
w/Annual Pass	\$3	\$5
Quick 6	\$12	

## Weekend Golf Fees

"Weekend" constitutes Friday-Sunday. Weekend rates apply to holidays.

Green Fees	9 Holes	18 Holes
Fee	\$19	\$34
Resident Fee	\$17	\$30
Senior*	\$19	\$34
Senior Resident*	\$17	\$30
Junior **	\$17	\$30
w/Annual Pass	\$3	\$5

\* Ages 62 and older \*\* Ages 18 and younger

## Golf Cart Rental

	9 Holes	18 Holes
Two Rider	\$16	\$30
Single Rider	\$8	\$15
Pull Cart	\$4	\$7

## Par 3 Fees

Monday-Sunday	
Fee	\$11
Resident Fee	\$9
Senior Resident*	\$7
Senior Fee*	\$8
Junior**	\$6
Monday Madness	\$7
w/Annual Pass	\$2

## Driving Range

Bucket of Balls	
Small Bucket (30)	\$4
Medium Bucket (60)	\$6
Large Bucket (90)	\$8
Extra Large (120)	\$10

## FootGolf

This fun and exciting game combines elements of soccer and golf on the Par 3 course.

Fee	\$11
Resident	\$9
Juniors (18 and under)	\$6
Soccer Ball Rental	\$3
2nd Round of Footgolf	\$5

\*Please note, all fees subject to change in 2017.

# COMPUTER CLASSES

All computer classes are held in the Computer Lab at the Malley Center. Computer classes listed on these pages are for those participants ages 18 yrs. & Older. **Registration deadline for computer classes is two days prior to each class.**

## Computer Lab

M/W/Th 8AM-7PM  
T Noon-7PM  
F 8AM-5PM  
Sa 9AM-1PM (1st, 3rd, 5th)

To use the lab, obtain an annual or daily pass.

## Personal Computer Help

Have you been working on the computer and have come across an area that you need a little extra help with? Or you've been taking a class and information just hasn't "clicked"? The instructor here at Malley is here to help! Call Cheryl at 303-762-2660 to make an appointment! You will be contacted within two business days and asked your specific goals. Each session is 60 minutes.

Private

1 Session \$44/\$40  
3 Sessions \$120/\$112  
5 Sessions \$198/\$180

**NEW** Semi-Private (2-3 people)

1 Session \$58/\$50  
3 Sessions \$148/\$130  
5 Sessions \$224/\$201

## Getting Started With Computers

Using the Windows 7 operating system, learn how to navigate your computer with the mouse and keyboard. Find out what those technical terms mean and how to perform everyday tasks on your computer.

Instructor: Bonnie Gehringer

**11467411**

1/3-1/17 T 10-11:30AM \$35/\$32

## Get Connected With Computers

Further your computer knowledge, learn how to save files and use various programs. Explore an internet browser to find what you want on the internet, and how to use email. Explore the differences from tablets and smartphones. This class uses the Windows 7 operating system.

Instructor: Bonnie Gehringer

**11467511**

1/24-2/21 T 10-11:30AM \$57/\$52

## Excel Basics 101

This class is an introduction to Microsoft Excel, a program used to create spreadsheets. Topics include entering data, simple formatting, and basic formulas.

Instructor: Edie Carlson

**11468211**

1/11 W 9AM-Noon \$27/\$24

## Windows 10

Get up to speed fast with the latest Windows 10 operating system from Microsoft. This course covers all the basics of this new program including MS Edge, customizing your computer environment, printing, files and folders as well as important security information. This class will give you the knowledge you need to get productive on your new computer.

Instructor: Mark Vranizan

**11468411**

12/3 Sa 9:30-12:30PM \$27/\$24

**11468611**

2/25 Sa 9:30-12:30PM \$27/\$24

## All About Your Camera

Discover the power inside your digital camera. Take advantage of the incredible technology. We will learn how to take great photos, get them into your computer and email them to your friends. Bring your camera.

Instructor: Mark Vranizan

**11468511**

1/14 Sa 9:30-12:30PM \$27/\$24

## Enhancing Your Photos

Learn how to enhance the look of your new photos and really make them shine. Plus, scan older, faded, or damaged prints and make them look like new. Find out how easy it is to do edits and get amazing results. Bring some pictures that you want to scan!

Instructor: Mark Vranizan

**11468711**

1/28 Sa 9:30-12:30PM \$27/\$24

## Mail Merge & Labels Bootcamp

No more handwriting all those envelopes! Learn to create address labels through mail merge which will save you time. This class will also teach you how to use a template to create wonderful backgrounds, and to personalize letters and invitations. Let's master the mail merge process so that you can produce better results faster, eliminate anxiety and reduce errors!

Instructor: Edie Carlson

**11468911**

2/1 W 9AM-Noon \$27/\$24

## Buy & Sell eBay and Craig's List

Find great deals on eBay and Craig's List for just about everything and then learn to advertise your "for sale" items on the sites too. Come find out how easy and fun these websites are. You will post an actual ad to sell something. Bring a picture or an idea of an item.

Instructor: Mark Vranizan

**11468811**

2/11 Sa 9:30-12:30PM \$27/\$24



innovative  
tailored  
eye care

**AMY GALLEGOS**

Doctor of Optometry

123A West Hampden Ave  
Englewood CO 80110

<http://www.eyelogicco.com>

O: 3037897486

F: 3037897494

# EDUCATION

Program Administrator: Cheryl Adamson,  
cadamson@englewoodco.gov, 303-762-2660

All classes listed on these pages are for 18 yrs. and older unless otherwise noted.

## Healthy Weight Management

Why does the calories in - calories out or burned theory not work? Lean about other influences including hormones, timing of food intake, proper ratios of carbs-fats-proteins matter, inflammation, and basic metabolic rate and how these all work to affect our metabolism. We'll discuss ways to support healthy weight loss and management too.

Location: MRC-Eldorado  
Instructor: Marva Jolly  
**11450411** 1/11 W 4-6PM \$15/\$12

## Healthy Chocolate

Who knew chocolate had so many health benefits? Anti-oxidant, heart healthy, good for brain function, reduces risk of strokes, lowers cholesterol and blood pressure, a natural serotonin booster, and the list goes on! Marva will explain some of the positives of chocolate and how it can become an unhealthy thing. Class will include making some healthy chocolate recipes too!

Location: MRC-Eldorado  
Instructor: Marva Jolly  
**11450611** 2/1 W 4-6PM \$15/\$12

## 11 Ways to Avoid Caregiver Stress

Whether you are taking care of a parent, spouse, child or friend, it is a tremendous act of love and yet can be overwhelming physically, emotionally and financially. Learn helpful tools from professionals on how to decompress your stress and preserve your mental and physical health.

Location: MRC-Eldorado  
Instructor: Roger Rhoades, Homewatch Caregivers  
**11460211** 1/31 Tu 1-2:30PM FREE

## Bridge Lessons

Learn this fun and challenging game! This series teaches the basics of the game in a relaxed non-competitive atmosphere. Bidding, card play and defense are taught with emphasis on the enjoyable features of the game. Whether you are fairly new or you have learned Bridge before, but it's been a while, this is a chance to update your skills.

Location: MRC-Peak  
Instructor: Jim Buck  
**11465111** 1/4-2/22 W 10AM-Noon \$49/\$45

## Parkinson's Disease and Essential Tremor

Did you know approximately 60,000 people are diagnosed with Parkinson's disease in the United States every year? It is a disorder of the nervous system that affects movement, muscle control and balance. The disease touches people of all ages, but most frequently in individuals ages 55-75. At any given time, there are 3,000-4,000 individuals on the Front Range that could benefit from improved treatments for Parkinson's disease. Please join us for this presentation and Q&A on Parkinson's disease and essential tremor. Light refreshments will be served.

Location: MRC-Peak  
Instructor: Neurosurgeon David VanSickle, MD, PhD  
**11460311** 1/23 M 10:30AM-Noon FREE

## Essential Oils

Escape into the world of essential oils. You will taste, touch, smell, and understand the powerful effect of these medicinal oils. Discover the different qualities of essential oils out on the market, the 3 ways to use the oils, where to apply them, and the many resources of how to educate yourself. In class, experiment making a recipe for a delicious lip balm and make a relaxing epsom bath salt, both to take home. \$5 for each mix for supplies, payable to instructor. Leave feeling empowered with the knowledge of how to integrate oils into your lifestyle.

Location: MRC-. Art Room  
Instructor: Denise Jansson  
**11460411** 12/3 Sa 10AM-Noon \$11/\$8  
**11460412** 2/7 T 10AM-Noon \$11/\$8

3200 S. Acoma St.  
Englewood, CO 80110  
303-377-4969



## Transportation Needs

Denver Regional Mobility and Access Council works with our members, transportation providers, and the community to improve access to transportation and facilitate solutions to transportation problems. Without transportation, older adults, people with disabilities, people with limited incomes, and others with mobility challenges, are isolated and disconnected from the medical, nutritional, and social supports necessary for healthy living. Through coordination, information-sharing and education, we identify and address barriers to transportation.

Location: MRC-Eldorado Classroom  
Instructor: Panel of Transportation Specialists  
**11460511** 2/13 M 10-11:30AM FREE

## Español for Beginners

Que paso! In this introductory Spanish class you will learn phrases and vocabulary. Practice pronunciation and have simple conversations with your classmates. Printed learning materials are provided.

Location: MRC-Eldorado  
Instructor: Marcos Castillo  
**11465411** 1/3-2/28 T 9:30-10:45AM \$44/\$40

## Spanish III

Bienvenidos! Continue to sharpen your Spanish speaking skills. This interactive class builds further on what you have learned. You will focus on more complex forms of conversation, using proper grammar, pronunciation, and a variety of new vocabulary. A background in Spanish is recommended.

Location: MRC-Flatirons  
Instructor: Jeanne Kunkel  
**11465611** 12/5-2/20 M 8:30-10:30AM \$47/\$43  
*No Class:* 1/26

## Active Minds

Come participate in this mind stimulating program that delves into a current topic of interest in the world. Deepen your understanding and engage in thoughtful discussion of how the events have changed the world. You are guaranteed to leave with eye opening new insights and understanding! Active Minds is a Denver based organization that provides instructor lead educational seminars for seniors. Monthly topics are announced at the beginning of each month and determined upon what is happening in the world. Please sign up at the Front Desk.

Location: MRC-Peak  
Instructor: Active Minds Instructor  
12/16, 1/27, 2/24 F 10-11AM FREE

## Personal Computer Help

Have you been working on the computer and have come across an area that you need a little extra help with? Or you've been taking a class and information just hasn't "clicked"? Call Cheryl at 303-762-2660 to make an appointment! You will be contacted within two business days and asked your specific goals. Each session is 60 minutes.

Private **NEW** Semi-Private (2-3 people)  
1 Session \$44/\$40 1 Session \$58/\$50  
3 Sessions \$120/\$112 3 Sessions \$148/\$130  
5 Sessions \$198/\$180 5 Sessions \$224/\$201

# BIGGEST WINNER CHALLENGE



## GET THE RESULTS YOU WANT

Make the commitment to get fit and lose weight with the Biggest Winner Challenge! This three-month weight loss challenge is designed to give you the motivation and tools to get started on making a lasting lifestyle change to not only shed pounds, but also to increase overall health and well-being. There are three challenge categories:

- Teens (Ages 13-17)
- Adults (Ages 18-54)
- Seniors (Ages 55 yrs and older)

At the end of three-months, we award the person who achieves the greatest percentage of weight lost in each age category with a grand prize. You will also receive points for every activity you attend. The person with the greatest number of points will also receive a prize.

Register to participate in the challenge and you will receive a limited number of FREE visits to the Englewood Recreation Center, limited number of FREE drop-in fitness and wellness classes, a FREE group personal training session, discounts on fitness classes and multiple chances to win prizes along the way. Register in advance using the class numbers below and then attend one of the initial weigh-in dates to get started. Scholarships are available.

## Initial Weigh-in Locations

Saturday, January 7 8:30AM-Noon  
Englewood Recreation Center  
Monday, January 9 9:30-11AM  
Malley Senior Recreation Center

## Challenge Kick-Off Party

Saturday, January 7- 8:30AM-Noon at the Englewood Visit with health exhibitors, try out FREE fitness classes and complete your initial weigh-in for the Biggest Winner Challenge. Pick up a flyer for complete Challenge or Kick-Off party details at the ERC or Malley Center front counters.

TEEN (Ages 13-17 yrs)  
**12250111** 1/7 \$33 After 1/3 \$41  
ADULT (Ages 18-54 yrs)  
**12250112** 1/7 \$43 After 1/3 \$51  
SENIOR (Ages 55 yrs& Older)  
**12250113** 17 \$43 After 1/3 \$51

## Make this a family affair

When a parent signs up with their teen, they will each receive \$10 off of their individual challenge registration.

**The last day to register is January 13**



### Denver Museum of Miniature Dolls, Toys and Tea

Explore this unique museum located in the historic Pearce McAllister cottage. There is over 20,000 items ranging from Japanese dolls, fully furnished miniatures houses; miniature trains, planes and cars; giant teddy bears; antique dolls and much more. There is one flight of stairs to the second floor. Afterwards, a traditional English tea will be served in the dining room by Oak & Berries Tea Room. Enjoy a bottomless pot of tea, sandwiches, light as air scones and decadent pastries and cookies. Fee includes museum, tea, tax & gratuity, escort & transportation. Early Cancellation Date: 11/28

**12061035**

12/1 Th 10:30-1:15PM \$37/\$34

### SOAR! "Reflect the Light"

Let's attend this unique winter concert put on by SOAR! Concert will consist of variety of Broadway, gospel and religious songs. Is an intergenerational musical youth and adult choir made up of diverse individuals from many different backgrounds, races, religions and experiences, ages ranging from 6-68 years. Fee includes admission, escort & transportation. Early Cancellation: 11/21

**12061011**

12/4 Su 2:30-4:45PM \$22/\$20

### USAF Band Concert

If you've never heard them, you've been missing something. The famous United States Air Force Academy Band returns after a 2 year-hiatus at Union Colony Center in Greeley. With an exhilarating, world class concert of holiday favorites and spirited patriotic music, this concert always sells out. Bring some money for a snack stop on the way home. Fee includes concert, escort and transportation. Early Cancellation Date: 11/25

**12061012**

12/5 M Noon-5PM \$21/\$18

### Christmas at Rosemount

Heading down to Pueblo for this wonderful tour of the Rosemount Mansion. Built in 1893, this 37-room mansion was home to the John A. and Margaret Thatcher family and named for Mrs. Thatcher's favorite flower. It remained a family residence for 75 years. Nearly all furnishings, accessories, decorative arts, paintings custom paneling, wall and window treatments are original to the home. See why Rosemount has been called "Colorado's Crown Jewel", and why it was selected for showing on the HGTV Series Christmas Castles. You will go on an hour guided tour of Rosemount with its holiday decorations throughout the mansion. Be prepared to walk upstairs, it has 3 floors, there is a small elevator to accommodate people with walkers and a fold up wheelchair only. Call me if you have any question on this. Lunch on your own at Mozart's. (Range \$6-\$20). Fee includes museum fee, transportation & escort.

**12061013**

12/8 Th 8AM-4PM \$31/\$28

### The Ultimate Christmas Show (abridged)-Pace Center

Start of the holidays with this fun show! But there is a problem: None of the acts scheduled to perform at the St. Everybody's Non-Denominational Universalist Church have arrived, so the three members of the Reduced Shakespeare Company are pressed into service to perform the entire Variety Show by themselves. The fruitcakes of Reduced Shakespeare Company take you on an irreverent yet heartwarming trip through the holidays. It's a festive funny physical family fun as these Three Wise Guys send-up and celebrate your favorite winter holiday traditions. Fee includes show, escort & transportation. Early Cancellation Date: 11/14

**12061014**

12/10 Sa 6:30-10PM \$61/\$58

### Thoroughly Modern Millie-BDT

Based on the 1967 Academy Award-winning film Thoroughly Modern Millie, this musical features amazing tap numbers and swinging music, you won't want to miss Millie! With 6 Tony Awards including Best Musical and was voted the most awarded new show on Broadway in 2002. Thoroughly Modern Millie welcomes you to take a look back to 1922 when the Jazz Age in New York City was booming. Welcome to the story of a flapper named Millie Dillmount from Kansas who comes to The Big Apple in search of a new life for herself. Fee includes, lunch, show, escort & transportation. Early Cancellation: 11/18

**12061015**

12/11 Su 11AM-5PM \$72/\$69

### Tour of City Lights-RTD

Let's celebrate the holidays and take a tour to see festive and beautiful Holiday Lights at the Denver City and County Building. Larimer Square and Union Station and Windsor Gardens from the comfort of a warm and toasty RTD bus (you will be on the bus for the entire two-hour tour) One week prior RTD will give pick up time. Early Cancellation: 12/1

**12061016**

12/13 Tu 5-7:30PM \$7/\$5

#### Refunds/Transfers

Excursions will be charged a \$3 fee if you cancel 5 days (M-F) prior to the activity date, remainder will be refunded to you. Early Cancellation date activities will not be refunded after listed date. NO refunds if you miss the trip due to being late or canceling less than 5 day prior to trip. See page 42 for all policies.

## Quake, Shake & Shop

We're heading to Golden for a fun-filled day. Need a unique gift idea for the holidays, shop at the 43rd annual Holiday Art Market at the Foothills Art Center. Lunch on your own at Sherpa House for some Himalayan cuisine. (Range \$6-\$15). Then, go behind the scenes at NEIC whose mission is to rapidly determine the locations and size of all earthquakes around the world. Fee includes Holiday market, tour, escort & transportation. NOTE: Make sure you have a photo ID with you.

**12061017**

12/15 Th 10AM-3:15PM \$17/\$15

## Tiny Tim's Christmas Carol-Phamaly Theatre

Phamaly is one of the few professional theatre companies worldwide to feature performers with disabilities across the spectrum. They get rave reviews on their shows. Let's go see Tiny Tim's Christmas Carol and get into the holiday spirit. Fee includes show, escort & transportation. Early Cancellation Date: 12/2

**12061018**

12/18 Su 1-4PM \$34/\$31

## Try Your Luck

Blackhawk or Central City...Bus will drop you off and pick you up in the heart of it all. Visit your favorite casino, historic sites, or enjoy the mountain air. Activities are on your own. Fee includes escort and transportation.

**12061019**

12/19 M 9AM-3PM \$16/\$13

**12061020**

1/9 M 9AM-3PM \$16/\$13

**12061021**

2/13 M 9AM-3PM \$16/\$13

## Riders in the Sky: Christmas the Cowboy Way-Lone Tree

Those wacky, four-part harmonizing cowboys have unleashed their vivid imaginations to create a holiday musical sprinkled with a dash of cowboy humor and original songs such as "Deck the Bunkhouse Walls" and "Riding Home on Christmas Eve". You're also invited to join the Riders in singing traditional holiday songs. Fee includes show, escort & transportation. Early Cancellation Date: 12/1

**12061022**

12/21 W 6:30-10PM \$44/\$41

## Sunrise Sunset

For an Eggceptional breakfast, let's try this one out! Since 1984 Sunrise Sunset has served original recipes and unique creations for breakfast and lunch. Food is prepared fresh to order every day. (Range \$7-\$12). Fee includes escort & transportation.

**12061023**

12/28 W 8:30-11:30AM \$12/\$10

## Denver Crime Lab Tour

Our first stop will be either at Dozens or Pints British Pub for breakfast or lunch on your own (across the street from each other) (Range \$8.50-\$15.00). Afterwards, see how a criminal lab operates in real life. The Denver Crime Lab is comprised of nine units; Crime Scene Investigations, Forensic Chemistry, Trace Evidence, Firearms/ Tools, Latent Print, Photography, Forensic Biology/ DNA, Quality Assurance and the Crime Scene Volunteer Unit. The laboratory, in partnership with the Denver Police Dept., employs CSI employees and police officers. Fee includes tour, escort & transportation. Not wheelchair assessable.

**12061024**

1/4 W 11AM-3:30PM \$16/\$14

## Denver Book Binding Company

Weather it's a Bible from the 1400's or a children's book from the 1950s, Gail Lindley has seen it - and probably has restored it at Denver Bookbinding Company. Lindley, a third-generation bookbinder and owner believes there's still value in the printed word. The heritage of old world craftsmanship is still practiced but with modern enhancements, her family business has managed to thrive since it opened in 1929. See, hold and learn about books dating back 400 years. Learn about the materials of the first books to the types of paper used. Lunch on your own at Bennett's B-B-Q. Fee includes tour, escort & transportation.

**12061025**

1/12 Th 9:30AM-1:30PM \$15/\$12



## Big Thunder Draft Horse Show-Loveland

Experience real horsepower at Big Thunder! These "gentle giants" were a staple in the early days for farming our soils and transporting settlers across the West. To hear the powerful sound of their hooves stomping through the arena is reason enough to experience this educational and entertaining show. The show will feature the finest hitches in the United States & Canada. Competitors will bring a variety of draft horses including Clydesdales, Belgians, Shires and Percherons. Visit the barns either before or after each performance to meet the crew and their gentle giants! Concessions at the place on your own. Early Cancellation Date: 1/2

**12061034**

1/15 Su 11AM-5:30PM \$33/\$30

## DCPA Backstage Tour

This guided tour is 90 minutes long and will take you backstage, through dressing rooms, into costume and design studios, an on stage. This four-block, 12-acre site is home to the Denver Center for the Performing Arts, plus the Colorado Ballet, Colorado Symphony, and Opera Colorado. This is one of the largest performing arts center in the U.S. Lunch on your own at the Bubba Gump Shrimp Company. (Range \$8-\$20) Fee includes tour, escort & transportation. Moderate walking involved. Early Cancellation Date: 1/4

**12061026**

1/18 W 9:15AM-2PM \$29/\$26

## Fiske Planetarium-Boulder

Experience the Bella Gaia show in this 65-foot diameter dome (the largest between Chicago and Los Angeles!) The theater is similar to an IMAX experience, except that you are fully surrounded. Bella Gaia tells a cosmic story, of the relationship between human civilization and nature. The ½ hour show was inspired by astronauts who spoke of the life changing power of seeing the Earth from space. Afterwards there will be a ½ hour science talk about the show. Lunch on your own at The Sink. Fee includes show, escort & transportation.

**12061027**

1/27 F 9AM-2PM \$30/\$27



## Snow Sculptures

Travel to Breckenridge to view the completed works from the International Snow Sculpture Championships. Artists from all over the world carve twenty-ton, 12-foot-tall blocks of snow into pieces of art using only their creativity, inspiration, own two hands and permitted hand tools. Take time for shopping and lunch at a restaurant of your choice. Dress warm, wear snow boots and moderate walking involved. Fee includes escort & transportation.

**12061028**

1/31 Tu 8:30AM-4PM \$24/\$21

## Muscle Shoals: I'll Take You There-Lone Tree

Celebrate the incredible music recorded at Muscle Shoals and share in the stories behind the music. A group of talented musicians take you on a journey from Muscle Shoals' early days with W.C. Handy through music made famous by such greats as Wilson Pickett, Etta James, Aretha Franklin, the Staples Sisters, Percy Sledge, Paul Simon, Mac Davis, and many more. This production will bring stories and songs to life. Fee includes show, escort & transportation. Early Cancellation Date: 1/14

**12061029**

2/4 Sa 12:30-3:30PM \$59/\$57

## Mermaids, Sharks and Sea Creatures Oh My!

Let's think tropical during the winter! The Downtown Aquarium houses over 500 species of animals, the interactive Stingray Reef touch tank, Aquarium Restaurant, Dive Lounge and gift shop. You will enjoy a tantalizing meal on site with 100 species of tropical fish swimming by. Meal cost on your own. (Range \$8-\$20) Fee includes admission, escort & transportation. Early Cancellation Date: 2/10

**12061030**

2/6 M 9:30AM-1:30PM \$29/\$26

## Sleigh Ride at Dao House- Estes Park

Try this unique wintertime adventure! Spend the day in the serenity of the Rocky Mountains with a horse-drawn sleigh ride over the trails to a campfire, where you can roast marshmallows and sip some hot chocolate. After the ride, have some warm soup and fresh salad at the Dao House (it's all-you-eat), relax by their fireplace and reminisce about the day. Fee includes sleigh ride, lunch, escort & transportation.

**12061031**

2/10 F 8:30AM-4PM \$75/\$72

## Blue Island Oyster Bar & Seafood

Even though Colorado is land locked, Blue Island gets East Coast's freshest oysters and clams the same day they're caught. They also churn out lobster rolls, steamed mussels, clam chowder, baked sea scallops, New York strips and stuffies to name a few. (Range \$8-\$24). Fee includes escort & transportation.

**12061032**

2/17 F 10:45AM-1PM \$11/\$9

## Indoor Skydiving-ify!

Enjoy an adventure of a lifetime with indoor skydiving at ifly! They said anyone can do it. Fee includes first time flyer course, flight gear and two flight rotations with your instructor in the wind tunnel. You will also receive a video clip of your flight and a personalized flight certificate. Skydiving is on your own, cost is \$50 per person. Afterwards, lunch on your own at Pasta Jays. (Range \$8-\$17). Fee includes escort & transportation.

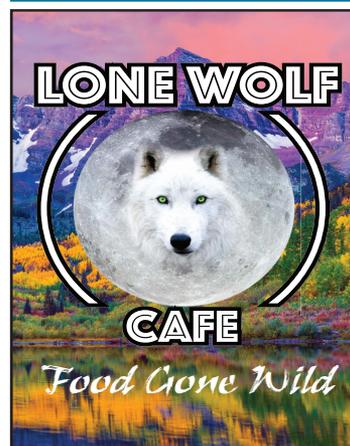
**12061033**

2/23 Th 9:30AM-1:30PM \$17/\$15

## Extended Travel

**October 15, 2017**

spend seven days exploring New Orleans and the surrounding area. This trip includes three nights in the French Quarter of New Orleans with walking tours, a Steamboat Cruise, cooking class and dinner at the Court of Two Sisters. You will also enjoy time in Natchez and Lafayette visiting Antebellum mansions, enjoying a cruise on the Bayou and Vermillionville.



### MOUTH-FULLS

- Wild Caught Salmon Club Sandwich
- Elk, Lamb and or Beef Sliders
- Wild Boar Bacon Grilled Cheese Sandwich
- Fried Macaroni and Cheese with choice of toppings

**The Lone Wolf Café, LLC**  
*Not your ordinary food truck!*  
 Englewood, CO 80110

**720-318-2952**

[www.thelonewolfcafe.com](http://www.thelonewolfcafe.com)



# TRADITIONS

## AT ENGLEWOOD

### ACTIVE SENIORS 55+

You can do a lot of living at Traditions! And the affordable rents are just the beginning. Traditions at Englewood apartments will amaze you with their style, modern design features and wonderful open room concept. You've never seen apartments that feel so open and spacious! You'll love living at Traditions with its beautiful design and special details. Like wood-inspired flooring, wood cabinetry and a fully equipped kitchen with microwave, hood fan over the range, dishwasher and fridge. And best of all, a full washer and dryer to make keeping up with the daily laundry a piece of cake.



#### Community Amenities

- Club Room with Kitchen
- Craft Room
- Theater
- Billiards/Game Room
- Business Center
- Elevators
- Raised Garden Beds
- Outdoor Plaza BBQ Area
- Fitness Center
- Library
- Covered Outdoor Deck
- Controlled Access

#### Apartment Amenities

- Full Size Washer/Dryer
- Central AC in all homes
- Garage Parking Available
- Storage Available

3500 S. Sherman Street, Englewood, CO 80113  
**(303) 761-2278** TraditionsatEnglewood.com





**Program Administrator:** Joyce Musgrove,  
 jmusgrove@englewoodco.gov, 303-762-2660

## Fitness Orientation

*Age: 13 yrs. & Older*

Don't let the fitness equipment overwhelm you. Learn to correctly operate the weight machines and cardiovascular equipment in a group setting. Please register at least two days in advance to assure your place in class. This orientation is a prerequisite for all 13 and 14 yrs. old wishing to utilize the weight and cardiovascular areas within the ERC.

Location: ERC-WGT

<b>12253511</b>			
12/21	W	6-7:30PM	FREE
<b>12253512</b>			
1/4	W	6-7:30AM	FREE
<b>12253513</b>			
1/14	Sa	9-10:30AM	FREE
<b>12253514</b>			
1/26	Th	5:30-7PM	FREE
<b>12253515</b>			
2/4	Sa	9-10:30AM	FREE
<b>12253516</b>			
2/16	Th	6-7:30PM	FREE

## Nutrition Counseling

The Registered Dietitians on our referral list offer individualized nutritional counseling for all ages. They can assist with weight management, chronic disease prevention, vegetarian and sports nutrition, medical nutrition therapy, women's health issues and pediatric nutrition. Call 303-762-2678 for our Registered Dietitian Referral list.

## Personal Training

Get inspired, boost your confidence and accomplish your goals! The benefits of working with a personal trainer include:

- An individualized fitness program designed for you
- An efficient workout program with innovative ways to improve your health
- Professional assistance in improving strength, flexibility, endurance, posture, balance, coordination and cardiovascular health
- Instruction on correct form and technique for cardiovascular exercise and strength training
- Progressive assistance as you progress

To schedule an appointment, please call our Personal Training line at 303-762-2678. Each session is 60 minutes

Private		Semi-Private (2-3 people)	
Non-Resident		Non-Resident	
3 Sessions	\$144	3 Sessions	\$194/group
6 Sessions	\$254	6 Sessions	\$338/group
10 Sessions	\$330	10 Sessions	\$531/group
Resident		Resident	
3 Sessions	\$115	3 Sessions	\$155/group
6 Sessions	\$204	6 Sessions	\$270/group
10 Sessions	\$330	10 Sessions	\$430/group

*Note: No shows and cancellations not made with your personal trainer at least 24 hours in advance result in loss of the session.*

## BIGGEST WINNER WEIGHT LOSS CHALLENGE



Get the results you want with our three-month weight loss challenge! See page 20 for more details.

# ADULT FITNESS

## Barre Sculpt

Age: 13 yrs. and Older

Use the ballet barre, light weights, isometric exercises, and your body's balance, to firm, lengthen, lift, and sculpt graceful arms, thighs, abs, and glutes. It's gentle on the joints but gives powerful results.

Instructor: TBD (Monday) and Stacy Lochowicz (Tuesday)

## Power Sculpt

Age: 13 yrs. & Older

Increase strength, flexibility, balance and coordination. This intense workout uses weights, bands, balls, TRX, spin bikes and mat-based exercises for body conditioning.

Instructor: Mike Rosenberg (Monday) and Christi Slade (Wednesday)

## TRX Boot Camp

Age: 13 yrs. & Older

Fire up your metabolism, burn calories and get stronger and leaner, faster! TRX Suspension Trainers will be incorporated into the workout. Previous experience is not necessary.

Instructor: Rachael Helmers

## Advanced Weight Training

Age: 18 yrs. and older

Increase strength and endurance while improving bone density. Expand your weight room work out in a group setting with the guidance of a personal trainer.

Instructor: Libby Butler

## Zumba®

Age: 13 yrs. & Older

Zumba is a Latin-inspired dance-fitness class that combines energizing music and easy-to-follow moves for a fun, effective cardiovascular workout. Rhythms in this class will tone and sculpt your body.

Instructor: Lisa Pope

## Indoor Cycling

Age: 13 yrs+

Optimum fat burning awaits you on this journey which will simulate varied terrain and drills to give you a great interval workout. Class participants assist with equipment set-up and breakdown. Bike pedals compatible with athletic shoes, SPD and Look cleats.

Instructor: Stacy Lochowicz & Laura Maher (Tuesday), Erica Krier (Wednesday), Libby Butler (Thursday & Saturday)

## Nia

Age: 13 yrs. & Older

Nia is a fitness class that combines elements of the martial arts, dance arts and healing arts. It is a choreographed non impact aerobic class that improves strength, flexibility, stamina, agility and mobility. A great workout for any age and any level of fitness, an invitation to Every Body to move, have fun, and dance to world beat music while increasing their fitness level.

Instructor: Loelle Poneleit

## Essentrics®

Age: 13 yrs. & Older

A dynamic workout that simultaneously lengthens and strengthens every muscle in the body, resulting in a greater joint mobility. The flowing movements will create long, lean, flexible muscles.

Instructor: Paulette Fara-Schembri

## Jillian Michael's Bodyshred™

Age: 13 yrs. & Older

A high intensity endurance based workout consisting of a 15 minute exercise practice and 30 minute interval training. Intervals will be 3 minutes of strength, two minutes of cardio, and 1 minute of core. Shed fat, define muscle, transform the look of your entire physique, and dramatically enhance your overall health and athletic performance.

Instructor: Libby Butler

## Drop-in Rates

Daily	\$7/\$6
12-Punch Card	\$72/\$60

Drop-in not available for Day Star, Pilates Reformer, Tai Chi or Group Personal Training Classes.

## Fitness Fusion

You will never get bored with this eclectic blend of exercises. TRX Suspension and Rip Training will be used along with BOSU balls, Fit Balls, dumbbells and body weight training. You will get the ideal mix of strength, endurance, balance, coordination, flexibility, power and core stability all at once and across a wide range of resistances.

Instructor: Libby Butler

## NEW Running for Enjoyment

For the new or recreational runner learn about good running form and methods to improve your own running form. Information on basic nutrition and hydration, both before, during and after runs will be covered. Recovery, goal setting and program design will aid in determining how to structure a training program. A video gait analysis will be done at the beginning and end of the course to enhance the learning experience. Classroom discussions, exercise moves and actual running will be part of the class. Doug Smith, the instructor, is a certified Running Coach with the Road Runners Club of America. Doug has completed 6 marathons, 19 half marathons and numerous other road and trail races. He is also a certified Personal Trainer with the National Strength and Conditioning Assoc.

Instructor:	Doug Smith
Location:	ERC-FIT
<b>12250211</b>	Noon-1PM
1/12-2/16	Th \$41/\$32

## LET YOUR KIDS PLAY WHILE YOU WORKOUT!

See pg. 37 for drop-in child care information.



Class	Activity #	Session	Days	Time	Location	Fee	Res Fee
Barre Sculpt <i>No class 12/26</i>	<b>12251011</b>	12/5-12/19	M	11:30AM-12:30PM	MRC-BLRM	\$20	\$16
	<b>12251012</b>	1/2-1/30	M	11:30AM-12:30PM	MRC-BLRM	\$33	\$27
	<b>12251013</b>	2/6-2/20	M	11:30AM-12:30PM	MRC-BLRM	\$20	\$16
Power Sculpt	<b>12251311</b>	12/5-12/28	M/W	12-12:45PM	ERC-FIT	\$40	\$32
	<b>12251312</b>	1/2-1/30	M/W	12-12:45PM	ERC-FIT	\$45	\$36
	<b>12251313</b>	2/1-2/27	M/W	12-12:45PM	ERC-FIT	\$40	\$32
TRX Boot Camp	<b>12250411</b>	12/5-12/26	M	5:25-6:25PM	ERC-FIT	\$23	\$18
	<b>12250412</b>	1/2-1/30	M	5:25-6:25PM	ERC-FIT	\$29	\$23
	<b>12250413</b>	2/6-2/27	M	5:25-6:25PM	ERC-FIT	\$23	\$18
Adv. Weight Training	<b>12253311</b>	12/5-2/27	M	6:35-7:35PM	ERC-WGT	\$98	\$82
Zumba®	<b>12250911</b>	12/5-12/26	M	6:35-7:35PM	ERC-FIT	\$21	\$17
	<b>12250912</b>	1/2-1/30	M	6:35-7:35PM	ERC-FIT	\$26	\$21
	<b>12250913</b>	2/6-2/27	M	6:35-7:35PM	ERC-FIT	\$21	\$17
Barre Sculpt	<b>12251021</b>	12/6-12/20	Tu	5:25-6:25PM	ERC-FIT	\$20	\$16
	<b>12251022</b>	1/3-1/31	Tu	5:25-6:25PM	ERC-FIT	\$33	\$27
	<b>12251023</b>	2/7-2/28	Tu	5:25-6:25PM	ERC-FIT	\$27	\$21
Indoor Cycling	<b>12250311</b>	12/6-12/29	Tu/Th	6:35-7:35PM	ERC-FIT	\$38	\$30
	<b>12250312</b>	1/3-1/31	Tu/Th	6:35-7:35PM	ERC-FIT	\$47	\$39
	<b>12250313</b>	2/2-2/28	Tu/Th	6:35-7:35PM	ERC-FIT	\$53	\$43
Nia	<b>12251511</b>	12/7-12/21	W	9-10AM	ERC-FIT	\$16	\$13
	<b>12251512</b>	1/4-1/25	W	9-10AM	ERC-FIT	\$20	\$17
	<b>12251513</b>	2/1-2/22	W	9-10AM	ERC-FIT	\$20	\$17
Indoor Cycling	<b>12250321</b>	12/7-12/28	W	5:30-6:30PM	ERC-FIT	\$22	\$17
	<b>12250322</b>	1/4-1/25	W	5:30-6:30PM	ERC-FIT	\$22	\$17
	<b>12250323</b>	2/1-2/22	W	5:30-6:30PM	ERC-FIT	\$22	\$17
Essentrics®	<b>12251411</b>	12/7-12/28	W	6:35-7:35PM	ERC-AA2	\$29	\$23
	<b>12251412</b>	1/4-1/25	W	6:35-7:35PM	ERC-AA2	\$29	\$23
	<b>12251413</b>	2/1-2/22	W	6:35-7:35PM	ERC-AA2	\$29	\$23
Jillian Michael's BodyShred™	<b>12250811</b>	12/1-12/29	Th	5:45-6:30PM	ERC-FIT	\$25	\$20
	<b>12250812</b>	1/5-1/26	Th	5:45-6:30PM	ERC-FIT	\$20	\$16
	<b>12250813</b>	2/2-2/23	Th	5:45-6:30PM	ERC-FIT	\$20	\$16
Nia	<b>12251521</b>	12/1-12/22	Th	6-7PM	ERC-AA2	\$21	\$17
	<b>12251522</b>	1/5-1/26	Th	6-7PM	ERC-AA2	\$21	\$17
	<b>12251523</b>	2/2-2/23	Th	6-7PM	ERC-AA2	\$21	\$17
Essentrics® 	<b>12251421</b>	12/2-12/16	F	12:10-12:55PM	ERC-FIT	\$18	\$14
	<b>12251422</b>	1/6-1/27	F	12:10-12:55PM	ERC-FIT	\$23	\$19
	<b>12251423</b>	2/3-2/24	F	12:10-12:55PM	ERC-FIT	\$23	\$19
Zumba® 	<b>12250921</b>	12/2-12/16	F	5:30-6:30PM	ERC-FIT	\$16	\$13
	<b>12250922</b>	1/6-1/27	F	5:30-6:30PM	ERC-FIT	\$21	\$17
	<b>12250923</b>	2/3-2/24	F	5:30-6:30PM	ERC-FIT	\$21	\$17
Indoor Cycling <i>No class 1/14</i>	<b>12250331</b>	12/3-12/17	Sa	8:05-9:05AM	ERC-FIT	\$16	\$13
	<b>12250332</b>	1/14-1/28	Sa	8:05-9:05AM	ERC-FIT	\$16	\$13
	<b>12250333</b>	2/4-2/25	Sa	8:05-9:05AM	ERC-FIT	\$22	\$17
Fitness Fusion <i>No class 1/14</i> 	<b>12250611</b>	12/3-12/17	Sa	9:10-10:10AM	ERC-FIT	\$17	\$14
	<b>12250612</b>	1/14-1/28	Sa	9:10-10:10AM	ERC-FIT	\$17	\$14
	<b>12250613</b>	2/4-2/25	Sa	9:10-10:10AM	ERC-FIT	\$22	\$17

# OLDER ADULT FITNESS

Classes on this page are designed for ages 55 and older, space available for ages 18-54.



## SilverSneakers®

### Classic

Increase strength and range of movement. Hand held weights, elastic tubing with handles and a ball will be used. A chair is used for support, class open to all. Instructor: Stacy Lochowicz (M Malley) and Kristy Lone (W Malley) and Catherine Glenn (Tu/F ERC)



### Fitness Club

Improve your level of fitness with low impact aerobics and flexibility training, followed by strengthening exercises. SilverSneakers® welcome. Instructor: Stacy Lochowicz (Monday), Kristy Lone (Wednesday)



### Forever Fit

Charge your heart and your engage your body with strengthening, cardio and stretching moves. Use hand weights, bands, small balls and chair for support. SilverSneakers® welcome. Instructor: Christi Slade (Tuesday) and Barbara Meadows (Thursday)



### Total Body Fitness

Stay fit, agile and active while increasing muscle strength, cardiovascular function, coordination, balance and range of motion in both the upper and lower body. SilverSneakers® welcome. Instructor: Doug Smith

### N'Balance

Learn techniques to improve your balance, lower body strength and flexibility. Must be able to stand and walk unaided for at least 30 seconds. Instructor: Doug Smith

### NEW Cardio Dance

A dance fitness class with your favorite tunes! Improve your fitness, coordination, rhythm, flexibility and balance with a mixture of rhythms. More fun than working out. Instructor: Christi Slade



### Mobile & Agile

Focus on improving your mobility, agility and coordination with strengthening, balancing, and toning exercises. Improve your overall level of fitness while having fun. This class uses bands, balls and a chair if needed. SilverSneakers® welcome. Instructor: Kristy Lone



### Zumba® Gold

Enjoy Zumba's vibrant Latin and International rhythms designed specifically for those new to Zumba and dancers who seek a moderate intensity level. It's totally fun while improving your cardiovascular health and challenging your brain fitness. SilverSneakers® welcome. Instructor: Diana Eilers

### Balance N'More

Advance to more challenging exercises to further strengthen your lower body and improve your balance. Pre-requisite: N'Balance class or consent of instructor. Instructor: Doug Smith



### Wow! Fitness Friday

Join this fun, lively, challenging fitness hour. Starting with 30 minutes of strength and flexibility exercises both standing and on the floor using balls, weights and resistance bands. Followed by 30 minutes actively moving to Latin American Zumba dances. Moderate fitness level. SilverSneakers® welcome. Instructor: Diana Eilers

### Beginning Weight Training

A personal trainer will introduce you to the basics of weight training and teach you to utilize the circuit and free weight equipment safely and effectively. Receive one-on-one attention in a group setting. Instructor: Marty Grimes

### Continuing Weight Training

This self-guided class allows you to work-out in the weight room with access to a personal trainer between 8:15-10:30AM. M-Th. Prerequisite: Three months of Beginning Weight Training or fitness staff approval. SilverSneakers® members use the special number listed to register in person, and swipe your card each time you come in. All others, please use the class number to register. Instructor: Marty Grimes

### Malley Fitness Orientation

Learn weight room safety, etiquette and receive an introduction to equipment and proper exercise techniques. This is not a weight training class.

Location:	MRC-Eldorado			
<b>12263511</b>	12/29	Th	11-12:30PM	FREE
<b>12263512</b>	1/5	Th	5:30-7PM	FREE
<b>12263513</b>	1/18	W	4-6:30PM	FREE
<b>12263514</b>	2/11	Sa	9:30-11AM	FREE
<b>12263515</b>	2/21	Tu	5:30-7PM	FREE

### Malley Drop-in Rates

Daily	\$5
12-Punch Card	\$48/\$44

Drop-in not available for Day-Star, Pilates Reformer, Tai Chi or Group Personal Training Classes.

Class	Activity #	Session	Days	Time	Locations	Fee \$	Res Fee \$
SilverSneakers Classic No Class 12/26	<b>12261011</b>	12/5-12/28	M/W	10:15-11:15AM	MRC-GYM	\$18	\$15
	<b>12261012</b>	1/2-1/30	M/W	10:15-11:15AM	MRC-GYM	\$23	\$20
	<b>12261013</b>	2/1-2/22	M/W	10:15-11:15AM	MRC-GYM	\$18	\$15
	<b>12261111</b>	12/2-12/30	Tu/F	9:45-10:45AM	ERC-FIT	\$23	\$20
	<b>12261112</b>	1/3-1/31	Tu/F	9:45-10:45AM	ERC-FIT	\$23	\$20
	<b>12261113</b>	2/3-2/28	Tu/F	9:45-10:45AM	ERC-FIT	\$20	\$17

Class	Activity #	Session	Days	Time	Locations	Fee	Res Fee
Fitness Club <i>No Class 12/26</i> 	12260111	12/5-12/28	M/W	9-10AM	MRC-GYM	\$18	\$15
	12260112	1/2-1/30	M/W	9-10AM	MRC-GYM	\$23	\$20
	12260113	2/1-2/22	M/W	9-10AM	MRC-GYM	\$18	\$15
Forever Fit 	12260811	12/1-12/29	Tu/Th	8:30-9:30AM	ERC-FIT	\$23	\$20
	12260812	1/3-1/31	Tu/Th	8:30-9:30AM	ERC-FIT	\$23	\$20
	12260813	2/2-2/28	Tu/Th	8:30-9:30AM	ERC-FIT	\$20	\$17
Total Body Fitness 	12260511	12/1-12/29	Tu/Th	9-10AM	MRC-GYM	\$29	\$26
	12260512	1/3-1/31	Tu/Th	9-10AM	MRC-GYM	\$29	\$26
	12260513	2/2-2/24	Tu/Th	9-10AM	MRC-GYM	\$23	\$20
N'Balance	12264111	12/6-12/27	Tu	10:15-11:15AM	MRC-GYM	\$21	\$18
	12264112	1/3-1/31	Tu	10:15-11:15AM	MRC-GYM	\$25	\$22
	12264113	2/7-2/21	Tu	10:15-11:15AM	MRC-GYM	\$16	\$13
Cardio Dance 	12260311	12/6-12/27	Tu	5:30-6:15PM	MRC-BLRM	\$15	\$12
	12260312	1/3-1/31	Tu	5:30-6:15PM	MRC-BLRM	\$18	\$15
	12260313	2/7-2/21	Tu	5:30-6:15PM	MRC-BLRM	\$12	\$9
Mobile and Agile 	12260611	12/7-12/28	W	1:15-2:15PM	MRC-GYM	\$16	\$13
	12260612	1/4-1/25	W	1:15-2:15PM	MRC-GYM	\$16	\$13
	12260613	2/1-2/22	W	1:15-2:15PM	MRC-GYM	\$16	\$13
Zumba Gold 	12260221	12/7-12/28	W	5:30-6:15PM	MRC-BLRM	\$15	\$12
	12260222	1/4-1/25	W	5:30-6:15PM	MRC-BLRM	\$15	\$12
	12260223	2/1-2/22	W	5:30-6:15PM	MRC-BLRM	\$15	\$12
Balance N'More	12264211	12/1-12/29	Th	10:15-11:15AM	MRC-GYM	\$23	\$20
	12264212	1/5-1/26	Th	10:15-11:15AM	MRC-GYM	\$21	\$18
	12264213	2/2-2/23	Th	10:15-11:15AM	MRC-GYM	\$21	\$18
WOW! Friday Fitness <i>No class 12/23</i> 	12260411	12/2-12/30	F	9-10AM	MRC-GYM	\$15	\$12
	12260412	1/6-1/27	F	9-10AM	MRC-GYM	\$15	\$12
	12260413	2/3-2/24	F	9-10AM	MRC-GYM	\$15	\$12
Beginning Weight Training	12263211	12/5-12/28	M/W	9-10AM	MRC-WGTRM	\$25	\$22
	12263212	1/2-1/30	M/W	9-10AM	MRC-WGTRM	\$28	\$25
	12263213	2/1-2/22	M/W	9-10AM	MRC-WGTRM	\$22	\$19
	12263221	12/5-12/28	M/W	10-11AM	MRC-WGTRM	\$25	\$22
	12263222	1/2-1/30	M/W	10-11AM	MRC-WGTRM	\$28	\$25
	12263223	2/1-2/22	M/W	10-11AM	MRC-WGTRM	\$22	\$19
	12263231	12/1-12/29	Tu/Th	8:30-9:30AM	MRC-WGTRM	\$28	\$25
	12263232	1/3-1/31	Tu/Th	8:30-9:30AM	MRC-WGTRM	\$28	\$25
	12263233	2/2-2/23	Tu/Th	8:30-9:30AM	MRC-WGTRM	\$22	\$19
	12263241	12/1-12/29	Tu/Th	9:30-10:30AM	MRC-WGTRM	\$28	\$25
	12263242	1/3-1/31	Tu/Th	9:30-10:30AM	MRC-WGTRM	\$28	\$25
12263243	2/2-2/23	Tu/Th	9:30-10:30AM	MRC-WGTRM	\$22	\$19	
Continuing Weight Training	12263311	12/1-12/29	M-Th	8:15-10:30AM	MRC-WGTRM	\$29	\$26
	12263312	1/2-1/31	M-Th	8:15-10:30AM	MRC-WGTRM	\$29	\$26
	12263313	2/1-2/23	M-Th	8:15-10:30AM	MRC-WGTRM	\$28	\$25
Continuing Weight Training for SilverSneakers 	12263321	12/1-12/29	M-Th	8:15-10:30AM	MRC-WGTRM	\$6	\$5
	12263322	1/2-1/31	M-Th	8:15-10:30AM	MRC-WGTRM	\$6	\$5
	12263323	2/1-2/28	M-Th	8:15-10:30AM	MRC-WGTRM	\$6	\$5

# YOGA & TAI CHI

## Good Morning Yoga

Age: 16 yrs. & Older

Wake up and get moving in this all-levels class that will get you ready to face the day with a smile. Breath, movement and strong poses merge to strengthen the body and awaken the mind in a perfect mix of light workout and deep stretch. Instructor: Barbara Meadows

## Flow Yoga

Age: 16 yrs & Older

Alignment of the body in a sequence of poses linked together with the breath make this Vinyasa Yoga class an energizing and uplifting choice. Build endurance, flexibility, and strength. Some previous Yoga experience is recommended.

Instructor: Lucy Dagnillo (Tuesday) & Barbara Meadows (Thursday)

## Day Star Yoga

Age: 16 yrs & Older

Great for Beginners! Increase energy, overcome stress and experience total relaxation via the movement of Day-Star Yoga method. Gently stimulate and strengthen the entire body, plus increase flexibility.

Instructor: Erin Mathiason

## Foundations Yoga

Age: 13 yrs & Older

Learn the basic Yoga poses and breathing techniques. Improve strength, flexibility and stress relief. This is the perfect class for someone with little or no previous Yoga experience.

Instructor: Erin Mathiason

## Energize Yoga

Age: 16 yrs & Older

Start your day energized, without the caffeine jitters. This combination of hatha and vinyasa moves will leave you stretched, focused and balanced for the day ahead.

Instructor: Erin Mathiason

## Hatha Yoga

Age: 15 yrs & Older

Increase flexibility, build strength, calm the mind, and open the heart with hatha yoga. Hatha yoga is a balanced combination of sustained poses with attention to alignment principles and integrated with the breath. Beginners are welcome; this is an all-levels class. Instructor: Erin Mathiason

## Fusion Yoga

Age: 13 yrs. & Older

Experience an artful blend of foundational hatha yoga, stretching, and guided meditation. Enjoy an intimate, safe and supportive atmosphere as you develop, with intention, a physical and mindful practice that will enhance your awareness of self and promote well-being with your world.

Instructor: Barbara Meadows and Cecelia Miller



## Yoga Chair

Age: 55 yrs & older, 18-54 Space Available

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing and a final relaxation will promote stress reduction and mental clarity.

Instructor: Catherine Glenn



## Yoga Light

Age: 55 yrs & older, 18-54 Space Available

For individuals who desire a traditional yoga practice but require modifications for mobility limitations, this class is a perfect fit. Gently ease your way through stretches and poses and feel light on your feet. You must be able to get down and up from the floor.

Instructor: Barbara Meadows

## Yoga Drop-in Rates

Daily

\$10/\$8

Drop-in not available for Pilates Reformer, Tai Chi or Group Personal Training Classes.

## Therapeutic Tai Chi

Age: 55 yrs & older, 18-54 Space Available

Better manage chronic health conditions and improve overall well-being. Based on a variety of true principled Tai Chi styles and forms. Movements are performed in a slow, relaxed manner with continual deep breathing to improve concentration and quiet the body. Strengthen muscles and joints, increase flexibility and coordination, improve posture and balance while integrating the mind, body, and spirit. Beginning and advanced classes are offered. Advanced class participation must be approved by the instructor.

Instructor: Diana Eillers

## Introduction to Therapeutic Tai Chi

New to Tai Chi? Try out our introduction class to experience the benefits!

Location: ERC-FIT

12254911

12/1 Th 11AM-12PM \$6/\$5

## Tai Chi for Better Balance

Age: 55 yrs & older, 18-54 Space Available

Improve your balance while enhancing your agility and coordination with Tai Chi based movements. The class format and design have been acknowledged as one of the few evidence based interventions for the prevention of falls by the Centers for Disease Control and National Center for Injury Prevention and Control. Beginning and advanced classes are offered. Advanced class participation must be approved by instructor.

Instructor: Patty Vogt



# ACTIVE

Class	Activity #	Session	Days	Time	Location	Fee	Res Fee
Good Morning! Yoga	<b>12258411</b>	12/6-12/27	Tu	7-8AM	ERC-FIT	\$27	\$24
	<b>12258412</b>	1/3-1/31	Tu	7-8AM	ERC-FIT	\$32	\$29
	<b>12258413</b>	2/7-2/28	Tu	7-8AM	ERC-FIT	\$27	\$24
Flow Yoga	<b>12257011</b>	12/6-12/27	Tu	5:30-6:30PM	ERC-AA2	\$30	\$24
	<b>12257012</b>	1/3-1/31	Tu	5:30-6:30PM	ERC-AA2	\$37	\$30
	<b>12257013</b>	2/7-2/28	Tu	5:30-6:30PM	ERC-AA2	\$30	\$24
Day-Star Yoga	<b>12256511</b>	12/6-12/27	Tu	6:30-8PM	MRC-BLRM	\$33	\$28
	<b>12256512</b>	1/3-1/31	Tu	6:30-8PM	MRC-BLRM	\$42	\$35
	<b>12256513</b>	2/7-2/21	Tu	6:30-8PM	MRC-BLRM	\$25	\$21
Foundations Yoga	<b>12256211</b>	12/7-12/28	W	6:45-8PM	ERC-FIT	\$33	\$26
	<b>12256212</b>	1/4-1/25	W	6:45-8PM	ERC-FIT	\$33	\$26
	<b>12256213</b>	2/1-2/22	W	6:45-8PM	ERC-FIT	\$33	\$26
Energize Yoga	<b>12258011</b>	12/1-12/29	Th	7-8AM	ERC-FIT	\$32	\$29
	<b>12258012</b>	1/5-1/26	Th	7-8AM	ERC-FIT	\$27	\$24
	<b>12258013</b>	2/2-2/23	Th	7-8AM	ERC-FIT	\$27	\$24
Hatha Yoga	<b>12256911</b>	12/1-12/29	Th	4-5PM	ERC-FIT	\$34	\$29
	<b>12256912</b>	1/5-1/26	Th	4-5PM	ERC-FIT	\$29	\$24
	<b>12256913</b>	2/2-2/23	Th	4-5PM	ERC-FIT	\$29	\$24
Flow Yoga	<b>12257021</b>	12/1-12/29	Th	5:30-6:30PM	MRC-BLRM	\$37	\$30
	<b>12257022</b>	1/5-1/26	Th	5:30-6:30PM	MRC-BLRM	\$30	\$24
	<b>12257023</b>	2/2-2/23	Th	5:30-6:30PM	MRC-BLRM	\$30	\$24
Fusion Yoga	<b>12257111</b>	12/3-12/17	Sa	9:15-10:30AM	MRC-BLRM	\$24	\$19
	<b>12257112</b>	1/7-1/28	Sa	9:15-10:30AM	MRC-BLRM	\$32	\$26
	<b>12257113</b>	2/4-2/25	Sa	9:15-10:30AM	MRC-BLRM	\$32	\$26

# GENTLE

Class	Activity #	Session	Days	Time	Location	Fee	Res Fee
Yoga Chair 	<b>12258311</b>	12/6-12/27	Tu	11AM-12PM	ERC-FIT	\$18	\$15
	<b>12258312</b>	1/3-1/31	Tu	11AM-12PM	ERC-FIT	\$22	\$19
	<b>12258313</b>	2/7-2/28	Tu	11AM-12PM	ERC-FIT	\$18	\$15
	<b>12258321</b>	12/1-12/29	Th	1:30-2:30PM	ERC-FIT	\$22	\$19
	<b>12258322</b>	1/5-1/26	Th	1:30-2:30PM	ERC-FIT	\$18	\$15
	<b>12258323</b>	2/2-2/23	Th	1:30-2:30PM	ERC-FIT	\$18	\$15
Yoga Light 	<b>12258211</b>	12/2-12/27	Tu/F	8:45-10AM	MRC-BLRM	\$38	\$35
	<b>12258212</b>	1/3-1/31	Tu/F	8:45-10AM	MRC-BLRM	\$41	\$39
	<b>12258213</b>	2/3-2/24	Tu/F	8:45-10AM	MRC-BLRM	\$33	\$30
Beginning Tai Chi for Better Balance <i>No class 12/20-12/29</i>	<b>12255311</b>	11/29-2/16	Tu/Th	2:15-3:15PM	MRC-BLRM	\$76	\$71
Advanced Tai Chi for Better Balance <i>No class 12/20-12/29</i>	<b>12255411</b>	11/29-2/16	Tu/Th	1:15-2:15PM	MRC-BLRM	\$76	\$71
Beginning Therapeutic Tai Chi <i>No class 12/22, 12/29</i>	<b>12255011</b>	12/8-2/16	Th	11AM-12PM	ERC-FIT	\$56	\$51
Advanced Therapeutic Tai Chi <i>No class 12/22, 12/29</i>	<b>12255111</b>	12/1-2/16	Th	9:45-10:45AM	ERC-FIT	\$62	\$57

# PILATES

## FREE Pilates Reformer Demo

Age: 16 yrs. & Older

Learn the history, how the Pilates reformer works, some mat and reformer exercises and how to get started in our Pilates program. Please register in advance, it's free!

## Essential Pilates Principles

Age: 16 yrs. & Older

Begin with two private sessions to learn the core principles and concepts of the Pilates method. Once you have completed the private sessions satisfactorily, you may move into Beginning Pilates reformer class and receive a \$10 discount coupon. These two privates are a prerequisite for Beginning Pilates reformer. Call 303-762-2678 to schedule your first private session.

**12254111**      \$83/\$67

## Beginning Pilates Reformer

Age: 16 yrs. & Older

Pilates is a method of exercise and physical movement designed to stretch, strengthen, and balance the body. Exercises are low

impact and may be adapted for any fitness level. The exercises are performed on a mat or equipment. Pilates improves strength, flexibility, posture, balance and overall body awareness. Beginning Reformer is designed for those who have taken at least two sessions of Essential Pilates Principles.

## Continuing Pilates Reformer

Age: 16 yrs. & Older

Build upon your experience and learn more dynamic exercises. Enroll in Continuing Pilates Reformer upon completion of four months of Beginning Pilates Reformer.

## Pilates Personal Training

Perfect for beginners needing one-on-one instruction, experienced exercisers ready for advanced moves, athletes wanting to improve performance, individuals in post-rehab following an injury. Each session is 60 minutes. To schedule, call 303-762-2678. Your call will be returned within two business days. Request reformer or mat instruction.

Location: ERC-AA2

Private (one-on-one)	Semi-Private (2 People)
1 Session \$53/\$42	1 Session \$83/\$63/group
3 Sessions \$145/\$116	3 Sessions \$216/\$173/group
6 Sessions \$273/\$218	6 Sessions \$328/group

Class	Activity #	Session	Days	Time	Instructor	Location	Fee	Res Fee
Free Pilates Reformer Demo	<b>12254211</b>	12/6	Tu	1:30-2:30PM	Catherine G.	ERC-AA2		FREE
	<b>12254212</b>	12/12	M	7:15-8:15PM	Michael D.	ERC-AA2		FREE
	<b>12254213</b>	1/9	M	7:15-8:15PM	Michael D.	ERC-AA2		FREE
	<b>12254214</b>	1/10	Tu	1:30-2:30PM	Catherine G.	ERC-AA2		FREE
	<b>12254215</b>	2/7	Tu	1:30-2:30PM	Catherine G.	ERC-AA2		FREE
	<b>12254216</b>	2/13	M	7:15-8:15PM	Michael D.	ERC-AA2		FREE
<b>Step One</b> Essential Pilates Principles	<b>12254111</b>					ERC-AA2	\$83	\$67
<b>Step Two</b> Beginning Pilates Reformer	<b>12254311</b>	12/5-12/26	M	6:05-7:05PM	Michael D.	ERC-AA2	\$63	\$50
	<b>12254312</b>	1/2-1/30	M	6:05-7:05PM	Michael D.	ERC-AA2	\$79	\$63
	<b>12254313</b>	2/6-2/27	M	6:05-7:05PM	Michael D.	ERC-AA2	\$63	\$50
	<b>12254321</b>	12/6-12/27	T	12:10-1:10PM	Catherine G.	ERC-AA2	\$63	\$50
	<b>12254322</b>	1/3-1/31	T	12:10-1:10PM	Catherine G.	ERC-AA2	\$79	\$63
	<b>12254323</b>	2/7-2/28	T	12:10-1:10PM	Catherine G.	ERC-AA2	\$63	\$50
<b>Step Three</b> Continuing Pilates Reformer	<b>12254411</b>	12/5-12/26	M	9-10AM	Catherine G.	ERC-AA2	\$63	\$50
	<b>12254412</b>	1/2-1/30	M	9-10AM	Catherine G.	ERC-AA2	\$79	\$63
	<b>12254413</b>	2/6-2/27	M	9-10AM	Catherine G.	ERC-AA2	\$63	\$50
	<b>12254421</b>	12/5-12/26	M	5-6PM	Michael D.	ERC-AA2	\$63	\$50
	<b>12254422</b>	1/2-1/30	M	5-6PM	Michael D.	ERC-AA2	\$79	\$63
	<b>12254423</b>	2/6-2/27	M	5-6PM	Michael D.	ERC-AA2	\$63	\$50
	<b>12254431</b>	12/7-12/28	W	5:30-6:30PM	Michael D.	ERC-AA2	\$63	\$50
	<b>12254432</b>	1/4-1/25	W	5:30-6:30PM	Michael D.	ERC-AA2	\$63	\$50
	<b>12254433</b>	2/1-2/22	W	5:30-6:30PM	Michael D.	ERC-AA2	\$63	\$50
	<b>12254441</b>	12/2-12/30	F	11AM-12PM	Catherine G.	ERC-AA2	\$79	\$63
	<b>12254442</b>	1/6-1/27	F	11AM-12PM	Catherine G.	ERC-AA2	\$63	\$50
	<b>12254443</b>	2/3-2/24	F	11AM-12PM	Catherine G.	ERC-AA2	\$63	\$50



Join Us for Special Programs tied to STEM, Art, Literacy and Music.  
No registration required.

# ENGLEWOOD LIBRARY

303-762-2560

1000 Englewood Pkwy.

Englewoodgov.org/library

## CHILDREN'S PROGRAMMING AND EVENTS

### For School Age Children: Thursday After-School

Dec. 8, Jan. 19, Feb. 2, 9, 16, 23 at 4PM

### For Younger Children: Toddler and Preschool Extra

Dance, Art, Music and Science programs for toddlers and preschoolers  
Thursday, Dec. 15 at 10:30AM  
Tuesday, Jan. 10 at 10:30AM  
Friday, Feb. 10 at 10:30AM

### For School Age Children: Thursday After-School

Fun STEM, Art and Literacy based programs for school age children  
Thursday, Dec. 8 at 4PM  
Thursday, Jan. 19 at 4PM  
Thursday, Feb. 2, 9, 16, 23 at 4PM

### For All Ages: Winter Break

Need to get the kids out of the house for winter break?  
Wed – Fri, Dec. 21-23 at 1PM  
Mon – Fri, Dec. 26-30 at 1PM  
Mon – Fri, Jan. 2-6 at 1PM

### Legos

*Ages: 5 and up*  
Join us every second and fourth Saturday for Lego free play. Bring your imagination and creativity and we'll bring the Legos. No registration required.  
Dec. 10, Jan. 14 and 28,  
Feb. 11 and 25 at 2PM

### Paws to Read

Early Readers share their stories with wonderful four-legged listeners. Limited availability **so registration is recommended.**  
Dec. 17, Jan. 21, Feb. 18 10AM-12PM

### Storytimes

No registration required!

### Babysteps

Wednesdays at 10:30AM and 2:30PM  
For children up to 18 month with a caregiver

### Teetertots

Mondays and Tuesdays at 10:30AM  
For toddlers 18 months to age 3

### Preschool

Thursday and Fridays at 10:30AM  
For children ages 3-5

## ADULT PROGRAMMING AND EVENTS

### French Conversation Circle

Bonjour! Looking for a chance to brush up on your French? We'll gather once a month to practice our French language skills in a supportive, immersed environment. All skill levels are welcome. 3-4PM once a month at the library, call for details.

### Tabletop Games Meetup

First Sunday of the month at 1PM  
Stop by for our monthly #tabletopgames meetup!

### Wednesday Writers Group

First and third Wednesday of the month at 7PM  
Meet with us twice a month to discuss the craft of writing, practice writing prompts and exercises, and support each other.

### Beginning Yoga

Jan 21, 2PM, Anderson Room  
Is yoga right for you? Try this free demo class with instructor Erin Mathiason.

### Ghosts of Denver

Feb 18, 2PM, Anderson Room  
Local historian Carl Sandberg takes us on a tour of Ghost Towns and other-long gone landmarks in the Denver Metro area.

### Malley Book Club

Third Thursday of the month at the Malley Center Library from 10:30-11:30AM  
New people are always welcome! No need to belong to the Malley Center or the Englewood Library to join us, just drop in! Books for Dec.-Feb. are:

- December 15: "Members Choice" Share a book you love with the group
- January 19: *All The Light We Cannot See* by Anthony Doerr
- February 16: *Call the Midwife: A Memoir of Birth, Joy and Hard Times* by Jennifer Worth



### Cross Country, Snowshoe or Downhill

Grab your skis, choose your favorite location and hit the snow! Get your equipment tuned before you go, so you don't miss a thing. Bring your lunch and ski equipment. Fee includes transportation and driver. If two different locations are indicated for that day, the driver will be dropping off at both locations. You may Cross Country Ski (CC), Snow Shoe (SS), or Down Hill (DH). If you are new to the sport or need improvement, lessons are available at most locations. Destinations are subject to change.

Registration deadline for Ski Trips is seven days prior to the trip.

Each Trip:

Fee: \$19

Resident Fee: \$16

### Catch the Ride

If you live in Lakewood, Golden or on the west side of the Denver Metro area and want to go skiing but do not want to drive. Catch a ride on the Malley Ski Bus. The Bus will pick you up at the parking lot off I-70 and Morrison Road. You must register through Malley and pre-arrange the pickup with Tara.

Activity #	Date	Day	Time	Location	CC.SS.DH
12164011	1/5	Th	7:30AM-5PM	Keystone N.C./Keystone	CC.SS.DH
12164012	1/10	T	7:30AM-5PM	Breck N.C./Breckenridge	CC.SS.DH
12164013	1/19	Th	7:30AM-5PM	Snow Mtn Ranch/Winter Park	CC.SS,DH
12164014	1/24	T	7:30AM-5PM	Frisco/Copper Mtn	CC,SS,DH
12164015	2/2	Th	7:30AM-5PM	Devil's Thumb/Winter Park	CC.SS.DH
12164016	2/7	T	7:30AM-5PM	Breck N.C./Breckenridge	CC,SS.DH
12164017	2/16	Th	7:30AM-5PM	Snow Mtn Ranch/Winter Park	CC.SS.DH
12164018	2/21	T	7:30AM-5PM	Gold Run/Copper Mtn	CC.SS.DH
12164019	3/2	W	7AM-6PM	Ski Cooper (see below)	CC.SS.DH
12164020	3/7	T	7:30AM-5PM	Frisco/Copper Mtn	CC.SS.DH
12164021	3/16	Th	7:30AM-5PM	Snow Mtn Ranch/Winter Park	CC.SS.DH

### Ski Cooper

Travel to this Leadville ski area for fabulous fun. Trip is planned on Senior Days when Ski Cooper offer anyone 60-69 a \$30 lift ticket, 70-79 a \$20 lift ticket and 80+ are free. For x-country and snowshoe it is a \$10 daily pass. *Please note the recent time change.*

# ACTIVE KIDS

Program Administrator: Sara Stant,  
sstant@englewoodco.gov, 303-762-2694

## Ballet, Tap & Jazz

This class focuses on dances techniques, safety, fun, movement, coordination, self-esteem, and following directions. The winter and spring season classes focus on dance fundamentals and technique which build up to the summer and fall seasons, which include a recital. Parents of younger children who may need help changing their shoes are asked to remain outside the classroom to assist with a shoe change mid-class.

Please have your child wear appropriate dance attire, such as leotards and tights or shorts. Tap and ballet shoes are required. However, it may be beneficial to speak with the instructor before purchasing new shoes, as there may be gently used shoes available for loan or purchase.

## Ma/Pa and Me Tumbling

Need a place for your tot to explore, play, and let out some energy in a fun and safe environment? You and your child will learn simple tumbling skills while meeting new friends.

## Tumbling Tykes

Join this interactive class and young tumblers will enhance their balance, strength, and learn beginning tumbling skills.

## Gymnast Jubilee

Ready to take your tumbling classes to another level? Kids will learn rolls, cartwheels, balance, and have a blast while meeting new friends.

## Zumba Kids

Dance moves and Latin music are used to make fitness fun. Zumba kids is designed to improve motor coordination and listening skills. Dance moves and kid approved games makes this group class “exercise in disguise”.

Class	Activity #	Age Group	Dates	Days	Time	Location	Fee	Res Fee
Ballet, Tap, & Jazz	11820111	2-3 Years	1/4-2/22	W	4:30-5PM	ERC-AA1	\$40	\$33
	11820112	4-5 Years	1/4-2/22	W	5:15-6PM	ERC-AA1	\$53	\$42
	11820113	6-7 Years	1/4-2/22	W	6:15-7:15PM	ERC-AA1	\$62	\$50
	11820121	2-3 Years	1/7-2/25	Sa	10-10:30AM	ERC-AA1	\$40	\$33
	11820122	4-5 Years	1/7-2/25	Sa	10:45-11:30AM	ERC-AA1	\$53	\$42
	11820123	6-7 Years	1/7-2/25	Sa	12-1PM	ERC-AA1	\$62	\$50
Ma/Pa and Me Tumbling	123101-11	18-36 Months	1/7-1/28	Sa	8:30-9AM	ERC-AA2	\$32	\$26
	123101-12	18-36 Months	1/7-1/28	Sa	9-9:30AM	ERC-AA2	\$32	\$26
	123101-13	18-36 Months	2/4-2/25	Sa	8:30-9AM	ERC-AA2	\$32	\$26
	123101-14	18-36 Months	2/4-2/25	Sa	9-9:30AM	ERC-AA2	\$32	\$26
Tumbling Tykes	123202-11	3-4 Years	1/7-1/28	Sa	9:30-10AM	ERC-AA2	\$32	\$26
	123202-12	3-4 Years	2/4-2/25	Sa	9:30-10AM	ERC-AA2	\$32	\$26
Gymnast Jubilee	123203-11	4-6 Years	1/7-1/28	Sa	10-10:30AM	ERC-AA2	\$32	\$26
	123203-12	4-6 Years	2/4-2/25	Sa	10-10:30AM	ERC-AA2	\$32	\$26
Zumba® Kids, Jr.	12230311	4-12 Years	12/1-12/15	Th	5-5:45PM	ERC-AA2	\$11	\$9
	12230312	4-12 Years	1/5-1/26	Th	5-5:45PM	ERC-AA2	\$15	\$12
	12230313	4-12 Years	2/2-2/23	Th	5-5:45PM	ERC-AA2	\$15	\$12



# ACTIVE KIDS

## NEW Wiggles and Giggles

Ages: 2 - 5 yrs.

Do you have a little one ready for fun? Explore music and movement mixed with songs, crafts, games and more. Surrounded by other little ones, social and emotional growth is sure to flourish in this relaxed, playful atmosphere! The repetition of activities and songs assists participation, language development, memory and improves coordination and timing. Toddlers will learn to express their feelings productively. The activities also help to develop the imagination and the ability to focus.

Location: ERC-Youth Activity Room

### Session 1:

**11410111** 1/3-1/24 Tu 9:30-10:15AM \$43/\$34

### Session 2:

**11410112** 1/31-2/21 Tu 9:30-10:15AM \$43/\$34

## NEW Messy Minis

Ages: 3-5 yrs.

Toddlers don't need help making a mess, so why not let them create art while doing it? Using age appropriate (and sometimes edible) materials we will help your little ones express themselves as they get a great sensory class exploring the world of art and science. In this class, your little one uses their busy hands to turn messes into masterpieces. New exciting projects each week.

Location: ERC-Youth Activity Room

### Session 1:

**11420111** 1/5-1/26 Th 9:30-10:15AM \$43/\$34

### Session 2:

**11420112** 2/2-2/23 Th 9:30-10:15AM \$43/\$34

## StartSmart Indoor Soccer

Ages: 3-5 yrs. old

Location: ERC

**12331011** 1/21-2/25 Sa 11-11:45AM \$57/\$50

Deadline to register is 1/17

## StartSmart Basketball

Ages: 3-5 yrs. old

Location: ERC

**12331111** 1/21-2/25 Sa 9-9:45AM \$57/\$50

Deadline to register is 1/17

**12331112** 1/21-2/25 Sa 10-10:45AM \$57/\$50

Deadline to register is 1/17

## Theatre 360

Ages: 9-14 yrs.

Come full circle and explore the wonderful world of theatre! Acting, improv, make-up, and masks will be touched upon in this intro class. Content may change with input from participants.

Location: ERC-AA1

### Session 1

**11931501** 1/5-2/2 Th 4:15-5:30PM \$38/\$32

### Session 2

**11931502** 2/16-3/16 Th 4:15-5:30PM \$38/\$32

## Babysitting

Ages: 10-16 yrs.

When you're watching other people's children, the most important thing you can do is keep those children safe by being prepared for anything. By taking this class, you will gain the necessary skills to provide exceptional care to the families you babysit for. Learn valuable skills like marketing yourself, safety and injury prevention, leadership skills, age appropriate play, resolving conflict, shaken baby syndrome, basic caregiving skills, First Aid and CPR and so much more. You will receive your Certification in Child and Babysitting Safety through the American Health and Safety Institute upon successful completion of this course.

Location: ERC

**11440111** 1/29 Su 1-5PM \$93/\$77

**11440112** 2/26 Su 1-5PM \$93/\$77

**21440111** 3/26 Su 1-5PM \$93/\$77

## Legos: Build! Learn! Explore!

Ages: 3- 12 yrs.

Explore energy, buoyancy and balance while building fun and simple models with Legos! Through play and manipulating the models, children experience pulleys, levers, gears, and wheels and will discover basic physical science concepts. This program will use colorful elements such as a seesaw, rolling vehicle, spinning tops, rafts and many more. Come join the fun!



Class	Activity #	Age Group	Dates	Days	Time	Location	Fee	Res Fee
Legos: Build! Learn! Explore!	<b>114312 11</b>	3-5 Years	1/4-1/25	W	9:30-10AM	ERC-Youth	\$48	\$40
	<b>114312 12</b>	3-5 Years	2/1-2/22	W	9:30-10AM	ERC-Youth	\$48	\$40
	<b>114312 13</b>	6-7 Years	1/4-1/25	W	3:30-4:15PM	ERC-AA2	\$48	\$40
	<b>114312 14</b>	6-7 Years	2/1-2/22	W	3:30-4:15PM	ERC-AA2	\$48	\$40
	<b>114312 15</b>	8-9 Years	1/4-1/25	W	4:15-5:00PM	ERC-AA2	\$48	\$40
	<b>114312 16</b>	8-9 Years	2/1-2/22	W	4:15-5:00PM	ERC-AA2	\$48	\$40
	<b>114312 17</b>	10-12 Year	1/4-1/25	W	5:15-6:00PM	ERC-AA2	\$48	\$40
	<b>114312 18</b>	10-12 Year	2/1-2/22	W	5:15-6:00PM	ERC-AA2	\$48	\$40

# NEW DROP-IN CHILD CARE

Conveniently located on site at the Englewood Recreation Center the drop-in child care is a fun environment for children 6 months to 8 years to enjoy while parents utilize the Recreation Center.

## Hours

Monday-Thursday 4-8PM  
Friday & Saturday 8AM-1PM

## Fees

\$6 for up to 2 hours of care.  
Discounted rate of \$5 for up to 2 hours for residents.

Call 303-762-2694 for more information!

## Drop-in Child Care Guidelines

- Child care is available, during designated times, for children ages 6 months to 8 years old.
- Parents/Guardians must remain inside the Englewood Recreation Center at all times while their child is in the Drop-in Child Care. If a parent/ guardian leaves the Recreation Center while their child is signed into the child care room, Colorado state child abandonment procedures will be implemented.
- Child Care is available on a first come first serve basis. Reservations are not accepted.
- Parents/Guardians must supply a carrier or chair for any child who is unable to sit up on his or her own.
- All mobile children must wear shoes.
- Sick children will not be permitted in to the child care center as a courtesy to others and the well-being of your child.
- No personal care is provided (i.e. diaper changing or feeding). Parents will be notified to change their child if a diaper change is needed.
- No food or drink will be permitted in the child care center, with the exception of water.
- Please label all belongings, please leave personal toys and other valuables at home. Englewood Recreation Center is not responsible for lost or damaged items.
- All children must be signed in and out by their parents/guardian. Written permission and photo ID are required to release children to anyone else.
- Maximum time limit is 2 hours, a late fee of \$1.00 per minute will be charged after the two hour limit.
- Drop-in Child Care must be paid on a daily basis at the front desk and a copy of the receipt must be presented to the child care staff before signing the child into the child care room.



# COMMUNITY SPORTS

## PIRATE YOUTH SPORTS

- **Sibling discount = 10%**
- **Scholarships available for all sports, application due 1 month prior to the start of practice, visit [pirateyouthsports.com](http://pirateyouthsports.com) to download the application.**
- **For questions or additional information email us at [execdirector@pirateyouthsports.com](mailto:execdirector@pirateyouthsports.com).**

### Rec Basketball

Boys and girls grades 1 – 6  
 Fee: \$80.00, includes jersey  
 Season Information: Practices start Nov. 28, held at Englewood elementary schools M/W or T/Th evenings  
 Questions: Visit our website or contact Derek Noll at [dnoll303@hotmail.com](mailto:dnoll303@hotmail.com).

### Gold Crown Basketball

Boys and girls grades 5 – 8  
 Fee: \$250, includes jersey and shorts  
 Season Information: Tryouts required (Oct. 30 and Nov. 6), Practice starts Nov. 14 M/W or T/Th at Englewood Middle school  
 Questions: Visit our website or contact Derek Noll at [dnoll303@hotmail.com](mailto:dnoll303@hotmail.com).

### Wrestling

Boys and girls ages 4 – 14 (8th grade)  
 Fee: \$55  
 Season Information: Practice starts Oct. 25 M/W 6 – 7:30 at Englewood High School  
 Questions: Visit our website or contact Tricia Schrock at [triciaschrock36@gmail.com](mailto:triciaschrock36@gmail.com)

**ENGLEWOOD**  
**SOCCER ASSOCIATION**

Registration for Englewood soccer will open January 2nd for the spring season. First games will be in March. Visit [www.Englewoodsoccer.org](http://www.Englewoodsoccer.org) for more information.

**MOUNTAIN MIDWIFERY CENTER, INC.**  
 Compassionate. Experienced. Independent.

**Rewarding Care from Colorado's Most Experienced Birth Center**

[www.MountainMidwifery.com](http://www.MountainMidwifery.com)

## NEW DROP-IN CHILD CARE AT THE ENGLEWOOD RECREATION CENTER

See pg. 37 for more information.

# USING YOUR PARKS

- City of Englewood parks are open seven days a week from 6AM – 11PM.
- Park Shelters are available for reservation April through October.
- Reservations can be made the first working day in January. Email [parkreservations@englewoodco.gov](mailto:parkreservations@englewoodco.gov) for more information. Fees must be paid in advance in order to confirm the reservation.
- Park Use Permits at no charge are required for groups of more than 15 people who will use the park but not require a shelter.
- Any commercial use of a park, including individuals or businesses organizing classes or services, requires a Park Use Permit accompanied by a fee of \$100 and evidence of additional insurance.
- No more than 4 Park Use Permits will be issued to the same group or individual during a calendar year in order to ensure equitable access for everyone in the community.
- Special Event licenses may be required for events that are open to the public, for which an admission fee may or may not be sold. Please inquire at 303-762-2680 for details.
- All dogs must be on leash except as permitted at designated parks.
- Athletic fields must be reserved in advance for any organized play or practice. Call 303-762-2697 for information.
- Alcohol and consumption of marijuana are not allowed in any City parks or open spaces.
- Bounce/Jumping Castles are prohibited in all parks.
- Visit [englewoodgov.org/Parks](http://englewoodgov.org/Parks) and Recreation for detailed information and a more complete list of regulations.

## Canine Corral Regulations, 4848 S. Windermere Street

- Dogs must be under control
- Users must have a leash for each dog
- Dogs must be on leash until inside the dog park
- No dogs in heat
- Poop must be picked up immediately
- User of this facility do so at their own risk and assume all liability
- Dogs must be removed at the first sign of aggression
- Dogs must be vaccinated – collar and tag required
- Children must be supervised by an adult
- Dogs must be accompanied by an adult
- No dogs under the age of four months
- All other park rules apply

## Adopt-A-Garden

Consider adopting a flower bed in one of the City parks. The Parks Department provides flowers, guidelines and support for designing and maintaining the beds. It's a great community

service project for volunteers/organizations of all ages. Contact 303-762-2542 for more information.

## Commemorative Trees and Benches

Celebrate a special occasion or honor a loved one by donating a tree or bench to your favorite parks, open space or on the Broken Tee Golf Course. Contact 303-762-2684 for an application and further details. A member of the Parks Department will meet with the donor to approve the type of tree and location. Benches have a uniform design but will be personalized with a plaque. Park staff will install and maintain the trees and benches.

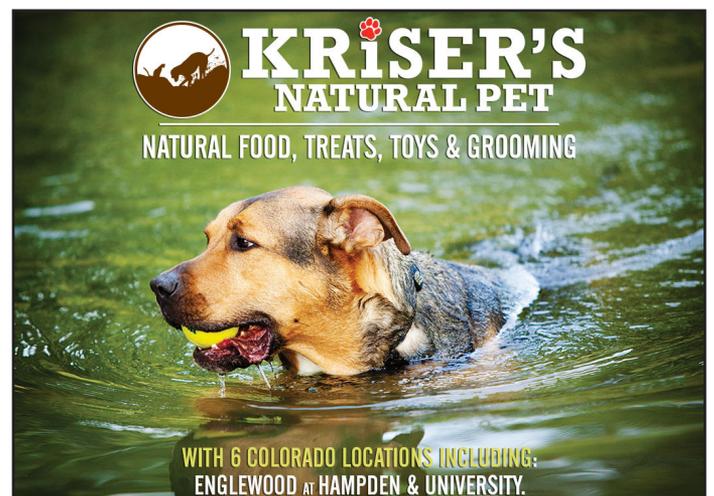
## NEW RiverRun Trailhead

Visit River Run Trailhead and enjoy Englewood's newest outdoor facility on the South Platte River. Just west of the Broken Tee Golf Course at 2101 West Oxford Avenue.

## Community Garden

Plots available at the Depot Garden on 601 W. Dartmouth. The Englewood Community Garden is an organic garden located just north of Cushing Park at the Englewood Depot site. The garden cultivates a healthy community where gardeners connect with neighbors, share organically-grown produce and actively participate in the joys of gardening. With a few plots dedicated to food donation programs, they focus on giving to Englewood food pantries and giving back to the community. This garden was established in 2010 and remains a thriving garden, with some of the original gardeners still maintaining a plot, each bringing a unique gift to this wonderful garden. This garden also offers raised beds for people with mobility issues, as one of the goals of the garden is making it accessible. The Englewood Community Garden has decorative benches, an arbor, a picnic bench and some amazing art pieces.

**Applications available by February 1.** Information available online at [englewoodgov.org](http://englewoodgov.org) or calling 303-762-2660. Applications may also be picked up at the Malley Recreation Center.



**KRISER'S**  
**NATURAL PET**  
NATURAL FOOD, TREATS, TOYS & GROOMING

WITH 6 COLORADO LOCATIONS INCLUDING:  
ENGLEWOOD AT HAMPDEN & UNIVERSITY.

# PARKS

A listing of Englewood's neighborhood parks and their amenities

	Picnic Area	Pavilion	Playground	Restrooms	Drinking Fountain	Basketball Court	Formal Ballfield	Informal Ballfield	Tennis Courts	Horseshoe Pits	Skateboard Park	Stream	Lake/Pond	Fishing	Nature Trails	Children's Farm	Miniature Train	Off-Leash Dog Park
<b>Bellevue Park</b> 5001 S. Inca Drive	X	X	X	X	X	X	X		X			X			X	X	X	
<b>Cushing Park</b> 700 W. Dartmouth Avenue	X	X	X	X	X	X		X		X	X		X					
<b>Jason Park</b> 4299 S. Jason Street	X	X	X	X	X	X		X										X
<b>Bates/Logan Park</b> 2938 S. Logan Street	X	X	X	X	X	X		X										
<b>Centennial Park</b> 4630 S. Decatur Street	X	X	X	X	X	X	X						X	X	X			X
<b>Baker Park</b> 2200 W. Wesley Avenue	X	X	X	X	X													
<b>Romans Park</b> 1800 E. Floyd Avenue	X		X	X	X	X			X									
<b>Rotolo Park</b> 4401 S. Huron Street	X		X															
<b>Duncan Park</b> 4880 S. Pennsylvania Street	X	X	X	X	X	X				X								X
<b>Barde Park</b> 3150 S. Downing Street	X		X															
<b>Miller Field</b> 3600 S. Elati Street							X	X										
<b>Northwest Greenbelt</b> Zuni to Pecos along Harvard Gulch near Vassar Avenue			X					X				X			X			X

# TRAILHEAD

A listing of Englewood's trailheads and their amenities

	Picnic Area	Pavilion	Playground	Restrooms	Drinking Fountain	Basketball Court	Formal Ballfield	Informal Ballfield	Tennis Courts	Horseshoe Pits	Skateboard Park	Stream/River	Lake/Pond	Fishing	Nature Trails	Children's Farm	Miniature Train	Off-Leash Dog Park
<b>River Run Trailhead</b> 2101 W. Oxford Avenue	X	X	X	X	X							X		X	X			
<b>Orphan Property Trailhead</b> 4747 S. Wyandot St.	X	X										X		X	X			

## Off-Leash Parks

### Centennial Park

4630 S. Decatur

### Duncan Park

4880 S. Pennsylvania

### Jason Park

4299 S. Jason

### Northwest Greenbelt

Zuni to Pecos along Harvard Gulch near Vassar

Dogs may remain off-leash and must be under voice control from:

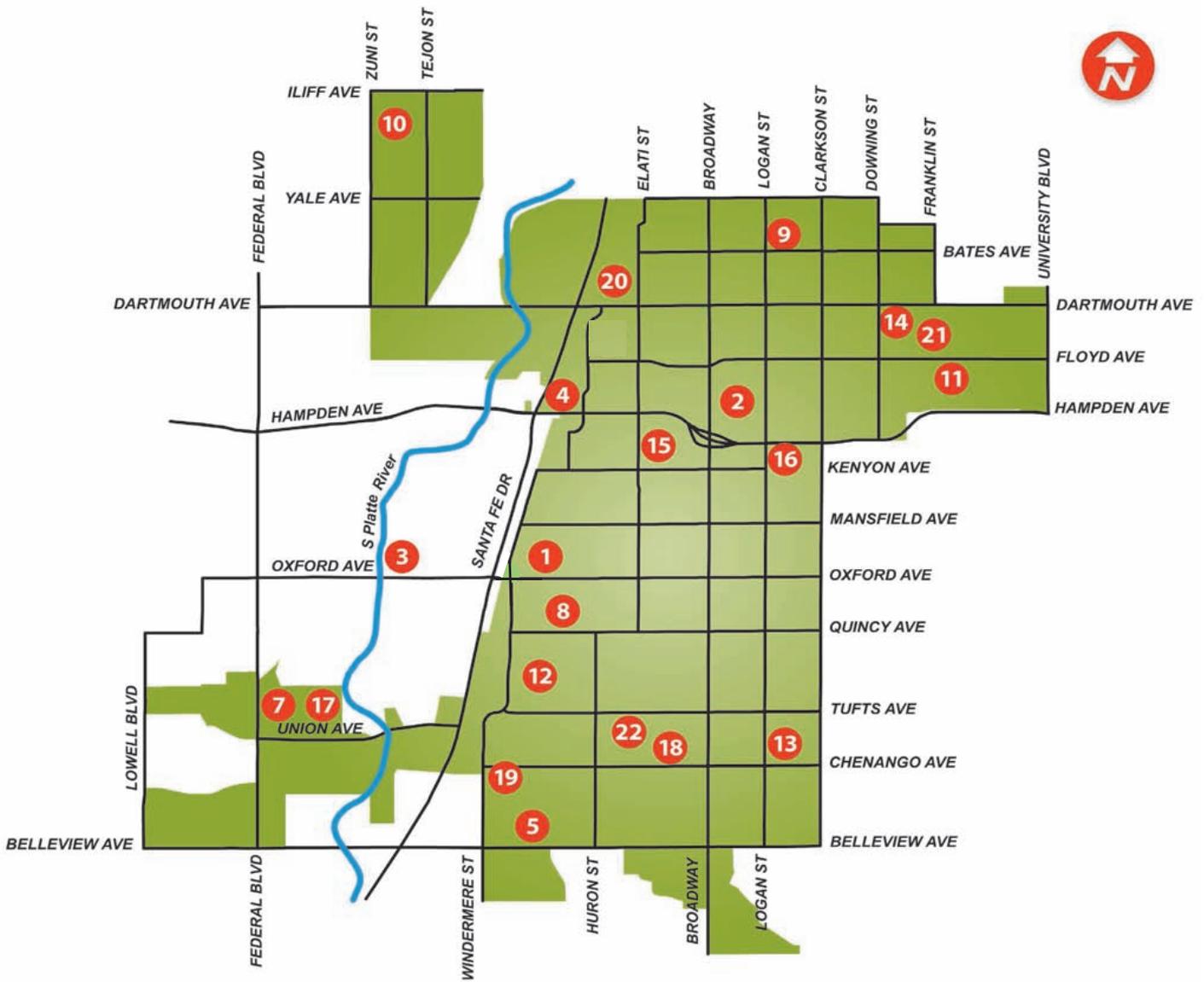
**March 1 - October 31**

6-11AM and 6-11PM

**November 1 - February 28**

6AM-11PM





## City Facilities

- 1 Englewood Rec Center**  
1155 W. Oxford Avenue  
303-762-2680
- 2 Malley Rec Center**  
3380 S. Lincoln Street  
303-762-2660
- 3 Broken Tee Englewood Golf Course**  
2101 W. Oxford Avenue  
303-762-2670
- 3 River Run Trailhead**  
2101 W. Oxford Avenue
- 4 Englewood Civic Center**  
1000 Englewood Parkway  
303-762-2300
- 4 Hampden Hall**  
1000 Englewood Pkwy.  
2nd Floor  
303-762-2317
- 4 CityCenter Englewood Amphitheater**  
1000 Englewood Parkway

- 4 Englewood Public Library**  
1000 Englewood Parkway  
303-762-2550
- 5 Belleview Children's Farm**  
5001 S. Inca Drive  
303-798-6927
- 5 Englewood Miniature Train**  
5001 S. Inca Drive  
303-794-7357
- 5 Pirates Cove Aquatic Center**  
1225 W. Belleview Avenue  
303-762-2683

### Skateboard Park

- 6 Cushing Park**  
700 W. Dartmouth Avenue

### Tennis Courts

- 5 Belleview Park**  
5001 S. Inca Drive
- 11 Romans Park**  
1800 E. Floyd Avenue

## Community Gardens

- 20 Englewood Community Garden**  
W. Dartmouth Ave. & S. Fox St.
- 21 Charles Hay**  
3195 S. Lafayette St.
- 22 Clayton**  
4600 S. Fox St.

## Parks

- 5 Belleview Park**  
5001 S. Inca Drive
- 6 Cushing Park**  
700 W. Dartmouth Avenue
- 7 Centennial Park**  
4630 S. Decatur Street
- 8 Jason Park**  
4299 S. Jason Street
- 9 Bates/Logan Park**  
2938 S. Logan Street
- 10 Baker Park**  
2200 W. Wesley Avenue

- 11 Romans Park**  
1800 E. Floyd Avenue
- 12 Rotolo Park**  
4401 S. Huron Street
- 13 Duncan Park**  
4880 S. Pennsylvania Street
- 14 Barde Park**  
3150 S. Downing Street
- 15 Miller Field**  
3600 S. Elati Street
- 16 Hosanna Athletic Complex**  
3750 S. Logan Street
- 17 Brent Mayne Field**  
2501 W. Union Avenue
- 19 Englewood Canine Corral**  
4848 S. Windermere (NW corner of Belleview Park)

## Pickleball/Basketball Courts

- 18 Colorado's Finest High School of Choice**  
300 W. Chenango Avenue

# REGISTRATION INFO

Be sure to register early!  
See pg. 4 for details.

**Registration for Englewood Residents opens Wednesday, November 5. All other can register on Friday, November 4.**

## Americans with Disabilities

We are committed to supporting and complying with the American with Disabilities Act. If you require special accommodations, please notify us at least two weeks in advance of the activity.

## Policies & Enrollment

All registrations are processed in the order they are received. At the beginning of each registration period, Englewood Resident ID card holders are given priority and are able to enroll two days before others. During this period, non-resident registrations are accepted and prioritized by date/time. Once the priority enrollment period has concluded, all available activity space is filled by non-resident participants in the order received. After this process, all registrations are handled on a first come, first serve basis. All checks are payable to the City of Englewood. Checks are accepted for payment provided they are for the amount of purchase only, local (Colorado), preprinted with customer's name and address, and have a valid Colorado Driver License or Colorado ID card number on them. A \$25 service charge will be assessed on any returned check. **Mail-in Registrations Only:** If you would like a receipt for your classes, please enclose a self-addressed, stamped envelope with your registration.

## Don't Wait!

If you are interested in a class, don't wait to register. We make class/trip decisions based on enrollment. If a class doesn't meet its minimum enrollment, it will be canceled.

## Refund Policy

Unable to attend an activity for which you have registered? If you paid on credit card, we will refund your full dollar amount back on your credit card. If you paid in cash or by check, you can transfer your dollar amount to another class/program or retain a household credit to

be used in the future. Please note that transfers/refunds/household credits pertaining to the Outdoor Adventures or Excursions program areas have different policies.

## Excursion Policies and Procedures

Contact the Program Administrator one week prior to excursion to confirm availability. Some excursions have early cancellation dates. It's our policy not to allow anyone on or off the bus other than at Malley Center and our destination. No one will be allowed to disembark anywhere else. Please do not plan to meet the group at the trip destination.

## Waiting Lists

If your name is on the waiting list, you'll be called if there are cancellations or if additional spaces are added. When calling the list, messages are not left as we need to fill the space ASAP and there is no way of knowing when the message will be received.

## Trip Times

The time on the receipt is the departure time. Plan to be at the Center at least 15 minutes prior to departure time to check-in. When a trip lists more than one date available, decide which date you prefer and check your receipt to be sure you have the date wanted. Return times are approximate. Allow extra time if scheduling personal plans following the activity. No refund will be given if you miss the trip due to being late.

## Refunds

For all Excursions or Outdoor Adventures, a refund of the activity fee, less a \$3 cancellation charge, will automatically be given if the cancellation occurs 5 business days (Mon-Fri) prior to the date of the activity, unless indicated. Some activities have early cancellation dates. If cancellation occurs within 5 working days of the activity, or after the early cancellation date, a refund (less the cancellation charge) will be given only if the space can be filled. The \$3 cancellation charge (or cost of the activity, whichever is less) will be assessed on all cancellations regardless of the date canceled.

## Transfers

If you are unable to attend a class or activity for which you have registered, but prefer to transfer into another activity rather than request a refund, we are happy to accommodate you. There is a service charge of \$3 for such transfer.

## Extended Travel

To assure a space, please register as soon as possible. When registering, please complete the registration form completely. Trip interruption insurance is not always included in the price of the trip. The Center suggests purchasing this item. Costs for tips, baggage handling, meals, attraction fees and refunds are specific to each trip.

## How to Register



### Online

Registrations can be submitted at anytime, [EnglewoodRec.org](http://EnglewoodRec.org). Payments must be made with VISA, MasterCard or Discover Card.



### Drop off

Registrations are accepted at the Englewood Recreation Center and the Malley Recreation Center during regular hours of operation.



### Mail

Mail your registration form to either:  
Englewood Recreation Center, 1155 W. Oxford Englewood, CO 80110 OR  
Malley Recreation Center, 3380 S. Lincoln St. Englewood, CO 80113.



### Phone

Call 303-762-2660 OR 303-762-2680 during operational hours.





**CITY OF ENGLEWOOD**

**Parks & Recreation**

1155 West Oxford Avenue  
Englewood, CO 80110

Presorted Standard  
U.S. Postage  
PAID  
Englewood, CO  
Permit No. 534

# **BIGGEST WINNER CHALLENGE**

Go ahead and indulge this holiday season,  
we will be there to get you back on track  
with our three-month weight  
loss challenge!

**Page 20**

