



AQUATICS



ART



BACKCOUNTRY WILDERNESS AREA



EDUCATION



EVENTS



FITNESS



SPORTS



THERAPEUTIC RECREATION



**HIGHLANDS
RANCH**
COMMUNITY ASSOCIATION

ACTIVITY

GUIDE

MAY - AUGUST

2024



SPECIALTY SERVICES TO
KEEP THE NEIGHBORHOOD
HAPPY AND HEALTHY.

UCHealth Highlands Ranch Hospital features:

- Orthopedics
- Cancer care
- Birth center
- Emergency care



Highlands Ranch Hospital
1500 Park Central Drive
Highlands Ranch, CO 80129
uchealth.org/hrh

uchealth

LIVE EXTRAORDINARY

The Highlands Ranch Community Association is proud to manage the following 501(c)3 non-profit organizations:



The Highlands Ranch Community Scholarship Fund is a 501(c)3 organization that provides post-secondary education scholarships for students residing in Highlands Ranch.



The Highlands Ranch Cultural Affairs Association (HRCAA) provides a central organization from which educational, artistic, musical, theatrical, and dance events are provided to more than 100,000 Highlands Ranch residents and those living in the surrounding communities.



The Backcountry Wilderness Area Fund is a 501(c)3 nonprofit that strives to improve wildlife habitats, inspire the next generation of nature stewards, and ignite a lifelong love of the outdoors for all.



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HIGHLANDS RANCH
COMMUNITY ASSOCIATION

JOIN OUR VOLUNTEER TEAM



THERAPEUTIC RECREATION

Contact: Summer Aden
303-471-7043
summer.aden@hrcaonline.org



VOLUNTEER COACH

Contact: Patrick Gojan
303-471-8869
patrick.gojan@hrcaonline.org



[HRCaonline.org/volunteers](https://hrcaonline.org/volunteers)

INDEX

GENERAL INFORMATION

303-791-2500

HRCAonline.org

The HRCA website provides up-to-date information on the HRCA and community news including responsible governance policies, special events, board and committee meetings, gym, fitness and pool schedules, find it all at HRCAonline.org.

HRCA News

The HRCA Newsletter has the latest community information and announcements, covenant compliance tips, upcoming events, and new programs. You may opt to receive it via mail or email by going to HRCAonline.org.

Social Media

Follow us on Facebook and Instagram and share your favorite images of our community. Find us:

Instagram:

@intheranch

Facebook:

@HighlandsRanchCommunityAssociation

LinkedIn:

@Highlands Ranch Community Association

Online Event Tickets

To purchase tickets for any ticketed event, or for details, visit HRCAonline.org/Tickets. Tickets are non-refundable.

Event/Weather Hotline

303-471-8888

Information on upcoming community and special events. This hotline will also announce cancellations of an HRCA or Cultural Affairs Association event due to severe weather.

Volunteer Opportunities

Whether you have a desire to support our community events, have a voice in Association matters, want to preserve our Backcountry trails and open space, or assist with programs dedicated to special needs children, HRCA has a variety of ways for you to get involved. For a complete description of our volunteer opportunities, go to HRCAonline.org/Volunteer.



RULES & REGULATIONS

Please read the Recreation Center Rules and Regulations that are available on the HRCA website at HRCAonline.org.

Notice

By enrolling or participating in any program and recreational activity provided or sponsored by the Highlands Ranch Community Association, Inc. (HRCA), members and guests acknowledge and agree that there are certain risks inherent in the programs and activities conducted at the HRCA's recreation centers or off-site programs which the members and guests assume. And by doing so, members and guests agree to waive any claim of liability against the HRCA and its members, directors, officers, agents, employees, contractors, related entities and affiliates, and their agents, arising out of any loss, injury, or death attributed to such risks and the use of the HRCA's recreation facilities or off-site programs. Members and guests also agree that the HRCA or any sponsor may subsequently use photos of them for publicity and/or promotional materials such as websites, posters, or other merchandise. **Ages listed in the Activity Guide are suggested age ranges only.**

FACILITY INFORMATION

The HRCA offers first-class recreation programs designed for all ages and abilities. From sports, dance, arts and crafts, to tennis and fitness programs and over 100 community events, we have something for everyone. See the amenities offered at each facility on page 6 and 7. Check our website for facility closure schedules.

Member Services/Registration

Available at all facilities. Obtain membership cards, new resident registration or change of address, program registration, or cancellation.

MEMBERSHIP

Membership in the Highlands Ranch Community Association (HRCA) is for Highlands Ranch homeowners living in designated Highlands Ranch neighborhoods.

You may register for membership and receive your ID card at any of the four HRCA Recreation Centers: See hours on pages 6 and 7. All members are required to show a membership card upon entering the HRCA recreation facilities or Backcountry Wilderness Area Trails.

Membership or Replacement Card Fee

\$8 per card (Age 9+). Children age eight and younger do not need a membership card, but are required to be directly supervised within any HRCA recreation center by a responsible party age 12 or older at all times. **Expired card replacement fee - \$2.00.** Renters of homes in Highlands Ranch may use the HRCA recreation facilities (and receive a membership card) if the homeowner completes a Consent to Tenant Form relinquishing their rights to use the facilities to the tenants.

GUEST POLICY & FEES

Members must register recreation center guests. Four recreation center guests per day is the limit for each household or party. Recreation center guests must be accompanied by a member while using any facility.

Guest Fees

\$6 for ages 2-11

\$7 for ages 12-17

\$8 for ages 18-54

\$7 for ages 55+

Punch Pass 10 visits - \$65*

* Expires one year from date of purchase. No charge for infants less than 2-years. No refunds will be given for unused pass visits.

REGISTRATION

Registration for the HRCA's programs and activities are accepted on a first-come, first-serve basis. Some registration deadlines and fees may be different for program guests. Programs are subject to cancellation. Prices and dates may change at any time during this publication duration.

Three Ways to Register

Registration is ongoing. For the most up-to-date class availability, try online registration!

1. Online Registration

Visit HRCAonline.org, click the Class & Event Sign-up button on the homepage. For online registration support, call 303-471-8858.

2. Phone

Have your credit card payment information ready and call 303-471-8858. See page 6 and 7 for member service hours by Recreation Center location.

3. Walk-in

Visit Member Services at any HRCA Recreation Center.

Accepted Payment

Cash, check, Visa, Mastercard, Discover, and American Express. Most programs have a separate member and guest registration fee. Prices are for members and program guests, unless otherwise indicated. Example: \$60/\$80 = \$60 for members, \$80 for guests. Waitlists are notified (in order) up to 24-hours prior to class start when openings/cancellations occur.

Minimum Enrollment

Class fees are calculated on a minimum number of participants. Classes must reach the minimum three days prior to the first day of class, unless a specific registration deadline is noted. If the set minimum is not met for a class, it is cancelled. All registered participants receive a transfer or refund.

Therapeutic Recreation

Therapeutic Recreation programs require a completed Individual Service Plan (ISP) at least two weeks prior to the start of participation. An ISP form is available online, at any Recreation Center, or by calling 303-471-7043.



REFUND & TRANSFER POLICY

To Cancel a Class

Call 303-471-8858. All refunds are charged a minimum \$5 processing fee. Refunds and class transfers must be requested at least five days prior to the beginning of the class. Refunds are issued back to the participant in the original tender when possible. Check each section for specific policies.

Refunds Generated by the HRCA

In the event the HRCA cancels an event or a class, a full refund is issued back to the participant either by check or credit card when possible. Refunds are not issued for inclement weather. Refunds are not issued for ticketed events.



CLIMBING WALL OPEN CLIMB (AGES 7+)

Come try the 30-foot wall at Eastridge. Harnesses, ropes, and belay devices are provided, or you may bring your own. During staffed hours, a certified instructor is available to belay.

Individuals 12 years and younger must be accompanied by an adult 18 years or older at all times while in climbing area.

Price: FREE

Visit HRCAonline.org to schedule. You can also contact Tanner Pauley at 303-471-7029 or email at tanner.pauley@hrcaonline.org for details or to schedule.

Private Instruction:

During a one-hour private lesson, participants learn rope skills, climbing technique, movement, and hand and foot skills. Lessons must be scheduled in advance: 303-471-7029.

Member/Guest

One-hour (private lesson)	\$20/\$25
five-pack (One-hour private lessons)	\$80/\$100
One-hour (semi-private lesson) (max of six people total)	\$15/\$20



BATTING CAGES

The batting cages offer five baseball and four softball stalls ranging in speed from 30-80 mph. Homerun target banners provide the batter with realistic results in a user-friendly pitching complex. We offer a mini-ball park complete with homerun fence, foul poles, and bases for future little league batters. For more information or to make team reservations, call 720-348-8202.

Hours:

Visit HRCAonline.org/BattingCages or call 720-348-8202.

Pitch Structure:

The Westridge Pitch Structure is open for use year round. Distances are clearly marked for all age groups. Participants are required to bring your own equipment.

Heavy Hitter Passes

Grand Slam Season Pass	\$175 individual	\$300 Family
Heavy Hitter Triple	80 tokens	\$50
Heavy Hitter Double	50 tokens	\$35
Heavy Hitter Single	25 tokens	\$20



GOLF AND MULTI SPORT SIMULATOR

The Golf Simulator at Northridge provided by Full Swing Golf, allows residents and non-residents the opportunity to practice their game on the driving range or play on some of their favorite courses indoors. The simulator offers 87 courses, which includes Pebble Beach, Torrey Pines, and Castle Pines.

Visit the new Golf and Multi-Sport Simulator at Southridge! This widescreen simulator offers a genuine and unique golf experience with 45 courses to play, including favorites – Pebble Beach, Bethpage Black, Kiawah Island, Pinehurst and many more. In addition to golf, this simulator offers a multi-sport function that allows for home run derbies, field goal challenges, basketball shootouts, soccer, hockey, lacrosse and more. The simulator allows for driving range time, accuracy target practice or play 18 holes with friends. Play the courses the pros play right at your neighborhood recreation facility. The fees and unlimited pass options are below:

Member/Guest

(Two hour max reservations)

Off-Season Unlimited Pass Prices

June - August

30 minutes	\$5/\$7.50
Unlimited Monthly Pass	\$35/\$45

Peak Season Unlimited Pass Prices

September - May

30 minutes	\$10/\$15
Unlimited Monthly Pass	\$85/\$100
Annual Pass	\$500 (Members Only)

Reservations

Visit HRCAonline.org/Golf or call:

Northridge Member Services 303-471-8950

Southridge Member Services 303-471-7020.

Club rentals available or bring your own clubs!



EASTRIDGE RECREATION CENTER

9568 University Blvd, Highlands Ranch
Phone 303-471-8858



Facility Hours:

- Mon.- Fri.: 5 a.m. - 9 p.m.
- Saturday: 7 a.m. - 8 p.m.
- Sunday: 7 a.m. - 6 p.m.

Membership Services/ Registration Hours:

- Mon.- Fri.: 6 a.m. - 7 p.m.
- Sat.-Sun.: 9 a.m. - 1 p.m.

Administrative Offices:

(Assessments & Community Improvement Services)

- Mon- Fri: 8 a.m. - 5 p.m.

AMENITIES:

- | | |
|--------------------------------------|------------------------------------|
| - Two Gymnasiums (wood floor) | - Pools: |
| - Two Outdoor sand volleyball courts | - lap |
| - Camp HRCA (summer) | - slides |
| - Cardiovascular area | - youth |
| - Climbing wall | - zero depth |
| - Family changing rooms | - Preschool |
| - Fitness/dance studio | - Running track |
| - Free weight area | - Steam room |
| - Locker rooms | - Variable resistance machine area |
| - Member services | - Vending machine area |

ROOM RENTALS

The HRCA rents rooms to members on a space-available basis. Reservations must be made in-person at the recreation facility where the room is you are booking. Reservations are confirmed when contract is completed and payment is received.

For more information, visit
HRCAonline.org/RoomRentals

Sand Volleyball Court \$80/hr

NORTHRIDGE RECREATION CENTER

8800 Broadway, Highlands Ranch
Phone 303-471-8950



Facility Hours:

- Mon.- Fri.: 5 a.m. - 9 p.m.
- Sat.-Sun.: 7 a.m. - 6 p.m.

Membership Services/ Registration Hours:

- Mon.- Fri.: 7 a.m. - 7 p.m.
- Sat.-Sun.: 8 a.m. - 1 p.m.

Tennis Pavilion:

Phone: 303-471-8996

- Mon.- Fri.: 7:30 a.m. - 9 p.m.
- Sat.-Sun.: 7:30 a.m. - 6 p.m.

AMENITIES:

- | | |
|--------------------------|------------------------------------|
| - 10 Racquetball courts | - Pools: |
| - Cardiovascular area | - aqua climb |
| - Dry sauna | - dive pool |
| - Family changing rooms | - lap |
| - Fitness/dance studio | - youth |
| - Free weight area | - Running track |
| - Gymnasium (wood floor) | - Tennis courts |
| - Golf simulator | - six indoor, five outdoor |
| - Locker rooms | - pavilion |
| - Martial arts studio | - Yoga studio (hot) |
| - Member services | - Variable resistance machine area |
| | - Vending machine area |

ROOM RENTALS

The HRCA rents rooms to members on a space-available basis. Reservations must be made in-person at the recreation facility where the room is you are booking. Reservations are confirmed when contract is completed and payment is received.

For more information, visit
HRCAonline.org/RoomRentals

Wetterhorn Peak	(capacity 42)	\$45/hr
Crestone Peak	(capacity 41)	\$40/hr
Elbert Conference Room	(capacity 21)	\$35/hr

SOUTHRIDGE RECREATION CENTER

4800 McArthur Ranch Rd, Highlands Ranch
Phone 303-471-7020



Facility Hours:

- Mon.- Fri.: 5 a.m. - 9 p.m.
- Saturday: 7 a.m. - 8 p.m.
- Sunday: 7 a.m. - 6 p.m.

Membership Services/ Registration Hours:

- Mon.- Fri.: 6 a.m. - 7 p.m.
- Saturday: 7 a.m. - 5 p.m.
- Sunday: 9 a.m. - 2 p.m.

AMENITIES:

- Two Gymnasiums (multi-sport surface)
- Five Outdoor tennis courts
- Cardiovascular area
- Golf and multi-sport simulator
- Family changing rooms
- Fitness/dance studio
- Free weight area
- Locker rooms
- Member services
- Pools:
 - current channel
 - fitness pool
 - outdoor resort pool
 - zero depth
- Pottery studio
- Running track
- Variable resistance machine area
- Vending machine area
- Wildcat mountain auditorium

ROOM RENTALS

The HRCA rents rooms to members on a space-available basis. Reservations must be made in-person at the recreation facility where the room is you are booking. Reservations are confirmed when contract is completed and payment is received.

For more information, visit
HRCAonline.org/RoomRentals

Arapahoe Dry Crafts	(capacity 30)	\$40/hr
Arrowhead Conference Room	(capacity 20)	\$35/hr
Backcountry	(capacity 110)	\$150/hr
Butte	(capacity 50)	\$80/hr
Cliffs	(capacity 50)	\$80/hr
Wildcat Mountain Auditorium	(call 303-471-8860)	(capacity 325) \$275/hr

WESTRIDGE RECREATION CENTER

9650 Foothills Canyon Blvd, Highlands Ranch
Phone 720-348-8202



Facility Hours:

- Mon.- Fri.: 5 a.m. - 9 p.m.
- Saturday: 7 a.m. - 8 p.m.
- Sunday: 7 a.m. - 6 p.m.

Membership Services/ Registration Hours:

- Mon.- Fri.: 6 a.m. - 7 p.m.
- Saturday: 8 a.m. - 1 p.m.

AMENITIES:

- Five Outdoor batting cages
- Six Outdoor pickleball courts
- Camp HRCA (summer only)
- Cardiovascular area
- Family changing rooms
- Fitness/dance studio
- Free weight area
- Indoor cycling studio
- Indoor turf soccer/turf field
- Locker rooms
- Member services
- Pitching structure
- Pools:
 - lap
 - splash fountain
 - slides
 - vending machine area
 - youth
 - zero depth
- Preschool
- Running track
- Tiny tees ballpark
- Variable resistance machine area

ROOM RENTALS

The HRCA rents rooms to members on a space-available basis. Reservations must be made in-person at the recreation facility where the room is you are booking. Reservations are confirmed when contract is completed and payment is received.

For more information, visit
HRCAonline.org/RoomRentals

Full Hawk	(capacity 78)	\$75/hr
Cooper's Hawk	(capacity 45)	\$45/hr
Red Tailed Hawk	(capacity 33)	\$40/hr
Falcon	(capacity 100)	\$40/hr
Osprey	(capacity 27)	\$35/hr
Golden Eagle	(capacity 24)	\$35/hr
Indoor Turf	(call 303-471-8846)	
	Full turf:	\$140/hr
	2/3 turf:	\$100/hr
	1/3 turf:	\$70/hr



PARTIES & CELEBRATIONS

Parties and celebrations aren't just for kids! We offer many options for kids, teens, and adults. From traditional birthday parties to customized celebrations and get-togethers designed just for you, we will help you create special memories the fun, hassle-free way!

ARTS, GYMNASTICS, AND SPECIALTY PARTIES:

303-471-8818

- Snapology (Ages 3+):
 - Star Wars
 - Princess
 - Frozen
 - Disney Cars
 - Robotics - Motorized Hand Grabber or Swing
- Magic Party (Ages 6+)
- Science Matters (Ages 5-11):
 - Chemistry Magic
 - Perfume Science
 - Fantastic Flight
- Nature's Educators (Ages 6+):
 - Your Wild Backyard
 - Super Snakes
 - Talon Talk
- Wize (Ages 5-7)
- Active Athletics Parties (Ages 3-15)

303-471-8853

- Cooking Party (Ages 5+)
- Dance Party (Ages 3+)
- Pottery Party (Ages 5+)
- Paint on Canvas Party (Ages 7+)
- Crocodile Rock Party (Ages 18 mos-3)

BATTING CAGES, INDOOR TURF AND CUSTOMIZED PARTIES

303-471-8846

- **Touchdown! Turf Party (Ages 3+)**
60-minutes of turf time, and 60-minutes of party room time.
- **"Extra Point" Touchdown Option (Ages 3+)**
40-minutes of batting cages, 40-minutes of turf time, and 40-minutes of party room time.
- **Triple Play Party (Ages 6+)**
40-minutes of batting cages, 40-minutes of turf time, 40-minutes of party room time.

Each party room is decorated with the theme of your child's choice, if availability permits.

BACKCOUNTRY WILDERNESS AREA OUTDOOR PARTIES

Parties are held outdoors at the Backcountry Outdoor Center

6005 Ron King Trail, 80125
303-471-7038

PARTIES FOR ADULTS

Arts & Crafts Parties 303-471-8853
(Paint on Canvas, hand-build a clay lantern or candle holder)
Backcountry Parties 303-471-7054
Cooking Parties 303-471-8853

SOUTHRIDGE GOLF AND MULTI-SPORT SIMULATOR PARTY (AGES 7+)

Come play...

- Golf
- Soccer
- Baseball
- Hockey
- Football
- Dodgeball
- Carnival games and more!

Contact Ned Pirotte at ned.pirotte@hrcaonline.org or 303-471-8860

POOL PARTIES (AGES 4+)

Available at Southridge and Eastridge only

Southridge 303-471-7055
contact Breana Hartman at
- breauna.hartman@hrcaonline.org

Eastridge 303-471-8877
contact Jackson Crichton at
- jackson.crichton@hrcaonline.org

- **Large Pool Party (Max 15)**

Register online to book a pool Birthday Party:
[HRCAonline.org/Parties](https://hrcaonline.org/Parties)

Or scan the QR code.



WE ARE HIRING JOIN OUR TEAM

Are you looking for a unique position, fun working environment and advancement opportunities? If so, the Highlands Ranch Community Association is the place for you. HRCA is always looking for hard-working, energetic people to fill our open positions.

Whether you're looking for full-time, part-time or seasonal work, we have something for you. As an HRCA employee you could enjoy benefits like insurance, paid time off, access to the facilities and much more!

Here are just a few of the departments that are hiring:

- Admin
- Aquatics
- Arts
- Backcountry Wilderness Area
- Education
- Events
- Facilities
- Fitness
- Sports
- Therapeutic Recreation

Visit [HRCAonline.org/employment](https://hrcaonline.org/employment) for a list of current positions and apply today!





STAFF

Aquatics Operations and Programs Manager

Tyler Kurapkat
303-471-7036
tyler.kurapkat@hrcaonline.org

Swim Lesson Coordinator

Mindy Polete
303-471-8867
mindy.polete@hrcaonline.org

Coached Aquatics Coordinator

Kerri McGrath
303-471-8942
kerri.mcgrath@hrcaonline.org

Private Lessons

Learn to Swim or Coached Aquatics
720-348-8220
privatelessons@hrcaonline.org

Seahawks Summer Swim Team

seahawksteam@hrcaonline.org
303-471-8942

Find us on Facebook:

[f/HighlandsRanchCommunityAssociation](https://www.facebook.com/HighlandsRanchCommunityAssociation)

24/7 Online

[HRCAonline.org/Classes-Camps-Activites](https://hrcaonline.org/Classes-Camps-Activites)

ADULT COACHED SWIM PROGRAMS

ADULT COACHED SWIM PROGRAMS (Ages 18+)

Coached Adult Programs offer workouts that improve endurance and stroke technique for all skill levels from basic lap swimming to advanced competitive levels. Swimmers are divided into lanes by ability. Swimmers may drop-in or purchase an Adult Coached Program Pass which is valid for six months. Membership in USMS is not required to attend workout groups. For more information, visit [HRCAonline.org/swim](https://hrcaonline.org/swim) or call 303-471-8942.

Level 1: Novice swimmers will learn the basics of lap swimming (500-1800 yds per workout).

Level 2: Rec or Fitness Swimmers know all four competitive strokes. Workouts will consist of intervals and longer distances, but swimmers are not training for competition. (1200-2200 yds per workout)

Level 3: Advanced swimmers are challenged to swim traditional workouts and may be training for triathlons or USMS swim competitions. (2200-3000+ yards per workout)

Adult Coached Swim Session Information

Classes meet monthly, Outdoors May 28 - Aug 17 (weather permitting). No classes May 27, Memorial Day
No classes July 4, Independence Day

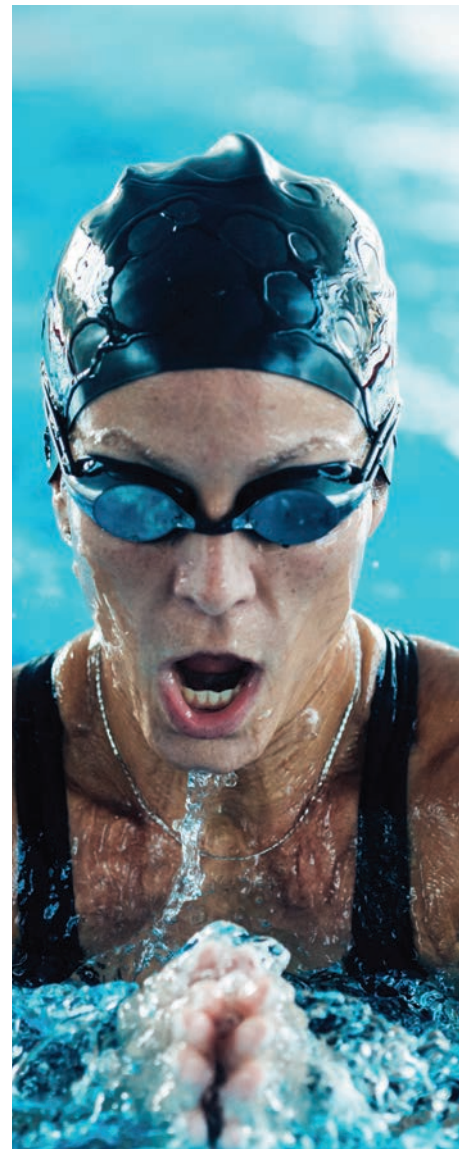
Purchase a punch pass online at hrcaonline.org/swim. Then, register for your desired class. Classes that do not reach minimums may be canceled. Check the website for the most current class times.

Digital Coached Aquatics Punch Passes:

Expires six months from date of purchase.
10 Punch Card (Ages 18+) \$75/\$95
20 Punch Card (Ages 18+) \$130/\$156
30 Punch Card (Ages 18+) \$189/\$226

Daily Drop-In Fee:

Daily Drop-In Fee (Ages 18+) \$11/\$13



AQUATICS

Ranch H2O (Level 1 & 2)

Introduction to lap swimming for beginners and intermediate level swimmers looking to gain swimming fitness, make friends, or prepare to swim in a USMS Masters level workout. A swimsuit and goggles are required, fins are encouraged.

Northridge, Pool

Tu, Th 6:30 a.m. - 7:30 a.m.



USMS Masters workout groups (Levels 2 & 3)

Highlands Ranch Masters Swim is registered with both COMSA and US Masters Swim. This gives the ability for the program to be recognized and for swimmers to compete on a local and national scale. Swimmers do not have to be members of USMS to participate in HRCAs Coached Aquatics classes.

Masters (Level 2 & 3)

Northridge, Pool

M, W, F 6:15 - 7:30 a.m.
M, W 12:00 - 1:00 p.m.
T, Th 11:00 a.m. - 12:00 p.m.
M, W 7:00 - 8:00 p.m.



SWIM PROGRESSION

LEARN TO SWIM AT A GLANCE

LEARN TO SWIM (Ages 9 months - Adult)

Starfish Aquatics, an internationally certified program, emphasizes age-appropriate lessons focusing on water confidence and self-survival skills that lead to stroke technique, endurance in the water, while participating in a positive and fun program. *All lessons are 30-minutes.*

Infant | Toddler (Ages 9 months - 2 years)

Star Tots

Enroll: Beginner level for adult caregiver and child. Children not yet potty trained must wear a swim diaper.
Focus: Parent and child explore in the water together, learning water safety and basic skills to help the child develop comfort and confidence.

Preschool Swim School (Ages 3 - 5)

Pre-K Swim I - White and Red

Enroll: Beginner level, comfortable in water without the parent.
Focus: Develop water safety skills, submersion, front and back floating positions, air exchange, rollover floats, and kicking.

Pre-K Swim II - Yellow, Blue, and Green

Enroll: Complete Pre-K Swim I level or able to fully submerge unassisted, front and backfloat unassisted, roll front to back and back to front float.
Focus: Water safety skills, front and back streamline with kick, rollover float and return to wall, kick and pull-on front and back, intro to side breathing.

School Age Swim School (Ages 6 - 12)

Youth Swim I - White and Red

Enroll: Beginner level, comfortable in three feet of water without the parent.
Focus: Develop water safety skills, submersion, front and back floating positions, air exchange, rollover floats, and kicking.

Youth Swim II - Yellow, Blue, and Green

Enroll: Complete Swim I level or able to fully submerge, front and back float unassisted, roll front to back and back to front unassisted.
Focus: Front and back streamline with kick, rollover floats and return to wall, beginning freestyle and backstroke, intro to side breathing, treading water.

School Age Stroke School (Ages 6 - 12)

Youth Stroke I - White and Red

Enroll: Complete Swim II level or able to slide glide, swim beginner freestyle with side breathing 10-yards, and tread water for 30-seconds.
Focus: Freestyle and backstroke development technique to competently swim both strokes with consistent form.

Youth Stroke II - Yellow, Blue, and Green

Enroll: Complete Stroke I level or able to swim freestyle and backstroke 10-yards with consistent form.
Focus: Introduction and competency in butterfly and breaststroke, continue technique and endurance all strokes, open and flip turns, treading water.

Teen | Adult (Ages 13 - Adult)

Enroll: Must be comfortable in the lap pool in water four-feet or deeper with face in the water.
Focus: Learn basic water safety skills, floating; kicking, and gliding on front and back; beginner freestyle with side breathing and backstroke.



LEARN TO SWIM PROGRAMS

Individual class descriptions and class schedules are available by visiting hrcaonline.org/swim. It is recommended to enroll in the same skill level for a minimum of two to three months to successfully complete all skills for that level. We are a certified learn-to-swim program through Starfish Aquatics Institute, (SAI). SAI is an internationally accredited organization and a global leader in swimming instruction! At HRCA, the Learn to Swim program goals are to provide water safety instruction, prevent drownings, and instill a lifelong love of the water. We offer small class sizes and provide first class swim lessons with SAI certified instructors.

Please refer to the HRCA Swim Progression Chart or visit the Learn to Swim Page at HRCAonline.org/swim for more information on the breakdown of classes, skill levels, and available class times. Questions? Please call 303-471-8867.

All classes are held at the Eastridge pool, and grouped by age and skill level:

Infant/Toddler (Ages 9 months-2 years)

Preschool (Ages 3-5)

School Age (Ages 6-12)

Teen/Adult (Ages 13+)

LEARN TO SWIM SESSION INFORMATION

Weekday Indoor Lessons

Eastridge, Indoor Pool; Price \$108 / \$132

M, W three weeks (six lessons) (30 Min.)

Tu, Th three weeks (six lessons) (30 Min.)

Session 1 04/29/24 – 05/16/24

Session 2 05/28/24 – 06/13/24

(No Classes 05/27)

Session 3 06/24/24 – 07/11/24

(No classes 07/04)

Session 4 07/15/24 – 08/01/24

Session 5 08/06/24 – 08/22/24

(T/Th classes only)

Saturday Indoor Lessons

Eastridge, Indoor Pool; Price \$78/ \$94

Sa four weeks (four lessons) (30 Min.)

Session 1 04/27/24 – 05/18/24

Session 2 06/08/24 – 06/29/24

Session 3 07/13/24 – 08/03/24

Session 4 08/10/24 – 08/24/24

(No Classes 08/31)

Weekday Outdoor Lessons

Eastridge, Outdoor Pool; Price \$130/\$154

M-Th Two weeks (eight lessons) (30 Min.)

Session 1A 05/28/24 – 06/06/24

(No Classes 05/27)

Session 1B 06/10/24 – 06/20/24

Session 2A 06/24/24 – 07/03/24

(No Classes 07/04)

Session 2B 07/08/24 – 07/18/24

Session 3A 07/23/24 – 08/01/24

PRIVATE LESSONS

30 Minute Private or Family Semi-Private Lessons Learn to Swim or Coached Aquatic (Ages 3-Adult)

Looking for individualized swim instruction to focus on a specific skill or conquer a fear of water? HRCA offers private and semi-private lessons for all skills levels with flexible scheduling. Lessons are booked directly with the Aquatics Department. For pricing and scheduling information visit HRCAonline.org/swim, or call 720-348-8220.

SEAHAWKS SWIM LEVELS PROGRESSIONS

Seahawks Intro (Ages 7-12) 45-min practices

Enroll: Complete Stroke II Green level at HRCA or able to swim 25yd freestyle with side breathing, 25yd backstroke, and know 10yd breaststroke & butterfly.
Focus: Mastery of free, back, and deck dives. Prepare for a 60-minute swim team workout including 25yd fly and 25yd breast. Timed 50yd free and back in 1:15.

Seahawks Intermediates (Ages 8-12) 60-min practices

Enroll: Completion of Intro or swims a 60-minute swim team workout including 25yd butterfly and 25yd breaststroke. Timed 50yd free in 1:15.
Focus: Mastery of butterfly, breaststroke, and building endurance in all four strokes. Timed 100yd free in 2:00 using flip turns.

Seahawks Juniors (Ages 9-14) 60-min practices

Enroll: Completion of Intermediates or Swims a 60-minute swim team workout including 25yd butterfly and 25yd breaststroke. Timed 100yd free and back in 2:00.
Focus: Mastery of all four competitive strokes, competitive dive starts from block, and flip turns. Timed 100yd freestyle and 100yd IM in 1:50.

Seahawks Seniors (Ages 11-18) 90-min practices

Enroll: Completion of Juniors or demonstrates competitive swim strokes in a 100 IM (1:50), 100 Free (1:50), and ability to complete a 90-minute swim team workout.
Focus: Drills and sets are designed to improve speed and endurance. Swimmers should be able to complete 10x100 Free on a 1:50 interval and a legal 200 IM. Swim fins are required for practices.

Seahawks Elites (Ages 13-18) 90-min practices

Enroll: Completion of Seniors or Coach recommendation. Demonstrates all four competitive strokes to USA Swimming standards including starts, turns, underwater pull-outs. 100 Free @ 1:25
Focus: Practices at the Elite level focus on drills and sets designed to improve speed and endurance. Swimmers should be able to complete 10 x 100 FREE on a 1:50 interval and a legal 200yd IM. Swim fins are required for practices.

Seahawks Summer Swim Team (Ages 6-18) 60-min or 90-min practices

Enroll: Completion of Intro or Swims a 60-minute swim team workout including beginner butterfly and breaststroke. Timed 50yd swim: 25yd freestyle and 25yd backstroke in 1:15.
Focus: Practices build endurance, improve stroke technique, and encourage fun and friendships in a competitive summer swim team environment.



YOUTH COACHED SWIM PROGRAMS

For more information, visit HRCAonline.org/swim or call 303-471-8942.

SEAHAWKS SWIM PROGRAMS

Swimmers develop the skills needed for a life long enjoyment of swimming by learning competitive swim skills including all four competitive strokes, diving, turns, and water safety in a swim team environment. Racing suits for girls and jammer suits for boys are recommended. New participants are evaluated the first day.

Minimum to enroll in Seahawks: Refer to the Seahawks Levels or visit the Youth Coached Programs Page at HRCAonline.org/swim for information. For more info contact Kerri McGrath at 303-471-8942 or kerri.mcgrath@hrcaonline.org.

Westridge, Indoor Pool

Youth Coached Year-Round Session Information

Session 1	05/24/24 - 05/24/24
Session 2	06/03/24 - 06/28/24
Session 3	07/01/24 - 07/26/24 (No Class 07/04)
Session 4	08/05/24 - 08/29/24

Intro (Ages 7-12)

Price \$142/\$166

Tu, Th	4:00 - 4:45 p.m. (Sessions 2,3)
Tu, Th	4:45 - 5:30 p.m. (Sessions 1-4)

Intermediates (Ages 8-12)

Price \$142/\$166 (Sessions 1 & 4)

Tu, Th	5:30 - 6:30 p.m.
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Juniors (Ages 9-14)

Price \$142/\$166 (Sessions 1 & 4)

Tu, Th	6:30 - 7:30 p.m.
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Seniors (Ages 11-18)

Price \$150/\$176 (Sessions 1 & 4)

M, W	6:00 - 7:30 p.m.
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Elites (Ages 13-18)

Price \$177/\$207 (Sessions 1 & 4)

M, W, F	4:30 - 6:00 p.m.
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SUMMER SEAHAWKS SWIM TEAM

Swim team practices Mon-Thu for eight weeks with three Saturday morning meets. Home swim meets are held at the Northridge Outdoor Pool from 7:00 a.m. - 1:00 p.m. Parents will be required to volunteer at each meet. Swimmers may attend ONLY ONE practice time slot (AM or PM) and are encouraged to enroll the whole summer. Visit the Seahawks Team Pages for more information and links for registration of all activities.

Home Swim Meet Dates: 06/22/24, 07/13/24, 07/20/24. Team Banquet (Southridge): 07/26/24

Northridge, Pools

Full-Summer Price \$425 / \$493

Single Session Price \$235 / \$270

Full Summer 06/03/24 - 07/25/24 (No Class 07/04)

Session 1 06/03/24 - 06/27/24

Session 2 07/01/24 - 07/25/24 (No Class 07/04)

Seahawks Blue (Ages 6-10)

M-Th 9:00 - 10:00 a.m.

M-Th 6:00 - 7:00 p.m.

Seahawks Maroon (Ages 11-18)

M-Th 7:30 - 9:00 a.m.

M-Th 4:30 - 6:00 p.m.

Youth Swim Clinics (Ages 6-18)

To Enroll: Must be able to swim 50-yards freestyle with side breathing and 75-yards backstroke. Program Focus: HRCA Swim Coaches lead small group clinics that focus on specific swim skills including diving, turns, butterfly and breaststroke. Northridge, Indoor Pool; Price \$52/\$62

Breaststroke & Butterfly

F	06/21	8:30 - 9:30 a.m.
F	07/12	8:30 - 9:30 a.m.

Starts & Flip Turns

F	06/21	9:30 - 10:30 a.m.
F	07/12	9:30 - 10:30 a.m.



SCUBA & SNORKEL PROGRAMS

For more information, visit HRCOnline.org/swim or please call 303-471-8867.

Learn to Snorkel (Ages 7+)

Some of the prettiest marine life and most colorful reefs are located within 20 feet of the surface! Learn the proper techniques involved with snorkeling both on the surface and underwater with a certified PADI instructor. This class is perfect for the entire family and will make your snorkeling trip a more pleasurable and rewarding experience. All equipment is provided for the class.

Eastridge, Lap Pool; Price \$40/\$48

Su 05/05/2024	12:30 - 2:30 p.m.
Su 06/02/2024	12:30 - 2:30 p.m.
Su 07/21/2024	12:30 - 2:30 p.m.
Su 08/18/2024	12:30 - 2:30 p.m.

Try Scuba (Ages 10+)

Curious about scuba diving, but not quite ready for open water or certification? Take the plunge and experience the thrill of scuba diving in a safe pool environment. Your certified PADI instructor will guide you through your first experience with the scuba equipment and how to breath underwater! This is an introduction to scuba diving, not a certification class. All gear is provided for this class.

Eastridge, Lap Pool; Price \$50/\$60

Su 05/05/2024	2:30 - 4:30 p.m.
Su 06/02/2024	2:30 - 4:30 p.m.
Su 07/21/2024	2:30 - 4:30 p.m.
Su 08/18/2024	2:30 - 4:30 p.m.

INFANT SWIMMING RESOURCE PROGRAM

Infant Swimming Resource (Ages 6 months - 3 years)

Infant Swimming Resource (ISR) is a comprehensive four-to-six-week program where each lesson is customized for the infant or child as they are safely guided through the learning process. ISR focuses on developmentally appropriate swimming skills that integrate teaching life-saving skills while building confidence in and around the water. Lessons are booked and paid for through the individual instructor. All lessons are conducted at the Southridge indoor pool. For details and contact information for instructors, please visit HRCOnline.org/swim or call 303-471-8867.



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Find us on Facebook:

f/HighlandsRanchCommunityAssociation

*Ages listed in the Guide are suggested age ranges only

24/7 online

HRCOnline.org/Classes-Camps-Activites

ART

Private Art Lessons (Ages 10+)

If you have a busy schedule, need individual instruction, or group art classes are not for you, try private lessons with an experienced instructor. To schedule lessons, call 303-471-8853 or email alecia.hindman@hrcaonline.org.

Southridge, Arapahoe; Price \$125/\$143

01/10/24 - 01/31/24
02/01/24 - 02/28/24
03/01/24 - 03/31/24
04/01/24 - 04/30/24

DRAWING, PAINTING AND SCULPTURE

Drawing, Painting & Sculpture (Ages 6-11)

Learn how to draw, paint, and sculpt while having fun! We use traditional fine art media (pencil, marker, paints, and sculpting materials) to make fun new modern themes. In this class, we do a little bit of everything to make our students fluent in the use of any art media they'll find in school or elsewhere.

Southridge, Arapahoe; Price \$70/\$80

M 05/06/24 - 05/20/24 5:30 - 6:30 p.m.*
M 06/03/24 - 06/24/24 5:30 - 6:30 p.m.
M 07/01/24 - 07/29/24 5:30 - 6:30 p.m.**
M 08/05/24 - 08/26/24 5:30 - 6:30 p.m.

*Adjusted price \$52/\$60

**Adjusted price \$87/\$100

Beginning Painting (Ages 18+)

Let's start painting! Using acrylic paint, we learn about composition, color mixing, and various paint application techniques, like wet-on-wet, dry brush and using salt. Basic drawing skills will help in the layout of our subject matter, which may include still life, animals, landscapes, and flowers. You're sure to learn a lot while having fun!

Southridge, Arrowhead; Price \$78/\$90

W 05/08/24 - 05/22/24 10:00 - 11:30 a.m.*
W 05/08/24 - 05/22/24 1:00 - 2:30 p.m.*
W 08/07/24 - 08/28/24 10:00 - 11:30 a.m.
W 08/07/24 - 08/28/24 1:00 - 2:30 p.m.

*Adjusted price \$59/\$68

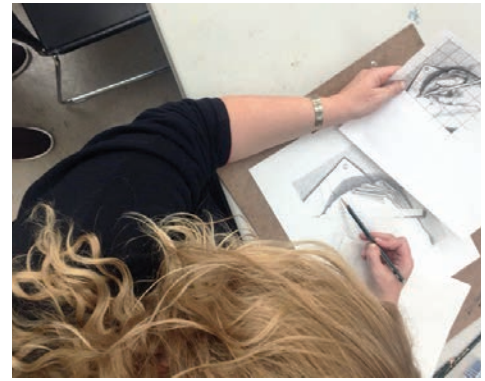
Watercolor (Ages 18+)

Explore painting with watercolor! Learn to utilize this unique medium. Discover the subtleties of proper control and technique. A supply list will be given out in the first class.

Southridge, Arapahoe; Price \$78/\$90

W 05/08/24 - 05/29/24 6:00 - 8:00 p.m.
W 06/05/24 - 06/26/24 6:00 - 8:00 p.m.
W 07/03/24 - 07/31/24 6:00 - 8:00 p.m.*
W 08/07/24 - 08/28/24 6:00 - 8:00 p.m.

*Adjusted price \$97/\$111



Drawing 101 (Ages 18+)

Learn how to draw by observation. This class is great for beginners and will address fundamental drawing methods. Discover how to copy and record an accurate drawing from sight. Explore shading and texture as you advance in technique. Bring a sketch book and pencils to class. **Older teens are welcome with attending parent. Please email Alecia Hindman at alecia.hindman@hrcaonline.org for more details.**

Southridge, Arrowhead; Price \$70/\$80

M 05/06/24 - 05/20/24 6:45 - 7:45 p.m.*
M 06/03/24 - 06/24/24 6:45 - 7:45 p.m.
M 07/01/24 - 07/29/24 6:45 - 7:45 p.m.**
M 08/05/24 - 08/26/24 6:45 - 7:45 p.m.

*Adjusted price \$54/\$62

**Adjusted price \$87/\$100

ART SPECIALTY

Art Journaling (Ages 18+)

Art journaling is an open-ended form of art that focuses on creativity using media like watercolors, markers, colored pencils, gouache, and stamping. You will follow creative ideas while exploring your preferences for art forms.

Southridge, Arrowhead Studio; Price \$46/\$53

M 05/06/24 - 05/20/24 1:00 - 2:30 p.m.*
M 06/03/24 - 06/24/24 1:00 - 2:30 p.m.
M 07/01/24 - 07/29/24 1:00 - 2:30 p.m.**
M 08/05/24 - 08/26/24 1:00 - 2:30 p.m.

*Adjusted price \$35/\$40

**Adjusted price \$58/\$67

Modern Calligraphy (Ages 18+)

Modern Calligraphy is fun, decorative, and sometimes whimsical. Learn how to form letters, put them together for words, and develop your own style. Good handwriting is NOT a requirement. We will be exploring calligraphy with a pencil, markers, brush pen, and watercolor pen. Have fun while learning how to turn 26 letters into works of art!

Southridge, Arrowhead Studio; Price \$46/\$53

M 05/06/24 - 05/20/24 10:00 - 11:30 a.m.*
M 06/03/24 - 06/24/24 10:00 - 11:30 a.m.
M 07/01/24 - 07/29/24 10:00 - 11:30 p.m.**
M 08/05/24 - 08/26/24 10:00 - 11:30 p.m.

*Adjusted price \$35/\$40

**Adjusted price \$58/\$67

Mindful Art (Ages 18+)

Mindful Art is for simple, calming creativity. It will improve your mood, have less stress, and helps to achieve focused relaxation. No art experience is needed; just a wonderful desire to be creative. Projects will include doodle art, mandalas, and coloring. We will use markers, watercolor, and colored pencils...all provided.

Southridge, Arrowhead Studio; Price \$46/\$53;

No class 05/23

Th 05/09/24 - 05/30/24 1:00 - 2:30 p.m.*
Th 06/06/24 - 06/27/24 1:00 - 2:30 p.m.
Th 07/11/24 - 07/25/24 1:00 - 2:30 p.m.*
Th 08/01/24 - 08/29/24 1:00 - 2:30 p.m.**

*Adjusted price \$35/\$40

**Adjusted price \$58/\$67

ART

Zen Doodling (Ages 18+)

Zen doodling is a calming kind of doodling using simple, repetitive patterns to create art. It is an incredibly relaxing activity that produces lovely results even if you do not think you are artistic. As you draw, you boost concentration, creating a positive mood, and external distraction becomes less important.

Southridge, Arrowhead Conference Room; Price \$46/\$53

Tu	05/07/24 - 05/28/24	1:00 - 2:30 p.m.
Tu	06/04/24 - 06/25/24	1:00 - 2:30 p.m.
Tu	07/02/24 - 07/30/24	1:00 - 2:30 p.m.*
Tu	08/06/24 - 08/27/24	1:00 - 2:30 p.m.

*Adjusted price \$58/\$67

Knitting (Ages 18+)

Beginning Knitting: Learn how to knit, purl, cast on, bind off, increase, and decrease. Once you have accomplished these concepts, learn how to read a simple pattern, and make a beanie hat. Yarn will be provided for practice knitting. Needles may be purchased in class (NOTE: We only use circular needles and will be working on Chai Goo Needles Size 8-16"). Students will provide yarn and needles for beanie hats after 2nd class.

Northridge, Elbert Conference Room; Price \$47/\$54; No class 08/15

Th	05/02/24 - 05/30/24	1:45 - 3:45 p.m.**
Th	06/06/24 - 06/27/24	1:45 - 3:45 p.m.
Th	07/11/24 - 07/25/24	1:45 - 3:45 p.m.*
Th	08/01/24 - 08/29/24	1:45 - 3:45 p.m.

*Adjusted price \$35/\$40

**Adjusted price \$58/\$67

Advance Beginning Knitting: Once you have accomplished learning to knit, purl, cast on, bind off, increasing and decreasing and have the approval of the instructor, students may sign up for the Advance Beginning Knitting class. Students will learn advanced stitches and techniques and will start knitting projects of their choice. Students will provide their own needles and yarn.

Northridge, Elbert Conference Room; Price \$47/\$54; No class 08/15

Th	05/02/24 - 05/30/24	9:00 - 11:00 a.m.**
Th	06/06/24 - 06/27/24	9:00 - 11:00 a.m.
Th	07/11/24 - 07/25/24	9:00 - 11:00 a.m.*
Th	08/01/24 - 08/29/24	9:00 - 11:00 a.m.

*Adjusted price \$35/\$40

**Adjusted price \$58/\$67



Intermediate Knitting: Students must have completed Beginning Knitting and Advanced Beginning Knitting and must get approval to advance to this class. Students will learn advanced patterns and incorporate them into individual projects. The instructor will work individually with each student on their knitting projects. Students will provide their own yarn and knitting needles.

Northridge, Elbert Conference Room; Price \$47/\$54; No class 08/15

Th	05/02/24 - 05/30/24	11:30 a.m. - 1:30 p.m.**
Th	06/06/24 - 06/27/24	11:30 a.m. - 1:30 p.m.
Th	07/11/24 - 07/25/24	11:30 a.m. - 1:30 p.m.*
Th	08/01/24 - 08/29/24	11:30 a.m. - 1:30 p.m.

*Adjusted price \$35/\$40

**Adjusted price \$58/\$67

COOKING COOKING PARENT - TOT

Chef-in-Training (Ages 2-5)

Create fun snacks using kid-friendly ingredients based on the theme of the month. Children must be accompanied by an adult. Price includes all food supplies.

Southridge, Kitchen; Price \$66/\$76; No class 05/17

Breakfast Bunch		
F	05/10/24 - 05/31/24	9:00 - 10:00 a.m.*
Picnic Picks		
F	08/09/24 - 08/30/24	9:00 - 10:00 a.m.**

*Adjusted price \$50/\$57

**Adjusted price \$82/\$94

GENERAL COOKING

Kids Rule the Kitchen (Ages 5-7)

This class will expose kids to new ingredients while they learn to create appetizers, main courses, and desserts based on the theme of the month. Price includes all food supplies.

Southridge, Kitchen; Price \$66/\$76

Secret Recipes		
M	05/06/24 - 05/20/24	5:00 - 6:00 p.m.*
Snack Attack		
M	06/03/24 - 06/24/24	5:00 - 6:00 p.m.
Breads and Spreads		
M	07/01/24 - 07/29/24	5:00 - 6:00 p.m.**
Campground Cooking		
M	08/05/24 - 08/26/24	5:00 - 6:00 p.m.

*Adjusted price \$50/\$58

**Adjusted price \$83/\$95

Young Chefs (Ages 7-9)

Aspiring chefs will get a realistic introduction to the world of culinary arts. Learn many different cooking methods while creating unique and yummy recipes. Price includes all food supplies.

Southridge, Kitchen; Price \$66/\$76; No class 07/10

Secret Recipes		
W	05/08/24 - 05/29/24	4:30 - 5:30 p.m.
Snack Attack		
W	06/05/24 - 06/26/24	4:30 - 5:30 p.m.
Breads and Spreads		
W	07/03/24 - 07/31/24	4:30 - 5:30 p.m.
Campground Cooking		
W	08/07/24 - 08/28/24	4:30 - 5:30 p.m.

Creative Cooks (Ages 9-12)

This series of classes will instill the young chef with confidence in and out of the kitchen. Each week the student will learn skills like baking, sautéing, chopping, dicing, grating.

Southridge, Kitchen; Price \$66/\$76; No class 07/10

The Tasty Twist		
W	05/08/24 - 05/29/24	6:00 - 7:00 p.m.
Snack Attack		
W	06/05/24 - 06/26/24	6:00 - 7:00 p.m.
Breads and Spreads		
W	07/03/24 - 07/31/24	6:00 - 7:00 p.m.
Campground Cooking		
W	08/07/24 - 08/28/24	6:00 - 7:00 p.m.

Teen Cuisine (Ages 12-18)

Teens will explore the delicious world of cooking. Come learn the basics of cooking and develop your skills in the kitchen. This class is designed for teens who love to cook! Learn about different foods and how to prepare them to make scrumptious recipes for home. Price includes all food supplies.

Southridge, Kitchen; Price \$36/\$41

The Tasty Twist		
Th	05/09/24 - 05/16/24	4:00 - 5:30 p.m.
Cooking for Teens		
Th	06/06/24 - 06/13/24	4:00 - 5:30 p.m.
International Cuisine		
Th	07/11/24 - 07/18/24	4:00 - 5:30 p.m.
What's for Dinner		
Th	08/01/24 - 08/08/24	4:00 - 5:30 p.m.

DANCE BALLET

- Each child must be at the appropriate age for the class at the start of the session or reach the appropriate age within the first week of the session.
- No refunds or prorates will be given after the start of a session.
- No late registrations allowed after the third week of the session.

What to Wear:

- **Ballet:** leotard, tights, dance skirt, and all leather ballet shoes in any color.
- **Tap:** leotard, tights, dance skirt in any color, plus tap shoes.
- **Hip Hop and Pip Hop:** comfortable clothing students can move in.

Itty-Bitty Ballet (Ages 2½-3)

This class introduces your child to basic ballet techniques, songs, dance, and creative play. Note: Parents do not attend class and students are not eligible for the recital.

Eastridge, Dance Studio; Price \$93/\$107;

No class 05/27

M	05/06/24 - 07/01/24	10:15 - 10:55 a.m.
M	07/08/24 - 08/19/24	10:15 - 10:55 a.m.*
Tu	05/07/24 - 06/25/24	10:00 - 10:40 a.m.
Tu	07/02/24 - 08/20/24	10:00 - 10:40 a.m.
W	05/01/24 - 06/19/24	10:15 - 10:55 a.m.
W	06/26/24 - 08/21/24	10:15 - 10:55 a.m.**
Sa	05/04/24 - 06/22/24	9:30 - 10:10 a.m.
Sa	06/29/24 - 08/17/24	9:30 - 10:10 a.m.

*Adjusted price \$81/\$93

**Adjusted price 105/\$121





Ballet I (Ages 3-5)

Barre and center exercises are used to teach steps and positions of ballet. Classes are designed to aid in the development of flexibility, coordination, balance, body awareness, listening, discipline, and self-esteem. All ballet students are encouraged to participate in the dance recital.

Eastridge, Dance Studio; Price \$93/\$107;

No class 05/27

M	05/06/24 - 07/01/24	11:00 - 11:40 a.m.
M	07/08/24 - 08/19/24	11:00 - 11:40 a.m.*
M	05/06/24 - 07/01/24	6:00 - 6:40 p.m.
M	07/08/24 - 08/19/24	6:00 - 6:40 p.m.*
Tu	05/07/24 - 06/25/24	10:45 - 11:25 a.m.
Tu	07/02/24 - 08/20/24	10:45 - 11:25 a.m.
W	05/01/24 - 06/19/24	11:00 - 11:40 a.m.
W	06/26/24 - 08/21/24	11:00 - 11:40 a.m.**
Sa	05/04/24 - 06/22/24	10:15 - 10:55 a.m.
Sa	06/29/24 - 08/17/24	10:15 - 10:55 a.m.*

*Adjusted price \$81/\$93

**Adjusted price 105/\$121

Ballet II (Ages 4-6)

Barre and center exercises are used to teach steps and positions of ballet. Classes are designed to aid in the development of flexibility, coordination, balance, body awareness, listening, discipline, and self-esteem. All ballet students are encouraged to participate in the dance recital.

Eastridge, Dance Studio; Price \$93/\$107;

No class 05/27

M	05/06/24 - 07/01/24	11:45 a.m. - 12:25 p.m.
M	07/08/24 - 08/19/24	11:45 a.m. - 12:25 p.m.*
M	05/06/24 - 07/01/24	6:45 - 7:25 p.m.
M	07/08/24 - 08/19/24	6:45 - 7:25 p.m.*
Tu	05/07/24 - 06/25/24	11:30 a.m. - 12:10 p.m.
Tu	07/02/24 - 08/20/24	11:30 a.m. - 12:10 p.m.
Tu	05/07/24 - 06/25/24	6:00 - 6:40 p.m.
Tu	07/02/24 - 08/20/24	6:00 - 6:40 p.m.
W	05/01/24 - 06/19/24	11:45 a.m. - 12:25 p.m.
W	06/26/24 - 08/21/24	11:45 a.m. - 12:25 p.m.**
Sa	05/04/24 - 06/22/24	11:00 - 11:40 a.m.
Sa	06/29/24 - 08/17/24	11:00 - 11:40 a.m.*

*Adjusted price \$81/\$93

** Adjusted price 105/\$121

Ballet III (Ages 5-9)

Barre and center exercises are used to teach steps and positions of ballet. Classes are designed to aid in the development of flexibility, coordination, balance, body awareness, listening, discipline, and self-esteem. All ballet students are encouraged to participate in the dance recital.

Eastridge, Dance Studio; Price \$93/\$107;

No class 07/04

Tu	05/07/24 - 06/25/24	6:45 - 7:25 p.m.
Tu	07/02/24 - 08/20/24	6:45 - 7:25 p.m.
Th	05/02/24 - 06/20/24	6:45 - 7:25 p.m.
Th	06/27/24 - 08/22/24	6:45 - 7:25 p.m.

Ballet III/IV (Ages 6-8)

Barre and center exercises are used to teach steps and positions of ballet. Classes are designed to aid in the development of flexibility, coordination, balance, body awareness, listening, discipline, and self-esteem. All ballet students are encouraged to participate in the dance recital.

Eastridge, Dance Studio; Price \$93/\$107;

No class 07/04

W	05/01/24 - 06/19/24	6:30 - 7:15 p.m.
W	06/26/24 - 08/21/24	6:30 - 7:15 p.m.*

*Adjusted price \$105/\$121

BELLY DANCE

Belly Dance (Ages 18+)

All levels welcome in this fun class dedicated to teaching and practicing the ancient art of belly dance. Learn classic Egyptian Style, American Cabaret/Vintage, Oriental, and Tribal Fusion technique. Learn historic facts about the dance. No matter what your dance experience is from a true beginner to a professional, this class will challenge and inspire you.

Southridge, Fitness Studio; Price \$48/\$55

Th 05/16/24 - 05/30/24 7:00 - 8:00 p.m.*

Th 06/06/24 - 06/20/24 7:00 - 8:00 p.m.*

Th 08/01/24 - 08/29/24 7:00 - 8:00 p.m.**

*Adjusted price \$36/\$41

**Adjusted price \$60/\$69

COUPLES DANCE

Couples Dance (Ages 18+)

Enjoy a night out with your friends and significant other while learning something new. These dances will have your confidence on the dance floor soaring to new heights!

Fusion Dance: Swing and Two Step

TALK ABOUT FUN! Learn two dances and how to put them together! Lots of turns, twirls and combinations! You'll be able to stay on the dance floor all night long!

Westridge, Fitness Studio; Price \$42/\$48

Tu 05/07/24 - 05/28/24 6:45 - 7:45 p.m.

How to Dance to a Slow Song (Nightclub 2 Step)

You don't have to just rock back and forth after you take this class. Nightclub 2 Step is the dance where you'll be able to take the easy basic step and add some nice turns for a little extra "pizzaz"!

Westridge, Fitness Studio; Price \$42/\$48

Tu 05/07/24 - 05/28/24 7:45 - 8:45 p.m.

Hold on to your Hat Country Swing

YEE-HAW! The most FUN Swing Dance EVER. Be ready to SWING to the band. Learn the basics great turns and twirls.

Westridge, Fitness Studio; Price \$42/\$48

Tu 06/04/24 - 06/25/24 6:45 - 7:45 p.m.

Country Western 3-Dance Hoedown Level 2

Let's do some real boot-scootin'. Now that you know your basics, all you need is some review and more turns and twirls. We'll use 2 Step, Swing & Triple Step.

Westridge, Fitness Studio; Price \$42/\$48

Tu 06/04/24 - 06/25/24 7:45 - 8:45 p.m.

The New Millennium Cowboy Cha Cha

Cowboy Cha Cha isn't just for country music anymore! It's everywhere! It's the prettiest dance to come along ...ever! Can be done solo or with a partner. We will learn how to dance it both ways.

Westridge, Fitness Studio; Price \$42/\$48

Tu 07/02/24 - 07/30/24 6:45 - 7:45 p.m.*

*Adjusted price \$53/\$61



Waltz Me Across the Dance Floor

Two types of Waltzes: Country Waltz AND Social Ballroom. Both are graceful, smooth and easy, with pretty turns and accents. Everyone LOVES the Waltz!

Westridge, Fitness Studio; Price \$42/\$48

Tu 07/02/24 - 07/30/24 7:45 - 8:45 p.m.*

*Adjusted price \$53/\$61

COUPLES - PRIVATE LESSONS (Ages 18+)

If you're looking to perfect your dances for your wedding or special event, this is a great way to get the individualized attention you desire to look and feel confident on the dance floor. To schedule a lesson call at 303-471-8853 or email alecia.hindman@hrcaonline.org.

Swedish Folk Dance Club (Ages 18+)

Bring your partner and enjoy lively dances in easy classes designed for beginners. Soar with enchanting Swedish melodies as you master these traditional dances: Waltz, Schottis, Mazurka and Hambo, in addition to Swedish set dances.

Eastridge, Dance; Studio Price \$12/\$14

W 05/01/24 - 05/29/24 7:45 - 8:45 p.m.*

W 06/05/24 - 06/26/24 7:45 - 8:45 p.m.

*Adjusted price \$15/\$17

LINE DANCE

Line Dancing (Ages 55+)

Come join our great line dancing class for seniors! In this beginning class, you will learn great steps so you can dance the latest line dances plus the old favorites. Come make new friends in this fun and energizing class designed especially for you! No partners are necessary!

Northridge, Fitness Studio; Price \$42/\$48

Tu 05/07/24 - 05/28/24 1:00 - 2:00 p.m.

Tu 06/04/24 - 06/25/24 1:00 - 2:00 p.m.

Tu 07/02/24 - 07/30/24 1:00 - 2:00 p.m.*

*Adjusted price \$53/\$61

Line Dancing Level 2 (Ages 55+)

You're not beginners anymore, this is the class you've been asking for. Level 2 is designed for those who have been in the Level 1 (Beginner) classes and are ready to learn more advanced steps and dances. We will review what we learned in Level 1 (Beginner) class and move on. Sign up now to keep on going with the fun and exercise. Great all-around fitness class.

Northridge, Fitness Studio; Price \$42/\$48

Tu 05/07/24 - 05/28/24 2:00 - 3:00 p.m.

Tu 06/04/24 - 06/25/24 2:00 - 3:00 p.m.

Tu 07/02/24 - 07/30/24 2:00 - 3:00 p.m.*

*Adjusted price \$53/\$61

Line Dance Sunday Afternoon Getaway (Ages 18+)

Dance for exercise and fun! Get out of the house and do something really FUN for yourself! In this class you will learn all the latest line dances! You can even join the Line Dance Team!

**Eastridge, Dance Studio; Price \$42/\$48;
No class 05/12, 06/16**

Su 05/05/24 - 05/26/24 2:30 - 3:30 p.m.*
F 06/02/24 - 06/30/24 2:30 - 3:30 p.m.
Su 07/07/24 - 07/28/24 2:30 - 3:30 p.m.
*Adjusted price \$32/\$37

DANCE RECITAL

"Pool Party" Dance Recital (Ages 3-13)

Dance recital for Ballet, Tap, Hip Hop, Pip Hop, and K-Pop classes. Recital routines are choreographed by instructors and taught in your child's class. This performance gives your child the experience of performing for an audience. Every family who signs up for the recital will receive a photo, no need to register. Note: All students who register for July-August dance classes are eligible for the dance recital unless otherwise stated in the class description. The dance recital is a separate registration fee from registered classes and includes a costume and photo. The registration deadline for the recital is July 17. No refunds will be granted after the costumes have been ordered. Performance time for your child's class will be determined by the instructor after the registration cut-off date.

Southridge, Wildcat Auditorium; Price \$85/\$98

"Pool Party" Dance Recital

(Registration Deadline July 17)

Sa 08/24/24 9:00 a.m. - 2:00 p.m.

Flower Bouquet; Price: \$10

(Registration Deadline July 17)

HIP HOP

Dance Beats (Ages 5-8)

An upbeat dance class where you will find the fun of hip hop, the technique from ballet, and the style of jazz. You'll have the best time fan-kicking, pirouetting, and more to some of the high energy dance songs you love. All students are encouraged to participate in the dance recital.

Eastridge, Dance Studio; Price \$93/\$107;

No class 07/04

Tu 05/07/24 - 06/25/24 7:30 - 8:10 p.m.
Tu 07/02/24 - 08/20/24 7:30 - 8:10 p.m.
Th 05/02/24 - 06/20/24 6:00 - 6:40 p.m.
Th 06/27/24 - 08/22/24 6:00 - 6:40 p.m.

Pip Hop (Ages 3-6)

This pip hop class for little ones is full of rhythm, body awareness, simple choreography, and high energy craziness all set to cool Disney music! Students are encouraged to participate in the dance recital. Note: Students must attend both sessions to be eligible for recital.

Eastridge, Dance Studio; Price \$93/\$107

W 05/01/24 - 06/19/24 12:30 - 1:10 p.m.
W 06/26/24 - 08/21/24 12:30 - 1:10 p.m.*
*Adjusted price \$105/\$121



K-Pop (Ages 7-13)

Students will be able to learn Korean Pop Dances by the most popular music groups including BTS, Twice, Seventeen, New Jeans, NCT and many more! Each week we learn a new dance from a different artist! Dances are a fusion Hip Hop focusing on musicality and performance. Students are encouraged to perform in the recital.

Eastridge, Dance Studio; Price \$93/\$107;

No class 05/27

M 05/06/24 - 07/01/24 7:30 - 8:15 p.m.
M 07/08/24 - 08/19/24 7:30 - 8:15 p.m.*

*Adjusted price \$81/\$93

Hip Hop Contemporary (Ages 7-12)

This is an upbeat class set to popular music. Hip Hop, Jazz, and Contemporary dance is covered. Learn funky dance moves in an encouraging environment. Students are encouraged to participate in the dance recital.

Eastridge, Dance Studio; Price \$93/\$107

Ages 7-9

W 05/01/24 - 06/19/24 4:45 - 5:30 p.m.
W 06/26/24 - 08/21/24 4:45 - 5:30 p.m.*

Ages 10-12

W 05/01/24 - 06/19/24 5:30 - 6:15 p.m.
W 06/26/24 - 08/21/24 5:30 - 6:15 p.m.*

*Adjusted price \$105/\$121

TAP

BEGINNER TAP

Daytime All Levels Summer Session Tap (Ages 25+)

This class is an eight-week summer only all levels class. We will work technique and learn dances just for fun!! This class is taught by Laura.

Westridge, Fitness Studio; Price \$42/\$48

W 07/10/24 - 08/28/24 1:45 - 2:45 p.m.

Beginner Tap with YaYa (Ages 25+)

This class is for the "rusty" and "had tap as a kid". Emphasis will be on progressing tap techniques; from the basics already learned (guide sheet provided), advancing barre work, incorporating additional across the floor and center floor work. Phrases and beginner dance routines will be learned, practiced, and possibly performed. Fun making music with our feet! Class is taught by YaYa.

Westridge, Fitness Studio; Price \$42/\$48;

No class 05/27

M 05/06/24 - 06/03/24 12:30 - 1:30 p.m.
Th 05/02/24 - 06/20/24 12:30 - 1:30 p.m.*

*Adjusted price \$63/\$72

NIGHTTIME TAP

Nighttime Tap (Ages 25+)

Get your heart pumping and your feet tapping in this energizing and fun class! Learn tap techniques that will be integrated into a dance. A year of tap is strongly suggested. This class is taught by Laura.

Westridge, Fitness Studio; Price \$84/\$97; No class on 05/27

M 05/06/24 - 06/17/24 7:00 - 8:00 p.m.*
M 07/08/24 - 08/26/24 7:00 - 8:00 p.m.*

*Adjusted price \$63/\$73

Nighttime Tap for All Levels (Ages 25+)

This no performances no stress adult only tap class caters to all levels! You will learn basics of tap through fun choreography and rhythm tap! This class is taught by Laura.

Westridge, Fitness Studio; Price \$42/\$48

F 05/03/24 - 05/31/24 5:00 - 5:45 p.m.**
F 06/07/24 - 06/21/24 5:00 - 5:45 p.m.*
F 07/12/24 - 07/26/24 5:00 - 5:45 p.m.*
F 08/02/24 - 08/30/24 5:00 - 5:45 p.m.**

*Adjusted price \$32/\$37

**Adjusted price \$52/\$60

INTERMEDIATE TAP

Continuing Tap (Ages 25+)

In this class we will work on technique of basic steps and integrate them into fun choreography with and without music. Class is taught by Laura.

Westridge, Fitness Studio; Price \$47/\$54

Tu 05/07/24 - 05/28/24 12:30 - 1:30 p.m.

Intermediate Tap (Ages 25+)

This class is for the tapper who knows the basics and is ready for more! We will explore harder steps while reviewing the basics and learning choreographed dances. Class is taught by Laura.

Westridge, Fitness Studio; Price \$42/\$48

Tu 05/07/24 - 05/28/24 1:45 - 2:45 p.m.

ADVANCED TAP

Advanced Tap (Ages 25+)

This class is for the more advanced tapper who can execute the basics! We work on technique and have fun adding sounds and speed to the basics while learning choreographed dances. Class is taught by Laura.

Westridge, Fitness Studio; Price \$42/\$48

W 05/01/24 - 05/29/24 1:45 - 2:45 p.m.*

*Adjusted price \$52/\$60

RITZ TAPPERS

Ritz Tappers (Ages 25+)

Ritz Tappers Beginning to Continuing Levels: This adult class is geared toward the beginner to "Hey, We warm up on technique, work combinations and put these to music, some being dances suitable for Broadway BUT there are no performances for this class. Class is taught by Laura.

Eastridge, Dance Studio; Price \$84/\$97

F 05/03/24 - 06/21/24 10:30 - 11:30 a.m.
F 07/12/24 - 08/23/24 10:30 - 11:30 a.m.*

*Adjusted price \$74/\$85

Ritz Tappers Continuing to Intermediate Levels: This adult class is for the tapper who knows the basics and is ready for a faster tempo and learn harder steps. We work on various time steps, combinations, acapella shorts and learn dances that will only be performed in the comfort of your home as this is a non-performing class. Class is taught by Laura.

Eastridge, Dance Studio; Price \$84/\$97

F 05/03/24 - 06/21/24 11:30 a.m. - 12:30 p.m.
F 07/12/24 - 08/23/24 11:30 a.m. - 12:30 p.m.*

*Adjusted price \$74/\$85



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Ritz Tappers Intermediate to Advanced Levels:

This non-performing adult class is for the tapper who can execute all of the basics at all tempos. You should have knowledge of Stomp and Traveling Time Steps (up through triple) - Cincinnati, Grab-offs...just to name a few. We work technique through Acapella shorts and choreographed dances. Class is taught by Laura.

Eastridge, Dance Studio; Price \$84/\$97

F 05/03/24 - 06/21/24 12:30 - 1:30 p.m.

F 07/12/24 - 08/23/24 12:30 - 1:30 p.m.*

*Adjusted price \$74/\$85

DRAMA



Robin Hood KidStage Stars Program (Ages 6-12)

Robin Hood has taken it upon himself to protect Nottingham while King Richard is away on business. The evil Prince John and his assistant Sylvia are stealing from everyone with the help of the sheriff and his deputy. They even stole from the orphans who live in town and are cared for by Friar Tuck and Sister Sarah. With the help of Little John and his Merry Crew, Robin Hood defeats the bad guys and marries the beautiful Maid Marian! Full of humor and adventure, "The Heroic Robin Hood" has excellent parts for both boys and girls!

Southridge, Backcountry; Price \$235/\$270;

No class 07/02, 07/04

Tu 06/04/24 - 07/30/24 4:30 - 6:00 p.m.

Production: 07/30/24 6:30 p.m.

Th 06/06/24 - 08/01/24 4:30 - 6:00 p.m.

Production: 08/01/24 6:30 p.m.

ART

MUSIC

PARENT - TOT



Crocodile Rock - Parent Tot (Ages 18 mos-3 yrs)

Have fun with your child singing, dancing, and playing music with a folk guitarist. Songs have age-appropriate visuals and props to stimulate learning. Each month new songs and activities are introduced, along with familiar favorites requested by the children.

Northridge, Crestone; Price \$45/\$52;

No class on 05/24

F 05/03/24 - 05/31/24 9:15 - 10:00 a.m.

Eastridge, Pool Party Room

F 06/07/24 - 06/28/24 9:15 - 10:00 a.m.

F 07/12/24 - 07/26/24 9:15 - 10:00 a.m.*

F 08/02/24 - 08/23/24 9:15 - 10:00 a.m.

*Adjusted price \$34/\$39





Music Together.

Music Academy
of the Rockies

Music Together - Parent Tot (Ages 0-5)

Music Together® is an internationally recognized early childhood music program offering 45 minutes of pure musical fun for you and your child each week. Our classes are mixed age for children birth through age 5 and their parent(s) or caregivers. The Music Together® award-winning curriculum is used in a fun, developmentally appropriate environment which utilizes singing, moving, playing instruments, and making music. You'll receive access to our Music Together app, along with a CD and songbook tied to each session's unique experiences for use at home. The national program's e-newsletter, web resources and online store provide additional support for enriching your child's and your family's musical growth and enjoyment. This class is for caregivers and children ages 1 month to 5 years. Siblings 9 months and under are free but must be registered to attend. Any siblings 10 months and older can register for an additional session fee of \$65 dollars for the Summer Banjo Session and \$30 for the August Session. To take advantage of this sibling offer, please email alecia.hindman@hrcanonline.org.

Southridge, Butte; Price \$130/\$135

Banjo Session

Tu	06/11/24 - 07/16/24	9:15 - 10:00 a.m.
Tu	06/11/24 - 07/16/24	10:15 - 11:00 a.m.
Tu	06/11/24 - 07/16/24	11:15 a.m. - Noon
Sa	06/15/24 - 07/20/24	8:30 - 9:15 a.m.
Sa	06/15/24 - 07/20/24	9:30 - 10:15 a.m.
Sa	06/15/24 - 07/20/24	10:30 - 11:15 a.m.

Southridge, Butte, Price \$65/\$70

August Mini Session

Tu	08/13/24 - 08/27/24	9:15 - 10:00 a.m.
Tu	08/13/24 - 08/27/24	10:15 - 11:00 a.m.
Tu	08/13/24 - 08/27/24	11:15 a.m. - Noon
Sa	08/10/24 - 08/24/24	8:30 - 9:15 a.m.
Sa	08/10/24 - 08/24/24	9:30 - 10:15 a.m.
Sa	08/10/24 - 08/24/24	10:30 - 11:15 a.m.



INSTRUMENTS



CAROLYN BALDASSARE'S
TEACHING KEYBOARDS



Fun Keys Semiprivate Piano Lessons

"Fun Keys" semiprivate piano lessons present popular piano teaching methods with catchy rhythms, melodies, and chord progressions that students love to practice. Ms. Carolyn teaches students how to practice with level arms and curved fingers while strengthening muscle memory by playing the repeating patterns.

Note: A \$5 material fee is due at the first class.

Westridge, Osprey; Price \$235/\$270;

No class 05/29

Ages 6-7

W 05/01/24 - 08/28/24 4:00 - 4:30 p.m.

Ages 7-8

W 05/01/24 - 08/28/24 4:30 - 5:00 p.m.

Ages 8-9

W 05/01/24 - 08/28/24 5:00 - 5:30 p.m.

POTTERY HAND BUILDING POTTERY

Hand Building (Ages 18+)

Learn how to create pottery using three basic hand building techniques: pinch, slab, and coil. Items you may make are cups, bowls, and plates; and other things like holiday decorations, a birdhouse, and useful boxes! Surface decoration will be explored as well as glaze techniques.

Southridge, Cheyenne; Price \$77/\$88

M	05/06/24 - 05/20/24	9:00 a.m. - Noon*
M	06/03/24 - 06/24/24	9:00 a.m. - Noon
M	07/01/24 - 07/29/24	9:00 a.m. - Noon**
M	08/05/24 - 08/26/24	9:00 a.m. - Noon
M	05/06/24 - 05/20/24	12:30 - 3:30 p.m.*
M	06/03/24 - 06/24/24	12:30 - 3:30 p.m.
M	07/01/24 - 07/29/24	12:30 - 3:30 p.m.**
M	08/05/24 - 08/26/24	12:30 - 3:30 p.m.

*Adjusted price \$58/\$67

**Adjusted price \$96/\$110

Kids-n-Clay (Ages 5-7)

The perfect after-school activity for the creative child! Kids will love using their hands and imaginations to create unique clay pieces in these one-of-a-kind clay classes! Dress for a mess and create a piece of art that will last a lifetime.

Southridge, Arapahoe Studio; Price \$55/\$63

Th 06/06/24 - 06/27/24 4:30 - 5:30 p.m.

Th 07/11/24 - 07/25/24 4:30 - 5:30 p.m.*

Th 08/01/24 - 08/29/24 4:30 - 5:30 p.m.**

*Adjusted price \$41/\$47

**Adjusted price \$69/\$79

Hand Building for Kids (Ages 8-12)

Learn to build and finish clay pieces while building hand strength needed for wheel throwing. Materials provided.

Southridge, Arapahoe; Price \$65/\$75

M 05/06/24 - 05/20/24 4:30 - 5:30 p.m.*

M 06/03/24 - 06/24/24 4:30 - 5:30 p.m.

M 07/01/24 - 07/29/24 4:30 - 5:30 p.m.**

M 08/05/24 - 08/26/24 4:30 - 5:30 p.m.

*Adjusted price \$49/\$56

**Adjusted price \$81/\$93

WHEEL

Continuing Wheel Pottery (Ages 18+)

For returning students who have completed the Beginning Wheel.

Southridge, Cheyenne; Price \$77/\$88

Level I

Tu 05/07/24 - 05/28/24 4:30 - 7:30 p.m.

Tu 06/04/24 - 06/25/24 4:30 - 7:30 p.m.

Tu 07/02/24 - 07/30/24 4:30 - 7:30 p.m.**

Tu 08/06/24 - 08/27/24 4:30 - 7:30 p.m.

F 05/10/24 - 05/31/24 12:30 - 3:30 p.m.

F 06/07/24 - 06/28/24 12:30 - 3:30 p.m.

F 07/05/24 - 07/26/24 12:30 - 3:30 p.m.

F 08/02/24 - 08/30/24 12:30 - 3:30 p.m.**

**Adjusted price \$96/\$111

Level II

M 05/06/24 - 05/20/24 4:30 - 7:30 p.m.*

M 06/03/24 - 06/24/24 4:30 - 7:30 p.m.

M 07/01/24 - 07/29/24 4:30 - 7:30 p.m.**

M 08/05/24 - 08/26/24 4:30 - 7:30 p.m.

Tu 05/07/24 - 05/28/24 1:00 - 4:00 p.m.

Tu 06/04/24 - 06/25/24 1:00 - 4:00 p.m.

Tu 07/02/24 - 07/30/24 1:00 - 4:00 p.m.**

Tu 08/06/24 - 08/27/24 1:00 - 4:00 p.m.

W 05/08/24 - 05/29/24 12:30 - 3:30 p.m.

W 06/05/24 - 06/26/24 12:30 - 3:30 p.m.

W 07/03/24 - 07/31/24 12:30 - 3:30 p.m.**

W 08/07/24 - 08/28/24 12:30 - 3:30 p.m.

Th 05/09/24 - 05/30/24 9:00 a.m. - Noon

Th 06/06/24 - 06/27/24 9:00 a.m. - Noon

Th 07/11/24 - 07/25/24 9:00 a.m. - Noon*

Th 08/01/24 - 08/29/24 9:00 a.m. - Noon**

*Adjusted price \$58/\$67

**Adjusted price \$96/\$111





Pottery Sale

Monday, May 6 and July 15 from 8:00 a.m. - 6:00 p.m. at the Southridge Recreation Facility. One-of-a-kind pieces handcrafted by Highlands Ranch artisans. Credit cards accepted!

Private Pottery Lessons (All Ages)

If you have a busy schedule, need individual instruction or group pottery classes are not for you, try private lessons with an experienced instructor. To schedule lessons, call 303-471-8853 or email alecia.hindman@hrcaonline.org.

Southridge, Cheyenne; Price \$150/\$173 includes four hours of instruction.

Semi-private Pottery Lessons (All Ages)

If you have a busy schedule, need individual instruction or group pottery classes are not for you, try private lessons with an experienced instructor. To schedule lessons, call 303-471-8853 or email alecia.hindman@hrcaonline.org.

Southridge, Cheyenne; Price \$125/\$131 includes four hours of instruction.



Level III

W	05/08/24 - 05/29/24	9:00 a.m. - Noon
W	06/05/24 - 06/26/24	9:00 a.m. - Noon
W	07/03/24 - 07/31/24	9:00 a.m. - Noon**
W	08/07/24 - 08/28/24	9:00 a.m. - Noon
W	05/08/24 - 05/29/24	4:30 - 7:30 p.m.
W	06/05/24 - 06/26/24	4:30 - 7:30 p.m.
W	07/03/24 - 07/31/24	4:30 - 7:30 p.m.**
W	08/07/24 - 08/28/24	4:30 - 7:30 p.m.
Th	05/09/24 - 05/30/24	12:30 - 3:30 p.m.
Th	06/06/24 - 06/27/24	12:30 - 3:30 p.m.
Th	07/11/24 - 07/25/24	12:30 - 3:30 p.m.*
Th	08/01/24 - 08/29/24	12:30 - 3:30 p.m.**
Th	05/09/24 - 05/30/24	4:30 - 7:30 p.m.
Th	06/06/24 - 06/27/24	4:30 - 7:30 p.m.
Th	07/11/24 - 07/25/24	4:30 - 7:30 p.m.*
Th	08/01/24 - 08/29/24	4:30 - 7:30 p.m.**

*Adjusted price \$58/\$67

**Adjusted price \$96/\$111

Teen Wheel Pottery (Ages 12-17)

Learn the basics of wheel throwing, trimming, and glazing. Clay is not included and must be purchased in the studio before class, tools are provided. Bring an apron and an old towel.

Southridge, Cheyenne; Price \$66/\$76

F	05/10/24 - 05/31/24	4:00 - 6:30 p.m.
F	06/07/24 - 06/28/24	4:00 - 6:30 p.m.
F	07/05/24 - 07/26/24	4:00 - 6:30 p.m.
F	08/02/24 - 08/30/24	4:00 - 6:30 p.m.*

*Adjusted price \$82/\$94



Baby/Toddler Hand & Footprint Keepsakes (All Ages)

Create memories that will last a lifetime with a one-of-a-kind piece of art with your child's print. You make it, paint it and our talented instructors will fire it for you. Prints take two weeks to complete. Please call for an appointment at 303-471-8853.

Southridge, Cheyenne; Price \$25/\$29 per piece

Pottery Celebrations (All Ages)

Anytime is a great time to have a party with your friends and family. From a bridal party to an end of season soccer party, we can theme a celebration around you! Call 303-471-8853 or email alecia.hindman@hrcaonline.org for more information.

ART

Special Offer for Our Neighbors!

Earn \$225

with a New Free Rewards Checking Account*



Let's talk!

aacu.com/Local
800.223.1983



Air Academy
CREDIT UNION

Limited time offer. Restrictions and requirements apply. Insured by NCUA.



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Visit HRCAonline.org/backcountry for a full list of our staff contacts.

• Find us on Facebook:

[f/hrcabackcountry](https://www.facebook.com/hrcabackcountry)

• Find us on Instagram:

[@hrca_backcountry](https://www.instagram.com/hrca_backcountry)

• Blog

HRCAbackcountryblog.org

• All program dates and times are subject to change. We also may add additional dates and times. For the latest information please check out our website: hrcaonline.org/backcountry.

24/7 Online

HRCAonline.org/backcountry

All program dates and times are subject to change. We also may add additional dates and times. For the latest information please check out our website: HRCAonline.org/backcountry.

EARLY CHILDHOOD PROGRAMS

Wild Roots (Ages 3-6)

Wild Roots is an alternative to preschool. Wild Roots is an outdoor-based early childhood education program for children ages 3-6. Our program offers an immersive experience in nature with a play-based approach to learning. Our flexible outdoor learning environment allows for an emergent curriculum, with teachers acting as guides, noticing each child's observations and interests. Please see our website for more information at HRCAonline.org/wildroots.

Sunshine and Storytime (Ages 0-6)

Join us for a nature-themed storytime in the Backcountry Wilderness Area. Stories will be different each week and will be themed based upon seasonal happenings. After the story the Backyard will be open for free play, including our mud kitchen, sand "box" and rotating extension activities based on the book. An adult is required to stay on-site to supervise the registered child(ren). The program is free, but registration is required. Donations are encouraged to the Backcountry Wilderness Area Fund.

Backcountry Wilderness Area; Base Camp; FREE

W	05/01/24	10:00 - 11:00 a.m.
Sa	05/04/24	10:00 - 11:00 a.m.
Sa	05/11/24	10:00 - 11:00 a.m.
Sa	05/18/24	10:00 - 11:00 a.m.
W	05/08/24	10:00 - 11:00 a.m.
W	05/15/24	10:00 - 11:00 a.m.
W	05/22/24	10:00 - 11:00 a.m.
W	05/29/24	10:00 - 11:00 a.m.
W	06/05/24	10:00 - 11:00 a.m.
W	06/12/24	10:00 - 11:00 a.m.
W	06/19/24	10:00 - 11:00 a.m.
W	06/26/24	10:00 - 11:00 a.m.
W	07/10/24	10:00 - 11:00 a.m.
W	07/17/24	10:00 - 11:00 a.m.
W	07/24/24	10:00 - 11:00 a.m.
W	07/31/24	10:00 - 11:00 a.m.
W	08/07/24	10:00 - 11:00 a.m.
W	08/14/24	10:00 - 11:00 a.m.
W	08/21/24	10:00 - 11:00 a.m.
W	08/28/24	10:00 - 11:00 a.m.

YOUTH PROGRAMS

Astronomy Night (Ages 7-13)

Parents, enjoy a night out after you drop the kids off at Base Camp for a fun astronomy program! Send your kiddo with a picnic dinner and all their questions about the night sky. We'll play games, eat dinner around the campfire (pending fire restrictions), and have a summer treat before an astronomy viewing where we'll identify constellations and explore their origin stories.

Backcountry Wilderness Area; Base Camp;

Price \$20/\$22

F	05/31/24	6:00 - 9:00 p.m.
F	07/19/24	6:00 - 9:00 p.m.

Creatures of the Night (Ages 7-13)

It's time to go to the dark side! Pack a dinner for a fireside picnic (pending fire restrictions) as you learn about the local wildlife that comes out after hours. We'll get to know some nocturnal creatures with a live animal presentation and test your nocturnal know-how before we head out for a night hike filled with fun activities and games that will immerse you in the nighttime world of animals.

Backcountry Wilderness Area; Base Camp;

Price \$20/\$22

F	08/02/24	6:00 - 9:00 p.m.
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Discovery Day (Ages 7-13)

If we want the next generation to protect wild places, they must have the opportunity to love them first. Discovery Days at Backcountry Base Camp give kids the chance to discover the wonders of nature in the Backcountry Wilderness Area! This immersive program is the perfect entryway to enjoying the wild outdoors. In May, our Discovery Day will include fort building and forest play in a special area of the Backcountry Wilderness Area, Fort Wild! This program is funded by the Backcountry Wilderness Area Fund.

Backcountry Wilderness Area; Base Camp; Price \$5

Sa	05/18/24	1:00 - 4:00 p.m.
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(Fort Building)

Wild Summer (Ages 7-13)

Give your kids a summer night like the ones you remember! After enjoying their packed picnic dinner by the campfire (pending fire restrictions), we'll be playing nighttime games (flashlight tag, capture the flag, etc.), fort building, and top the evening off with a summer treat!

Backcountry Wilderness Area; Base Camp;

Price \$20/\$22

F	06/14/24	6:00 - 9:00 p.m.
F	07/12/24	6:00 - 9:00 p.m.
F	08/09/24	6:00 - 9:00 p.m.

Wilderness Survival Day (Ages 7-13)

Let your child discover the skills they need to survive in a true wilderness setting. Participants might learn to make fire with and without matches, how to identify and harvest wild edible plants, water purification, knot-tying and shelter building, or create fun and practical items like tools and rope. Groups will be split up by ages when possible.

Backcountry Wilderness Area; Base Camp;

Price \$15/\$17

Sa	06/08/24	12:00 - 3:00 p.m.
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ADULT AND FAMILY PROGRAMS

Base Camp Exploration (All Ages)

Experience nature's wonders in the Backcountry Wilderness Area. Come out to Base Camp for seasonal activities, walk the Discovery Trail, hang out with the barnyard animals, and more! Activities depend on the time of day and weather. Check the website for details. This program is funded by the Backcountry Wilderness Area Fund.

Backcountry Wilderness Area; Base Camp;

Price \$10 per vehicle

Sa	05/11/24	9:00 - 11:30 a.m.
Sa	05/18/24	9:00 - 11:30 a.m.
Sa	06/08/24	9:00 - 11:30 a.m.
Sa	06/15/24	9:00 - 11:30 a.m.
Sa	06/22/24	9:00 - 11:30 a.m.
Sa	06/29/24	5:30 - 8:00 p.m.
Sa	07/06/24	9:00 - 11:30 a.m.
Sa	07/13/24	9:00 - 11:30 a.m.
Sa	07/20/24	5:30 - 8:00 p.m.
Sa	07/27/24	9:00 - 11:30 a.m.
Sa	08/03/24	9:00 - 11:30 a.m.
Sa	08/10/24	9:00 - 11:30 a.m.
Sa	08/17/24	9:00 - 11:30 a.m.

Family Survival Skills (Ages 7+)

Learn and test your skills in topics such as orienteering, survival shelters, wild foraging, and water collection in this adult and family-based survival course. Each course will teach different skills and include varied challenges that match the season.

Backcountry Wilderness Area; Base Camp;
Price \$7/\$8 per participant

Sa 07/13/23 12:00 - 2:00 p.m.

Full Moon Hike (Ages 7+)

Leave your flashlight behind and let the full moon guide this hike into the Backcountry Wilderness Area. Put your senses on full alert as you take in the sights and sounds of the night. A naturalist will share how humans and animals see in the darkness versus the daylight, and how your eyes may not be able to see what's really out there.

Backcountry Wilderness Area; Base Camp;
Price \$9/\$10 per participant

Th 05/23/24 8:00 - 9:30 p.m.
 F 06/21/24 8:00 - 9:30 p.m.
 Su 07/21/24 8:00 - 9:30 p.m.
 M 08/19/24 8:00 - 9:30 p.m.

Goat Picnic Hike (All Ages)

Get some quality time with the Backcountry Goats on a hike and picnic! Bring your own lunch, then take a hike with the goats to a perfect picnic spot.

Backcountry Wilderness Area; Base Camp;
Price \$9/\$10 per participant

Sa 05/18/24 11:30 a.m. - 1:00 p.m.
 Sa 06/15/24 11:30 a.m. - 1:00 p.m.
 Sa 07/20/24 11:30 a.m. - 1:00 p.m.
 Sa 08/10/24 11:30 a.m. - 1:00 p.m.

Sunset Hike (Ages 7+)

Enjoy a golden hour hike, to take in one of Backcountry's magnificent sunsets. We'll watch the crepuscular animals come to life on our way back.

Backcountry Wilderness Area; Base Camp;
Price \$9/\$10 per participant

Tu 05/14/24 7:30 - 9:00 p.m.
 Tu 06/18/24 7:30 - 9:00 p.m.
 Tu 07/16/24 7:30 - 9:00 p.m.
 Tu 08/13/24 7:30 - 9:00 p.m.

Nature Walks (Ages 14+)

Walk the dirt roads in the reserved part of the Backcountry Wilderness Area and you'll forget you're only 15 minutes from home. Grab a coffee and bring binoculars if you want to spot local wildlife during a relaxed, guided excursion. Fresh air and a scenic view make this jaunt to improve health and nature know-how a perfect way to spend your morning. This hike is an adult-focused program at an adult pace. Young children are welcome to join if they are carried for the entirety of the hike. The program is free, but registration is required. Donations are encouraged to the Backcountry Wilderness Area Fund.

Backcountry Wilderness Area; Base Camp;
Free

W 05/08/24 8:00 - 9:30 a.m.
 W 05/29/24 8:00 - 9:30 a.m.
 W 06/12/24 7:30 - 9:00 a.m.
 W 06/26/24 7:30 - 9:00 a.m.
 W 07/10/24 7:00 - 8:30 a.m.
 W 07/24/24 7:00 - 8:30 a.m.
 W 08/07/24 7:00 - 8:30 a.m.
 W 08/21/24 7:00 - 8:30 a.m.



UTV Tours

Take a UTV tour of the Backcountry Wilderness Area—guided by a BWA staff—for the person who registers and up to three additional guests. Learn about the property, habitat improvements, and programs while enjoying a relaxing outing to take in the scenery. All proceeds benefit the Backcountry Wilderness Area Fund.

Only one person registers and can invite up to three others to join.

Base Camp, Price \$75

W 06/05/24-08/14/24 8:00 - 10:00 a.m.

ARCHERY

See website for lessons and information. HRCOnline.org/archery.

HORSE PROGRAMS

Basic Horsemanship (Ages 7+)

Gain your confidence around horses before getting into the saddle. This 1.5-hour class will teach you how to catch and hand-walk a horse, read their body language, and learn about the equipment needed to groom and saddle our equine friends. This class is required for any beginner who wants to take riding lessons. This class is groundwork only, no riding.

Backcountry Wilderness Area; Horse Corrals;
Price \$55/\$58 (Single session price)

Sa 05/04/24 10:30 - 12:00 p.m.
 Sa 06/08/24 10:30 - 12:00 p.m.
 Sa 06/22/24 10:30 - 12:00 p.m.
 Sa 07/06/24 10:30 - 12:00 p.m.
 Sa 07/20/24 10:30 - 12:00 p.m.
 Sa 08/24/24 10:30 - 12:00 p.m.

Private Riding Lessons (Ages 5+)

Expand your skills and knowledge, both in and out of the saddle, with private riding lessons. Your instructor will create lesson plans tailored to you and your equestrian goals. Riders (ages 5-99) can choose between English or Western riding. Contact Hailee Setzer, hailee.setzer@hrcaonline.org to request a lesson.

Backcountry Wilderness Area; Horse Corrals;
Price \$70/\$80 (Single session price)

Group Riding Lessons (Ages 7+)

Start your riding journey in our one-hour group lessons that teach you how to groom and saddle your horse, as well as learn the basics of English or Western riding. Our instructors will teach to the ability and skill level of the students.

Backcountry Wilderness Area; Horse Corrals; Price \$55/\$62 (Single session price)

Su 05/05/24 - 08/25/24 3:00 - 4:00 p.m.

Adult Group Riding Lesson (Ages 18+)

Start your riding journey in our 1-hour group lessons that will teach you how to groom and saddle your horse, as well as learn the basics of English or Western riding. Our instructors will teach to the ability and skill level of the students.

Backcountry Wilderness Area; Horse Corrals;
Price \$55/\$62 (Single session price)

Su 05/05/24 - 08/25/24 4:30 - 5:30 p.m.

Summer Horse Club (Ages 7-14)

Spend your summer afternoon out at the Horse Corrals. Before we hop in the saddle to learn Western and English riding basics, we'll cover grooming, tacking, horse safety, and horse health. Get to know our horses and new friends at these four-week sessions! This is a youth-only, drop-off program.

Backcountry Wilderness Area; Horse Corrals;
Price \$190/ \$215 (4 session price)

M 06/03/24 - 06/24/24 4:00 - 6:00 p.m.
 M 07/01/24 - 07/22/24 4:00 - 6:00 p.m.

Horse Homeschool Programs (Ages 7-13)

Get to know the horse beyond the hooves. This equestrian class—geared toward homeschool students—will introduce all things horses from basics to riding. Students will learn about grooming, tacking, horse safety, and riding. The theme will change with each session, but there will be a horse basics lesson during lunch for new attendees and a review for returners. All attendees need to bring a lunch, water bottle, long pants, and closed-toe shoes. This is a youth-only, drop-off program.

* Those who are participating in the morning Nature Homeschool program at Base Camp will be transported to the Horse Corrals at noon. Please see weather policy on the website as it may differ from Nature Homeschool.

Backcountry Wilderness Area; Horse Corrals;
Price \$67/\$71 (Single session price)

T 05/14/24 12:00 - 3:00 p.m.

Mini Manes (Ages 3-4)

Get your little one comfortable around our equine friends with no pressure to get into the saddle right away. This two-week, half-hour program teaches your tot horse safety and care through hands-on activities. Once they are feeling confident, they'll have the opportunity to go for a ride. Children must be accompanied by an adult. *Please note that both full-sized horses and ponies may be used for our 3-6-year-old programs.

Backcountry Wilderness Area; Horse Corrals;
Price \$55/\$63 (2 - session price)

Th 05/09/24 & 05/16/24 4:00 - 4:30 p.m.
 Th 06/06/24 & 06/13/24 4:00 - 4:30 p.m.
 Th 06/20/24 & 06/27/24 4:00 - 4:30 p.m.
 Th 07/11/24 & 07/18/24 4:00 - 4:30 p.m.
 Th 07/25/24 & 08/01/24 4:00 - 4:30 p.m.
 Th 08/08/24 & 08/15/24 4:00 - 4:30 p.m.
 Th 08/22/24 & 08/29/24 4:00 - 4:30 p.m.



Pony Tails (Ages 5-6)

Help your small horse enthusiast learn about horse behavior and get hands-on experience grooming and saddling during the two-week, hour-long lessons. When they are not learning horse safety, they will get to ride and learn the basics of horseback riding! *Please note that both full-sized horses and ponies may be used for our 3-6-year-old programs.

Backcountry Wilderness Area; Horse Corrals;
Price \$95/ \$105 (2 - session price)

Th	05/09/24 & 05/16/24	4:45 - 5:45 p.m.
Th	06/06/24 & 06/13/24	4:45 - 5:45 p.m.
Th	06/20/24 & 06/27/24	4:45 - 5:45 p.m.
Th	07/11/24 & 07/18/24	4:45 - 5:45 p.m.
Th	07/25/24 & 08/01/24	4:45 - 5:45 p.m.
Th	08/08/24 & 08/15/24	4:45 - 5:45 p.m.
Th	08/22/24 & 08/29/24	4:45 - 5:45 p.m.

Little Equestrians (Ages 3-6)

Little Equestrians is the perfect bridge from pony programs to horseback riding lessons! This half-hour, private riding lesson firms up the basics of safe—and fun—riding with more attention to details between the rider, instructor, and the horse. We recommend Little Equestrians enroll in Mini Manes or Pony Tails before registering.

Backcountry Wilderness Area; Horse Corrals;
Price \$36/ \$42 (single session price)

Su	05/05/24 - 08/25/24	11:00 - 11:30 a.m.
		11:30 - 12:00 p.m.
		12:00 - 12:30 p.m.
		12:30 - 1:00 p.m.
F	05/03/24 - 08/30/24	4:00 - 4:30 p.m.
		4:30 - 5:00 p.m.

Cuties at the Corrals (Ages 0-6)

This 45-minute program is designed for kids under the age of six to come out to meet and love on our horses in a safe, crowd free environment. This class is capped at eight kids plus their adult(s). The program is free, but registration is required. Donations are encouraged to the Backcountry Wilderness Area Fund.

Backcountry Wilderness Area; Horse Corrals;
Price FREE

W	05/08/24	11:15 a.m. - 12:00 p.m.
W	05/15/24	11:15 a.m. - 12:00 p.m.
W	05/29/24	11:15 a.m. - 12:00 p.m.
W	06/12/24	11:15 a.m. - 12:00 p.m.
W	06/26/24	11:15 a.m. - 12:00 p.m.
W	07/10/24	11:15 a.m. - 12:00 p.m.
W	07/24/24	11:15 a.m. - 12:00 p.m.
W	08/07/24	11:15 a.m. - 12:00 p.m.
W	08/21/24	11:15 a.m. - 12:00 p.m.



Pony Rides (Ages 3-10)

Hand-led pony rides are available for the young horse enthusiast! Walk along with your child as they enjoy the ride. Please note: 125-pound weight limit. Each time slot accommodates up to six kids. Both full sized horses and ponies may be used for our 3-6-year-old programs.

Backcountry Wilderness Area; Horse Corrals;
Price \$8/ \$12 (Single session price)

W	05/08/24	12:15 - 12:30 p.m.
W	05/15/24	12:15 - 12:30 p.m.
W	05/29/24	12:15 - 12:30 p.m.
W	06/12/24	12:15 - 12:30 p.m.
W	06/26/24	12:15 - 12:30 p.m.
W	07/10/24	11:15 a.m. - 12:00 p.m.
W	07/24/24	12:15 - 12:30 p.m.
W	08/07/24	12:15 - 12:30 p.m.
W	08/21/24	12:15 - 12:30 p.m.
Sa	05/04/23 - 08/31/24	9:45 - 10:00 a.m.

Pony Party (Ages 4-10)

If your child asks for a pony for his or her birthday, Here's your chance to make it happen! Party guests will enjoy unlimited pony rides on one pony for the first 60 minutes of the party! While kids are not riding, they will have the chance to practice lassoing, play with our stick horses and enjoy a game of horseshoes. For the remaining 60 minutes, your family will be handed the reins to end your kiddo's celebration your way! (This is a great time for cake/ birthday treats, open presents, etc.) *Please note that both full sized horses or ponies may be used for birthday parties.

Backcountry Wilderness Area; Horse Corrals;
Price \$275/ \$315 (Single session price)

Su	08/11/24 - 08/25/24	1:00 - 3:00 p.m.
S	05/04/24 - 08/31/24	11:00 - 1:00 p.m.

Scout Horseback Riding Badge (Ages 7-18)

Our riding instructors will teach the scouts about basic horse safety, care, and health in a fun and hands-on learning environment. This will be followed by a ride in the arena to learn introductory horseback riding skills. We tailor our lesson plans to make sure that all scouts meet the requirements for BSA Horsemanship Merit Badge or the Girls Scout Horseback Riding Badge.

*Please note the 12-scout maximum for this program.

Backcountry Wilderness Area; Horse Corrals, Price \$40 per scout/ \$240 minimum (Single session price)

Sa	08/17/24	3:00 - 5:00 p.m.
Sa	08/31/24	3:00 - 5:00 p.m.

Horseback Trail Rides (Ages 7+)

Check out the Backcountry Wilderness Area on four hooves, instead of two feet, on our guided horseback trail rides. The relaxing 1-hour outing explores a portion of our conservation property with opportunities to spot local wildlife like elk, mule deer, golden eagles, and wild turkeys. The Front Range foothills provide the perfect backdrop to a close-to-home horseback riding experience. Ages 7+, 235-pound weight limit.

Backcountry Wilderness Area; Horse Corrals;
Price \$52/ \$60 (Single session price)

05/28/24 - 08/31/24	
T	6:30 - 7:30 p.m.
W	6:30 - 7:30 p.m.
F	6:30 - 7:30 p.m.
Sa	9:00 - 10:00 a.m.
	6:30 - 7:30 p.m.

BWA Animal Volunteer Orientation

Volunteer Orientation

Volunteer with Backcountry Wilderness Area's animals! This orientation will prepare all volunteers for any of our animal-related positions. Orientation is required to volunteer. Contact Hailee Setzer, hailee.setzer@hrcaonline.org for a volunteer application.

Backcountry Wilderness Area; Horse Corrals;
Free

W	05/15/24	4:30 - 6:00 p.m.
W	06/12/24	4:30 - 6:00 p.m.
W	07/10/24	4:30 - 6:00 p.m.
W	08/07/24	4:30 - 6:00 p.m.

SPECIAL PROGRAMS

Become a Friend of the Backcountry and Backcountry Backer Corporate Sponsor

Our Friends of the Backcountry donors and Backcountry Backers corporate sponsors directly support the mission of the Backcountry Wilderness Area Fund 501c3: To improve wildlife habitat, inspire the next generation of nature stewards, and ignite a lifelong love of the outdoors for all. This includes supporting no-cost Nature Walks, Sunshine & Storytime, and Cuties at the Corrals programs, community events, and habitat conservation projects throughout the Backcountry Wilderness Area. Visit HRCAonline.org/backcountryfriends for information and to donate.

All program dates and times are subject to change. We also may add additional dates and times. For the latest information please check out our website: HRCAonline.org/backcountry.



Backcountry Locations to Know:

Backcountry Outdoor Center
 (Base Camp, Archery, Horse Corrals):
 • 6005 Ron King Trail, 80125

Wildcat Archery Range:
 • 11950 Monarch Blvd, 80124



**HIGHLANDS
RANCH**
COMMUNITY ASSOCIATION



STAFF

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alecia.hindman@hrcaonline.org

- Art, cooking, drama, dance, and pottery camps

Backcountry Wilderness Area Program Supervisor

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- Camp Backcountry and Wild Roots

Education Coordinator

Heather Goetz-Zettl
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Sports Team Leader

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- Sports Camps

Tennis Team Leader

Tim Mc Nerney
303-471-8934
tim.mcnerney@hrcaonline.org

- Tennis Camps

Youth and Adult Therapeutic Recreation Programs

Summer Aden
303-471-7043
summer.aden@hrcaonline.org

- Therapeutic Recreation Camps



ART CAMPS



Our instructors are award-winning artists that love teaching kids. Your child will have fun creating art, while learning problem-solving and critical-thinking skills. We believe art gives a child confidence and builds their self-esteem. What better way to grow than to be doing something they love?

Monsters & Aliens Camp (Ages 5-12)

If you love misunderstood monsters and amazing aliens, this camp is for you! We make art based on your favorite monsters from movies and TV., think Monsters, Inc., dragons, Godzilla and more! Come build your own UFO and your favorite aliens. Even make them glow in the dark!

Southridge, Arapahoe; Price \$250/\$287
Tu-F 05/28/24 - 05/31/24 9:00 a.m. - Noon*
*Adjusted price \$200/\$230

The Most Colorful Camp Ever (Ages 5-12)

The Most Colorful Camp Ever! Come use color like you never have before. Paint a canvas with fluid fluorescent acrylics, create wondrous colored sculptures like Meow Wolf, and design jewelry using amazing Technicolor inks!

Southridge, Arapahoe; Price \$250/\$287
M-F 06/03/24 - 06/07/24 9:00 a.m. - Noon
M-F 06/03/24 - 06/07/24 1:00 - 4:00 p.m.

Colorado Camp (Ages 5-12)

Colorado is world renown, from our aspens to our mountains. Paint the Colorado flag with aspens, sculpt bears & deer, and design some art using the logos of the Broncos and Nuggets! In this camp, you'll be doing drawings, paintings, and sculptures based on our beloved state! Our instructors are award winning artists that love teaching kids. Your child will have fun creating art, while learning problem-solving and critical-thinking skills.

Southridge, Arapahoe; Price \$250/\$287
M-F 06/10/24 - 06/14/24 1:00 - 4:00 p.m.

Superhero Camp (Ages 5-12)

Come jump over tall buildings and make art based on your favorite Superheroes! Paint yourself as your favorite superhero in a city you design and even sculpt your favorite superhero! If you love the Avengers, Ant Man, Wonder Woman and the Justice League, this camp is for you! This camp is going to be Epic! POW! Your child will have fun creating art, while learning problem-solving and critical-thinking skills.

Southridge, Arapahoe; Price \$250/\$287
M-F 06/17/24 - 06/21/24 1:00 - 4:00 p.m.



Time Travel the World Art Camp (Ages 5-12)

Travel through time! In this art camp you will make paintings, sculptures and crafts based on different parts and times of our world! From Easter Island to ancient Egypt, from past dinosaurs to futuristic cities- you will be exploring these places as an artistic time traveler! If you have a favorite place, we will make an art project to help you make a keepsake piece of art to capture that place for you!

Southridge, Arapahoe; Price \$250/\$287
Tu-F 05/28/24 - 05/31/24 1:00 - 4:00 p.m.*
*Adjusted price \$200/\$230

Painting & Sculpting Your Pets Camp (Ages 5-12)

Come paint & sculpt pets of all kinds- dogs, cats, birds, famous cartoon, and movie pets! Make wonderful paintings using watercolors and acrylics. Sculpt pets using polymer and other types of clay. Make some pet-based crafts! Finally, if you have a pet of your own, paint a painting of your pet!

Southridge, Arapahoe; Price \$250/\$287
M-F 06/24/24 - 06/28/24 1:00 - 4:00 p.m.

Taylor Swift & All Things Music Art Camp (Ages 5-12)

If you love Taylor Swift, music and art, this camp is for you! Make paintings, sculpture, crafts and jewelry based on Taylor Swift and anything music related. If you're a Swiftie, don't make this a Cruel Summer, Shake It Off and make art in our Blank Space. Our instructors are award winning artists that love teaching kids. Your child will have fun creating art, while learning problem-solving and critical-thinking skills.

Southridge, Arapahoe; Price \$250/\$287
M-F 06/10/24 - 06/14/24 9:00 a.m. - Noon
M-F 07/15/24 - 07/19/24 1:00 - 4:00 p.m.

Zoo Camp (Ages 5-12)

It's a zoo camp of art! Draw, paint, sculpt and make crafts of our favorite animal friends. Sculpt an elephant, paint an African Savanna, and design your very own imaginative animal on a poster! If you love animals and art, this camp is for you.

Southridge, Arapahoe; Price \$250/\$287;
No camp on 07/04
M, T, W, F 07/01/24 - 07/05/24 1:00 - 4:00 p.m.*
*Adjusted price \$200/\$230

Cartoons/Animation Art Camp (Ages 5-12)

If you love cartoons/animation, you will love this camp making art based on the characters from your favorite cartoons and movies. Like Pokemon, Finding Nemo, SpongeBob and Paw Patrol. Make these characters into your own paintings, sculptures, and jewelry!

Southridge, Arapahoe; Price \$250/\$287;
No camp on 07/04
M, T, W, F 07/01/24 - 07/05/24 9:00 a.m. - Noon*
*Adjusted price \$200/\$230



Jewelry Camp (Ages 5-12)

Create beautiful beads, make necklaces, learn weaving patterns, and create unique jewelry to wear or give as gifts! Design your own jewelry box! This class isn't just for girls, boys will love it too. On the final day, we hold a fashion and art show!
Southridge, Arapahoe; Price \$250/\$287
M-F 06/24/24 - 06/28/24 9:00 a.m. - Noon
M-F 07/08/24 - 07/12/24 9:00 a.m. - Noon

Star Wars Camp (Ages 5-12)

Design life sized light sabers, paint your own Star Wars poster, sculpt Baby Yoda and R2D2! Paint, draw, sculpt, make masks, and do crafts based on your favorite Star Wars characters!
Southridge, Arapahoe; Price \$250/\$287
M-F 07/08/24 - 07/12/24 1:00 - 4:00 p.m.

Dragons, Fairies, Wizards & Elves Camp (Ages 5-12)

We will paint, sculpt, and make art based on the many worlds of fantasy! From your favorite wizards, like Harry Potter, to Zelda the Elf! Dragons & fairies will fill our beautiful skies. We may even see fabulous knights, orcs, and ogres. Anything in the realms of fantasy is possible.
Southridge, Arapahoe; Price \$250/\$287
M-F 07/22/24 - 07/26/24 9:00 a.m. - Noon
M-F 07/22/24 - 07/26/24 1:00 - 4:00 p.m.

Ick, Sick, Slime & Goo Spooky Art Camp (Ages 5-12)

Come paint, sculpt, and make art like slime, goo, and spooky themes. Make slime! Come paint, sculpt and create works of art based on these themes. From Zombies to Jack Skellington and Maleficent, we will have fun making art using these characters (maybe even Slimer from Ghostbusters). We may even spend time learning how to paint our faces and apply some scary make-up.
Southridge, Arapahoe; Price \$250/\$287
M-F 07/29/24 - 08/02/24 9:00 a.m. - Noon

Underwater Camp (Ages 5-12)

Come explore art based on our oceans. We will go deep below the waves and do artwork of sunken treasures and sail the oceans blue with paintings to dazzle you. Paint an amazing painting through a ship's porthole, design a treasure map and sculpt whales. In this camp, you'll be doing drawings, paintings, and sculptures of wondrous underwater worlds.
Southridge, Arapahoe; Price \$250/\$287
M-F 07/29/24 - 08/02/24 1:00 - 4:00 p.m.



Magical Creatures by The Creatory (Ages entering 2nd-5th grade)

Fly with Unicorns, feel the fire of dragons, hear the mysteries of the fairies, and discover creatures lurking in the waters of the deep. Enter a world of fantasy and adventure in Magical Creatures' camp! Throughout the week we will mix potions, discover all different mediums of art materials and create projects to delight and intrigue young minds. Whether you love unicorns or prefer dragons, each day will be a new magical adventure using different materials and supplies from paint, clay, collage and more!
Monday: Pegasus and potions (unicorns too!)
Tuesday: Mermaids and Sea Creatures
Wednesday: Dragons and castles
Thursday: Fairies and Gnomes
Friday: Monsters and Myths
Southridge, Arapahoe; Price \$375/\$431
M-F 06/17/24 - 06/21/24 9:00 a.m. - Noon

Pet Parade by The Creatory (Ages entering 2-5 grade)

Cats, dogs, critters, and creatures - we love them all! Join us for the Pet Parade! Camp and create art that is dogsgone funny, and furtastic! Whether you love furry friends or prefer scales, each day will be a new animal adventure using different materials and supplies from paint, clay, collage and more!
Monday: Birds of a Feather
Tuesday: Furry and Fuzzy
Wednesday: Cat's Meow
Thursday: Dog Gone Funny
Friday: Under the Sea
Southridge, Arapahoe; Price \$375/\$431
M-F 07/15/24 - 07/19/24 9:00 a.m. - Noon

COOKING CAMPS

Summer Break Chefs Camp (Ages 7-10)

Bring your chefs in for super tasty fun! Kids will have a blast learning new recipes every day! Our culinary chef will emphasize safety, nutrition, teamwork, and following directions sequentially. Price includes all food supplies.
Southridge, Kitchen; Price \$92/\$106

Sweet and Savory: Learn how to make everything that is sweet and savory from appetizers to desserts! Surprise your friends and family with the endless possibilities.
Tu-F 05/28/24 - 05/31/24 10:00 a.m. - Noon*
Tu-F 05/28/24 - 05/31/24 1:00 - 3:00 p.m.*
*Adjusted price \$74/\$85

Secret Recipes: Discover the secret recipes of all your favorites dishes that you can make at home for family and friends! Learn how to make these fun treats and more!
M-F 06/03/24 - 06/07/24 10:00 a.m. - Noon
M-F 06/03/24 - 06/07/24 1:00 - 3:00 p.m.

Snack Attack: Discover amazing snacks and appetizers for family and friends for any event or holiday!
M, Tu, Th, F 06/10/24 - 06/14/24 10:00 a.m. - Noon*
M, Tu, Th, F 06/10/24 - 06/14/24 1:00 - 3:00 p.m.*
*Adjusted price \$74/\$85 **No camp on Wednesday**

Mystery Basket: Solve the mystery of the Mystery Basket! Class will be divided up in teams. Each team will receive a basket and recipes. Young Chefs will learn how to work in a team environment and invent ways to incorporate the special ingredients provided.
M-F 06/17/24 - 06/21/24 10:00 a.m. - Noon
M-F 06/17/24 - 06/21/24 1:00 - 3:00 p.m.

Campground Cooking: Let's go camping! Learn how to make all your favorite camping recipes! Plus, some new recipes that any camper will love!
M-F 06/24/24 - 06/28/24 10:00 a.m. - Noon
M-F 06/24/24 - 06/28/24 1:00 - 3:00 p.m.

The Amazing Race: Cook amazing dishes from around the world. Discover new flavors and foods that will become your favorites!
M, T, W, F 07/01/24 - 07/05/24 10:00 a.m. - Noon*
M, T, W, F 07/01/24 - 07/05/24 1:00 - 3:00 p.m.*
*Adjusted price \$74/\$85 **No camp on Thursday**

Cupcake Wars: See who can create the best cupcake! In this class you will bake and decorate unique cupcake combinations from the old favorites to new and unique combinations! This class is for the baker and decorator in you!
M, Tu, Th, F 07/08/24 - 07/12/24 10:00 a.m. - Noon*
M, Tu, Th, F 07/08/24 - 07/12/24 1:00 - 3:00 p.m.*
*Adjusted price \$74/\$85 **No camp on Wednesday**

Confetti: Learn how to make cookies from around the world and put a new twist on your classic favorites!
M-F 07/15/24 - 07/19/24 10:00 a.m. - Noon
M-F 07/15/24 - 07/19/24 1:00 - 3:00 p.m.

Breads and Spreads: Learn the techniques to making breads of all types: quick breads and yeast breads make different kinds of creative spreads to complement each one!
M-F 07/22/24 - 07/26/24 10:00 a.m. - Noon
M-F 07/22/24 - 07/26/24 1:00 - 3:00 p.m.

Brunch Bunch: Brunch foods are not just for brunch anymore! Learn how to make pancakes, waffles, crepes, egg creations, biscuits, gravy and much more!
M-F 07/29/24 - 08/02/24 10:00 a.m. - Noon
M-F 07/29/24 - 08/02/24 1:00 - 3:00 p.m.





CREATIVE KIDS' CAMPS

Visit HRCOnline.org and fill out the childrens application under Creative Kids section and bring it completed the first day of class.

What to Bring to Camp? Bring a lunch that's peanut/nut free. Children should wear a swimsuit under their clothes, have sunscreen applied, bring a change of clothes and a towel.

Camp Requirements:

- A childrens application must be brought on the first day of every camp.
- Classes for children ages three and older.
- Children must be potty trained.
- Children do not need to know how to swim in these summer classes.

Red, White and Blue Camps (Ages 3-7)

Explore America through swimming, crafts, games, and more.

Westridge, Osprey; Price \$48/\$55

W-Th 05/29/24 - 05/30/24 9:30 a.m. - 12:30 p.m.

Get Set to Get Wet (Ages 3-6)

Join us at Southridge for a splashing good time. You will be doing art projects, enjoying free play, songs, and games.

Southridge, Pool Party Room; Price \$21/\$24

Watermelons

M 06/03/24 9:30 - 11:30 a.m.

Pool Floats

M 06/24/24 9:30 - 11:30 a.m.

Camping

M 07/22/24 9:30 - 11:30 a.m.

Monday Madness (Ages 3-6)

Swim in the outside pool before it opens to the public, make art projects, enjoy free play, songs, and games.

Westridge, Osprey; Price \$96/\$105

Lemonade

M 06/03/24 - 06/24/24 9:30 a.m. - 12:30 p.m.

Red, White, and Blue

M 07/08/24 - 07/29/24 9:30 a.m. - 12:30 p.m.

Grilling

M 08/05/24 9:30 a.m. - 12:30 p.m.*

*Adjusted price \$24/\$26

Mini Monday Madness at Eastridge (Ages 3-6)

Swim in the indoor pool, make art projects, enjoy free play, songs, and games.

Eastridge, Pool Party Room; Price \$48/\$55

Flip Flops

M 06/10/24 - 06/17/24 9:30 a.m. - 12:30 p.m.

America

M 07/08/24 - 07/15/24 9:30 a.m. - 12:30 p.m.

Wet and Wonderful (Ages 3-6)

Explore water in all its dimensions including swimming.

Eastridge, Pool Party; Price \$96/\$105

Beaches

Tu/Th 06/04/24 - 06/13/24 9:30 a.m. - 12:30 p.m.

Picnics

Tu/Th 06/18/24 - 06/27/24 9:30 a.m. - 12:30 p.m.

Sparklers

Tu/Th 07/09/24 - 07/18/24 9:30 a.m. - 12:30 p.m.

Heroes

Tu/Th 07/23/24 - 08/01/24 9:30 a.m. - 12:30 p.m.

Memories

Tu 08/06/24 9:30 a.m. - 12:30 p.m.*

Summer Buddies

Th 08/08/24 9:30 a.m. - 12:30 p.m.*

*Adjusted price \$24/\$26

Wacky and Wonderful Wednesday (Ages 3-6)

Swim, make art projects, enjoy free play, songs, and games.

Eastridge, Pool Party; Price \$96/\$105

Sand

W 06/05/24 - 06/26/24 9:30 a.m. - 12:30 p.m.

Liberty

W 07/10/24 - 07/31/24 9:30 a.m. - 12:30 p.m.

Yellow School Bus

W 08/07/24 9:30 a.m. - 12:30 p.m.*

*Adjusted price \$24/\$26

Outdoor Campout (Ages 3-6)

Build a campsite and take a hike (Hikes are on the grounds of the Recreation Center at Westridge). We will play outside and explore different areas of our campsite.

Westridge, Golden Eagle; Price \$21/\$24

June

S'mores

July

Campfires

August

Warm Breezes

W 06/05/24 9:30 - 11:30 a.m.

W 06/19/24 9:30 - 11:30 a.m.

W 07/10/24 9:30 - 11:30 a.m.

W 07/24/24 9:30 - 11:30 a.m.

W 08/07/24 9:30 - 11:30 a.m.

Surf and Turf (Ages 3-6)

Explore the surf in the pool and the indoor turf. We will also make creative art projects, enjoy free play, songs, and games.

Westridge, Osprey; Price \$96/\$105

Sunshine

F 05/31/24 - 06/28/24 9:30 a.m. - 12:30 p.m.*

Stars and Stripes

F 07/12/24 - 08/02/24 9:30 a.m. - 12:30 p.m.

Friendship

F 08/09/24 9:30 a.m. - 12:30 p.m.**

*Adjusted price \$120/\$131

**Adjusted price \$24/\$26



DRAMA CAMPS



Cinderella by KidStage (Ages 6-12)

In a far-away kingdom, Cinderella's wicked stepmother turns her into a servant in her own house. Meanwhile, across town in the castle, the King determines that his son the prince should find a suitable bride. So, the King invites every eligible maiden in the kingdom to a fancy-dress ball, where his son will be able to choose his bride. Cinderella has no suitable party dress for a ball, but her animal friends and Fairy Godmother step in to help her out. Join in on this classic tale of overcoming the odds and the power of belief!

Southridge, Backcountry Room; Price \$285/\$328

M-F 06/24/24 - 06/28/24 1:00 - 4:00 p.m.

Production: 06/29/24 4:00 p.m.

Once Upon a Time (Ages 6-12)

Journey to the Land of Imagination and meet a ton of legendary Fairy Tale characters...Peter Pan, Rapunzel, Pinocchio and Cinderella! With the help of Lucy, our heroine, they must defeat the Evil Queen and her minions before fairy tales are destroyed for good! *Once Upon a Time* teaches valuable lessons about acceptance and the importance of standing up for what is right!

Southridge, Backcountry Room; Price \$285/\$328

M-F 07/22/24 - 07/26/24 1:00 - 4:00 p.m.

Production: 07/26/24 4:00 p.m.

CAMP BACKCOUNTRY

Nature Camps (Ages 7-13)

Our full-day, week-long nature camps provide kids with an unparalleled opportunity to play and explore outdoors, all while nurturing children's wildly curious minds and instilling a love for nature. Each session follows a similar format with lots of traditional camp activities and outdoor adventures, with a different underlying theme each week.

Price \$420/\$455

Horse Camps (Ages 7-13)

Our full-day, week-long horse camps provide an opportunity for kids to learn about horses from the ground up. Campers will find themselves immersed in learning about the equine species through groundwork, animal science, hands-on activities, games, group riding lessons, and a trail ride!

Price \$620/\$675

Art Camps (Ages 7-13)

As a blend of both an art camp and a nature camp, we give art making a new meaning. There are no "cookie-cutter" projects here. We introduce campers to a wide range of materials and techniques and unleash their creativity and imagination to build new skills, all while spending time outside in the wild. Each session follows a similar format with lots of traditional camp activities and outdoor adventures, along with creating a unique art project each day.

Price \$475/\$525



Girls of the Outdoors (Ages 7-13)

Our week-long all-girls camps are a one-of-a-kind experience for young women. We will come together to explore, learn, and thrive in the great outdoors. Our all-girls camp is designed to provide a unique and empowering experience for girls aged 7-13, fostering self-confidence, teamwork, and a deep connection with nature. We love to grow empowered women of the outdoors, and that starts with your camper!

Price \$450/\$485

CAMP BACKCOUNTRY THEMES



May 28 – May 31

Week 1:

Nature: Into the Wild

Art: Through the Elements (7/8 yrs old)

Horse: English Equestrians

June 3 – June 7

Week 2:

Nature: It's a ZOO!

Art: Through the Elements (9/10 yrs old)

Horse: Ranch Hands

June 10 – June 14

Week 3:

Nature: Fantastical Creatures

Girls of the Outdoors: (7-8 yrs old)

Horse: Fun on the Farm

June 17 – June 21

Week 4:

Nature: Trekking in the Backcountry

Art: Through the Elements (11/13 yrs old)

Horse: Rodeo Rockstars

June 24 – June 28

Week 5:

Nature: Imaginative Inventors

Girls of the Outdoors: (9/10 yrs old)

Horse: Horsing Around

July 1 – July 3

Week 6:

Nature: Galactic Adventures

Horse: English Equestrians

July 8 – July 12

Week 7:

Nature: Wilderness Survival

Art: A Brush with Nature (7/8 yrs old)

Horse: Ranch Hands

July 15 – July 19

Week 8:

Nature: Nature's Elements

Girls of the Outdoors: (11-13 yrs old)

Horse: Fun on the Farm

July 22 – July 26

Week 9:

Nature: Color Wars

Art: A Brush with Nature (9/10 yrs old)

Horse: Rodeo Rockstars

July 29 – August 2

Week 10:

Nature: Best of Camp Backcountry

Art: A Brush with Nature (11-13 yrs old)

Girls of the Outdoors: (11-13 yrs old)

Horse: Horsing Around



EDUCATION CAMPS



Spanish Enrichment Summer Adventure (Ages 5-11)

A Spanish-speaking teacher coaches children in everyday Spanish vocabulary, pronunciation, interactive exercises, games, songs and a phrase of the week. This is a great way for children to use basic Spanish with friends and family! Classes provided by Spanish Enrichment, Inc. Spanish Enrichment is designed to allow children to explore Spanish through three learning styles: audio, visual and kinesthetic. We promote positive participation including interactive exercises with games, songs, Simon says, show and tell, sentences to practice and tons of vocabulary! Please bring a water bottle and peanut free snack. There is a material fee of \$15 payable to the instructor on the first day of class.

Westridge, Golden Eagle; Price \$239/\$255

Tu 06/04/24 - 07/30/24 1:00 - 2:30 p.m.



MULTIMEDIA CAMPS



YouthTuber (Ages 6-11)

Kids have a BLAST in YOUth TUBEr, learning on-camera presence and content creation in a hands-on collaborative environment! Our YOUth TUBEr kids develop their storytelling style and build social communication skills using a STEAM-based learning approach, students develop their digital well-being with an awareness for online safety. This class includes YT WORKBOOK & Award certificate. A few weeks after the last class, kids will receive one professionally edited YT video. *We do not set up YouTube Channels during this class. Devices are not mandatory to take this class.

Northridge, Crestone; Price \$265/\$305

M-F 06/03/24 - 06/07/24 9:00 a.m. - Noon

M-F 06/17/24 - 06/21/24 9:00 a.m. - Noon

M-F 07/08/24 - 07/12/24 1:00 - 4:00 p.m.

M-F 07/22/24 - 07/26/24 1:00 - 4:00 p.m.

YouthTuber Plus (Ages 9-14)

Students access their creative ability, making YouTube-ready videos that stand-out! Using a STEAM-based learning approach, students embrace their individuality, develop their editing skills, and become compelling content creators who advance their digital well-being responsibly, with an awareness of online safety. *We do not set up YouTube Channels during this class. **Devices are required- iPad, tablet, chromebook with iMovie or WeVideo installed. Kids will receive: YT WORKBOOK & Award certificate. All footage and final videos will be stored on students' individual devices.

Northridge, Crestone; Price \$240/\$276

M-F 06/10/24 - 06/14/24 1:00 - 4:00 p.m.

M-F 06/24/24 - 06/28/24 1:00 - 4:00 p.m.

M-F 07/15/24 - 07/19/24 9:00 a.m. - Noon

Harry Potter and the Lost Unicorn and the Forbidden Forest (Ages 6-12)

Young filmmakers work together, using a Project Based Learning approach to make an Alien Invasion movie that is out of this world! Students actively engage in all aspects of a professional film set. They become directors, film crew and actors—honing their craft, building their critical thinking skills, and gaining a sense of ownership. This class includes MOVIE SCRIPTS & Award certificate *Kids will receive their professionally edited movie a few weeks after the final class date.

Northridge, Crestone; Price \$265/\$305

M-F 07/08/24 - 07/12/24 9:00 a.m. - Noon

M-F 07/22/24 - 07/26/24 9:00 a.m. - Noon

Movie Magic (Ages 6-12)

Young filmmakers work together, using a Project Based Learning approach to make a movie! Students actively engage in all aspects of a professional film set. They become directors, film crew and actors-- honing their craft, building their critical thinking skills and gaining a sense of ownership. *Families will receive their professionally edited movie a few weeks after the final camp date.

Northridge, Crestone; Price \$265/\$305

M-F 06/03/24 - 06/07/24 1:00 - 4:00 p.m.

M-F 06/17/24 - 06/21/24 1:00 - 4:00 p.m.

M-F 07/29/24 - 08/02/24 9:00 a.m. - Noon

Kids Tok - New 12 and under short form video camp (Ages 6-12)

New 12 and under short form video content creation camp! Do you have kids at home who love TikTok, but you have safety and privacy concerns with the app? In this camp, your camper will create entertaining age-appropriate short form videos using effects and creative tools on the Zigazoo or Likee apps that are kid friendly alternatives to TikTok!

Northridge, Crestone; Price \$265/\$305

M-F 06/10/24 - 06/14/24 9:00 a.m. - Noon

M-F 06/24/24 - 06/28/24 9:00 a.m. - Noon



CAMP S





Chessmates Summer Camp (Ages 5-11)

Chess Camp is all about having fun! We create an environment where kids can learn the basics of chess and bond with their peers. During our program, kids will play games and earn fun prizes along the way! Players will also build abilities beyond the board by learning how to problem solve, think critically, and engage in sportsmanship. At the end of the camp, we hold a chess tournament for students to showcase the skills they discovered throughout the program!

Westridge, Red Tailed Hawk; Price \$159/\$175

Tu-F 06/04/24 - 06/07/24 9:00 a.m. – Noon

M-F 06/17/24 - 06/21/24 1:00 p.m. – 4:00 p.m.*

Westridge, Cooper's Hawk; Price \$159/\$175

Tu-F 07/09/24 - 07/12/24 9:00 a.m. – Noon

Tu-F 07/23/24 - 07/26/24 9:00 a.m. – Noon

*Adjusted Price \$199/\$215

STEM CLASSES AND CAMPS



Snapology Kinderbots Robotics (Ages 4-5)

Children will begin to explore the world of robotics as they build simple models that teach the fundamentals of robotic design. Whether learning about sensors while building drills and magic wands or discovering ways that gears and pulleys create movement while building helicopters and robotic dogs, your child is sure to have a great time!

Westridge, Red Tailed Hawk; Price \$215/\$235

M-F 06/10/24 - 06/14/24 9:00 a.m. – Noon

Snapology Junior Scientists:

All About Animals (Ages 4-6)

Allow your child to cultivate their love of animals. Children will learn various concepts of animal life cycles and animal characteristics & traits using K'Nex toys and other interactive learning tools. We make animal science fun at Snapology!

Westridge, Red Tailed Hawk; Price \$215/\$235

M-F 06/17/24 - 06/21/24 9:00 a.m. – Noon

Snapology RoboPets Robotics (Ages 4-6)

Children will begin to explore the world of robotics as they use LEGO bricks to build simple animal models that teach the fundamentals of robotic design. Whether learning about sensors while building a fish or alligator or discovering ways that gears and wheels and axles create movement while building robotic dogs or frog, your child is sure to have a great time!

Westridge, Red Tailed Hawk; Price \$215/\$235

M-F 06/24/24 - 06/28/24 9:00 a.m. – Noon



Snapology Discovering Dinosaurs and Animal Explorers (Ages 4-5)

The first half of the week is Animal Explorers and the second half is Discovering Dinosaurs! Animal Explorers: The animals living in our backyards or in our towns are very different from the animals in other parts of the world. While some animals have adapted to live in freezing temperatures, others have adapted to live in extremely hot and dry environments. In Snapology's Animal Explorers class, students will learn where animals live and why an animal's habitat is important for survival. Through stories, games, and building animals with DUPLO blocks and LEGO bricks, your little learner will be busy exploring biomes of the world while gaining critical social and developmental skills without even realizing it! Discovering Dinosaurs: How is a Tyrannosaurus Rex different from a Triceratops? Is it just in their physical characteristics or is it also what they ate and when they lived? In Discovering Dinosaurs, your little paleontologists will explore what dinosaurs ate and when they lived while constructing their very own dinosaur model out of DUPLO blocks and LEGO bricks. Through stories, building, and games, your little learners will be busy exploring the prehistoric world while gaining critical social and developmental skills without even realizing it!

Westridge, Red Tailed Hawk; Price \$215/\$235

M-F 07/08/24 - 07/12/24 9:00 a.m. – Noon

Snapology Bot Builders with Cubelets (Ages 4-5)

In this challenge-focused program, your student will begin to develop their computational thinking skills by playing with modular, robotic cubes known as Cubelets®. Imagine this - every way your student snaps the magnetic cubes together creates a unique robot, but what really matters is how they figure out the perfect robot recipe to solve a challenge. They will work in small teams to figure out how to create lighthouses, racer bots, wheelie bots, goofy animals, and so much more! Is your student ready to play and tinker all day with Snapology?

Westridge, Red Tailed Hawk; Price \$215/\$235

M-F 07/22/24 - 07/26/24 9:00 a.m. – Noon



Snapology Machines and Contraptions (Ages 5-8)

Register for both morning and afternoon to play all day! There will be a fun supervised lunch and play break in between. Does your little learner love to tinker and create new things, or are they the kind of learner who likes to break things apart to see what's inside? If so, they're going to love Snapology's Foundational Engineering: Machines and Contraptions program! This program gives your student the tools they need to understand mechanical movement and the importance of simple machines. They will see these moving parts up-close as they follow instructions to build various machines and contraptions, then use the models to develop new design ideas, test out physics concepts, and even play games with their partners and classmates. Whether they are the creative-constructive type or prefer the inquisitive-deconstructive way of learning, this program is sure to spark their engineering interests!

Westridge, Falcon; Price \$215/\$235

M-F 06/03/24 - 06/07/24 9:00 a.m. – Noon

Stop Motion (Ages 5-9)

Students access their creative ability, making YouTube-ready videos that stand-out! Using a STEAM-based learning approach, students embrace their individuality, develop their editing skills, and become compelling content creators who advance their digital well-being responsibly, with an awareness of online safety. *We do not set up YouTube Channels during this class. *Devices are required- iPad, Tablet, or Chromebook. SM WORKBOOK & Award certificate **All footage and final videos will be stored on students' individual devices.

Northridge, Crestone; Price \$240/\$276

M-F 07/15/24 - 07/19/24 1:00 - 4:00 p.m.

M-F 07/29/24 - 08/02/24 1:00 - 4:00 p.m.

POTTERY CAMPS

Clay Camps for Kids (Ages 6-10)

Kids will love creating unique clay pieces in these one-of-a-kind clay camps. Dress for a mess and create a piece of art that will last a lifetime!

Southridge, Pool Party Room; Price \$67/\$77

Garden Friends: Make your own magical unicorn complete with a rainbow.

Tu-Th 06/04/24 - 06/06/24 3:30 - 4:30 p.m.

Tu-Th 07/09/24 - 07/11/24 3:30 - 4:30 p.m.

Tu-Th 06/11/24 - 06/13/24 3:30 - 4:30 p.m.

Castle and Dragons: Step back in time to the exciting world of Castles and Dragons!

Come discover all the possibilities you can create.

Tu-Th 07/16/24 - 07/18/24 3:30 - 4:30 p.m.

Tu-Th 07/30/24 - 08/01/24 3:30 - 4:30 p.m.

Baby Yoda: Come create your very own Baby Yoda and all your favorite Star Wars characters out of clay.

Tu-Th 06/18/24 - 06/20/24 3:30 - 4:30 p.m.

Tu-Th 07/23/24 - 07/25/24 3:30 - 4:30 p.m.

Tu-Th 06/25/24 - 06/27/24 3:30 - 4:30 p.m.

STEM

CHESS

Chess Workshop (Ages 6-14)

Workshop is for beginner and intermediate players. Players will learn the rules and strategies of the game. Classes are taught by National Chess Master Todd Bardwick. Please bring a sack lunch and drink.

Southridge, Backcountry; Price \$79/\$89

F 07/05/24 8:30 a.m. - 3:00 p.m.



Snapology Science of Superpowers (Ages 5-10)

Register for both morning and afternoon to play all day! There will be a fun supervised lunch and play break in between. In Snapology's Science of Superpowers program, students explore the world of their favorite superheroes. Students learn about forces, energy, and problem solving as they build models inspired by Superman, Batman, and all their favorite heroes. Experimentation and fun are crucial components of this 'super' educational program!

Westridge, Falcon; Price \$215/\$235
M-F 06/03/24 - 06/07/24 12:30 - 3:30 p.m.

Snapology Jedi Robotics (Ages 6-10)

Register for both morning and afternoon to play all day! There will be a fun supervised lunch and play break in between. Robotics inspired by Star Wars® and space travel! Come on an adventure, building and programming functional robots using LEGO® bricks in this super-fun program. Learn about space, space travel, and, of course, Star Wars®! Build different robots each day!

Westridge, Falcon; Price \$215/\$235
M-F 06/10/24 - 06/14/24 9:00 a.m. - Noon

Snapology Jedi Masters (Ages 5-10)

Register for both morning and afternoon to play all day! There will be a fun supervised lunch and play break in between. If you love Star Wars®, this is the camp for you! Come participate in Star Wars®-themed activities, build scenes from the movie, build spaceships, lightsabers, you name it. May the Force be with you....

Westridge, Falcon; Price \$215/\$235
M-F 06/10/24 - 06/14/24 12:30 - 3:30 p.m.

Snapology Combat Robots (Ages 7-12)

Register for both morning and afternoon to play all day! There will be a fun supervised lunch and play break in between. Do you think you can build the strongest and most agile robot? Can your robot win a head-to-head combat mission? Come learn engineering strategies for building sturdy structures using LEGO® bricks and then apply that knowledge to build a robot for friendly competition. You'll have a blast as you play robot football and complete the hoop challenge in this fun robotics program!

Westridge, Falcon; Price \$215/\$235
M-F 06/17/24 - 06/21/24 9:00 a.m. - Noon

Snapology Epic Mining and Building (Ages 6-12)

Register for both morning and afternoon to play all day! There will be a fun supervised lunch and play break in between. Snapology's Epic Mining & Building camp will introduce your child to exciting and challenging aspects of Minecraft they may not have considered, including turning themselves into a Minecraft character, solving common game problems, making mob petting zoos, and designing mazes around the Minecraft world. Please note, this is a hands-on program that does not involve playing the game on screens.

Westridge, Falcon; Price \$215/\$235
M-F 06/17/24 - 06/21/24 12:30 - 3:30 p.m.



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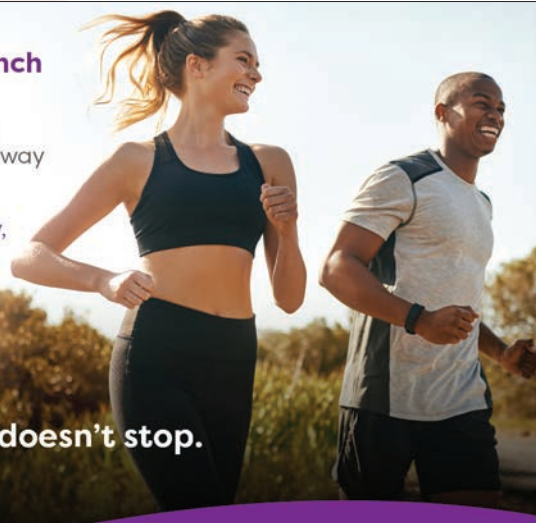
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ABC

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Snapology Responsive Robotics (Ages 7-10)

Register for both morning and afternoon to play all day! There will be a fun supervised lunch and play break in between. In this challenge-oriented program, your student will explore the basic components of robotics by playing with modular cubes known as Cubelets®! Each way your student snaps the cubes together will create a unique robot, but what matters most is when your student figures out the perfect robot recipe to solve a challenge. They will work with a partner to figure out how to create lighthouses, vehicles, astrobots, animals, and so much more. Is your student ready to tinker, design, predict, code and have a blast with Snapology?!

Westridge, Falcon; Price \$215/\$235
M-F 06/24/24 - 06/28/24 9:00 a.m. - Noon

Snapology Mining and Building (Ages 5-10)

Register for both morning and afternoon to play all day! There will be a fun supervised lunch and play break in between. Travel to the Nether with Snapology—but watch out for those creepers! Come join us as we bring Minecraft® to life using LEGO® bricks. Create your own world, including animals, creepers and your very own LEGO® Minecraft® character! Please note, this is a hands-on program that does not involve playing the game on screens.

Westridge, Falcon; Price \$215/\$235
M-F 06/24/24 - 06/28/24 12:30 - 3:30 p.m.

Snapology Mega Machine Robotics (Ages 6-10)

Register for both morning and afternoon to play all day! There will be a fun supervised lunch and play break in between. Your child will create some of their favorite motorized vehicles out of LEGO bricks. Students will learn about gear ratio, sensors, pulleys, cranks, and programming as they build trucks, space rovers, helicopters, and much more. Your child is sure to have fun as they build, learn, and play.

Westridge, Falcon; \$129/\$140
M-W 07/01/24 - 07/03/24 9:00 a.m. - Noon

Snapology Planes, Trains, and Automobiles (Ages 6-10)

Register for both morning and afternoon to play all day! There will be a fun supervised lunch and play break in between. In Snapology's Planes, Trains, and Automobiles program, children will explore the world of transportation. Students will build models of their favorite forms of transportation as they learn about energy, wheels and axles, air resistance, and more!

Westridge, Falcon; \$129/\$140
M-W 07/01/24 - 07/03/24 12:30 - 3:30 p.m.

Snapology Incredible Invention Robotics (Ages 6-10)

Register for both morning and afternoon to play all day! There will be a fun supervised lunch and play break in between. Do you enjoy inventing new things? Learn about the process real inventors go through while you help design, build and program robotic models to solve problems using LEGO® bricks and robotics. Are you the next Thomas Edison? Learning is enhanced through use of laptops.

Westridge, Falcon; Price \$215/\$235
M-F 07/08/24 - 07/12/24 9:00 a.m. - Noon

Snapology Brick Art and Design Lab (Ages 5-10)

Register for both morning and afternoon to play all day! There will be a fun supervised lunch and play break in between. Edgar Degas, a famous artist, once said, "Art is not what you see, but what you make others see." As your child learns about different types of art and the periods in which they were created, students will also be interpreting what they see and creating their own works of art out of LEGO bricks. In Snapology's Brick Art and Design Lab class, children will draw inspiration and guidance from great works of art like Da Vinci's "Mona Lisa," Van Gogh's "Starry Night," Wright's "Falling Water," and so many more! By the end of the experience, your child will be able to not only share information about famous artists, art forms, and art movements, but create their own unique works of art that reach beyond the past and into the future.

Westridge, Falcon; Price \$215/\$235
M-F 07/08/24 - 07/12/24 12:30 - 3:30 p.m.

Snapology Animation Studio (Ages 6-10)

Register for both morning and afternoon to play all day! There will be a fun supervised lunch and play break in between. Create amazing movies with stop motion animation using LEGO® bricks. Children will work in teams to produce their very own movie complete with dialogue and sound effects. Movies are uploaded to a secure site for family and friends to see how cool they are!

Westridge, Falcon; Price \$215/\$235
M-F 07/15/24 - 07/19/24 9:00 a.m. - Noon

Snapology Pokemania (Ages 5-10)

Register for both morning and afternoon to play all day! There will be a fun supervised lunch and play break in between. In Snapology's Pokemania program, students explore the Pokémon world and practice their Pokémon training skills! They create their own training gyms, unique battles, and even their very own generation of Pokémon. Your student also explores some real-world science as they examine the habitats, characteristics, and needs of different Pokémon. They do more than catch 'em all, they build and examine them all very closely and have a blast doing so!

Westridge, Falcon; Price \$215/\$235
M-F 07/15/24 - 07/19/24 12:30 - 3:30 p.m.

Snapology Olympics (Ages 6-10)

Register for both morning and afternoon to play all day! There will be a fun supervised lunch and play break in between. Summer 2024 means OLYMPICS! In Snapology's Olympics camp, students will build with LEGO® bricks, work in teams, and compete in sport-themed challenges. Your child will focus on sports, while learning important STEAM concepts. Your child is sure to have a blast, as they build, learn, and play!

Westridge, Falcon; Price \$215/\$235
M-F 07/22/24 - 07/26/24 9:00 a.m. - Noon



Snapology Castle and Kingdoms (Ages 5-10)

Register for both morning and afternoon to play all day! There will be a fun supervised lunch and play break in between. Who wouldn't want to escape and play in the world of magic, fairytales, and royalty? In Snapology's Castles and Kingdoms program, students will have the opportunity to use LEGO® bricks to design their medieval fantasies while also bringing real history to life! Yes, your student will do more than just build with LEGO® bricks, they will build their historical understanding of the unique elements that make the medieval time period such a fascinating point in human history.

Westridge, Falcon; Price \$215/\$235
M-F 07/22/24 - 07/26/24 12:30 - 3:30 p.m.



Science Matters Oeoy Gooey Science Potions and Polymers (Ages 5-11)

A little of this, a little of that, some wild reactions is where it's at! Make a slushy treat to eat and see Soda Slobber. We'll make water disappear and play with snow that never melts. Then - make some Slime that looks alive! You won't believe that our mixing fun can teach some science before it's done. With a Pop, or a Bang, or even some Fizz, you have become a chemistry whiz!

Northridge, Wetterhorn; Price \$223/\$239
Tu-F 05/28/24 - 05/31/24 9:00 a.m. - Noon
Westridge, Cooper's Hawk; Price \$279/\$299
M-F 06/24/24 - 06/28/24 9:00 a.m. - Noon



Science Matters Tabletop Catapults (Ages 5-11)

Throw things...really, really, really far with catapults, trebuchets, and cannons in this half-day camp. Build a working tabletop wooden trebuchet to start an exploration of Newton's Laws of Motion, create games with the mini Basketball Catapult, float Flying Frisbees through the Firmament on our Science Matters Golf Course. Take some terrific target practice with a marshmallow gun. We'll have things whizzing around the classroom for the whole camp.

Northridge, Wetterhorn; Price \$223/\$239
Tu-F 05/28/24 - 05/31/24 12:30 - 3:30 p.m.
Westridge, Falcon; Price \$279/\$299
M-F 08/05/24 - 08/09/24 12:30 - 3:30 p.m.



Science Matters STEM Superheroes Save the Earth (Ages 5-11)

In this half-day - Join the Science Matters Superheroes dedicated to Fun and Saving the Earth. Design your own Superhero Side Kick, Make Art from the Sun and create a Yummy Treat at the same time. We'll create a Germinator that makes measuring plants a snap and design your own Hide-a-Rock. Earth is our home and we need Superheroes to protect it.

Northridge, Wetterhorn; Price \$279/\$299
M-F 06/03/24 - 06/07/24 9:00 a.m. - Noon
M-F 07/22/24 - 07/26/24 9:00 a.m. - Noon



Science Matters Roller Coaster Science (Ages 5-11)

The physics and chemistry of the amusement park come alive in this half-day camp. Start by building roller coasters and then design and build other mini rides like a Merry Go Round or Ferris Wheel. Help EggMo survive the Tower of Doom. Then enter our Glow Lab and explore all things glowy and creepy, explore alchemy and make a Golden Penny. You'll smile from end to end when you join us for this Carnival of Fun.

Northridge, Wetterhorn; Price \$279/\$299
M-F 06/03/24 - 06/07/24 12:30 - 3:30 p.m.
Westridge, Falcon
M-F 08/05/24 - 08/09/24 9:00 a.m. - Noon



Challenge Island Slimetopia 3: Slime Chefs on Deck (Ages 5-10)

Prepare to stir up the most delicious-looking slime recipes on the Seven Seas! You and your STEAM Team have been chosen to be slime sous chefs on the S.S. Slimetopia cruise ship and it's up to you to "feed" the slime hungry passengers morning, noon and night! You'll mix up Belgian Waffle slime, fast food hamburger slime, ice cream sundae slime and spectacular sushi slime just to name a few. Slimetopia 3 is sure to sell out in a squishy, squashy splash, so book your cruise cabin ooey, gooey fast! Note: Although the slimes in this camp may look and smell yummy, they are for playing not for tasting!
Southridge, Cliffs; Price \$180/\$200
M-Th 7/22/24 - 7/25/24 9:00 a.m. - Noon

Science Matters Middle School Camps



Bricks 4 Kidz Remote Control Mania Camp (Ages 5-10)

Making it move is the name of the game at this exciting camp! Kids will love to see their creations in motion using LEGO® wireless remote controls. Each day, campers will use fascinating and challenging LEGO® components to create dynamic vehicles, inventions, machines and more. As they enjoy the fun of building, campers will understand the basic working principles of many ingenious devices that are part of our everyday lives. Campers will also learn how to magnify, diminish and redirect force to move objects at different speeds and in different directions. This camp is loads of fun and learning for budding builders.

Southridge, Cliffs; Price \$210/\$230
M-F 06/17/24 - 06/21/24 9:00 a.m. - Noon

Bricks 4 Kidz Bat League: Heroes & Villains (Ages 5-10)

Enter the dark city where a dangerous jokester and other evil villains wreak havoc. Thankfully there is a bat hero who comes out each night to fight against these evil-doers! The good guys will ride into action as campers build motorized models of the bat hero's speedy vehicle and bat girl's sleek cycle. But keep the bat light searching for the evil jokester's motorized low rider vehicle cruising through the city streets as well. Send the bat hero swinging on his grappling hook technic model from one skyscraper to the next as he fights crime with his trusty super sidekick. Campers will use their imaginations, building skills and crime-fighting passion in this thrilling camp of bat heroes and villains!

Southridge, Cliffs; Price \$210/\$230
M-F 07/29/24 - 8/02/24 9:00 a.m. - Noon

Science Matters Fizz, Glow, and Heat It Up! (Ages 10-14)

Explore your favorite chemical element. Conduct experiments that create heat and then cool them down. Create your own battery. Work with your teammates to conduct labs, collect data, and cool reactions. Make things glow, fizz, and explode. Lab aprons and google provide!

Westridge, Cooper's Hawk; Price \$279/\$299
M-F 06/24/24 - 06/28/24 12:30 - 3:30 p.m.

Science Matters Junior Science Academy (Ages 10-14)

Join our Junior Science Academy and train your brain (and have fun). Make hydrogen and see how hydrogen can power a vehicle. Learn about super volcanos and create your own version. Ride on the only vehicle that can drive over the land and sea. Problem solve real world problems with your fellow campers. Create new friendships and have fun with our teamwork challenges. Exciting earth, life, and physical science fun with fellow friends.

Westridge, Wetterhorn; Price \$279/\$299
M-F 07/22/24 - 07/26/24 12:30 - 3:30 p.m.

Challenge Island Arcade Mania Camp (Ages 5-10)

This Kids-Choice Challenge Island adventure puts a 100% SCREEN-FREE STEAM twist on popular video games: From Super STEAMio to Island Blox to Mine Island to Fort Island to retro-inspired games like Space Aliens and Pinball Machines! You and your STEAM Team will swap game consoles for creativity and joysticks for ingenuity and imagination as you take on Islands of low-tech STEAM challenges created with game-loving kids in mind!

Southridge, Cliffs; Price \$225/\$250
M-F 06/24/24 - 06/28/24 9:00 a.m. - Noon

Challenge Island Slimetopia 2: Total Slime Takeover (Ages 5-10)

In this bestselling Slimetopia sequel, the world is being taken over by slime! You and a crew of STEAM Teammates will ooze with excitement as you design your own Slimeliner Jet and fly to a different slime continent every day. You'll mix up an amazing array of internationally-inspired slimes from Italian pizza slime to Ghana chocolate slime to Pacific ring of fire slime to a world of other slimes in between. This squishy, squashy, sensational slime adventure is sure to sell out in a flash, so book your Slimetopia airlines ticket today!

Westridge, Cooper's Hawk; Price \$225/\$250
M-F 07/08/24 - 07/12/24 9:00 a.m. - Noon

Bricks 4 Kidz Classic Arcade Brick Adventures Camp (Ages 5-10)

Jump into the world of classic arcade and video games! Eat flashing dots, collect coins and rings, avoid getting killed by enemies...there are so many obstacles to overcome and levels to beat! People today have games with graphic animations and three dimensional capabilities. Let's take it back to when it all started, the 1980's! That was the time of 8-bit and later 16-bit technology, which gave these old games their classic appearance. Campers will build the famous plumber brothers, a Brick Eater, a jumping hedgehog, alien invaders, and more! Can you guess which classic game each model represents?

Southridge, Cliffs; Price \$210/\$230
M-F 07/15/24 - 07/19/24 9:00 a.m. - Noon

MindCraft Trap Escape Room (Ages 8-14)

Can your student escape the MindCraft Trap? In this unique camp, kids learn codes/ciphers, figure out escape challenges and puzzles, and solve Minecraft inspired mysteries. Then, working with other avatars (other students), they will create their own mini, Minecraft-inspired escape room. Will they escape a mine full of creepers and skeletons, find treasure in an underwater temple, or triumph over the Nether dragon? It will be up to them! The last day of camp they will attempt our "MindCraft Trap Escape" experience where they must solve a series of puzzles or be caught in a clever contraption!

Westridge, Cooper's Hawk; Price \$255/\$270
M-F 06/17/24 - 06/21/24 9:00 a.m. - Noon



Bricks 4 Kidz/Challenge Island

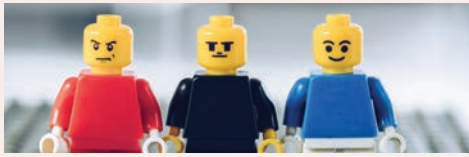


Challenge Island Road Trip USA Camp (Ages 5-10)

Rev up your R.V. for a cross country STEAM adventure! You and your tribe will engineer your way from sea to shining sea from the Statue of Liberty to the Golden Gate Bridge from the Hawaiian Volcanoes to the Floridian theme parks to an open road of exciting pit stops in between. This imagination-fueled excursion across the USA promises to have campers smiling from coast to coast!

Southridge, Cliffs; Price \$168/\$184; No Class 6/5
M/Tu/Th/F 06/03/24 - 06/07/24





Advanced Robotics with LEGO® EV3 Mindstorms (Ages 8-14)

Advanced Robotics with LEGO® EV3 Mindstorms Calling all LEGO® Robotic Inventors! Kids grow critical thinking and creativity skills in this mind-blowing camp where ideas can become reality. Our campers start with building cool robots and finish with creating their own designs using Mindstorms EV3 systems. The robots can be programmed to move, adjust speed levels, turn, avoid obstacles, make noise, and more! Join us for this amazing camp!
Westridge, Cooper's Hawk; Price \$265/\$280
 M-F 06/17/24 - 06/21/24 1:00 - 4:00 p.m.
Northridge, Wetterhorn
 M-F 07/15/24 - 07/19/24 1:00 - 4:00 p.m.

Mummy's Tomb Escape Room (Ages 8-14)

Escape the mummy's tomb and summer boredom! In this unique camp, kids learn codes and ciphers, figure out escape challenges and puzzles, and solve ancient-tomb mysteries. Working in teams, kids will create their own mini, ancient-tomb escape room. Will they escape a forgotten pyramid, find the hidden message, or unearth the secret of an angry mummy? It will be up to them! The last day of camp they will attempt our "Mummy's Tomb Escape" experience where they must solve a series of puzzles or be caught in the mummy's tomb forever!
Northridge, Wetterhorn; Price \$255/\$270
 M-F 07/15/24 - 07/19/24 9:00 a.m. - Noon

KGS: Activity Night (Ages 5-10)

Join us for an exhilarating journey into the world of innovation and creativity at our Lego Robotics Night! Unleash your inner engineer as you build, code, and bring your robotic masterpieces to life. Experience an evening filled with hands-on fun, teamwork, and the thrill of turning your wildest robotic dreams into reality. Ignite the spark of imagination with Lego Robotics Night - where every block builds a new adventure!
Southridge, Arapahoe; Price \$40/\$46
 Sa 05/11/24 5:00 - 8:00 p.m.
 Sa 06/01/24 5:00 - 8:00 p.m.
 Sa 07/13/24 5:00 - 8:00 p.m.
 Sa 08/10/24 5:00 - 8:00 p.m.

Wize Academy



Wize Academy: Exploring the Wonders of Rainbow and Colors (Ages 5-10)

Get ready for a week of vibrant exploration as we dive into the enchanting world of rainbows and colors at our Summer Science Camp! From red on the outside to violet on the inside, we'll unravel the mysteries of rainbows through a series of engaging and hands-on science experiments. Under the careful guidance of our experienced teachers, children will not only discover the magic of colors but also unleashed their creativity as they formulate and test hypotheses.
Westridge, Falcon; Price \$280/\$299
 Tu-F 05/28/24 - 05/31/24 09:00 a.m. - 5:00 p.m.

Wize Academy: Spinning Sky Camp (Ages 5-10)

This week we will introduce children to the idea that the sun, moon, and stars change position in the sky in ways that are fun to watch and predict. They will explore mysteries such as: Could a shadow move? What does your shadow do when you're not looking? How can the sun help you if you get lost? Why do you have to go to bed early even when the sun is out in the summer? Why do stars come out at night?
Westridge, Red Tailed Hawk; Price \$180/\$199
 M-F 06/03/24 - 06/07/24 1:00 - 5:00 p.m.

Wize Academy: Wonders of Bugs, Insects and Creatures (Ages 5-10)

Get ready for a week buzzing with excitement as we dive into the fascinating realms of bugs, insects, and other creatures. Through hands-on experiments and activities, our young scientists will unravel the secrets of these tiny marvels and discover why they play a vital role in our ecosystem.
Westridge, Red Tailed Hawk; Price \$180/\$199
 M-F 06/10/24 - 06/14/24 1:00 - 5:00 p.m.

Wize Academy: 3D Designing, Modeling and Printing (Ages 5-10)

Dive into the fascinating world of technology with our 3D designing, Modeling and Printing camp! With the tech landscape offering a plethora of programming languages we've got you covered. Move beyond the basics of Blockly and Scratch as we introduce you to the exciting realms of Lua, Unity, Swift, Python, Arduino, JavaScript and C+. Our diverse programs include immersive experiences in game design, 3D modeling and design graphic design, and mobile app development. Join us for the week of hands-on exploration where your creativity take center stage in the dynamic world of technology
Northridge, Wetterhorn; Price \$350/\$399
 M-F 07/08/24 - 07/12/24 9:00 a.m. - 5:00 p.m.

Wize Academy: Coding and Drones (Ages 5-10)

Explore the thrill and excitement in one of technology's fastest growing industries. Students will learn how to pilot, maintain, and repair their own drones. Throughout the camp, students will learn different practical uses for drones and complete drone challenges related to photography, package delivery, and obstacle courses. All programs include real-life present day and future applications. Get out of the chair and into the air as you learn: Racing, Coding, Delivery, Search & Rescue, Mapping, Autonomous Flight, Photography, Visual Arts.
Westridge, Red Tailed Hawk; Price \$280/\$299
 Tu-F 07/16/24 - 07/19/24 9:00 a.m. - 5:00 p.m.

Wize Academy: Engineering and Robotics (Ages 5-10)

Packed with hands-on and minds-on STEM fun and learning! Build confidence and self-esteem while constructing projects inspired by the excitement of Cities, Garbage Trucks, and Catamarans. Build X-Wings, Energy Catapults, and Defense Turrets from a galaxy far, far away! Perfect camp for anyone who wants to explore science, technology, engineering, and math related projects in a fun, safe, and positive environment.
Northridge, Wetterhorn; Price \$350/\$399
 M-F 07/29/24 - 08/02/24 9:00 a.m. - 5:00 p.m.



Wize Academy: Plant and Animal Camp (Ages 5-10)

Children will be introduced to the concept of things that animals and plants need in order to survive, and their lives are all about meeting those needs. It is the secret to why they do the many strange and wonderful things that they do. Knowing how they meet their needs can even help children find plants and animals near them.
Northridge, Wetterhorn; Price \$350/\$399
 M-F 08/05/24 - 08/09/24 9:00 a.m. - 5:00 p.m.

SPORTS CAMPS

Summer Break Basketball Camps

Colorado Basketball Academy Summer Camp (Ages 5-13)

This camp is designed to improve skills while working on court awareness. Our experienced high school coaches and players will fine tune your game through various drills, games and skill practice.
Eastridge, Gym
Price \$190/\$219
 M-F 06/03/24 - 06/07/24 9:00 a.m. - Noon
 M-F 06/17/24 - 06/21/24 9:00 a.m. - Noon
 M-F 06/24/24 - 06/28/24 9:00 a.m. - Noon
 W-F 07/01/24 - 07/05/24 9:00 a.m. - Noon*
 M-F 07/15/24 - 07/19/24 9:00 a.m. - Noon
 M-F 07/22/24 - 07/26/24 9:00 a.m. - Noon
 M-F 07/29/24 - 08/02/24 9:00 a.m. - Noon
 * Adjusted price \$152/\$175

FUNDamentals Basketball Camp (Ages 8-11)

Learn and develop basic FUNDamentals through teaching progressions, drills, contests and fun games. A great way to learn basketball and stay active.
Eastridge, Gym
Price \$190/\$219
 M-F 06/10/24 - 06/14/24 9:00 a.m. - Noon
 M-F 07/08/24 - 07/12/24 9:00 a.m. - Noon

Basketball Shooting Camp (Ages 10-15)

Learn how to shoot with great technique and improve your shooting with proper warm-up. Students will learn how to shoot from all distances, angles, off the pass and dribbling. Find new drills and ways to improve your shot while training at game speed.
Eastridge, Gym
Price \$190/\$219
 M-F 06/10/24 - 06/14/24 1:00 - 4:00 p.m.
 M-F 07/08/24 - 07/12/24 1:00 - 4:00 p.m.



FENCING CAMPS

Summer Break Fencing Camp (Ages 8-14)

Rocky Mountain Fencing Academy camps are designed to provide introductory fencing instruction, taking into account the performance levels of each individual camper. The typical daily schedule includes one - 2.5 hour fencing practice session combined with other fun activities. Camp competitions are scheduled for the last day of camp. An excellent student to instructor ratio is maintained to provide individual coaching attention for each student. Camp organizers provide all necessary fencing equipment and sanitize daily.

Southridge

Price \$240/\$280

M-F	06/03/24 - 06/07/24	9:00 - 11:30 a.m.
M-F	06/17/24 - 06/21/24	9:00 - 11:30 a.m.
M-F	06/24/24 - 06/28/24	9:00 - 11:30 a.m.
M-F	07/08/24 - 07/12/24	9:00 - 11:30 a.m.
M-F	07/15/24 - 07/19/24	9:00 - 11:30 a.m.
M-F	07/22/24 - 07/26/24	9:00 - 11:30 a.m.

GYMNASTICS/TUMBLING CAMPS



Active Athletics Summer Camps (Ages 3-11)

Each day of the week will be centered around the weekly theme. Craft and Activities will involve the theme. Throughout the day kids will get to learn the basics of gymnastics, work on social skills, and work as a team member. Campers must bring a water bottle, two snacks, lunch and wear comfortable clothes. Registration form must be submitted prior to the first day of class. Be prepared to be active!

Themes:

June 3-7	Ninja Week
June 17-21	Disney/Potter Week
July 8-12	Ninja Week
July 22-26	Olympics

Active Athletics Preschool Camp (Ages 3-5)

Active Athletics; Price \$295

M-F	06/03/24 - 06/07/24	9:00 a.m. - 12:30 p.m.
M-F	06/17/24 - 06/21/24	9:00 a.m. - 12:30 p.m.
M-F	07/08/24 - 07/12/24	9:00 a.m. - 12:30 p.m.
M-F	07/22/24 - 07/26/24	9:00 a.m. - 12:30 p.m.

Active Athletics Camp (Ages 5-11)

Active Athletics; Price \$415

M-F	06/03/24 - 06/07/24	9:00 a.m. - 3:00 p.m.
M-F	06/17/24 - 06/21/24	9:00 a.m. - 3:00 p.m.
M-F	07/08/24 - 07/12/24	9:00 a.m. - 3:00 p.m.
M-F	07/22/24 - 07/26/24	9:00 a.m. - 3:00 p.m.



Active Athletics Drop-In Days (Ages 5-11)

Active Athletics; Price \$85

M	06/03/24	9:00 a.m. - 3:00 p.m.
W	06/05/24	9:00 a.m. - 3:00 p.m.
M	06/17/24	9:00 a.m. - 3:00 p.m.
W	06/19/24	9:00 a.m. - 3:00 p.m.
M	07/08/24	9:00 a.m. - 3:00 p.m.
W	07/10/24	9:00 a.m. - 3:00 p.m.
M	07/22/24	9:00 a.m. - 3:00 p.m.
W	07/24/24	9:00 a.m. - 3:00 p.m.

HRCA Tumbling Camp (Ages 3-7)

Visit HRCAonline.org and fill out the children's application under tumbling section and bring it filled out the first day of class.

What to Bring to Camp: Bring a peanut-free lunch and drink. Children should wear a swimsuit under their clothes, have sunscreen on, and bring clothes to change into and a towel.

Camp Requirements

- A children's application must be brought on the first day of camp.
- Classes for children ages three and older unless noted.
- Children must be potty trained.
- Children do not need to know how swim in these summer classes.

Kick Off to Summer Camp (Ages 3-7)

This camp is filled with swimming, tumbling, crafts, and games. Bring a peanut-free sack lunch and a drink.

Westridge, Coopers Hawk; Price \$28/\$32

Tu	05/28/24	9:30 a.m. - 12:30 p.m.
F	05/31/24	9:30 a.m. - 12:30 p.m.

It's Summer Time (Ages 3-7)

This camp is filled with swimming, tumbling, crafts, and games. Bring a peanut-free sack lunch and a drink.

Westridge, Coopers Hawk; Price \$70/\$80

Tu-Th	05/28/24 - 05/31/24	1:00 - 4:00 p.m.
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Flip and Dip Camp (Ages 3-7)

We'll do a fun art project, swim, and do some exciting tumbling. Children should wear their swimsuit and have sunscreen already applied. Bring a peanut-free lunch/snack. Children must be potty-trained. Note: Visit the web site and fill out the children's application under Tumbling section and bring with you the first day.

Westridge, Osprey; Price \$28/\$32

Tu	06/11/24	1:00 - 4:00 p.m.
Tu	06/25/24	1:00 - 4:00 p.m.
Tu	07/09/24	1:00 - 4:00 p.m.
Tu	07/23/24	1:00 - 4:00 p.m.
Tu	08/06/24	1:00 - 4:00 p.m.

Westridge, Osprey; Price \$28/\$32

W	06/05/24	9:30 a.m. - 12:30 p.m.
W	06/12/24	9:30 a.m. - 12:30 p.m.
W	06/19/24	9:30 a.m. - 12:30 p.m.
W	06/26/24	9:30 a.m. - 12:30 p.m.
W	07/10/24	9:30 a.m. - 12:30 p.m.
W	07/17/24	9:30 a.m. - 12:30 p.m.
W	07/24/24	9:30 a.m. - 12:30 p.m.
W	07/31/24	9:30 a.m. - 12:30 p.m.

Westridge, Osprey; Price \$28/\$32

Th	06/06/24	1:00 - 4:00 p.m.
Th	06/13/24	1:00 - 4:00 p.m.
Th	06/20/24	1:00 - 4:00 p.m.
Th	06/27/24	1:00 - 4:00 p.m.
Th	07/11/24	1:00 - 4:00 p.m.
Th	07/18/24	1:00 - 4:00 p.m.
Th	07/25/24	1:00 - 4:00 p.m.
Th	08/01/24	1:00 - 4:00 p.m.

Pop into Summer (Ages 3-7)

Cool off with two hours of fun-filled tumbling, music, games, and a cold treat.

Westridge, Turf; Price \$20/\$26

F	06/07/24	9:30 - 11:30 a.m.
F	06/14/24	9:30 - 11:30 a.m.
F	06/21/24	9:30 - 11:30 a.m.
F	06/28/24	9:30 - 11:30 a.m.
F	07/12/24	9:30 - 11:30 a.m.
F	07/19/24	9:30 - 11:30 a.m.
F	07/26/24	9:30 - 11:30 a.m.
F	08/02/24	9:30 - 11:30 a.m.

YOUTH TENNIS CAMPS

Westridge Summer Tennis Camp (Ages 7-9)

This is a four-day entry-level camp. Camp includes swimming. Bring a tennis racquet, tennis shoes, water bottle, snack, swimsuit, and towel.

Westridge; Price \$168/\$193

Tu-F	06/04/24 - 06/07/24	9:00 a.m. - Noon
Tu-F	06/11/24 - 06/14/24	9:00 a.m. - Noon
Tu-F	06/18/24 - 06/21/24	9:00 a.m. - Noon
Tu-F	06/25/24 - 06/28/24	9:00 a.m. - Noon
Tu-F	07/09/24 - 07/12/24	9:00 a.m. - Noon
Tu-F	07/16/24 - 07/19/24	9:00 a.m. - Noon
Tu-F	07/23/24 - 07/26/24	9:00 a.m. - Noon
Tu-F	07/30/24 - 08/02/24	9:00 a.m. - Noon

Southridge Summer Tennis Camp (Ages 10-12)

This is a four-day entry-level camp. Camp includes swimming. Bring a tennis racquet, tennis shoes, water bottle, snack, swimsuit, and towel.

Southridge; Price \$168/\$193

Tu-F	06/04/24 - 06/07/24	1:00 - 4:00 p.m.
Tu-F	06/11/24 - 06/14/24	1:00 - 4:00 p.m.
Tu-F	06/18/24 - 06/21/24	1:00 - 4:00 p.m.
Tu-F	06/25/24 - 06/28/24	1:00 - 4:00 p.m.
Tu-F	07/09/24 - 07/12/24	1:00 - 4:00 p.m.
Tu-F	07/16/24 - 07/19/24	1:00 - 4:00 p.m.
Tu-F	07/23/24 - 07/26/24	1:00 - 4:00 p.m.
Tu-F	07/30/24 - 08/02/24	1:00 - 4:00 p.m.

TAEKWONDO

Summer Taekwondo Camp (Ages 5-13)

Camps are a great way for students to immerse themselves in Taekwondo while having the opportunity to try new things and make new friends. Students will advance 15 classes towards belt testing during the week long camps. Camps include the following activities: belt curriculum, breaking, games, friends and FUN.

Northridge

Price \$250/\$280

M-F	06/03/24 - 06/07/24	10:00 a.m. - 2:00 p.m.
M-F	07/15/24 - 07/19/24	10:00 a.m. - 2:00 p.m.





VOLLEYBALL

Youth Volleyball Summer Clinics (Ages 7-15)

Join HRCA this summer for a variety of different youth volleyball clinics! This summer we will be offering indoor and outdoor beach clinics. For more information, pricing, and schedules, please visit HRCAonline.org.

THERAPEUTIC RECREATION (TR)

TR Summer Sports Camp (Ages 8-Adult)

Learn the skills necessary to play a variety of sports. Also learn the rules of the games, focusing on good sportsmanship and teamwork.

Southridge, Gym; Price \$120/\$138

Tu 07/09/24 - 07/30/24 9:00 a.m.-12:00 p.m.

Stride to Ride (Ages 5-Adult)

A program dedicated to teaching individuals of all abilities two-wheeled balance, coordination, and confidence for a lifetime of riding adventures. (including the cost of a STRIDER Balance Bike to take home. If you already own a STRIDER, the cost will be reduced accordingly.)

Southridge; Gym; Price: \$220/ \$253

M-F 06/17/24 - 06/21/24 10:00 - 11:00 am

TR Summer Lego Camp (Ages 8-Adult)

Build castles, amusement parks, motorized cars and robotics. With access to over 100,000 pieces of LEGO, students build what they have only dreamed of with the support of experienced Snapology and Therapeutic Recreation staff. The engineer-designed curriculum challenges all ability levels to reach higher levels of engineering comprehension while having fun.

Southridge, Butte; Price \$120/\$138

M-F 06/03/24 - 06/07/24 9:30 - 11:00 a.m.

TR Tri Sports Camp (Ages 8- Adult)

If you like to swim, bike, or run, join in the fun! This program is designed to prepare athletes with special needs for the HRCA Splash Mash Dash Kids Triathlon on August 3 at Eastridge.

Eastridge, Outdoor pool, Mondays,

Bike/Run practice Thursdays.

Price \$175/\$201

M/Th 06/03/24 - 08/03/24 6:00 - 7:00 p.m.



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HRC A
EDUCATION



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Preschool Director

• Westridge
Tammi Howard 720-348-8214
tammi.howard@hrcaonline.org

• Children over 3 years old must be potty trained.

24/7 Online
HRC Aonline.org/Classes-Camps-Activites

CREATIVE KIDS' PARENT-TOT

Toddler & Me (Ages 18 mos-4)

Come experience a mock day at preschool with mom. Enjoy free play, circle time, crafts, and snacks while you and your child meet new friends. An adult must accompany each child.

Westridge, Osprey; Price \$46/\$50

Outdoor Adventure

F 05/03/24 - 05/24/24 9:45 - 11:00 a.m.

Books, Books and More Books

F 08/09/24 - 08/30/24 9:45 - 11:00 a.m.

CREATIVE KIDS' SPECIALTY

Princess Dress Up (Ages 3-6)

Come as your favorite princess and be pampered. Enjoy a snack and craft.

Westridge, Osprey; Price \$19/\$22

Tinker Bell

M 05/06/24 1:00 - 2:30 p.m.

Ariel

M 06/10/24 1:00 - 2:30 p.m.

Jasmine

M 07/08/24 1:00 - 2:30 p.m.

Raya

M 08/05/24 1:00 - 2:30 p.m.

Superheroes (Ages 3-6)

Come as your favorite superhero. Bring your superpowers and be ready for some fun!

Westridge, Osprey; Price \$19/\$22

M 05/20/24 1:00 - 2:30 p.m.

M 06/24/24 1:00 - 2:30 p.m.

M 07/22/24 1:00 - 2:30 p.m.

M 08/26/24 1:00 - 2:30 p.m.

Mad Scientist (Ages 3-6)

Join the fun where we unleash our inner scientists. We will be experimenting with a variety of liquids and solids to create crazy explosions and expand our knowledge of science.

Westridge, Osprey; Price \$20/\$23

W 05/15/24 1:00 - 2:30 p.m.

W 06/19/24 1:00 - 2:30 p.m.

W 07/17/24 1:00 - 2:30 p.m.

W 08/21/24 1:00 - 2:30 p.m.

Sibling Rivalry (Ages 3-7)

Enjoy a class with your sibling. This class allows older siblings to help younger siblings explore the fun of this class. You will make creative art projects, enjoy free play, songs, and games.

Westridge, Golden Eagle; Price \$18/\$24 per child

Gardening

Th 05/02/24 1:00 - 3:00 p.m.

Th 05/16/24 1:00 - 3:00 p.m.

Sandy Hands

Th 06/06/24 1:00 - 3:00 p.m.

Th 06/20/24 1:00 - 3:00 p.m.

Star Spangled

Th 07/11/24 1:00 - 3:00 p.m.

Th 07/25/24 1:00 - 3:00 p.m.

ABC's

Th 08/01/24 1:00 - 3:00 p.m.

Th 08/15/24 1:00 - 3:00 p.m.



KIDS NIGHT IN

Kids Night-Out (Ages 3-12)

Swimming, dinner, movie, crafts, and more. Wear your swimsuit and bring your P.J.'s, a pillow, and blanket, and be ready for bed when Mom or Dad come back! Please bring a water bottle.

Eastridge, Pool Party Room; Price \$31/\$35

The Magician's Elephant

F 05/10/24 6:00 - 9:00 p.m.

Elemental

F 05/31/24 6:00 - 9:00 p.m.

Leo

F 06/21/24 6:00 - 9:00 p.m.

Mummies

F 07/12/24 6:00 - 9:00 p.m.

Trolls Band Together

F 08/16/24 6:00 - 9:00 p.m.

KREATIVE KIDS

Kreative Kids (Ages 3-5)

Play, crafts, games, and songs is what Kreative Kids is all about! Please provide peanut-free lunch and snacks.

Westridge, Osprey; Price \$28/\$31

May Flowers

Tu 05/07/24 9:30 a.m. - 12:30 p.m.

Tu 05/14/24 9:30 a.m. - 12:30 p.m.

Tu 05/21/24 9:30 a.m. - 12:30 p.m.

June Road Trip

Tu 06/04/24 9:30 a.m. - 12:30 p.m.

Tu 06/11/24 9:30 a.m. - 12:30 p.m.

Tu 06/18/24 9:30 a.m. - 12:30 p.m.

Tu 06/25/24 9:30 a.m. - 12:30 p.m.

July Sparklers

Tu 07/09/24 9:30 a.m. - 12:30 p.m.

Tu 07/16/24 9:30 a.m. - 12:30 p.m.

Tu 07/23/24 9:30 a.m. - 12:30 p.m.

Tu 07/30/24 9:30 a.m. - 12:30 p.m.

August Friendships

Tu 08/06/24 9:30 a.m. - 12:30 p.m.

Tu 08/13/24 9:30 a.m. - 12:30 p.m.

Tu 08/20/24 9:30 a.m. - 12:30 p.m.

Tu 08/27/24 9:30 a.m. - 12:30 p.m.

Westridge, Osprey; Price \$28/\$31

May Bugs

Th 05/02/24 9:30 a.m. - 12:30 p.m.

Th 05/09/24 9:30 a.m. - 12:30 p.m.

Th 05/16/24 9:30 a.m. - 12:30 p.m.

June Outdoor Journey

Th 06/06/24 9:30 a.m. - 12:30 p.m.

Th 06/13/24 9:30 a.m. - 12:30 p.m.

Th 06/20/24 9:30 a.m. - 12:30 p.m.

Th 06/27/24 9:30 a.m. - 12:30 p.m.

July Stars and Stripes

Th 07/11/24 9:30 a.m. - 12:30 p.m.

Th 07/18/24 9:30 a.m. - 12:30 p.m.

Th 07/25/24 9:30 a.m. - 12:30 p.m.

August Under the Sea Adventures

Th 08/01/24 9:30 a.m. - 12:30 p.m.

Th 08/08/24 9:30 a.m. - 12:30 p.m.

Th 08/15/24 9:30 a.m. - 12:30 p.m.

Th 08/22/24 9:30 a.m. - 12:30 p.m.

Th 08/29/24 9:30 a.m. - 12:30 p.m.



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2 TIMES THE FUN

2 Times the Fun (Ages 2-3)

Two-year-olds will explore various games, music, story time, art, and playtime. It's an excellent way to initiate social skills and prepare for preschool. Parents do not attend.

May Take Me Out to the Ball Game

June Under Water Animals

July Happy 4th of July

August New Adventures

Westridge, Osprey; Price \$66/\$74

M 05/06/24 - 05/20/24 10:30 a.m. - Noon*

M 08/05/24 - 08/26/24 10:30 a.m. - Noon

*Adjusted price \$50/\$56

Westridge, Osprey; Price \$46/\$52

W 05/01/24 - 05/22/24 10:00 - 11:00 a.m.

W 06/05/24 - 06/26/24 9:00 - 10:00 a.m.

W 07/10/24 - 07/31/24 9:00 - 10:00 a.m.

W 08/07/24 - 08/28/24 9:00 - 10:00 a.m.

STEPPING STONES

Stepping Stones (Ages 2½-3½)

Prepare your child for preschool. Children learn about colors, ABC's, and numbers while having social interaction and fun. A snack will be served. Parents do not attend.

Westridge, Osprey; Price \$95/\$100

Grasshoppers

Th 05/02/24 - 05/23/24 9:30 a.m. - Noon

Beaches

Th 06/06/24 - 06/27/24 9:30 a.m. - Noon

All about the Stars

Th 07/11/24 - 07/25/24 9:30 a.m. - Noon*

Back to School

Th 08/01/24 - 08/29/24 9:30 a.m. - Noon**

*Adjusted price \$71/\$75

**Adjusted price \$119/\$125

EDUCATION COLLEGE PREP

SAT/ACT® Preparation Class (Ages 14-18)

Do you want higher test scores and a better shot at competitive schools? Learn test-preparation strategies for a fraction of the cost of commercial programs! This education specialty course is taught by an instructional expert with 30+ years of experience in test preparation helping students for both the SAT and ACT. Students receive an official preparation guide and an additional strategies manual.

Westridge, Golden Eagle; Price \$349/\$375

M-Th 07/29/24 - 08/01/24 9:00 a.m. - Noon

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Celebration Service @ 9am
Classic Service @ 10:30am

www.GraceColorado.com

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FINANCIAL SEMINARS

Will Seminar (Ages 18+)

Will Seminar is a simple one-step class which provides a Notarized will, general power of attorney, medical power of attorney, and living will by the end of the seminar for each attendee from an experienced estate planning attorney. This class provides finished estate planning documents at a fraction of the typical cost. Cost includes all materials, witnessing, notarizing, individual review, and plenty of time for discussion and questions. Participants do not need to bring anything to class.

Northridge, Wetterhorn; Price \$150/\$172

W 05/08/24 6:00 - 8:30 p.m.
 Tu 06/04/24 6:00 - 8:30 p.m.
 Tu 08/13/24 6:00 - 8:30 p.m.

Living Trust Seminar (Ages 18+)

Why you might need a Living Trust. This class will discuss the Top 10 Reasons for getting a Living Trust. It will also respond to any questions you may have concerning Living Trusts for estate planning purposes. When you finish the class, you should have a clear picture of whether a Living Trust is the right tool for you and/or your family. It will help you understand how to plan for issues relating to outliving your mental capacity, real property, life insurance, spendthrift children, and many other issues.

Northridge, Wetterhorn; Price \$29/\$39

W 05/01/24 6:30 - 8:00 p.m.
 W 06/05/24 6:30 - 8:00 p.m.
 W 08/07/24 6:30 - 8:00 p.m.

Social Security Education Center Presents: Social Security 101 (Ages 18+)

According to the Social Security Administration's own website, there are 9,000 possible ways a married couple can claim their social security benefits. Boston Economics Professor, Laurence Kotlikoff once stated, "Social Security is about as complicated a fiscal system as is humanly possible to design." Choosing one plan over another could be the difference in hundreds of thousands of dollars. If you don't have a plan, what are the chances you'll get it right? Come learn the various social security strategies available to you as well as how to minimize your taxes in retirement from a CPA.

Northridge, Wetterhorn; Free Registration is Required

Tu 05/07/24 6:00 - 7:30 p.m.
 W 08/21/24 6:00 - 7:30 p.m.



Business Owner Exit Planning: Start with the End in Mind (Ages 30+)

Are you a business owner and considering the next steps for your company? This seminar is designed to help you become familiar with exit / succession planning and the steps you can take now to start preparing for your future - even if your timeline is years down the road. We'll focus on three primary topics: what is exit planning, why start now and steps to get started. Following the seminar, participants will have the opportunity to schedule a complimentary review of their business' financial strategy to bring the education full circle with a focus on their individual vision, goals, and questions.

Northridge, Wetterhorn; Free Registration is Required

Th 05/09/24 6:00 - 7:30 p.m.

What Happens After the Paychecks Stop? A Retirement Income Primer (Ages 50+)

Are you worried about your expenses and income streams once you've retired? We will examine how to budget for retirement expenses, retirement income sources and opportunities, and potential risks such as long-term care (LTC) and health care costs. Following the seminar, participants will have the opportunity to schedule a complimentary financial plan review to bring the education full circle with a focus on their individual strategy, goals, and questions.

Northridge, Wetterhorn; Free Registration is Required

Th 06/20/24 6:00 - 7:30 p.m.

Health Care and Your Retirement (Ages 50+)

A subject often daunting for many as they approach retirement is healthcare. How much should you budget for? What are the options? What is covered? We'll provide a Medicare overview, discuss health care costs, educate on how to incorporate health care in your retirement plan, evaluate insurance options, discuss important dates, how to prepare for long-term care expenses and considerations around health care directives. Following the seminar, participants will have the opportunity to schedule a complimentary financial plan review to bring the education full circle with a focus on their individual strategy, goals, and questions.

Northridge, Wetterhorn; Free Registration is Required

W 08/28/24 6:00 - 7:30 p.m.

ONLINE EDUCATION



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Bring everyone in the office up to speed on subjects that affect overall productivity! Learn without leaving the comfort of your own home! Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. There are over 300 classes offered including: • Get Paid to Travel • Resume Writing • Buy and Sell on eBay • Debt Elimination Techniques • Professional Sales Skills • SAT/ACT Preparation • Stocks, Bonds, and Investing: Oh, My! • Designing Effective Web Sites • Wine Appreciation • Achieving Success with Difficult People • And more! Courses run for six weeks, are project-oriented, and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links and more. Visit ed@go.com/HRCA for complete course descriptions, lesson outlines, and evaluations from former students, course requirements, instructor credentials, and a demo course.

Each class: \$112/\$129

Requirements: All courses require Internet access, e-mail, Netscape Navigator, or Microsoft Internet Explorer. Some courses may require additional software or other requirements. Before registering, visit ed2go.com/HRCA for complete course requirements.

To Get Started: Visit ed2go.com/HRCA. Click the Orientation link and follow the instructions to enroll and pay for your course. On the first day of class, returned2go.com/HRCA and click the classroom link. Log in with the name and password you provided during orientation.

Questions? Visit ed2go.com/HRCA, or call 303-471-8818.

HEALTH AND SAFETY



A.P.E.'s Basic Class/Child Escape (Ages 5-12)

This is a good introductory and refresher course for kids. It will cover a broad range of topics including defining a "Stranger", "Lures", Role Playing, distancing, what to yell, "Going Bananas", "Code Words", and communication. Child Escape: The first and most important counter move if attacked or threatened is to "run like the wind" (and bring attention to the situation). If running away is not immediately an option, you may need to know how to get out of a situation "physically." This class goes over ways to specifically get out of danger if a child is grabbed, picked up, put in a car, etc. Because of the physical nature of this class, it is only given to both kids and parents together.

Westridge, Hawk Room; Price \$35/\$40

Su 05/19/24 11:00 a.m. - 1:00 p.m.





Women's Self Defense Class (Ages 12+)

We start by discussing the importance of staying aware and being "smart" on the street and at home. We will then teach the basic strikes necessary to fend off an attacker. At this point, the instructor puts on a full padded body suit which enables the participants to land real strikes. Finally, we spend most of the class role playing different type of attacks that women may face from a predator. This class is for any woman who is interested in becoming more empowered and more confident if ever faced with this danger.

Westridge, Hawk Room; Price \$55/\$63

Su 05/19/24 2:00 - 5:00 p.m.

Self Defense for College Students (Ages 18-25)

Westridge, Hawk Room; Price \$55/\$63

Su 06/09/24 1:00 - 4:00 p.m.



Babysitting Class with WestCPR (Ages 11-18)

Learn guidelines for working with parents and their children to make the time safe and fun. You will learn how to set up your own babysitting business, how to keep the kids entertained, and what to do in an emergency. This is a hands-on class where you will learn and practice everything from baby diapering and feeding to basic child/infant first aid, choking protocols, and CPR. The class includes a Kids Watch guide and personal web access to many other trusted resources such as games, suggestions, and videos from other babysitting experts and advice from young, experienced babysitters. Each student will receive access to the pediatric first aid text for reference along with the babysitting manual and certificate of participation from WestCPR LLC. Please bring a peanut free snack/lunch.

Westridge, Falcon; Price \$78/\$89

Sa 05/18/24 9:00 a.m. - 2:00 p.m.

Sa 06/08/24 9:00 a.m. - 2:00 p.m.

Sa 07/13/24 9:00 a.m. - 2:00 p.m.

Sa 08/17/24 9:00 a.m. - 2:00 p.m.

PRESCHOOL

The HRCA's preschool program is based on a play environment with developmentally appropriate activities which give children the foundation for future academic learning. The children will participate in art, music, finger plays, dramatic play, block building, sand play, puzzles, and beginning handwriting skills. Through these activities children develop physical, emotional, social, creative, and cognitive skills.

(Ages 18 mos-3) Designed to aid children with their basic motor, social, emotional, cognitive and linguistic development.

(Ages 3-4) Children work on letter recognition using the letter of the week, and are introduced to Handwriting Without Tears using shapes to form letters. Games, songs, and finger plays are used to learn numbers.

(Ages 4-5) Working on the benchmarks required to enter kindergarten. This includes the children's social/emotional development, physical development, exercising their fine and gross motor skills, intellectual development dealing with vocabulary, facing new challenges and problem solving, and reading readiness which is recognizing both upper- and lower-case letters and encourage an interest in reading. Handwriting without Tears is used to teach letter writing.

2024-25 SCHOOL YEAR

September 3, 2024 - May 15, 2025

All classes have an annual non-refundable registration fee: \$100 per child.

PRESCHOOL EASTRIDGE

Toddler (Ages 1-3)

Buttercups

M-F 7:30 a.m. - 5:30 p.m. Entire Arts Room

\$1,400/\$1,450 monthly (Ages 1-2)

Poppies

M-F 7:30 a.m. - 5:30 p.m. Copper Room

\$1,400/\$1,450 monthly (Ages 1-2)

Sweet Peas

M-F 7:30 a.m. - 5:30 p.m. Wolf Creek Room

\$1,380/\$1,435 monthly (Ages 2-3)

Bluebells

M-F 7:30 a.m. - 5:30 p.m. Snowmass Room

\$1,380/\$1,435 monthly (Ages 2-3)

Toddler fee is not pro-rated. It is a monthly fee.

Preschool (Ages 3-4)

Shooting Stars

M-F 9:00 a.m. - Noon Sunlight Room

\$465/\$515 monthly (Full-day available)

Pre-K (Ages 4-5)

Daisies

M-F 9:00 a.m. - Noon Telluride Room

\$465/\$515 monthly (Full-day available)

(UPK qualified)

Combo (Ages 3-5)

Sunflowers

M-F 9:00 a.m. - Noon Monarch Room

\$465/\$515 monthly (Full-day available)

(UPK qualified*)

(*Only students who turn 4 by October 1, 2024, qualify for UPK)

PRESCHOOL WESTRIDGE

Toddler (Ages 2-3)

Cubs

M-F 7:30 a.m. - 5:30 p.m. Osprey Room

\$1,380/\$1,435 monthly (Ages 2-3)

Preschool (Ages 3-4)

Pikas

M-F 9:00 a.m. - Noon Falcon Room

\$465/\$515 monthly

(Full-day available)



Pre-K (Ages 4-5)

Elk

M-F 9:00 a.m. - Noon Great Horned Owl

Room \$465/\$515 monthly

(Full-day available) (UPK qualified)

Combo (Ages 3-5)

Bisons

M-F 9:00 a.m. - Noon Barn Owl Room

\$465/\$515 monthly

(Full-day available) (UPK qualified*)

(*Only students who turn 4 by October 1st, 2024, qualify for UPK)

Refunds will not be granted if HRCA is required to cancel a program due to weather conditions.

ENRICHMENT (Ages 3-5)

The HRCA operates an Enrichment program at Eastridge and Westridge to enhance the Preschool/Pre-K program. Enrichment is a before and after school program for those enrolled in our Preschool and Pre-K classes only, providing care for your child for a full day, 7:30 a.m.-5:30 p.m.

Families who need full-time care for their child may enroll in a five-day Preschool or Pre-K class and add Enrichment to make a full day. Families may also choose three-days of Enrichment, which would give their child full days on Monday, Wednesday, and Friday. The HRCA wants to provide a flexible childcare option to meet your needs while maintaining the integrity and quality of the Preschool and Pre-K program you value.

Enrichment Program Fees:

Enrichment (school days)

\$44/\$47 daily

All day Enrichment (school break days)

\$54/\$57 daily

Program Details:

- Includes music, language, swimming, pottery, art, building blocks, story time, nap, and snack time. Each week has a different theme. Children participate in special activities related to those themes each week. Enrichment children swim a few times a week.
- Children are invited to bring napping items like a blanket, or a lovie, and are required to bring a sheet weekly to help them rest with ease.
- We typically offer additional programs for a fee including swim lessons, science camp, technology camp, ballet, gymnastics, and other classes. Our teachers will take your child and pick them up when the class is over.
- This program is facilitated by the same Preschool and Pre-K teachers you have come to love and trust at the HRCA.
- This program is licensed with the State of Colorado and therefore maintains the integrity of licensed programs in policy and procedures.
- A morning and afternoon snack is provided.
- Children need to bring a "peanut/nut aware" lunch.
- Payments are made monthly for Enrichment.
- Refunds AND transfers for Enrichment programs require a monthly notice.



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24/7 Online
HRCAonline.org/Events

HRCA Farmers' Market

HRCA partners with the Denver Farmers' Market to bring this exceptional market to Highlands Ranch. The season starts with a plethora of sauces, pastas, flowers, breads, and more. As the season progresses and local produce comes into season, the market explodes with all the varieties of Colorado's bounty. See a list of vendors at DenverFarmersMarket.com
Town Center South, 9288 Dorchester St.; FREE
Su 04/07/24 - 10/27/24 10:00 a.m. - 2:00 p.m.

Your Health with UCHealth

Join us for an enlightening health webinar, hosted in partnership with UCHealth, all from the comfort of your home. Led by UCHealth physicians, each session offers a chance to interact and get your questions answered in real-time. Allergies can significantly affect our everyday lives, from minor annoyances to serious health concerns. Dive into the topic of allergy awareness, exploring their triggers, effective management techniques, and strategies for living a healthier life while managing these conditions.

Webinar; FREE
Enhancing Allergy Awareness for a Healthier Life
W 05/01/24 6:00 - 7:00 p.m.

Pottery Sale

Come find a unique gift or a special piece for yourself at HRCA's tri-annual pottery sale. Pieces are created by HRCA pottery students and are on display in the lobby at the Southridge Rec Center. Credit cards are accepted.

Southridge, atrium, 4800 McArthur Ranch Rd.; FREE
M 05/06/24 8:00 a.m. - 6:00 p.m.
M 07/15/24 8:00 a.m. - 6:00 p.m.

Blood Drive

Join HRCA and Vitalant in a critical mission to save lives! The need for blood donations is urgent, and your contribution can make all the difference. Every donation counts, and together, we can provide hope and healing to those in desperate need. Your act of kindness could be the lifeline someone is waiting for. Sign up online at Donors.Vitalant.org using Blood Drive Code 10002.

Northridge, gymnasium, 8800 Broadway Blvd.; FREE
Th 05/09/24 9:00 a.m. - 1:30 p.m.
Th 08/29/24 9:00 a.m. - 1:30 p.m.

Cans Festival

Our tongue-in-cheek salute to the original Cannes Film Festival continues in 2024 - there won't be any award-winning films, but lots of canned cocktails! Cans aren't just for beer anymore... discover your favorite canned drinks by sampling any or all of the dozens of canned wines and cocktails at this event exclusive to Highlands Ranch. From refreshing spritzers to classic cocktails, explore the wide variety of delicious, canned beverages available! Food trucks will be on site for additional purchase. Must be 21+ to attend this event; no pets, infants, or children; IDs will be checked.

Southridge, auditorium & patio, 4800 McArthur Ranch Blvd.; Tickets: \$35
F 05/10/24 6:00 - 8:30 p.m.



Mother's Day 5K

Bring your family and friends and join in the fun at the annual HRCA Mother's Day 5K! Register the whole family and make it a morning of activities all can enjoy. Don't miss the post-race party filled with fun activities for the kids and an all you can eat pancake breakfast for all registered participants! For information visit HRRaceSeries.org.

Cresthill Middle School, 9195 Cresthill Ln.; Prices vary
Sa 05/11/24 9:00 a.m.

Coffee with a Cop

The Douglas County Sheriff's Department is partnering with the Highlands Ranch Community Association to bring informal conversations to HRCA Rec Centers, giving residents and business owners a chance to connect with the local officers in a relaxed atmosphere. All Coffee with a Cop events are free and great for all ages! No registration necessary.

Northridge, 8800 Broadway Blvd.; FREE
W 05/15/24 5:00 - 7:00 p.m.
Southridge, 4800 McArthur Ranch Rd.; FREE
W 08/14/24 8:00 - 10:00 a.m.

Community Garage Sale

Is it time to clean out your garage and sell your treasures? The Highlands Ranch Community Garage Sale is a great way to get everyone out and about, meet new neighbors, and have a fun day. It also doesn't hurt that participants make little money and get to clean out their home! The 2024 Community Garage Sale will have a digital map, and sellers will sell out of their own home/driveway.

Highlands Ranch neighborhoods; FREE
Sa 05/18/24 Individual sale times vary

Hooked On Fishing

Get your little ones hooked on fishing! The Highlands Ranch Cultural Affairs Association, Highlands Ranch Metro District, and Colorado Parks and Wildlife are excited to come together to teach the basics of fishing. Experienced anglers will teach the art of fishing and ecology. Poles and bait are provided and kids get to keep their equipment for future catches! A parent must stay with the child for the entire class.

Fly'N B Park, 2910 Plaza Dr.; Tickets: \$18
Sa 05/18/24 9:00 - 10:00 a.m.
Sa 05/18/24 10:30 - 11:30 a.m.

Winter Cultural Series - Flamenco Guitar and Dance

René Heredia is a leading figure in the development of Flamenco guitar and dance in the United States. He has won countless awards and has contributed as a performer, teacher, choreographer, educator, mentor, composer, and recording artist.

Southridge Recreation Center, Wildcat Auditorium, 4800 McArthur Ranch Rd.;
Ticket: Child/Senior/Military \$10, Adult \$12
W 05/22/24 6:30 - 8:00 p.m.

Culture on the Green Series

Experience the perfect blend of culture and fresh air at Highlands Ranch's Culture on the Green series. Enjoy captivating dance, music, and cultural performances at no cost to you. Bring a blanket and your favorite picnic treats for an unforgettable evening. Dogs and glass containers are not allowed at Civic Green Park. Food trucks will be on site with food available for purchase.

Civic Green Park, 9370 Ridgeline Blvd.; FREE
International Youth Ballet

F 05/24/24 6:30 - 8:00 p.m.

Mudra Dance Studio

F 06/21/24 6:30 - 8:00 p.m.

Michael Friedman: Funk & Soul

F 07/26/24 6:30 - 8:00 p.m.

Lone Tree Symphony Series

Get ready for some musical magic this summer as the Lone Tree Symphony Orchestra returns to Highlands Ranch! From classical to modern tunes, there's something for everyone. Bring your family and friends for unforgettable evenings filled with wonderful music. Don't miss out on this special concert series!

Southridge, auditorium, 4800 McArthur Ranch Blvd.; Tickets: \$25

W 05/30/24 6:30 - 8:00 p.m.

W 06/28/24 6:30 - 8:00 p.m.

Art Encounters Program

Art Encounters is a collaborative effort of the Douglas County Cultural Council and the Scientific & Cultural Facilities District (SCFD) designed to bring an annually rotating outdoor public art exhibit to Highlands Ranch, Parker, Castle Rock, Roxborough, and Lone Tree. Visit all the jurisdictions and vote for your favorite at HRCOnline.org/ArtEncounters. Art is on display June 2024 - May 2025.

Summer Kickoff (All Ages)

Kickstart the summer season in the Backcountry Wilderness Area with a morning at Base Camp! Look forward to good eats and outdoor exploring at Backcountry Base Camp.

Backcountry Wilderness Area; Base Camp; Price \$10 per car

Sa 06/01/24 8:30 a.m. - 11:00 a.m.

Classic Car Show

Join us for the 24th annual Highlands Ranch Cultural Affairs Association Classic Car Show! This is the perfect weekend activity that the whole family will enjoy. Come down to see some antique, classic, and late-model vehicles! To show off your ride, register your vehicle at HRCOnline.org/Vendors.

Cherry Hills Community Church, parking lot, 3900 E. Grace Blvd.; FREE

Sa 06/1/24 10:00 a.m. - 2:00 p.m.



Summer Concert Series

Don't forget to pack a blanket or picnic to enjoy under the vibrant Colorado sunset. A variety of food trucks will be on site with food for purchase.

Highland Heritage Regional Park, 9651 S. Quebec St.; FREE

Nothing But Nineties (90s/Pop/Rock)

Th 06/06/24 6:30 - 8:00 p.m.

Amanda V's Material Girl

(Madonna Tribute Band/Pop/80s)

Th 06/13/24 6:30 - 8:00 p.m.

Little Moses Jones (R&B/Soul/Hip Hop)

Th 06/20/24 6:30 - 8:00 p.m.

Hand Turkey (Funk/Dance/Soul-Pop)

Th 06/27/24 6:30 - 8:00 p.m.

Eric Golden (Country)

Th 07/11/24 6:30 - 8:00 p.m.

Bad Colorado (Bad Company Tribute Band/Rock)

Th 07/18/24 6:30 - 8:00 p.m.

The Petty Nicks Experience

(Tom Petty and Stevie Nicks Tribute Band/Rock)

Th 07/25/24 6:30 - 8:00 p.m.

Adult Dance Recital

Please join us for this one-of-a-kind event as the dancers from HRCA's adult dance classes will perform their greatest numbers! Come be a part of the fun and witness the magic of dance!

Southridge, auditorium, 4800 McArthur Ranch Blvd.; FREE

Su 06/09/24 2:00 - 3:00 p.m.

Happy Hour Half K

Looking for something to do with the whole family on Father's Day Weekend? Have you always wanted to run a half marathon, or maybe just a 5K, but it seems like too much work? Look no further than the Happy Hour Half K. Join us for the 1640-foot "race" benefiting the HRCA Therapeutic Recreation Program. Enjoy beer (21+), food, music from Soul School, and yard games. For information visit HRRaceSeries.org. Dogs and glass containers are not allowed at Civic Green Park.

Civic Green Park, 9370 S. Ridgeline Blvd.; Prices vary

F 06/14/24 6:00 - 8:00 p.m.

Backcountry Wilderness Area Big Game and Turkey Hunt Opportunities

Since 2010, the Backcountry Wilderness Area has offered world class hunting for elk and turkeys. Highlands Ranch hunters have the three ways to get a chance to hunt in the 8,200 acres of the Backcountry Wilderness Area: drawing, auction, and raffles. Hunts include elk, deer, and turkey. Hunters are limited to HRCA residents in good standing. All proceeds benefit the Backcountry Conservation & Education Fund which has a mission to improve wildlife habitat, inspire the next generation of nature stewards, and ignite a lifelong love of the outdoors for all. For more information on the Backcountry Wilderness Area Hunt Program, visit HRCOnline.org/hunt.

Summer Hunt Raffle

06/20/24 - 07/09/24

Summer Hunt Raffle Event

Living the Dream Brewing Co., 9150 Commerce Center Cir, #300

Th 07/11/24 6:00 - 8:00 p.m.

Highlands Ranch Beer Festival

Prepare your taste buds for an unforgettable experience at the Highlands Ranch Beer Festival! HRCA is excited to bring you an event filled with craft beers and live music. Whether you love beer or just want a fun day out, this event is for you! Each ticket includes unlimited one-ounce beer samples and individual beers are also available for purchase. Proceeds benefit the Highlands Ranch Community Scholarship Fund. Tickets go on sale on May 6 at 10:00 a.m. Must be 21+ to partake in tastings.; IDs will be checked. The park is open to the public but only ticket holders will be allowed to sample beers.

Civic Green Park, 9370 Ridgeline Blvd.;

Tickets: \$50 GA / \$65 VIP

Sa 06/22/24 1:00 - 2:00 p.m. VIP Hour

Sa 06/22/24 2:00 - 5:00 p.m. General Admission

Golf Tournament

Join us for a day of golf and giving back at our annual tournament! All participants will enjoy a full round of 18 holes followed by lunch. The format is a four-person scramble, perfect for golfers of all skill levels to compete and have fun together. Best of all, your participation supports HRCA's nonprofits, making a positive impact in our community. Don't miss this opportunity to tee off for a cause and enjoy a memorable day on the greens!

University of Denver Golf Club at Highlands Ranch, 9000 Creekside Way; \$145 per golfer

Th 06/27/24 8:00 a.m. - 1:00 p.m.

Independence Day 5K

Kick off your 4th of July with a family-friendly and festive 5K! This fun run/walk is perfect for first-time 5K participants, elite runners, kids, parents with strollers, and everyone in between. After the race, head over to Highlands Ranch Parkway to catch the annual HRCA 4th of July parade! Visit HRRaceSeries.org for more information.

Town Center South, 9288 Dorchester St.; Prices vary

Th 07/04/24 7:30 a.m.



Fourth of July Parades

The Highlands Ranch Community Association and Metro District are partnering to bring the July 4 Parade to the community. The patriotic parade is designed to appeal to families and to bring the community together to celebrate our nation's birth. The first leg of the parade is the Family Pet & Bike Parade (.2 miles) followed by the Community Parade (1.02 miles).

Family Bike and Pet Parade (Ages 2 – Grade 6)

Shine up those bikes, dress up the kids, and groom your pets for the Family Bike and Pet Parade. The line forms at 8:30 a.m. in Town Center North. Children must be accompanied by an adult. The Family Bike and Pet Parade precedes the Community Parade and begins at 8:45 a.m. sharp. **Town Center Area, Highlands Ranch Pkwy & Hepburn St.; FREE**
Th 07/04/24 8:45 – 9:00 a.m.

Community Parade

The annual fourth of July parade celebrates Independence Day with floats, music, and more! Community members line the streets of Highlands Ranch Pkwy to enjoy the parade which starts on Hepburn St. in Town Center North. We invite your company, charitable organization, school group, and/or neighborhood to participate in this holiday parade! To register or for more information, visit HRCOnline.org/July4. **Town Center Area, Highlands Ranch Pkwy between Hepburn St. and Ridgeline Blvd.; FREE**
Th 07/04/24 9:00 – 10:30 a.m.

Fourth of July Fireworks

The Highlands Ranch Community Association, Highlands Ranch Metro District, and Douglas County have joined together to present a spectacular fireworks display! This event is exclusively dedicated to fireworks, so be sure to bring your blanket and snacks, enjoy food trucks, and settle in for the vibrant event. We encourage attendees to consider biking, walking, or ride sharing whenever possible, as parking is very limited at the park. For more information visit HRCOnline.org/July4. Subject to weather and fire ban.

Highland Heritage Regional Park, 9651 Quebec St.; FREE
Th 07/04/24 9:30 p.m.

Chamber Music: Americas the Beautiful

The Highlands Ranch Cultural Affairs Association is proud to present the Chamber Music Society of Greater Denver's summer program "Americas the Beautiful," a showcase of the diversity of musical expression in the Americas. From classical and folk to popular and contemporary, this program features compositions by musicians born or residing in the Americas. **Southridge, auditorium, 4800 McArthur Ranch Blvd.; Tickets: \$20**
Sa 07/10/24 6:30-8:00 p.m.



Highlands Ranch Mountain Bike Series

The Highlands Ranch Mountain Bike Series takes place on four Wednesdays in July and August. Each Wednesday night features a different route through the private and pristine HRC Backcountry Wilderness Area. Visit HRRaceSeries.org for more information and to register. **Redtail Park, 2674 Pemberly Ave.; Prices vary**
W 07/10/24 6:00 p.m.
W 07/17/24 6:00 p.m.
W 07/31/24 6:00 p.m.
Rocky Heights Middle School, 11033 Monarch Blvd.; Prices vary
W 08/07/24 6:00 p.m.

Oaked & Smoked - American Whiskey and BBQ

Savor an afternoon of American whiskey tasting, featuring a diverse selection from across the United States, including bourbons, ryes, single malts, and more, expertly paired with delicious grilled and barbecued delights. Each ticket includes unlimited half-ounce whiskey samples, a full BBQ meal, and a souvenir tasting glass. Don't miss out on this unforgettable experience! Tickets go on sale on May 27. Must be 21+ to attend this event; no pets, infants, or children; IDs will be checked. **Eastridge, back patio, 9568 University Blvd.; Tickets: \$55**
Sa 07/13/24 3:00 - 6:00 p.m.

Bigfoot Bash

As summer at Camp Backcountry comes to a close, we're sending it off with a final hoorah! Come together with Camp Backcountry staff and camper families to celebrate another wild summer in the Backcountry Wilderness Area. Test your skills in a Bigfoot race, spot Backcountry Bigfoot in and around Base Camp, and plan for food truck eats (additional cost). All ages. **Backcountry Wilderness Area Base Camp, 6005 Ron King Trail; Tickets: \$10 per car**
F 07/26/24 4:30 - 7:00 p.m.

Curtain Call at the Mansion: Nothing But Jazz

Highlands Ranch Cultural Affairs Association presents an evening of jazz with the sextet After Midnight Band at the historical Highlands Ranch Mansion. Their swing and jazz repertoire will bring toe-tapping joy to all ages. **Highlands Ranch Mansion, 9950 E Gateway Dr.; Tickets: \$25**
Th 08/01/24 6:30 - 8:00 p.m.

COMMUNITY PARTNERS

The HRCA's ability to bring events to Highlands Ranch is made possible in part by our Community Partners, the Highlands Ranch Cultural Affairs Association (CAA), and the Scientific and Cultural Facilities District (SCFD).



Splash Mash Dash Kids Triathlon

The Splash Mash Dash Kids Triathlon is perfect for kiddos looking for a way to "TRI" the sport of triathlon or tune up their skills for a larger race. The race will offer kids a safe and fun environment for racing. To encourage participation and enjoyment for all, The Splash Mash Dash Kids Triathlon is a non-timed event. All participants receive a T-shirt, finisher medal, and donut breakfast! For more information visit HRRaceSeries.org.

Eastridge, 9568 University Blvd.; Prices vary
 Sa 08/03/24 9:00 a.m.

Tequila and Tacos

Join the Highlands Ranch Community Association and Davidsons Beer, Wine, and Spirits for an afternoon of tequila and taco exploration! You can enjoy tacos, tequilas, margaritas and a selection of other tequila-based cocktails. Each ticket includes unlimited half-ounce samples of tequila and one plate of food. This event is outdoors and bigger and better than before! Tickets go on sale June 24. Must be 21+ to attend this event; no infants or children; IDs will be checked.

Eastridge, back patio, 9568 University Blvd.;
Tickets: \$55
 Sa 08/10/24 3:00 - 6:00 p.m.

Summer Sunset Concert

The Highlands Ranch Cultural Affairs Association and Highlands Ranch Metro District come together to celebrate the end of another great summer with one last concert of the season! Food trucks will be on site with food available for purchase. Admission is free and open to the public, no dogs or glass containers allowed in Civic Green Park.

Civic Green Park, 9370 Ridgeline Blvd.; FREE
To be announced
 F 08/23/24 6:30 - 8:00 p.m.



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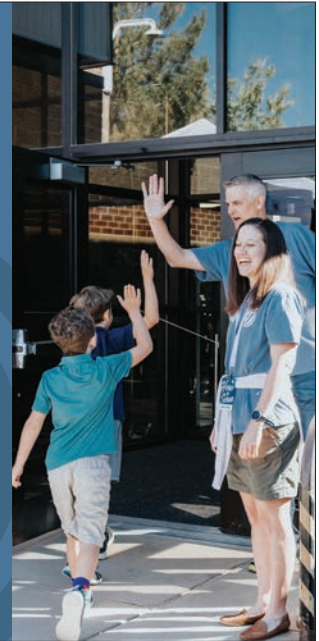
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JOURNEY HIGHLANDS RANCH

Eldorado Elementary
 1305 W Timbervale Trail

For service times & directions:
JourneyColorado.com

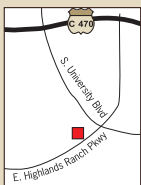


EVENTS

TREAT YOURSELF and Your Family To a Highlands Ranch Community Favorite...



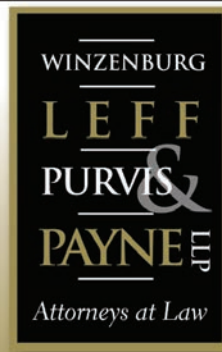
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 303.863.1870



HRCA
FITNESS

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Sports and Fitness Supervisor

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chad.mejia@hrcaonline.org

Fitness Team Lead

Hannah Yeager
303-471-7044
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Fitness Coordinator

Jesse Pleiman
303-471-8916
jesse.pleiman@hrcaonline.org

24/7 Online
HRCAonline.org/fitness

PERSONAL TRAINING

Our nationally certified personal trainers are excited to get you started with a customized personal training program! By creating a personalized exercise program, our trainers will help you learn how to exercise effectively so you can achieve results. To view our personal trainer profiles or to request a trainer, visit us at HRCAonline.org/request-trainer. For more information, contact Jesse. Pleiman@hrcaonline.org.

How to Get Started:

- Visit HRCAonline.org/request-trainer to fill out the Request a Trainer Form.
- Upon submission of the Request a Trainer form, you will receive an email with all new client documents, pricing information, and policies and procedures for the personal training program.
 - Documents should be returned to the Fitness Coordinator at Jesse.Pleiman@hrcaonline.org. After review, the new client packet is sent to our Personal Training staff to be in contact for scheduling.
 - Please wait to purchase your session package until you have confirmed the first scheduled session with your trainer.
 - Please note that a physician's release may be required.

Private Personal Training Session Packages

**Packages cannot be shared between households. Prices listed reflect member/non-member rates.*

Three / one-hour sessions
\$177/\$204 (\$59/\$68 per session) *
Six / one-hour sessions
\$336/\$384 (\$56/\$64 per session) **
12 / one-hour sessions
\$636/\$732 (\$53/\$61 per session) ***

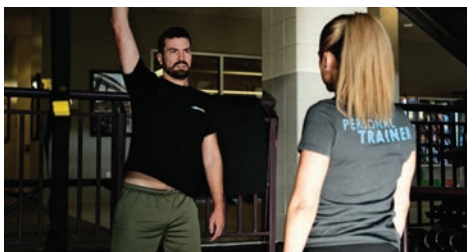
Senior Rate (Ages 55+)

Three / one-hour sessions
\$162/\$186 (\$54/\$62 per session) *
Six / one-hour sessions
\$306/\$354 (\$51/\$59 per session) **
12 / one-hour sessions
\$576/\$672 (\$48/\$56 per session) ***
**Expires 60 days from purchase.*
***Expires 120 days from purchase.*
****Expires 180 days from purchase.*

Semi-Private Training Packages (Two people)

Grab a friend and help each other stay accountable to your fitness goals! This package is for two people to train together with a personal trainer. The training program will be tailored toward the specific needs and requests of the two clients. Each person will purchase a package that is electronically loaded to their account. Prices listed reflect member/non-member rates.

Three / one-hour sessions
\$35/\$40 per person (\$105/\$120 package) *
Six / one-hour sessions
\$33/\$38 per person (\$198/\$228 package) **
12 / one-hour sessions
\$31/\$35 per person (\$372/\$420 package) ***
**Expires 60 days from purchase.*
***Expires 120 days from purchase.*
****Expires 180 days from purchase.*



NEW! Small Group Training Packages (three-five people)

Grab two to four friends and help each other stay accountable for your fitness goals! This package is for three to five people to train together as a group with a personal trainer. The training program will be tailored toward the specific needs and requests of the clients. Each person in the group will purchase a package that is electronically loaded to their account. Prices listed reflect member/non-member rates.

Three / one-hour sessions
\$26/\$30 per person (\$78/\$90 package) *
Six / one-hour sessions
\$25/\$29 (\$150/\$174 package) **
12 / one-hour sessions
\$23/\$27 (\$276/\$324 package) ***
**Expires 60 days from purchase.*
***Expires 120 days from purchase.*
****Expires 180 days from purchase.*

Personal Equipment Orientation

A comprehensive review of all the weight and cardiovascular machines at the facility of your choice with a certified personal trainer. This is a great opportunity to find proper seat setting, starting resistance, and correct form and technique for the operation of all equipment. To schedule, please contact Jesse.Pleiman@hrcaonline.org.

Private Orientations:
60-minute session \$60
Semi-Private Orientations (Two participants):
60-minute session \$85

Body Composition Assessments

Planning on starting a workout routine? One of the best things to do is to figure out your body's starting point. This fast and accurate bioelectrical impedance body composition analyzer will show you your body fat percentage, basal metabolic rate, segmented muscle balance, body composition, and much more. This is a useful tool for establishing a workout and nutrition plan based on what you are made of! Appointments are 15 minutes in length and your results are accurate, personalized, and reflect your unique body composition. For every 12 punch personal training package, one free Inbody test will be given. For appointments, please contact: Jesse.Pleiman@hrcaonline.org.

The first assessment is free when beginning with the personal training program. Prices listed reflect member/non-member rates.

Westridge - Assessment Room
Non-Personal Training Clients \$30/\$35
Current Personal Training and Zone Clients \$15

The Zone – High-Intensity Heart Rate Training

This 45-minute, high-intensity, bootcamp style training class uses heart rate monitoring technology to push your exercise limits and reach your maximum workout effort in order to assist you in meeting your training goals. This is an intense and fast pace moving class. Previous exercise experience is recommended. All passes are electronically loaded directly onto your rec center card. For more information, please contact: Hannah.Yeager@hrcaonline.org.
*Reservations **REQUIRED** to attend.
No refunds or extensions on passes.
Prices listed reflect member/non-member rates.



The Zone 30 - Day Unlimited Pass

Unlimited classes in The Zone. This pass is good for 30 days from the date of purchase. You can purchase one at any time during the month and it can be used for any classes in The Zone.
\$109/\$129

The Zone Auto-Renew 30 - Day Unlimited Pass

Save time and money by choosing our convenient auto-renewal option for the 30-Day Unlimited Pass. Must have valid credit card on file. Cards will be charged monthly based on the date of purchase. No long-term commitment required. Must give at least 10 days written notice to cancel auto-renewal.
\$99/\$119

The Zone 8 - Class Pass

Eight classes in The Zone. Pass is good for 60 days from date of purchase, can be purchased at any time during the month and can be used for any classes in The Zone.
\$119/\$142

The Zone - Daily Drop-In Fee

Daily Drop-In Fee **\$17/\$20**

MORNING SESSIONS	
Monday - Friday	6:15 - 7:00 a.m.
Saturday	7:15 - 8:00 a.m.
EVENING SESSIONS	
Monday - Thursday	5:15 - 6:00 p.m.
<i>*Schedule Subject to change</i>	



FITNESS CLASSES (Ages 13+)

HRCA Fitness offers over 100 group fitness classes weekly! HRCA's dynamic group fitness classes offer a fun and challenging alternative to individual exercise routines. There are a variety of class format options to discover, including Cardio, Interval and Strength Training, Zumba, Aqua Fitness, Yoga, Barre, Pilates, and many more. Please visit HRCAonline.org/fitness for a complete list of group fitness classes.

For more information, contact:

Hannah.Yeager@hrcaonline.org.

*Reservations are **REQUIRED** to attend.

*The Zone classes are not included as part of the group fitness program.

No refunds or extensions on passes.

*Passes cannot be shared between households.

Annual Fitness Pass

Pass is good for unlimited classes one year from the date of purchase and can be purchased at any time during the year.

(Ages 13-54) **\$578/\$694**

(Ages 55+) **\$463/\$556**

30 - Day Unlimited Pass

Pass is good for unlimited classes 30 days from the date of purchase and can be purchased at any time during the month.

\$82/\$98

Fitness Punch Cards

10 Punch Card (Ages 18-54) **\$90/\$108**

10 Punch Card (Ages 55+) **\$72/\$90**

20 Punch Card (Ages 18-54) **\$160/\$192**

20 Punch Card (Ages 55+) **\$128/\$160**

*Expires six months from date of purchase.

Daily Drop-In Fee

Daily Drop-In Fee (Ages 13-54) **\$10/\$12**

Daily Drop-In Fee (Ages 55+) **\$8/\$10**

FITNESS EVENTS

Free Group Fitness Day

A great opportunity to try something new! Join us for our free Group Fitness Day. Please note that classes have a maximum capacity, and we cannot guarantee entry if the class becomes full. Visit HRCAonline.org/fitness for the latest class schedule. This includes regular group fitness classes, not The Zone or specialty classes.

W 06/12/24

SPECIALTY FITNESS CLASSES

Annual and monthly Fitness Passes and Fitness Punch Cards may not be used for these classes. The class series is offered monthly. You register for the month of classes (4-5 classes). Advanced registration is required, and prorating sessions are not permitted.

For more information, please contact:

Hannah.Yeager@hrcaonline.org.

Prices listed reflect member/non-member rates.

Ageless Grace®

This Brain Health Fitness Program is designed to stimulate the brain through physical movement. The program consists of 21 Simple Tools for Lifelong Comfort and Ease™. These exercises are **done while seated** and address the five primary brain functions: strategic planning, memory and recall, analytical thinking, creativity and imagination, and kinesthetic learning. The 21 Tools are also designed to maintain and improve basic physical skills: joint mobility, balance, spinal flexibility, upper body strength, and coordination. This class is great for people of any age or ability who want to stay physically active and mentally fit. Registration is for the full session.

Price **\$44/\$52**

*Adjusted five class months **\$55/\$65**

Southridge, Fitness Studio

W 05/08/24 - 05/29/24 10:00 - 10:45 a.m.

W 06/05/24 - 06/26/24 10:00 - 10:45 a.m.

W 07/10/24 - 07/31/24 10:00 - 10:45 a.m.

W 08/07/24 - 08/28/24 10:00 - 10:45 a.m.

Southridge, Fitness Studio

F 05/10/24 - 05/31/24 11:30 a.m. - 12:15 p.m.

F 06/07/24 - 06/28/24 11:30 a.m. - 12:15 p.m.

F 07/12/24 - 03/26/24 11:30 a.m. - 12:15 p.m.*

F 08/02/24 - 08/30/24 11:30 a.m. - 12:15 p.m.*

Impact Kickboxing

This non-intimidating cardio kickboxing bag class will help you build muscle, stamina, and overall strength. You will kick and punch your way to healthy bodies while performing upper and lower body combinations to a heavy weighted boxing bag. This class is designed to activate muscles, burn calories, have fun and is for all fitness levels.

*Wraps will be provided for the class, but it is strongly encouraged to bring your own gloves.

Price **\$64/\$76**

*Adjusted five class month **\$80/\$95**

Northridge, Martial Arts Studio

Tu 05/07/24 - 05/28/24 8:30 - 9:30 a.m.

Tu 06/04/24 - 06/25/24 8:30 - 9:30 a.m.

Tu 07/09/24 - 07/30/24 8:30 - 9:30 a.m.

Tu 08/06/24 - 08/24/24 8:30 - 9:30 a.m.

Northridge, Martial Arts Studio

Th 05/02/24 - 05/30/24 8:30 - 9:30 a.m.*

Th 06/06/24 - 06/27/24 8:30 - 9:30 a.m.

Th 07/11/24 - 07/25/24 8:30 - 9:30 a.m.

Th 08/01/24 - 84/29/24 8:30 - 9:30 a.m.



MoveMor™ - Better Balance and Mobility

Are your joints feeling weak and stiff? Have you noticed your balance isn't as sharp as it used to be? Walking steadier, stronger and faster starts with joints that move freely and fully. Join us for exercise and education designed to move and live fully with more confidence! Building a strong and flexible foundation starts with seated exercise using the innovative MoveMor™ Mobility Trainer. We progress to free standing exercises designed to improve balance, posture, and performance of life's daily activities.

Price **\$64/\$76**

*Adjusted five class month **\$80/\$95**

Southridge, Fitness Studio

Tu 05/07/24 - 05/28/24

10:45 - 11:45 a.m. & 12:00 - 1:00 p.m.

Tu 06/04/24 - 06/25/24

10:45 - 11:45 a.m. & 12:00 - 1:00 p.m.

Tu 07/09/24 - 07/30/24

10:45 - 11:45 a.m. & 12:00 - 1:00 p.m.

Tu 08/06/24 - 08/27/24

10:45 - 11:45 a.m. & 12:00 - 1:00 p.m.



HIGHLANDS
RANCH
COMMUNITY ASSOCIATION



STAFF

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24/7 Online
HRCAonline.org/Classes-Camps-Activites

SENIORS

HRCA Adult Programs and Classes

Seniors are encouraged to participate in any of our adult programs found throughout this guide. Just look for program headings in green to find great adult classes. Please call Heather Goetz-Zettl 303-471-8818.

Free Valet Parking

Ask any registration desk about our free valet parking.

SENIOR CLUB

The Senior Club provides a social network for Seniors to meet new friends, socialize, and have fun. The Club sponsors activities in the Mesa Activity Lounge, at the Recreation Center at Southridge, and monthly luncheons. For more information visit the Mesa Activity Lounge, see the monthly newsletter by clicking on one of these links: HRCAonline.org/SeniorClub or email at seniorclubhr@gmail.com or call 720-830-2510.

Senior Club Luncheon

Contact Anna at 720-830-2510 for more information or to RSVP. Enjoy a delicious luncheon and sure-to-please entertainment.

Southridge, Wildcat Mountain Auditorium;

Price \$12/\$15

(due Wed. before scheduled luncheon date)

W	05/08/24	11:45 a.m. - 2:00 p.m.
W	06/12/24	11:45 a.m. - 2:00 p.m.
W	07/10/24	11:45 a.m. - 2:00 p.m.
W	08/14/24	11:45 a.m. - 2:00 p.m.

SENIOR GAMES

Southridge, Mesa Activity Lounge

*Non-HRSC Activities

Refresh Bridge*

M 10:00 a.m. - Noon
Contact 216-375-6488

RummiKub

M 1:00 - 4:00 p.m.
Contact 309-360-9677.

Triple Play Canasta

M 5:30 - 8:30 p.m.
Contact 503-866-2069 or 309-360-9677.

Senior Club Games

Tu/Th 9:00 a.m. - 12:00 p.m.
Contact 309-360-9677.

Poker

Tu 9:30 a.m. - 12:30 p.m.
Contact 303-668-9255.

Senior Bingo

Tu (4th) 9:45 a.m. - 12:00 p.m.
Contact 309-360-9677



Triple Play Canasta

Tu 1:00 - 4:00 p.m.
Contact 720-425-8102.

Duplicate Bridge*

Tu (2nd) 5:30 - 8:00 p.m.
Contact 303-229-1331.

Wednesday Bridge*

W 10:00 a.m. - 1:15 p.m.
Contact 303-791-7693.

National Mah Jongg

W 1:30 - 4:00 p.m.
Contact 503-866-2069.

Bunco

Th (1st) 1:00 - 3:00 p.m.
Contact 702-249-8312.

Triple Play Canasta

Th (2nd, 3rd, 4th, and 5th) 1:00 - 4:00 p.m.
Contact 303-956-7729.

Poker

Th (1st) 9:30 a.m. - 12:30 p.m.
Th (2nd, 3rd, 4th, 5th) 12:00 - 3:00 p.m.
Contact 303-668-9255.

Duplicate Bridge*

Th 5:30 - 8:00 p.m.
Contact 720-725-8331.

Military Mah Jongg

F 1:00 - 4:00 p.m.
Contact 303-471-1499.

Mexican Train Dominos

F 1:00 - 4:00 p.m.
Contact 720-548-0122.

AARP Driver Safety

This is a four-hour classroom refresher designed to meet the needs of older drivers. It covers age-related physical changes, declining perceptual skills, rules of the road, new laws, local driving problems, and license renewal requirements. Participants pay instructor (check or cash). \$20 AARP Members (must show card) \$25 non-members. May 9, June 13, or July 11 from 8:00 a.m. - 12:30 p.m. Contact 303-346-3834.

SENIOR FITNESS AND WELLNESS SERVICES

For more information, please email the Fitness Team Lead at hannah.yeager@hrcaonline.org. HRCA qualifies seniors at ages 55+! Take advantage of a reduced rate for fitness and personal training while building relationships and comradery through fitness and wellness.



FITNESS CLASSES

HRCA Fitness offers more than 100 weekly group fitness classes! HRCA's dynamic group fitness classes offer a fun and challenging alternative to individual exercise routines. There are a variety of class format options to discover, including Cardio, Interval and Strength Training, Zumba, Aqua Fitness, Yoga, Barre, Pilates, and many more. Please visit HRCAonline.org/ fitness for a complete list of group fitness classes.

For more information, contact:
hannah.yeager@hrcaonline.org.

*Reservations are REQUIRED to attend.

*The Zone classes are not included as part of the group fitness program.

No refunds or extensions on passes.

*Passes cannot be shared between households.

Annual Fitness Pass

Pass is good for unlimited classes one year from the date of purchase and can be purchased at any time during the year.

\$463/\$556

30 - Day Unlimited Pass

Pass is good for unlimited classes 30 days from the date of purchase and can be purchased at any time during the month.

\$82/\$98

Fitness Punch Cards

10 Punch Card (Ages 55+) **\$72/\$90**

Punch Card (Ages 55+) **\$128/\$160**

*Expires six months from the date of purchase.

Daily Drop-In Fee

Daily Drop-In Fee **\$8/\$10**

FITNESS EVENTS

Free Group Fitness Day

A great opportunity to try something new! Join us for our free Group Fitness Day. Please note that classes have a maximum capacity, and we cannot guarantee entry if the class becomes full. Registration for class is required. Visit HRCAonline.org/fitness for the latest class schedule. This includes regular group fitness classes, not The Zone or specialty classes.

W 06/12/24

SPECIALTY FITNESS CLASSES

Annual and monthly Fitness Passes and Fitness Punch Cards may not be used for these classes. The class series is offered monthly. You register for the month of classes (4-5 classes). Advanced registration is required, and prorating sessions are not permitted.

For more information, please contact:

Hannah.Yeager@hrcaonline.org.

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Price \$44/\$52

*Adjusted five class month \$55/\$65

Southridge, Fitness Studio

W 05/08/24 - 05/29/24 10:00 - 10:45 a.m.

W 06/05/24 - 06/26/24 10:00 - 10:45 a.m.

W 07/10/24 - 07/31/24 10:00 - 10:45 a.m.

W 08/07/24 - 08/28/24 10:00 - 10:45 a.m.

Southridge, Fitness Studio

F 05/10/24 - 05/31/24 11:30 a.m. - 12:15 p.m.

F 06/07/24 - 06/28/24 11:30 a.m. - 12:15 p.m.

F 07/12/24 - 03/26/24 11:30 a.m. - 12:15 p.m.

F 08/02/24 - 08/30/24 11:30 a.m. - 12:15 p.m.*



MoveMor™ - Better Balance and Mobility

Are your joints feeling weak and stiff? Have you noticed your balance isn't as sharp as it used to be? Walking steadier, stronger and faster starts with joints that move freely and fully. Join us for exercise and education designed to move and live fully with more confidence! Building a strong and flexible foundation starts with seated exercise using the innovative MoveMor™ Mobility Trainer. We progress to free standing exercises designed to improve balance, posture, and performance of life's daily activities.

Price \$64/\$76

*Adjusted five class month \$80/\$95

Southridge, Fitness Studio

Tu 05/07/24 - 05/28/24

10:45 - 11:45 a.m. & 12:00 - 1:00 p.m.

Tu 06/04/24 - 06/25/24

10:45 - 11:45 a.m. & 12:00 - 1:00 p.m.

Tu 07/09/24 - 07/30/24

10:45 - 11:45 a.m. & 12:00 - 1:00 p.m.

Tu 08/06/24 - 08/27/24

10:45 - 11:45 a.m. & 12:00 - 1:00 p.m.

PERSONAL TRAINING

Our nationally certified personal trainers are excited to get you started with a customized personal training program! By creating a personalized exercise program, our trainers will help you learn how to exercise effectively so you can achieve results. To view our personal trainer profiles or to request a trainer, visit us at HRCAonline.org/requesttrainer. For more information, contact Jesse.Pleiman@hrcaonline.org.

How to Get Started:

Visit HRCAonline.org/requesttrainer to fill out the Request a Trainer Form.

- Upon submission of the Request a Trainer form, you will receive an email with all new client documents, pricing information, and policies and procedures for the personal training program.
- Documents should be returned to the Fitness Coordinator at Jesse.Pleiman@hrcaonline.org. After review, the new client packet is sent to our Personal Training staff to be in contact for scheduling.
- Please wait to purchase your session package until you have confirmed the first scheduled session with your trainer.
- Please note that a physician's release may be required.

Senior Rate

3 / one-hour sessions

\$162/\$186 (\$54/\$62 per session) *

6 / one-hour sessions

\$306/\$354 (\$51/\$59 per session) **

12 / one-hour sessions

\$576/\$672 (\$48/\$56 per session) ***

*Expires 60 days from purchase.

**Expires 120 days from purchase.

***Expires 180 days from purchase.

SENIOR TENNIS

Senior In-House Mixed Doubles

Players may register beginning 05/12/24.

Northridge, Tennis Pavilion

Price \$64/\$74

Session 1 (7 weeks)

*W 09/18/24 - 10/30/24 2:30 - 4:00 p.m.

*Registration begins at 6:00 a.m. on 05/12/24.





HRCA
SPORTS



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Tennis Coordinator

Marianne McCauley
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Education Coordinator

- Gymnastics/Tumbling

Heather Goetz-Zettl
303-471-8818
hgoetz@hrcaonline.org

24/7 Online
HRCAonline.org/Sports

SPORTS

BASKETBALL

For more information, please contact 303-471-7039.

Adult Basketball Leagues (Ages 18+)

The adult leagues will have an eight-game regular season, with the top eight teams making the playoffs. A \$100 deposit is required at the time of registration to hold the team's spot in the league. Payment past the registration deadline does not guarantee a spot in the league and will result in a \$20 late fee.

Registration Deadline: 06/10/2024

Eastridge, Price \$565 per team

Summer League

Men's League - Recreational

M 06/24/24 - 09/16/24 6:00 - 10:00 p.m.

Men's League - Comp/Rec

W 06/26/24 - 09/18/24 6:00 - 10:00 p.m.

Men's League - Competitive

W 06/26/24 - 09/18/24 6:00 - 10:00 p.m.

Men's League - 35+

Su 06/30/24 - 09/22/24 2:00 - 6:00 p.m.

YOUTH BASKETBALL CLASSES



Colorado Basketball Academy (Ages 5-15)

The Colorado Basketball Academy is designed to provide high-level training for dedicated players. This six-week program is instructed by current high school coaches and former college players. The CBA Basketball Player Development Clinics have been operated by Coach Maier at HRCA for over 12 years.

Eastridge, Gym

Price \$188/\$217

No class 06/30, 07/01, 07/03, 08/26, 08/28, 09/02

Level 1: Ages 5-9

W 06/05/24 - 07/17/24 4:00 - 6:00 p.m.

W 07/31/24 - 09/11/24 4:00 - 6:00 p.m.

Level 2: Ages 10-13

M 06/03/24 - 07/15/24 4:00 - 6:00 p.m.

M 07/29/24 - 09/16/24 4:00 - 6:00 p.m.

Level 3: Ages 12-15

Su 06/02/24 - 07/14/24 9:00 - 11:00 a.m.

Su 07/28/24 - 09/08/24 9:00 - 11:00 a.m.



CBA 200 Shooting Workout (Ages 7-17)

This intermediate to advanced shooting workout will have your player shoot 200 different shots during the two hour session. Our coaches will time each shot selection and focus on up tempo shooting from close, mid range and three point shots. Coaching emphasis will focus on balance, shot pocket formation and follow through. Coaching players to be in a ready shoot position and raising shooting percentages will also be a primary focus of this clinic workout series.

Eastridge, Gym

Price \$188/\$217; No class 06/30

CBA 200 Shooting Workout: Ages 7-17

Su 06/02/24 - 07/14/24 Noon - 2:00 p.m.

Su 07/28/24 - 09/08/24 Noon - 2:00 p.m.



TOT Basketball (Ages 3-6)

Your child will learn a new TOT ball skill each week! We also have tons of fun working on balance, movement and coordination as well as a "mini-academic" lesson in each class! Athletics + Academics + Agility = TOT Basketball Fun! Classes are set to kid friendly music and meet weekly. We can't wait to meet your Superstar!

Northridge, Gym

Price \$100/\$116

W 06/05/24 - 06/26/24 4:20 - 4:55 p.m.

W 07/10/24 - 07/31/24 4:20 - 4:55 p.m.

DODGEBALL

For more information, please contact 303-471-8838.

Adult Dodgeball Tournament (Ages 18+)

Pull together a squad and get ready to play some DODGEBALL! Each team must have at least six (six) players with a minimum of two (two) female players. Teams will get at least five matches. The format will consist of 4 pool play games, followed by a single elimination tournament. Must register as a team, not individually. To register please contact Kodey Stauffer at kcodey.stauffer@hrcaonline.org or 303-471-8838.

Eastridge, Gym

Price \$160 per team

Cinco de Mayo Dodgeball Tournament

Registration Deadline: 04/21/2024

Sa 05/04/24

11:00 a.m. - 4:00 p.m.

Youth Dodgeball/Kickball (Ages 8-13)

For all young athletes, our coed program will be full of fun and entertainment. This dodgeball and kickball league will be for four weeks making it the perfect summer activity. Includes a team shirt.

Westridge, Turf

Price \$65/\$75

Dodgeball/Kickball (Ages 8-10)

Tu 06/04/24 - 06/25/24 2:00 - 4:00 p.m.
Th 06/06/24 - 06/27/24 2:00 - 4:00 p.m.
Tu 07/09/24 - 07/30/24 2:00 - 4:00 p.m.
Th 07/11/24 - 08/01/24 2:00 - 4:00 p.m.

Dodgeball/Kickball (Ages 11-13)

Tu 06/04/24 - 06/25/24 2:00 - 4:00 p.m.
Th 06/06/24 - 06/27/24 2:00 - 4:00 p.m.
Tu 07/09/24 - 07/30/24 2:00 - 4:00 p.m.
Th 07/11/24 - 08/01/24 2:00 - 4:00 p.m.



Adult Learn to Golf Clinics

HRCA Sports is proud to partner with University of Denver Golf Club at Highlands Ranch to bring Learn to Golf Clinics to HRCA Members! Learn to Golf Clinics are designed for the beginner to intermediate golfer, set in a fun and relaxing atmosphere. The goals of the instructors are to focus on player development and making an easy transition from the practice range to the golf course. These clinics cover a wide variety of golf topics including full swing, chipping, putting and etiquette. Clinics have a maximum of six students. Any class cancellations 24 hours prior to start of class will not be refunded. Bring your own clubs or DUGC does have complimentary clubs available for use during clinics as well. Classes are typically offered late spring through early fall.

University of Denver Golf Club at Highlands Ranch
Price \$190/\$219

Adult Learn to Golf - Fundamental Instruction

Sa-Su 04/20/24 - 04/28/24 12:00 - 1:00 p.m.
M-Th 04/29/24 - 05/02/24 12:00 - 1:00 p.m.
M-Th 05/06/24 - 05/09/24 5:00 - 6:00 p.m.
M-Th 05/20/24 - 05/23/24 5:00 - 6:00 p.m.
Sa-Su 06/01/24 - 06/09/24 9:00 - 10:00 a.m.
M-Th 06/10/24 - 06/13/24 5:00 - 6:00 p.m.
Sa-Su 07/06/24 - 07/14/24 9:00 - 10:00 a.m.
M-Th 07/08/24 - 07/11/24 5:00 - 6:00 p.m.
M-Th 07/22/24 - 07/25/24 12:00 - 1:00 p.m.
Sa-Su 08/17/24 - 08/25/24 9:00 - 10:00 a.m.
M-Th 08/26/24 - 08/29/24 5:00 - 6:00 p.m.
Tu-Th 09/03/24 - 09/06/24 5:00 - 6:00 p.m.
M-Th 09/23/24 - 09/26/24 9:00 - 10:00 a.m.

Adult Learn to Golf - Transition to Course*

*Prior golf experience or attendance at Fundamental Instruction is required before registering for this course.
Sa-Su 05/11/24 - 05/19/24 9:00 - 10:00 a.m.
M-Th 06/24/24 - 06/27/24 9:00 - 10:00 a.m.
Sa-Su 07/27/24 - 08/04/24 9:00 - 10:00 a.m.
M-Th 08/05/24 - 08/08/24 9:00 - 10:00 a.m.
Sa-Su 09/07/24 - 09/15/24 9:00 - 10:00 a.m.

Junior Golf Camps (Ages 8-15)

HRCA Sports is proud to partner with University of Denver Golf Club at Highlands Ranch to bring Junior (youth) golf camps this summer to HRCA Members! These camps are designed for individuals who have hit golf balls before and are very excited to learn more about the swing, short game, and the transition to playing the golf course. Camps have a maximum of eight students. Bring your own clubs or DUGC does have complimentary clubs available for use during clinics as well. Classes are typically offered late spring through early fall.

University of Denver Golf Club at Highlands Ranch
Price \$190/\$219

Ages 8-11

Tu-F 05/07/24 - 05/10/24 4:00 - 5:00 p.m.
Tu-F 05/21/24 - 05/24/24 4:00 - 5:00 p.m.
Tu-F 06/11/24 - 06/14/24 9:30 - 10:30 a.m.
Tu-F 06/18/24 - 06/21/24 9:30 - 10:30 a.m.
Tu-F 06/25/24 - 06/28/24 9:30 - 10:30 a.m.
Tu-F 07/09/24 - 07/12/24 8:30 - 9:30 a.m.
Tu-F 07/16/24 - 07/19/24 8:30 - 9:30 a.m.
Tu-F 07/23/24 - 07/26/24 8:30 - 9:30 a.m.
Tu-F 07/30/24 - 08/02/24 8:30 - 9:30 a.m.
Tu-F 08/06/24 - 08/09/24 8:30 - 9:30 a.m.
Tu-F 08/20/24 - 08/23/24 4:00 - 5:00 p.m.
Tu-F 09/03/24 - 09/06/24 4:00 - 5:00 p.m.

Ages 12-15

Tu-F 05/14/24 - 05/17/24 4:00 - 5:00 p.m.
Tu-F 06/11/24 - 06/14/24 8:30 - 9:30 a.m.
Tu-F 06/18/24 - 06/21/24 8:30 - 9:30 a.m.
Tu-F 06/25/24 - 06/28/24 8:30 - 9:30 a.m.
Tu-F 07/09/24 - 07/12/24 9:30 - 10:30 a.m.
Tu-F 07/16/24 - 07/19/24 9:30 - 10:30 a.m.
Tu-F 07/23/24 - 07/26/24 9:30 - 10:30 a.m.
Tu-F 07/30/24 - 08/02/24 9:30 - 10:30 a.m.
Tu-F 08/06/24 - 08/09/24 9:30 - 10:30 a.m.
Tu-F 08/20/24 - 08/23/24 5:00 - 6:00 p.m.
Tu-F 09/10/24 - 09/13/24 4:00 - 5:00 p.m.

GYMNASTICS ACTIVE ATHLETICS



OUR MISSION:

Is to be more than a gym. We are a community of students, gymnasts, coaches, and parents working together towards a common goal. Be Healthy, Be Fit, Be Active.

OUR PHILOSOPHY:

Helping students achieve their personal best. We believe that sports are for everybody and there are valuable life lessons to be learned through participation in our activities. Our goal is to help every participant find success in their accomplishments, no matter how big or how small. Information sheet brought the first day of class (found on activeathletics.net). Long hair must be pulled out of your face, feet must be bare, and attire is athletic wear or leotard. Be Healthy Be Fit Be Active.

Parent/Tot at Active Athletics (Ages 16 mos-3)

Work with you and your child to provide a foundation of not only gymnastics skills... but also the tools they'll need to get involved in any sport they choose throughout life! Your toddler will learn how to follow instructions, build confidence, explore movement, overcome fear of heights, learn to jump on two feet, enjoy exercise!

Active Athletics; Price \$107;

Session 7: 05/06/24 to 06/23/24;

Closed 05/23/24 to 05/29/24

Session 8: 06/24/24 to 08/10/24;

Closed 07/01/24 to 07/06/24

Session 1: 08/12/24 to 09/22/24;

Closed 09/02/24

M 9:30 - 10:15 a.m.*
Tu 9:30 - 10:15 a.m.
W 9:30 - 10:15 a.m.
W 10:30 - 10:15 a.m.
Th 10:30 - 11:15 a.m.

*Adjusted price \$89 for Session 1 only



FENCING

For more information, please contact 303-471-8869.



Adult Beginning/Youth Intermediate Fencing (Ages 14+)

Fosters quick reflexes, quick feet, and grace. Learn the basic fundamentals of footwork, blade work, and offensive/defensive strategies. All equipment is provided and sanitized!

Westridge, Fitness Studio

Price \$125/\$145

Th 05/02/24 - 05/30/24 6:30 - 7:45 p.m.*
Th 06/06/24 - 06/27/24 6:30 - 7:45 p.m.*
Th 07/11/24 - 07/25/24 6:30 - 7:45 p.m.**
Th 08/01/24 - 08/29/24 6:30 - 7:45 p.m.*

*Adjusted price \$156/\$181

** Adjusted price \$94/\$109

Youth Beginning Fencing (Ages 8-14)

Fosters quick reflexes, quick feet, and grace. Learn the basic fundamentals of footwork, blade work, and offensive/defensive strategies. All equipment is provided and sanitized!

Westridge, Fitness Studio

Price \$125/\$145

Th 05/02/24 - 05/30/24 5:00 - 6:30 p.m.*
Th 06/06/24 - 06/27/24 5:00 - 6:30 p.m.
Th 07/11/24 - 07/25/24 5:00 - 6:30 p.m.**
Th 08/01/24 - 08/29/24 5:00 - 6:30 p.m.*

*Adjusted price \$144/\$166

** Adjusted price \$94/\$109

GOLF

For more information, please contact 303-471-8869.



University of Denver Golf Club at Highlands Ranch

DUGC is an 18-hole, par-72 course that provides an enjoyable, yet challenging, golf experience featuring multiple tee boxes to accommodate players of all abilities. Highlands Ranch Golf Club is open for daily public play. Tee time reservations can be made at www.du.edu/highlandsranchgolf or by calling 303-471-0000. To qualify for our Highlands Ranch resident rate, players must provide proof of residency, such as an HRCA membership ID.

**Preschool at Active Athletics
(Ages 3-5)**

Pre-school classes are a fun introduction to the world of gymnastics. We learn real gymnastics at Active Athletics as well as socialization activities. Created for 3-5 year olds, students learn headstands, rolls, cartwheels, and even flips for 55 min. We utilize Olympic apparatus as well as our own specialized preschool shapes and props. If you are a first timer to gymnastics or your child is just 3-years-old, potty trained and morning classes are encouraged until your gymnast is comfortable and able to understand the structure and flow of an Active preschool class!

Active Athletics; Price \$142;
Session 7: 05/06/24 to 06/23/24;
 Closed 05/23/24 to 05/29/24
Session 8: 06/24/24 to 08/10/24;
 Closed 07/01/24 to 07/06/24
Session 1: 08/12/24 to 09/22/24;
 Closed 09/02/24

- M 9:30 - 10:25 a.m.*
- M 4:00 - 4:55 p.m.*
- M 5:00 - 5:55 p.m.*
- M 6:00 - 6:55 p.m.*
- Tu 10:30 - 11:25 a.m.
- Tu 2:00 - 2:55 p.m.
- Tu 4:00 - 4:55 p.m.
- Tu 5:00 - 5:55 p.m.
- Tu 6:00 - 6:55 p.m.
- W 4:00 - 4:55 p.m.
- W 5:00 - 5:55 p.m.
- W 6:00 - 6:55 p.m.
- Th 9:30 - 10:25 a.m.
- Th 2:00 - 2:55 p.m.
- Th 4:00 - 4:55 p.m.
- Th 5:00 - 5:55 p.m.
- Th 6:00 - 6:55 p.m.
- F 10:30 - 11:25 a.m.
- Sa 9:00 - 9:55 a.m.
- Sa 10:00 - 10:55 a.m.
- Sa 11:00 - 11:55 a.m.

*Adjusted price \$118 for Session 1 only

Preschool Boys at Active

- M 4:00 - 4:55 p.m.*
- W 4:00 - 4:55 p.m.

*Adjusted price \$118 for Session 1 only



Beginner Girls Gymnastics at Active Athletics (Ages 5-12)

This 55-minute class builds upon the skills and concepts learned in the Active Explorers Program with greater emphasis upon strength building and skill technique. Each class consists of a warm-up and stretch, basic gymnastics shapes followed by rotations with varying stations to learn and improve upon skills necessary to excel into the next level.

Active Athletics; Price \$142;
Session 7: 05/06/24 to 06/23/24;
 Closed 05/23/24 to 05/29/24
Session 8: 06/24/24 to 08/10/24;
 Closed 07/01/24 to 07/06/24
Session 1: 08/12/24 to 09/22/24;
 Closed 09/02/24

- M 4:00 - 4:55 p.m.*
- M 5:00 - 5:55 p.m.*
- M 6:00 - 6:55 p.m.*
- M 7:00 - 7:55 p.m.*
- Tu 4:00 - 4:55 p.m.
- Tu 5:00 - 5:55 p.m.
- Tu 6:00 - 6:55 p.m.
- Tu 7:00 - 7:55 p.m.
- W 4:00 - 4:55 p.m.
- W 5:00 - 5:55 p.m.
- W 6:00 - 6:55 p.m.
- W 7:00 - 7:55 p.m.
- Th 4:00 - 4:55 p.m.
- Th 5:00 - 5:55 p.m.
- Th 6:00 - 6:55 p.m.
- Th 7:00 - 7:55 p.m.
- F 4:00 - 4:55 p.m.
- F 5:00 - 5:55 p.m.
- Sa 9:00 - 9:55 a.m.
- Sa 10:00 - 10:55 a.m.
- Sa 11:00 - 11:55 a.m.

*Adjusted price \$118 for Session 1 only

Beginner Boys Gymnastics at Active Athletics (Ages 5-12)

This 55-minute class introduces your child to the basic stretching, strength, and fundamental skills (handstands, forward and backward rolls, cartwheels, swings, etc.) of boys gymnastics. Each class consists of a warm-up followed by rotations with varying stations to learn and improve upon the basic skills needed to progress through Active's boys recreation program.

Active Athletics; Price \$142;
Session 7: 05/06/24 to 06/23/24;
 Closed 05/23/24 to 05/29/24
Session 8: 06/24/24 to 08/10/24;
 Closed 07/01/24 to 07/06/24
Session 1: 08/12/24 to 09/22/24;
 Closed 09/02/24

- M 4:00 - 4:55 p.m.*
- M 5:00 - 5:55 p.m.*
- Tu 4:00 - 4:55 p.m.
- Tu 5:00 - 5:55 p.m.
- W 4:00 - 4:55 p.m.
- Th 4:00 - 4:55 p.m.
- Th 5:00 - 5:55 p.m.
- F 4:00 - 4:55 p.m.
- Sa 9:00 - 9:55 a.m.
- Sa 10:00 - 10:55 a.m.

*Adjusted price \$118 for Session 1 only

NINJA BY ACTIVE ATHLETICS



Active Ninjas at Active Athletics (Ages 3-15)

Active Athletics has the warrior program you have been looking for. Do you have what it takes to be an Active Ninja? Mini Ninjas are 3-5 years old and each mini warrior experience of warrior training, tumbling, trampoline and gymnastics (1:00 p.m. times encouraged for 3 year olds).

Active Athletics; Price \$142;
Session 7: 05/06/24 to 06/23/24;
 Closed 05/23/24 to 05/29/24
Session 8: 06/24/24 to 08/10/24;
 Closed 07/01/24 to 07/06/24
Session 1: 08/12/24 to 09/22/24;
 Closed 09/02/24

Active Mini Ninja (Ages 3-5)

- Tu 2:00 - 2:55 p.m.
- W 2:00 - 2:55 p.m.
- Th 2:00 - 2:55 p.m.
- F 2:00 - 2:55 p.m.
- W 9:30 - 10:25 a.m.
- W 10:30 - 11:25 a.m.
- Th 9:30 - 10:25 a.m.
- Th 10:30 - 11:25 a.m.

Active Mini Ninja II (Ages 4-6)

- M 4:00 - 4:55 p.m.*
- M 5:00 - 5:55 p.m.*
- M 6:00 - 6:55 p.m.*
- Tu 4:00 - 4:55 p.m.
- Tu 6:00 - 6:55 p.m.
- W 4:00 - 4:55 p.m.
- W 5:00 - 5:55 p.m.
- Th 4:00 - 4:55 p.m.
- Th 5:00 - 5:55 p.m.
- F 4:00 - 4:55 p.m.
- Sa 9:00 - 9:55 a.m.
- Sa 10:00 - 10:55 a.m.

*Adjusted price \$118 for Session 1 only

Active Jr Ninja (Ages 6-8)

- M 4:00 - 4:55 p.m.*
- M 5:00 - 5:55 p.m.*
- M 6:00 - 6:55 p.m.*
- Tu 4:00 - 4:55 p.m.
- Tu 5:00 - 5:55 p.m.
- Tu 6:00 - 6:55 p.m.
- Tu 7:00 - 7:55 p.m.
- W 5:00 - 5:55 p.m.
- W 6:00 - 6:55 p.m.
- W 7:00 - 7:55 p.m.
- Th 4:00 - 4:55 p.m.
- Th 5:00 - 5:55 p.m.
- Th 6:00 - 6:55 p.m.
- Th 7:00 - 7:55 p.m.
- Fri 5:00 - 5:55 p.m.
- Sa 11:00 - 11:55 a.m.

*Adjusted price \$118 for Session 1 only





Active Sr Ninja (Ages 9-12)

M 7:00 - 7:55 p.m.*
 Tu 7:00 - 7:55 p.m.
 W 7:00 - 7:55 p.m.
 Th 7:00 - 7:55 p.m.
 F 6:00 - 6:55 p.m.
 *Adjusted price \$118 for Session 1 only

AERIAL BY ACTIVE ATHLETICS

Aerial Silk Fabrics (Ages 7-15)

The aerial program focuses on building camaraderie, confidence, and strength for ages 7 and up. Aerial dance incorporates dance skills, gymnastics and hand eye coordination to create beautiful movements on the aerial fabric and aerial hoop.

Active Athletics, Price \$142;
Session 7: 05/06/24 to 06/23/24;
 Closed 05/23/24 to 05/29/24
Session 8: 06/24/24 to 08/10/24;
 Closed 07/01/24 to 07/06/24
Session 1: 08/12/24 to 09/22/24;
 Closed 09/02/24
 W 4:00 - 4:55 p.m.
 W 5:00 - 5:55 p.m.
 W 6:00 - 6:55 p.m.
 Th 4:00 - 4:55 p.m.
 Th 6:00 - 6:55 p.m.
 Th 7:00 - 7:55 p.m.
 F 5:00 - 5:55 p.m.
 F 6:00 - 6:55 p.m.

TRAMPOLINE BY ACTIVE ATHLETICS

Trampoline and Tumbling Basics (Ages 8-15)

Our trampoline classes promote basic safety through learning fundamental shapes and positions. In these classes, you will learn how to do controlled bounces. Learn basic jumping positions and combinations then onto more complex sequences of skills, including those that go forward, backward and twisting. The basics of rolling, cartwheeling, handstands, and handspings on the floor are incorporated as well.

Active Athletics, Price \$142;
Session 7: 05/06/24 to 06/23/24;
 Closed 05/23/24 to 05/29/24
Session 8: 06/24/24 to 08/10/24;
 Closed 07/01/24 to 07/06/24
Session 1: 08/12/24 to 09/22/24;
 Closed 09/02/24
 W 5:00 - 5:55 p.m.
 W 6:00 - 6:55 p.m.
 Th 4:00 - 4:55 p.m.
 Th 5:00 - 5:55 p.m.

Back Handsprings
 Active Athletics, Price \$107
 M 6:45 - 7:30 p.m.*
 Tu 6:45 - 7:30 p.m.

*Adjusted price \$89 for Session 1 only

MARTIAL ARTS

For more information, please contact 303-471-8869.



HRCA offers taekwondo classes in partnership with J.W. Kim Taekwondo for all levels and all ages. Taekwondo helps students develop a disciplined character, improve their overall fitness, and improve their confidence and focus.

Pricing Options

Pricing and the most up to date class schedule can be found at: hrcaonline.org.

Monthly Single Class Option

Manual, monthly payments. Must sign up each month. Perfect for those just wanting to try taekwondo. Attend unlimited classes each month.

Monthly Auto-Renew Class Option

Auto-Renewal of registration and fees month to month. Must have valid credit card on file. Cards will be charged on the first day of the month. Must give 30 days notice to cancel next month's payment. Perfect for those who attend frequently. Attend unlimited classes each month.

Uniforms

Uniforms can be purchased at any time from the Northridge front desk. Sample sizes are available during classes to ensure proper sizing. Please see the instructor for sizing options. Uniforms are not required but recommended if your child plans to continue taekwondo long term.



Adult TKD (Ages 14+)

Join our adult classes and do things you never thought you could do! Classes are for adults of all ages, regardless of your physical fitness or athletic ability. Taekwondo improves cardio fitness, muscle tone, flexibility, and coordination. Students learn important self-defense skills and are more confident and focused as a result of their taekwondo training. Men and women alike benefit from our adult classes as they progress and achieve their goals! Uniforms can be purchased directly from the instructor.

Little Dragons TKD (Ages 4-7)

Our Little Dragons classes are specially designed for children from 4-7. In a fun and active environment Little Dragons learn coordination, self-esteem, focus, fitness, respect, safety skills, and much more. Our Little Dragons are thrilled as they move through the belt levels and are so proud of their progress. They will know they are having fun, and you will know they are learning important life skills at the same time. Uniforms can be purchased directly from the instructor.

Youth TKD (Ages 8-13)

Our childrens classes are a great activity to keep your 8- 13-year-old active and learning. Children in these classes enjoy kicking, blocking, and punching their way to physical fitness and mental focus. The tenets of taekwondo—courtesy, integrity, perseverance, indomitable spirit, self-control—are a particularly important part of our children's classes. Children will learn self-confidence, discipline, self-defense, responsibility, respect, and much more. As children progress through the belt levels, their confidence soars! Uniforms can be purchased directly from the instructor.

SPORTS

HRCA TKD Schedule for May-August 2024 - This schedule is subject to change*					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Special Needs All Belts (3:50p - 4:30p)		Special Needs All Belts (3:50p - 4:30p)		
Little Dragons All Belts (4:30p - 5:10p)	Little Dragons All Belts (4:30p - 5:10p)	Little Dragons All Belts (4:30p - 5:10p)	Little Dragons All Belts (4:30p - 5:10p)		Little Dragons All Belts (9:00a - 9:30a)
Youth White - Orange (5:15p - 5:55p)	Youth White - Orange (5:15p - 5:55p)	Youth White - Orange (5:15p - 5:55p)	Youth White - Orange (5:15p - 5:55p)		Youth White - Purple (9:30a - 10:15a)
Youth Green - Purple (6:00p - 6:40p)	Youth Green - Purple (6:00p - 6:40p)	Youth Green - Purple (6:00p - 6:40p)	Youth Green - Purple (6:00p - 6:40p)		Sparring Ages 8-12 Green Belts and above (10:15a - 11:00a)
Youth Blue - High Red (6:45p - 7:25p)	Youth Blue - High Red (6:45p - 7:25p)	Youth Blue - High Red (6:45p - 7:25p)	Youth Blue - High Red (6:45p - 7:25p)		Youth Blue - Black (11:00a - 11:45a)
Youth Brown to Black, Adults All Belts All Belts (7:30p - 8:15p)	Youth Brown to Black, Adults All Belts All Belts (7:30p - 8:15p)	Youth Brown to Black, Adults All Belts All Belts (7:30p - 8:15p)	Youth Brown to Black, Adults All Belts All Belts (7:30p - 8:15p)		Instructor Training/ STORM Team Class High Brown & Black (11:45a - 12:15p)

*If you have questions as it relates to belt testing or stripe testing, please talk to the instructor.

PICKLEBALL

Questions concerning reservations and drop-in time? Call 720-348-8202.
 Questions concerning lessons and leagues? Call 303-471-8996.

Westridge Court Hours:

Monday-Friday: 5:00 a.m. - 9:00 p.m.
 Saturday: 7:00 a.m. - 8:00 p.m.
 Sunday: 7:00 a.m. - 6:00 p.m.

Reservations can only be made by members (maximum of two-hour court time) for Westridge Pickleball courts 48 hours in advance online, in person, or by calling 720-348-8202. There is no fee to reserve pickleball courts. Reserved court may be held for 15-minutes past the scheduled time, after that the court will be given out on a first-come, first-serve basis. If you aren't going to use the court, please call the Westridge Access Desk at 720-348-8202 to cancel the pickleball court reservation.

Drop-in will be on courts 1, 2, 3, 4 & 6 and are reservable.

Court 5 cannot be reserved. This court is utilized for the Head Pickleball Pro and may be used on a drop-in basis only.

During league season, drop-in will be:

Wednesday 7:00 - 9:00 a.m.
 Monday - Friday 7:00 - 11:00 a.m. & 3:30 - 5:30 p.m.

Private Individual, Semi-Private & Private Group Lessons

To schedule a private, semi-private or group lesson, call 303-471-8996.

Private Lesson (One player) \$66/\$76 per hour
 Semi-Private (Two players) \$33/\$38 per hour, per player
 3 and a Pro (Three players) \$22/\$25 per hour, per player
 Large Group (Four+ players) \$20/\$23 per hour, per player

There will be no youth programming on these days:

*Monday - Memorial Day 05/27/24
 *Thursday - July 4th 07/04/24
 *Monday - Labor Day 09/02/24
 *Saturday - Oktoberfest 09/14/24
 (12:00 p.m. only Northridge closed for Oktoberfest) * Prorated

ADULT GROUP LESSONS

Pickleball Session programming will be available at Northridge and Southridge.

Northridge

Northridge, Pickleball Courts (Gym West – indoor)

Programs require three registrants to run.

All sessions are 1.0 hrs.

Price: \$114/\$132

Sessions are six weeks long and prices are adjusted for closures.

All sessions are 1.0 hrs.

Registration for these sessions will be online at 6:00 a.m. on Sunday, 05/12/2024.

Session 4 05/28/24 - 07/02/24
 Session 5 07/09/24 - 08/13/24
 Session 6 08/20/24 - 09/24/24

Session 4/5/6

Beginner

Tu Noon - 1:00 p.m.

Intermediate

Tu 2:00 - 3:00 p.m.



Southridge

Southridge, Pickleball Courts (Gym North – indoor)

Programs require 3 registrants to run.

All sessions are 1.0 hrs.

Price: \$114/\$132

Sessions are 6 weeks long and prices are adjusted for closures.

All sessions are 1.0 hrs.

Registration for these sessions will be online at 6:00 a.m. on Sunday, 05/12/2024.

Session 4 06/03/24 - 07/01/24*
 Session 5 07/08/24 - 08/12/24
 Session 6 08/19/24 - 09/23/24

Session 4/5/6

Beginner

M 1:00 - 2:00 p.m.

Intermediate

M 2:00 - 3:00 p.m.

In-House Leagues

Westridge, Outdoor Pickleball Courts

Price: \$100 (Spring)

Registration for these sessions will be online at 6:00 a.m. on Sunday, 03/24/2024.

There will be three sessions for Leagues: spring, summer, and fall. Each session will play for eight weeks and have a tournament in week nine. These leagues will consist of 10 teams where each team will play eight matches at once per week.

Only one individual per team needs to sign up for this league and that individual must be an HRCA member. Teams can be any combination of genders.

If a match is canceled due to inclement weather, it is up to the two teams to reschedule. They will not be held to the 48-hour reservation rule. Substitutes are allowed but MUST be at the same or lower playing ability. No ringers please.

Price: \$130 (Summer)

Summer League

Level Beginner (0.5-2.0)

This league is intended for players who are new or relatively new to the sport of pickleball. However, players are expected to be able to play and to know how to keep score. This is not intended for players who are novices.

Su 06/16/24 - 08/04/24 2:00 - 4:00 p.m.
 W 06/19/24 - 08/07/24 5:30 - 7:30 p.m.

*Tournament August 16, 2024

Level Intermediate (2.5-3.0)

This league is intended for players with some experience and who can sustain short rallies. Players should understand fundamentals and court positioning.

Su 06/16/24 - 08/04/24 4:00 - 6:00 p.m.
 M 06/17/24 - 08/08/24 5:30 - 7:30 p.m.
 Th 06/20/24 - 08/08/24 5:30 - 7:30 p.m.

*Tournament August 16, 2024

Level Advanced (3.5+)

This league is intended for players with MULTIPLE years of experience. Players can sustain long rallies using multiple types of shots and can anticipate opponents' shots and play aggressively at the net.

Tu 06/18 - 08/06 5:30 - 7:30 p.m.

*Tournament August 16, 2024

Price: \$150 per Team (Fall)
 Fall League

Level Beginner (0.5-2.0)

This league is intended for players who are new or relatively new to the sport of pickleball. However, players are expected to be able to play and to know how to keep score. This is not intended for players who are complete novices.

Su 08/18/24 - 10/06/24 2:00 - 4:00 p.m.
 M 08/19/24 - 10/07/24 9:00 - 11:00 a.m.
 W 08/21/24 - 10/09/24 5:30 - 7:30 p.m.

*Tournament October 18, 2024

Level Intermediate (2.5-3.0)

This league is intended for players with some experience and who can sustain short rallies. Players should understand fundamentals and court positioning.

Su 08/18/24 - 10/06/24 4:00 - 6:00 p.m.
 Th 08/22/24 - 10/10/24 5:30 - 7:30 p.m.

*Tournament October 18, 2024

Level Advanced (3.5+)

This league is intended for players with MULTIPLE years of experience. Players can sustain long rallies using multiple types of shots and can anticipate opponents' shots and play aggressively at the net.

Tu 08/20 - 10/08 5:30 - 7:30 p.m.

*Tournament October 18, 2024

RACQUETBALL

For more information, call 303-471-7039.

Racquetball Court Reservations

Only members may make a court reservation daily after 11:00 a.m. for the following day for a maximum of two hours. There is a 15-minute court forfeiture rule. Call 303-471-8930.

Private Individual, Semi-Private & Private Group Lessons

To schedule a private, semi-private or group lesson, call 303-471-8869.

Northridge, Racquetball Courts

Adult Private (One player) \$70/\$80 per hour
 Semi-Private (Two players) \$45/\$55 per hour, per player
 3 and a Pro (Three players) \$35/\$45 per hour, per player
 Large Group (Four+ players) Call for pricing

Drop-In Racquetball Shuttles

Continuous, year-round "King of the Hill" format, moving up a court for a win, and down for a loss. Sign in at the Northridge Registration Desk.

Lunch Break Shuttles

Northridge, Racquetball Court 1

Price \$0/\$7

M, W, F Noon - 1:00 p.m. Singles
 M, W, F 1:00 - 2:00 p.m. Doubles





Adult Racquetball Leagues

B League (Tuesday's/Wednesday's): Players with general knowledge of game and rules with two+ years of playing experience.

C League (Thursday's): Players with limited playing experience with a general knowledge of game and rules.

League fee includes league balls!

Northridge, Racquetball Courts

Price \$90/\$104

B League Tuesday

Tu 06/18/24 - 08/20/24 7:00 - 8:30 p.m.

Tu 08/27/24 - 10/15/24 7:00 - 8:30 p.m.

B League Wednesday

W 06/19/24 - 08/21/24 7:00 - 8:30 p.m.

W 08/28/24 - 10/16/24 7:00 - 8:30 p.m.

C League

Th 06/20/24 - 08/22/24 7:00 - 8:30 p.m.

Th 08/29/24 - 10/17/24 7:00 - 8:30 p.m.

Meet our Racquetball Instructor

Dan Davis has been an AmPRO advanced certified racquetball instructor for more than 20 years in addition to coaching the Colorado juniors' team more than 10 years. He has been active on the Colorado Racquetball Association board for 15 years and has helped run the CRA state singles and doubles tournaments. Dan has played in local, state and national tournaments during his playing career. He enjoys teaching racquetball players of all ages and levels. On a personal level, Dan is a retired insurance salesman who enjoys spending his free time with his wife and dog. He is also very active in the Aurora Gateway Rotary Club as a counselor for the Rotary's hands on leadership camp for high school juniors and seniors.

Youth Racquetball

Private Lessons

To schedule a private lesson, contact 303-471-8869.

Northridge, Racquetball Courts

Junior Private (1 player)

\$45/\$55 per hour

Junior Semi-Private (2 players)

\$35/\$45 per hour; per player

Junior 3 and a Pro (3 players)

\$30/\$40 per hour; per player

SOCCER

ADULT SOCCER

For more information, please contact 303-471-7039.

Adult Indoor Soccer Leagues

Indoor soccer is a fast paced and exciting game. This league has an eight game regular season followed by a single-elimination tournament. A \$100 deposit is required at the time of registration to hold the team's spot in the league. Payment past the registration deadline does not guarantee a spot in the league and will result in a \$15 late fee.

Westridge, Turf

Price \$555 per team

Summer League

Registration Deadline: 06/21/24

Adult Coed Indoor Soccer League

M 06/24/24 - 09/16/24 6:00 - 10:00 p.m.

YOUTH SOCCER

For more information, please contact 303-471-8869.



Soccer Shots at HRCFA

Soccer Shots is an engaging childrens soccer program with a focus on character development. Our caring team positively impacts children's lives on and off the field through best-in-class coaching, curriculum and communication. Our coaches are the best-trained in the business. Our expert-approved curriculum is age-appropriate and aligns with childhood education standards. In addition, we provide an exceptional customer experience and ongoing communication with parents.

Summer Session; Price \$349/\$401

Soccer Shots Mini's (Ages 2-3)

Maximum of 8 students per class.

Westridge, Turf

M 06/03/24 - 08/19/24 9:00 - 9:30 a.m.

M 06/03/24 - 08/19/24 4:15 - 4:45 p.m.

Tu 06/04/24 - 08/20/24 9:00 - 9:30 a.m.

W 06/05/24 - 08/21/24 3:15 - 3:45 p.m.

F 06/07/24 - 08/23/24 10:00 - 10:45 a.m.

Southridge, Gym

Su 06/02/24 - 08/18/24 10:00 - 10:30 a.m.

Soccer Shots Classic (Ages 3-5)

Maximum of 10 students per class.

Westridge, Turf

M 06/03/24 - 08/19/24 9:45 - 10:30 a.m.

M 06/03/24 - 08/19/24 5:00 - 5:45 p.m.

Tu 06/04/24 - 08/20/24 9:45 - 10:30 a.m.

W 06/05/24 - 08/21/24 2:00 - 2:45 p.m.

W 06/05/24 - 08/21/24 5:00 - 5:45 p.m.

F 06/07/24 - 08/23/24 9:00 - 9:45 a.m.

Southridge, Gym (Ages 3-4)

Su 06/02/24 - 08/18/24 10:40 - 11:25 a.m.

Southridge, Gym (Ages 4-6)

Su 06/02/24 - 08/18/24 11:35 a.m. - 12:20 p.m.

Soccer Shots Premier (Ages 6-8)

Maximum of 12 students per class.

Westridge, Turf

M 06/03/24 - 08/19/24 10:45 - 11:30 a.m.

Tu 06/04/24 - 08/20/24 10:45 - 11:30 a.m.

Tu 06/04/24 - 08/20/24 4:00 - 4:45 p.m.

W 06/05/24 - 08/21/24 4:00 - 4:45 p.m.

F 06/07/24 - 08/23/24 10:45 - 11:30 a.m.

Southridge, Gym

Su 06/02/24 - 08/18/24 12:30 - 1:15 p.m.



June Pee Wee Soccer League

(Ages 4-5 & Ages 6-7)

This soccer league is perfect for the beginner player. Practices are held once a week and games are played on Saturday mornings. Fee includes a team shirt and volunteer coaches are needed! Registration deadline 05/10/24 or until full.

Westridge, Turf

Price \$105/\$121

Tu, Sa 06/04/24 - 06/29/24 5:00 - 5:50 p.m.

Tu, Sa 06/04/24 - 06/29/24 6:00 - 6:50 p.m.

W, Sa 06/05/24 - 06/29/24 5:00 - 5:50 p.m.

Th, Sa 06/06/24 - 06/29/24 5:00 - 5:50 p.m.

Th, Sa 06/06/24 - 06/29/24 6:00 - 6:50 p.m.

F, Sa 06/07/24 - 06/29/24 5:00 - 5:50 p.m.

F, Sa 06/07/24 - 06/29/24 6:00 - 6:50 p.m.

July Pee Wee Soccer League

(Ages 4-5 & Ages 6-7)

This soccer league is perfect for the beginner player. Practices are held once a week and games are played on Saturday mornings. Fee includes a team shirt and volunteer coaches are needed! Registration deadline 06/14/24 or until full.

Westridge, Turf

Price \$105/\$121

Tu, Sa 07/09/24 - 08/03/24 5:00 - 5:50 p.m.

Tu, Sa 07/09/24 - 08/03/24 6:00 - 6:50 p.m.

W, Sa 07/10/24 - 08/03/24 5:00 - 5:50 p.m.

Th, Sa 07/11/24 - 08/03/24 5:00 - 5:50 p.m.

Th, Sa 07/11/24 - 08/03/24 6:00 - 6:50 p.m.

F, Sa 07/12/24 - 08/03/24 5:00 - 5:50 p.m.

F, Sa 07/12/24 - 08/03/24 6:00 - 6:50 p.m.

TENNIS

For more information, contact 303-471-8996.

Court Hours

Northridge tennis courts are available for use:

M-F 7:30 a.m. - 9:00 p.m.

Sa, Su 7:30 a.m. - 6:00 p.m.

Southridge tennis courts are available for use:

M-F 7:00 a.m. - 9:00 p.m.

Sa 7:00 a.m. - 8:00 p.m.

Su 7:00 a.m. - 6:00 p.m.

Court Reservations

Only members may make a court reservation 48 hours in advance for a maximum of two hours. There is a 15-minute court forfeiture rule. Court fees must be paid at time of reservation. Please check in at the access or monitor's desk before using the courts at any of these facilities. Reservations may be made online or by calling.

Northridge 303 - 471- 8996

Southridge 303 - 471- 7020

Court Fees

\$6 Guest Fee per visit for program guests 2-11 years of age.

\$7 Guest Fee per visit for program guests 12-17 and 55+ years of age.

\$8 Guest Fee per visit for program guests 18-54 years of age.

\$0 Outdoor Courts Walk-On or Reservation
\$36/hour Indoor Courts Walk-On or Reservation
and \$10/hour Summer Indoor May 1, 2024 - September 1, 2024. \$0 outdoor courts walk-on or reservation.

Block Time

Block Time applications will be made available May 12, 2024, at 6:00 a.m. on the HRCA Tennis homepage online for Block Time at Northridge Tennis Pavilion. Please call the Tennis Monitor desk at 303-471-8996 for information on dates and rates for Summer Block Time at the Northridge Tennis Pavilion.

Ball Machine

The machine is available at Northridge for 60-, 90-, or 120-minute intervals. The year-round rate to rent the ball machine is \$6.00 or \$10.00 per hour, depending on the machine you rent. Call 303-471-8996 to reserve.

Private Individual, Semi-Private & Private Group Lessons

To schedule a private, semi-private or group lesson, call 303-471-8996.

Private Lesson (1 player) \$66/\$76 per hour
 Semi-Private (2 players) \$33/\$38 per hour, per player
 3 and a Pro (3 players) \$22/\$25 per hour, per player
 Large Group (4 + players) \$20/\$23 per hour, per player

ADULT GROUP LESSONS & DRILLS SESSIONS

Northridge Adult Tennis Session Dates

Sessions are 6 weeks long. Prices are prorated for closures.

Session 4 (six weeks) 05/26/24 – 07/06/24 *
 Session 5 (six weeks) 07/08/24 – 08/17/24
 Session 6 (six weeks) 08/19/24 – 09/28/24
 Registration for these sessions will be online at 6:00 a.m. on Sunday, May 12, 2024

There will be no adult programming on these days:

*Monday - 05/27 - Memorial Day *prorated
 *Thursday - 07/04 - July 4th *prorated
 *Monday - 09/02 - Labor Day *prorated
 *Saturday - 09/14 - Oktoberfest

(12:00 p.m. close)

*Prorated

Adult Lessons

Adult lessons are taught using the NTRP Rating Categories, except for beginners. Beginning tennis lessons are designated "Beginner."

Northridge, Tennis Pavilion

Price: \$114/\$132 - 6 weeks

Level 2.5

M 10:00 - 11:00 a.m.

Beginner

Tu 9:00 - 10:00 a.m.

W 6:00 - 7:00 p.m.

Adv. Beginner

M 5:00 - 6:00 p.m.

Tu 10:00 - 11:00 a.m.

Th 7:00 - 8:00 p.m.



Adult Drills

Drills are a great workout with less personalized instruction and a great resource for the Highlands Ranch newcomer who wants to meet players.

Northridge, Tennis Pavilion

Price: \$114/\$132 - 6 week

Level 2.5-3.0

M 9:00 - 10:00 a.m.

M 6:00 - 7:00 p.m.

Tu 6:00 - 7:00 p.m.

Level 3.0

W 7:00 - 8:00 p.m.

Cardio 2.5 3.0

Th 9:00 - 10:00 a.m.

Th 10:00 - 11:00 a.m.

Cardio 3.0 Plus

Th 11:00 a.m. - Noon

Adult Drill and Play

The first half of class is spent working on a specific stroke or strategy. The second half is spent using the new concept.

*These programs will only run if they have a minimum of two registered prior to the first scheduled event. If this registration requirement is met, these drill and play programs will then be available for drop in students. You can check the status of these drills and play by calling 303-471-8996.

Northridge, Tennis Pavilion

Price: \$171/\$198 - 6-weeks

Level 3.0

Th 1:00 - 2:30 p.m.

Level 3.5

F 9:00 - 10:30 a.m.

Sa 8:00 - 9:30 a.m.

Level 4.0 Plus

Th 7:00 - 8:30 p.m.

Sa 9:30 - 11:00 a.m.

Senior 55+ Drop-In Drill

Meet your peers for an hour and a half of fun tennis drills. We encourage you to sign up ahead of time or pay when you drop in! You can check the status of this program by calling 303-471-8996. **Class is limited to 20 participants.**

Northridge Tennis Pavilion; Price \$10/\$12

Th 2:30 - 4:00 p.m.

TENNIS

ADULT TENNIS LEAGUES

Women's In-House Doubles

Sign up with a partner and keep your game sharp. Players may not play down an NTRP level. Teams must have at least one player at the appropriate NTRP level. Member Teams - both players must be members. Each team will play every other team at least two times.

Northridge, Tennis Pavilion

Price: \$256/\$296 per team/session

Teams may begin to register at 6:00 a.m. on 05/12/24.

* Sessions 1 (7 weeks)

Level 2.5 Women

Tu Begins on 09/17/24 - 10/29/24

Noon - 2:00 p.m.

W Begins on 09/18/24 - 10/30/24

Noon - 2:00 p.m.

Level 3.0 Women

F Begins on 09/20/24 - 11/01/24

9:00 - 11:00 a.m.

Level 3.5 Women

F Begins on 09/20/24 - 11/01/24

11:00 a.m. - 1:00 p.m.

Senior In-House Mixed Doubles

Northridge, Tennis Pavilion

Price \$64/\$74

Registration begins at 6:00 a.m. on 05/12/24.

Session 1 (7 weeks)

W 09/18/24 - 10/30/24 2:30 - 4:00 p.m.

Breakfast Social

Join us for a casual recreational league. This is a fun way to meet and play in the early morning in a relaxed atmosphere. We tend to play Change Partner, King of the Hill or some other type of fun format.

Northridge, Tennis Pavilion.

May begin to register at 6:00 a.m. on 05/12/24.

Level 2.5-3.0-3.5 (21 weeks) Price: \$46/\$56

Summer (Outdoor courts at Northridge)

Tu 04/16/24 - 09/03/24 7:30 - 9:00 a.m.

Th 04/18/24 - 09/05/24 7:30 - 9:00 a.m. *

Su 04/21/24 - 09/08/24 7:30 - 9:00 a.m.

May begin to register at 6:00 a.m. on 08/16/24.

Level 2.5-3.0-3.5 (15 weeks) Price: \$150/\$174

Fall

Tu 09/10/24 - 12/17/24 7:30 - 9:00 a.m.

Th 09/12/24 - 12/19/24 7:30 - 9:00 a.m. *

Su 09/15/24 - 12/22/24 7:30 - 9:00 a.m.

Friday Night Socials

The HRCA will host several tennis socials at the Tennis Pavilion at Northridge. Come meet and play with new and old friends. Bring your racquet and a snack to share. Socials are scheduled on the second and fourth Fridays of the month.

Northridge, Tennis Pavilion

Price \$12/\$14

All Levels

F 05/10/24 6:00 - 8:00 p.m.

F 05/24/24 6:00 - 8:00 p.m.

F 06/14/24 6:00 - 8:00 p.m.

F 06/28/24 6:00 - 8:00 p.m.

F 07/11/24 6:00 - 8:00 p.m.

F 07/25/24 6:00 - 8:00 p.m.

F 08/09/24 6:00 - 8:00 p.m.

F 08/23/24 6:00 - 8:00 p.m.

For more tennis information, contact 303-471-8996.

Tennis Court Reservations, Private, Semi-Private & Group Lessons (Ages 4 & up)

YOUTH TENNIS PROGRAM

Northridge Youth Tennis Session Dates

Session 4 (6 weeks) 05/26/24 - 07/06/24

Session 5 (6 weeks) 07/08/24 - 08/17/24

Session 6 (6 weeks) 08/19/24 - 09/28/24

Registration for these sessions will be online at 6:00 a.m. on Sunday, May 12, 2024

There will be no youth programming on these days:

*Monday - Memorial Day 05/27/24
 *Thursday - July 4th 07/04/24
 *Monday - Labor Day 09/02/24
 *Saturday - Oktoberfest 09/14/24
 (12:00 p.m. close) * Prorated





YOUTH TENNIS LESSONS

Youth Lessons Level Definitions

Level 1 players are in the I can HIT mode with the red, orange, green or yellow ball.

Level 2 players are in the I can RALLY with my peer mode with the red, orange, green or yellow ball.

Level 3 players are in the I can COMPETE mode with red, orange, green or yellow ball.

Level 4 players have played USTA Junior Team Tennis, completed Level 3, and/or have been approved by the teaching staff.

Level 5 players are active tournament players and/or approved by the Head Tennis Professional.

Hot Shots Lessons Level 1

Red Ball - I can HIT (Ages 4-5)

Northridge, Tennis Pavilion

Price \$57/\$66 – six weeks

Tu 9:00 - 9:30 a.m.

Tu 9:30 - 10:00 a.m.

Sa 8:00 - 8:30 a.m.

Sa 8:30 - 9:00 a.m.

Future Stars Level 1

Red Ball - I can HIT Lessons (Ages 6-8)

Northridge, Tennis Pavilion

Price: \$114/\$132 - six weeks

Tu 5:00 - 6:00 p.m.

W 5:00 - 6:00 p.m.

Sa 9:00 - 10:00 a.m.

Future Stars Level 2

Red Ball - I can RALLY Lessons (Ages 6-8)

Northridge, Tennis Pavilion

Price: \$114/\$132 - six weeks

Th 5:00 - 6:00 p.m.

Youth Lessons (Ages 9-10)

Northridge, Tennis Pavilion

Price: \$114/\$132 - six weeks

Level 1 - Orange Ball - I can HIT.

M 5:00 - 6:00 p.m.*

Tu 5:00 - 6:00 p.m.

Sa 10:00 - 11:00 a.m.

Level 2 - Orange Ball - I can RALLY.

M 6:00 - 7:00 p.m.*

Tu 6:00 - 7:00 p.m.

Sa 11:00 a.m. - Noon

Level 3 - Orange Ball - I can COMPETE.

Sa Noon - 1:00 p.m.*

10 Advanced Level 4

Orange Ball - I can COMPETE (Ages 9-10)

This is an intermediate to advanced level program for young players who wish to play competitive matches.

This program is by professional approval only.

Northridge, Tennis Pavilion

Price: \$216/\$250 - six weeks

Meets two days a week

M 4:30 - 6:00 p.m.

Sa 1:00 - 2:30 p.m.*

12 Advanced Level 4

Green Ball - I can COMPETE (Ages 11-12)

For players who have competed in the 10 Advanced program and who have played tournament matches.

This program is by professional approval only.

Northridge, Tennis Pavilion

Price: \$288/\$333 - six weeks

Meets two days a week

W 6:00 - 8:00 p.m.

Sa 11:00 a.m. - 1:00 p.m.*

Middle School Lessons (Ages 11-13)

Northridge, Tennis Pavilion

Price: \$114/\$132 - six weeks

Level 1 - Green Ball - I can HIT

M 4:00 - 5:00 p.m.*

Tu 4:00 - 5:00 p.m.

Level 2 - Green Ball - I can RALLY

M 7:00 - 8:00 p.m.*

High School Lessons (Ages 14-18)

Northridge, Tennis Pavilion

Price: \$114/\$132 - six weeks

Level 1 - Green and Yellow Ball - I can HIT

W 4:00 - 5:00 p.m.

Level 2 - Green and Yellow Ball - I can RALLY

W 5:00 - 6:00 p.m.

Level 3 Middle and High School (Ages 11-18)

Northridge, Tennis Pavilion

Level 3 - Yellow Ball - I can COMPETE.

Price: \$114/\$132 - six weeks

Th 6:00 - 7:00 p.m.*

Sa 1:30 - 2:30 p.m.*

*Meets one day a week (Thurs or Sat, not both)

Price \$144/\$166 - six weeks

Meets two days a week

Th 6:00 - 7:00 p.m.

Sa 1:30 - 2:30 p.m.

Academy 1 Player Development (Ages 12-18)

Northridge, Tennis Pavilion

Price: \$288/\$333 - six weeks

Meets two days a week

Tu, Th 4:00 - 6:00 p.m.

*No class on 07/04/24

Academy 2 Player Development (Ages 12-18)

Northridge, Tennis Pavilion

Price: \$288/\$333 - six weeks

Meets two days a week

W, F 4:00 - 6:00 p.m.

YOUTH LEAGUES

USTA Summer Junior Team Tennis (Ages 8-18)

USTA Junior Team Registration

Teams practice twice a week for one hour with matches on Monday mornings, Wednesday and Friday afternoon practice times are 12:30-3:30 p.m. beginning 6/5/24 by level and team. The anticipated league season is early June through the first week of August. Teams start being formed in March. Minimum roster deadline 04/08/24.

Early Bird Price registration begins on 03/01/24 at \$250/275 + USTA Fees

Regular Price registration begins on 03/22/24 at \$275/\$300 + USTA Fees

18 & under

Southridge, Tennis Courts

Ages 10 & under; 12 & under, 14 & under

Northridge, Tennis Pavilion



Friday Night Socials

The HRCA will host several tennis socials at the Tennis Pavilion at Northridge. Come meet and play with new and old friends. Bring your racquet and a snack to share. Socials are scheduled on the second and fourth Fridays of the month.

Northridge, Tennis Pavilion

Price \$12/\$14

All Levels

F 05/10/24 6:00 - 8:00 p.m.

F 05/24/24 6:00 - 8:00 p.m.

F 06/14/24 6:00 - 8:00 p.m.

F 06/28/24 6:00 - 8:00 p.m.

F 07/11/24 6:00 - 8:00 p.m.

F 07/25/24 6:00 - 8:00 p.m.

F 08/09/24 6:00 - 8:00 p.m.

F 08/23/24 6:00 - 8:00 p.m.

VOLLEYBALL

ADULT VOLLEYBALL

For more information, please contact 303-471-7039.

Adult Sand-Court Volleyball Leagues

Beach volleyball leagues have an eight game regular season followed by a single-elimination tournament and are self-officiated. A \$100 deposit is required at the time of registration to hold the team's spot in the league. Payment past the registration deadline does not guarantee a spot in the league and will result in a \$15 late fee. Teams must be available on 7/20 and 7/27 for the rain makeup days.

Eastridge Sand Courts

Price \$285 per team

Registration Deadline: 05/13/24

Coed Beach Volleyball League 4v4

Tu 05/28/24 - 08/20/24 6:00 - 10:00 p.m.

Th 05/30/24 - 08/22/24 6:00 - 10:00 p.m.

YOUTH VOLLEYBALL

For more information, please contact 303-471-8838.

HRCA Youth Volleyball League (Ages 7-14)

This coed league involves one weekly, one-hour practice on Monday, Tuesday or Wednesday between 4-9 p.m. with games on Saturdays and is for beginners and intermediate players in 3rd through 8th grades. Team divisions will be 3rd-4th grade, 5th-6th grade and 7th-8th grade. Volunteer coaches are needed, and practice times are based upon coach availability. Registration deadline 07/12/24 or until full.

Southridge, Gym; Price \$175/\$202

Youth Volleyball Divisions 3rd-4th, 5th-6th & 7th-8th
M, T or W 08/05/24 - 10/05/24 4:00 - 9:00 p.m.



STAFF

Sports and Fitness Supervisor
 Chad Mejia
 303-471-7035
 chad.mejia@hrcaonline.org

Youth and Adult Therapeutic Recreation Coordinator
 Summer Aden (CTRS)
 303-471-7043
 summer.aden@hrcaonline.org

Therapeutic Recreation Specialist
 Kathryn Olmstead, CTRS
 303-471-7045
 kathryn.olmstead@hrcaonline.org

24/7 Online
 HRCAonline.org/TR

Therapeutic Recreation

THERAPEUTIC RECREATION (TR)

HRCA staff members in all program areas work together to support the leisure interests of people of all ages and abilities. Check the other sections of the guide for mainstream program opportunities when participants are ready for more independence.

THERAPEUTIC RECREATION SERVICES

Explore your leisure interests, develop skills, and have fun. Our specialized services are offered to all ages and ability levels to enhance health, wellness, and quality of life. TR Specialists are certified by the National Council for Therapeutic Recreation (NCTRC). Ask the registration desk about our free valet parking.

SCHOLARSHIPS

Scholarships are available for participants who need financial assistance for HRCA programs. Completion of a scholarship form is required.

FOR INFORMATION

For information about Therapeutic Recreation programs, birthday parties, scholarships, personal instruction appointments, or to volunteer, call the Therapeutic Recreation Coordinator at 303-471-7043 or email summer.aden@hrcaonline.org.

THERAPEUTIC RECREATION INDIVIDUAL SERVICE PLAN/ANNUAL UPDATE

An Individual Service Plan (ISP) is required to participate in Special Needs Programs. An annual update is required each year after. For new enrollees, an ISP must be completed before service begins. This is a non-refundable fee. ISP-new participant one-time fee: \$30/\$35

Therapeutic Recreation Aquatic & Land Personal Instruction (All Ages)

Individualized programs based on participant needs, goals and strengths. Cancellation notice of less than 24-hours can result in a charge for the session.

Single Session: 30-minute	\$45/\$52
TR 5 Pack: Five 30-minute sessions	\$192/\$221
TR 10 Pack: Ten 30-min sessions	\$340/\$391

TR Small Group Instruction (All Ages)

Designed for small group needs, interests, and abilities in our gyms, pools, weight rooms, or in the community. Small groups are led by a Therapeutic Recreation staff member. Call the Therapeutic Recreation program to form groups. Offered ongoing. Call to schedule.

Four half-hour sessions

Two participants	\$100/\$115 per person
Three or more participants	\$88/\$101 per person



RECREATION CLASSES

A parent or caregiver may be required to assist during Therapeutic Recreation Programs if a participant needs one-on-one assistance.

Therapeutic Recreation Yoga (Ages 5-Adult)

Experience a form of yoga that works to improve balance, focus, coordination, and strength. Learn poses to reduce fatigue, stiffness, and stress and stimulate the motor and sensory areas of the brain. Wheelchair accessible, all levels of mobility welcome.

Westridge, Fitness Studio	Price \$88/\$101
M 05/06/24 - 05/20/24	5:15 - 5:45 p.m.
Price \$66/\$76	
M 06/03/24 - 06/24/24	5:15 - 5:45 p.m.
M 07/08/24 - 07/29/24	5:15 - 5:45 p.m.
M 08/05/24 - 08/26/24	5:15 - 5:45 p.m.

Therapeutic Recreation Hip Hop Dance Class (Ages 5-Adult)

The focus of this class is a fun dance environment.

Westridge Dance Studio; Price \$84/\$97	
Tu 05/07/24 - 05/21/24	5:45 - 6:45 p.m.
Price \$63/\$72	
Tu 06/04/24 - 06/25/24	5:45 - 6:45 p.m.
Tu 07/09/24 - 07/30/24	5:45 - 6:45 p.m.
Tu 08/06/24 - 08/27/24	5:45 - 6:45 p.m.
Season package discount pricing all four months: \$300/\$345;	
Tu 05/07/24 - 08/27/24	5:45 - 6:45 p.m.

TR Basketball (Ages 8-Adult)

Get in the game! Athletes gain skills, learn the rules of the game, and focus on good sportsmanship and teamwork.

Southridge, Gym; Price \$95/\$109	
W 05/08/24 - 05/29/24	5:30-6:30 p.m.
W 06/05/24 - 06/26/24	5:30-6:30 p.m.

TR Indoor Soccer (Ages 8-Adult)

Learn the skills to play soccer, the rules of the game, and good sportsmanship.

Southridge, Gym; Price \$55/\$63	
W 07/10/24 - 07/31/24	5:15 - 6:00 p.m.

TR Sports Sampler (Ages 8-Adult)

W 08/07/24 - 08/28/24	5:15 - 6:00 p.m.
Southridge, Gym; Price \$55/\$63	

**Special Olympics Tennis Team
(Ages 8-Adult)**

Northridge Tennis Pavilion; Price \$150/\$173
M 06/03/24 - 07/29/24 4:00 - 5:00 p.m.

TR Thrilling Thursdays (Ages 16+)

Participate in a variety of activities that increase motor skills, balance, and social skills. Activities include swimming, soccer, art, basketball, cooking, fitness, and more!

Southridge; Price \$160/\$184

Price \$120/\$138*

Price \$200/\$230**

Th 05/09/24 - 05/30/24 12:15 - 3:15 p.m.

Th 06/06/24 - 06/27/24 12:15 - 3:15 p.m.

Th 07/11/24 - 07/25/24 12:15 - 3:15 p.m.*

Th 08/01/24 - 08/29/24 12:15 - 3:15 p.m.**



YOUTH THERAPEUTIC RECREATION CLASSES

Splash Swim Group (Ages 3-7)

Learn water safety activities, blowing bubbles, and swimming skills.

Southridge, Fitness Pool; Price \$47/\$54

F 05/10/24 - 05/31/24 1:00 - 1:30 p.m.

F 06/07/24 - 06/28/24 1:00 - 1:30 p.m.

F 07/12/24 - 07/26/24 1:00 - 1:30 p.m.*

F 08/02/24 - 08/30/24 1:00 - 1:30 p.m.**

*Adjusted Price \$35/\$40

**Adjusted Price \$59/\$68

Special Needs Tumbling (Ages 3-7)

Movement skills, strength, coordination, and balance are enhanced as children experience the joy of moving through space. Call 303-471-7043 for more details.

Special Needs Taekwondo (Ages 5-20)

Designed to help students improve balance, concentration, self-control, and confidence. This class is open to all ability levels. Belt testing is determined by our certified instructor and requires a separate fee.

Northridge, Martial Arts Studio;

Price \$110/\$127 No class 08/13, 8/15

Tu, Th 05/02/24 - 05/30/24 3:50 - 4:30 p.m.

Tu, Th 06/04/24 - 06/27/24 3:50 - 4:30 p.m.

Tu, Th 07/02/24 - 07/30/24 3:50 - 4:30 p.m.

Tu, Th 08/01/24 - 08/29/24 3:50 - 4:30 p.m.

Special Needs Taekwondo Belt Testing (Ages 5-17)

The instructor determines who is eligible to test and the dates/times. Testing requires a separate fee.

Northridge, Martial Arts Studio

TKD Belt Test 1st

May TBA

June TBA

July TBA

August TBA



THERAPEUTIC RECREATION

COMPOSITE DECKS

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