Celebrate 30 years of compassionate care.

Littleton Adventist Hospital

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2020 January - April Activity Guide
INFORMATION SOURCES
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, and now you can find home service providers in the Local Biz Directory. Find it all at www.HRCAonline.org.

HRCA News In your mailbox every month, the HRCA newsletter has the latest community information and announcements, covenant compliance tips, upcoming events, and new programs.

e-ME Subscribe to this free monthly email update to receive the latest HRCA happenings and exclusive coupons! Sign up at www.HRCAonline.org. Click on the e-ME icon on the home page.

Facebook Find us on Facebook: facebook.com/ HighlandsRanchCommunityAssociation facebook.com/HRCAbackcountry facebook.com/HRCAinTR (Therapeutic Recreation) facebook.com/HRCAfitness facebook.com/HRCATennis facebook.com/HRCAonline facebook.com/HRCARaceSeries

Twitter Follow us on Twitter for reminders about current happenings around the Ranch@HRCAnews.

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

Event Ticket Line 303-791-2500 Call to purchase tickets for any ticketed event. For details on any ticketed event, visit www.HRCAonline.org/Tickets or call 303-791-2500. Tickets are non-refundable.

Event Online Tickets You may purchase event tickets online. Visit www.HRCAonline.org/Tickets.

Event/Weather Hotline 303-471-8888 Information on upcoming community and special events. It 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 www.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 web sites, posters, or other merchandise.

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 5. 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 HRCA membership card at any of the four HRCA Recreation Centers. See hours page 5. 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 7+). Children age six 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 1 year from date of purchase. No change 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-served 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 www.HRCAonline.org, click the Class & Event Signup button on the home page. For online registration support, call 303-471-8888 or email registration@hrcaonline.org.

2. Phone: Have your credit card payment information ready and call 303-471-8888. See page 5 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.

Wait lists 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 business days prior to the beginning of the class. Refunds are issued back to the participant in the original tender when possible.

Refunds Generated by the HRCA If 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.

We are Hiring! - Join the HRCA Team! Visit www.HRCAonline.org/Jobs

All Recreation Centers Feature:

- Cardiovascular Area
- Member Services
- Variable Resistance Machine Area
- Running Track
- Free Weight Area
- Vending Area
- Fitness/Dance Studio
- Locker Rooms
- Gyms
- Pools
- Family Changing Room
- Meeting Rooms

HRCA Recreation Center Locations

NORTH RIDGE

Registration: 8800 S. Broadway Highlands Ranch, CO 80126 Phone 303-471-8950 Fax 303-791-0657

Facility Hours:
M-Th: 5:00 a.m. - 10:00 p.m.
F: 5:00 a.m. - 9:00 p.m.
Sa-Su: 6:00 a.m. - 6:00 p.m.

Membership Services/Registration:
M-F: 6:00 a.m. - 7:00 p.m.
Sa: 7:00 a.m. - 1:00 p.m.

Tennis Pavilion:
Phone: 303-471-8996
M-Th: 7:00 a.m. - 9:45 p.m.
F: 7:00 a.m. - 9:00 p.m.
Sa-Su: 7:00 a.m. - 6:00 p.m.

Amenities:
- Gymnasium (wood floor)
- Pools: Dive Pool, Lap, Youth
- Racquetball Courts
- Dry Sauna
- Tennis Courts (6 indoor, 5 outdoor) & Pavilion
- Nursery
- Room Rentals
- (Hot) Yoga Studio
- Golf Simulator
- Martial Arts Studio
- AquaClimb Poolside
- Climbing Wall

EAST RIDGE

Administrative Offices:
(Assessments & Community Improvement Services)
M-F: 8:00 a.m. - 5:00 p.m.
Phone 303-471-8958

Amenities:
- Climbing Wall
- Camp HRCA (school breaks, and summer)
- Preschool (school)
- Enrichment (school and summer)
- 2 Gymnasiums (wood floor)
- Pools: Lap, Slides, Youth, Zero Depth
- Outdoor Sand Volleyball
- Steam Room

Registration: 9568 University Blvd.
Highlands Ranch, CO 80126
Phone 303-471-8856
Fax 303-471-8905

Facility Hours:
M-F: 5:00 a.m. - 10:00 p.m.
Sa: 6:00 a.m. - 8:00 p.m.
Su: 7:00 a.m. - 8:00 p.m.

Membership Services/Registration:
M-F: 6:00 a.m. - 7:00 p.m.
Sa: 9:00 a.m. - 1:00 p.m.

WEST RIDGE

Registration: 9650 Foothills Canyon Blvd.
Highlands Ranch, CO 80129
Phone 720-348-8202
Fax 720-348-8222

Facility Hours:
M-F: 5:00 a.m. - 10:00 p.m.
Sa: 6:00 a.m. - 8:00 p.m.
Su: 7:00 a.m. - 8:00 p.m.

Membership Services/Registration:
M-F: 6:00 a.m. - 7:00 p.m.
Sa: 7:00 a.m. - 1:00 p.m.

Amenities:
- 5 Outdoor Batting Cages
- Tiny Tees Ballpark
- Camp HRCA (summer only)
- Preschool (school)
- Enrichment (school and summer)
- 3 Gymnasiums
- Indoor Turf
- Pitching Structure
- Pools: Lap, Slides, Youth, Zero Depth, Splash Fountain
- Spin Cycling
- 3 Tennis Courts Outdoor
- Nursery

SOUTH RIDGE

Registration: 4800 McArthur Ranch Rd.
Highlands Ranch, CO 80130
Phone 303-471-7020
Fax 303-346-0235

Facility Hours:
M-F: 5:00 a.m. - 10:00 p.m.
Sa: 6:00 a.m. - 8:00 p.m.
Su: 7:00 a.m. - 8:00 p.m.

Membership Services/Registration:
M-F: 6:00 a.m. - 7:00 p.m.
Sa: 7:00 a.m. - 5:00 p.m.

Amenities:
- 2 Gymnasiums (multi-sport surface)
- Pools: Current Channel, Warm Water, Fitness, Zero Depth, Outdoor Resort Pool
- Pottery Studio
- Senior Lounge
- 5 Tennis Courts Outdoor
- Wildcat Mountain Auditorium
- Nursery
ROOM RENTALS
The HRCA rents rooms to members on a space-available basis. Reservations must be made in person at the recreation facility in which room you are booking. Reservations are confirmed when contract is completed and payment is received.

For more information, visit www.HRCAonline.org/RoomRentals

EASTRIDGE
- Monarch, capacity 52, $45/hr (includes courtyard)
- Telluride, capacity 56, $45/hr (includes kitchen)
- Monarch/Telluride, capacity 108, $75/hr
- Copper, capacity 34, $40/hr
- Sand Volleyball Court, $80/hr

NORTHRIDGE
- Wetterhorn Peak, capacity 42, $45/hr
- Crestone Peak, capacity 41, $40/hr
- Elbert Conference Room, capacity 21, $35/hr

WESTRIDGE
- 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, Full turf: $140/hr, 2/3 turf: $95/hr, 1/3 turf: $70/hr, call 303-471-8884

SOUTHRIDGE
- Arapahoe Dry Crafts, capacity 30, $40/hr
- Arrowhead Conference, capacity 20, $35/hr
- Backcountry, capacity 110, $135/hr
- Butte, capacity 50, $70/hr
- Cliffs, capacity 50, $70/hr
- Nursery, capacity 20, $35/hr
- Wildcat Mountain Auditorium, capacity 325, $255/hr, call 720-348-8217.

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

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

OPENING WEEKEND(S): February 29/March 1 and March 7 - 8
Free hot dogs and discounted annual passes

Spring Hours:
Monday - Friday: 4:00 - 8:00 p.m.
Saturday - Sunday: 10:00 a.m. - 6:00 p.m.

Spring Break (March 16 - 20)
Noon - 8:00 p.m. all week

Rockies Home Opener Weekend (April 3 - 5)
- Free hot dogs Saturday and Sunday
- Discounted passes

Summer Hours (Start May 25)
Monday - Friday: 10:00 a.m - 8:00 p.m.
Saturday - Sunday: 10:00 a.m. - 7:00 p.m.

GOLF SIMULATOR AT NORTHRIDGE
The golf simulator is a new feature to the Northridge facility. This simulator, 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 (42 courses available including Pebble Beach, Torrey Pines, and Castle Pines). The fees and new unlimited pass options are below:

Unlimited Passes
Member: Monthly $60 Yearly $420
Guest: Monthly $80 Yearly $500

Free Club Rentals!
Unlimited passes please call or reserve in person at any of our locations.

Fees:
Member: $10 per 30 minutes (for up to four players)
Guest: $15 per 30 minutes (for up to four players)

Bring your own clubs or rent ours for $10.

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
All-you-can-hit passes
30 days $50
7 days $35
Single day $10

TRY US OUT AND SEE THE DIFFERENCE FOR YOURSELF!

Please remember to curb it and put a lid on it!

PRO DISPOSAL & RECYCLING
Call 303-791-3827 or sign up online at ProDisposal.net
$14.65 Per Month
Trash & Recycling

Partnership with: WASTE CONNECTIONS COMMUNITY ASSOCIATION
Waste Connections, partner since 2003

303-791-2500 • HRCAonline.org
NURSERY (Ages 3 mos-8)
Services are only available to members using HRCA facilities and/or participating in programs on-site for a maximum of two consecutive hours. Snacks, diapers, and wipes NOT provided. Label and bring all essential items. Dry snacks, bottles, and cups with lids are allowed. Please do not bring snacks that contain peanut products. For information call 303-791-2500. While your child is in the nursery, HRCA requires you to remain on-site at all times.

NURSERY FEES:

<table>
<thead>
<tr>
<th>Member/Guest</th>
<th>$5/$6</th>
</tr>
</thead>
<tbody>
<tr>
<td>(per visit/per child)</td>
<td></td>
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</tbody>
</table>

Punch Cards

<table>
<thead>
<tr>
<th>Visits</th>
<th>$25/$30</th>
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</thead>
<tbody>
<tr>
<td>10 visits</td>
<td>$45/$55</td>
</tr>
</tbody>
</table>

(Expires 1 year from date of purchase.)
Please see registration for 2nd child discount.

Unlimited Month Nursery Card

Unlimited Month Nursery Cards may be purchased at the registration desk.

<table>
<thead>
<tr>
<th>$50/60</th>
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</thead>
</table>

(Expires 1 month from date of purchase. No refunds will be given for unused pass visits.)

NURSERY SCHEDULE

<table>
<thead>
<tr>
<th>Facility</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northridge</td>
<td>(9 mos-8)</td>
<td>M-Sa</td>
<td>8:25 a.m. - Noon</td>
</tr>
</tbody>
</table>
| Westridge    | (3 mos-8) | M-F Sa | 8:45 a.m. - 12:30 p.m.  
             |       |       | 8:30 a.m. - Noon     |
| Southridge   | (9 mos-8) | M-F Sa | 8:55 a.m. - Noon  
             |       |       | 8:25 a.m. - Noon     |

NURSERY-FRIENDLY FITNESS CLASSES

Drop-In Fitness, Yoga, Indoor Cycling, and Aqua Fitness Classes
Find a variety of fitness classes that coordinate with nursery hours. Attendance requires fitness pass, punch card, or drop-in receipt. Visit www.HRCAonline.org/FitSched.

CLIMBING WALL

OPEN CLIMB (AGES 7+)

Contact 303-471-8917 or email david.isham@hrcaonline.org for details or to schedule.

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.

Schedules are at www.HRCAonline.org. Must be 7-years-old to climb or boulder. Individuals 12 years and younger must be accompanied by an adult 18 years or older at all times while in climbing area. FREE

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: 303-471-8917.

<table>
<thead>
<tr>
<th>Member/Guest</th>
<th>$20/$25</th>
</tr>
</thead>
</table>

1-hour (private lesson)

<table>
<thead>
<tr>
<th>$80/$100</th>
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</thead>
</table>

5-pack (1-hour private lessons)

<table>
<thead>
<tr>
<th>$15/$20</th>
</tr>
</thead>
</table>

1-hour (semi-private lesson) (max of 6 people total)

<table>
<thead>
<tr>
<th>$50/60</th>
</tr>
</thead>
</table>

Unlimited Month Nursery Card

Unlimited Month Nursery Cards may be purchased at the registration desk.

NURSEYS:

| Expires 1 month from date of purchase. No refunds will be given for unused pass visits. |

Facility Age Date Time

<table>
<thead>
<tr>
<th>Northridge</th>
<th>(9 mos-8)</th>
<th>M-Sa</th>
<th>8:25 a.m. - Noon</th>
</tr>
</thead>
</table>
| Westridge   | (3 mos-8) | M-F Sa | 8:45 a.m. - 12:30 p.m.  
             |          |       | 8:30 a.m. - Noon     |
| Southridge  | (9 mos-8) | M-F Sa | 8:55 a.m. - Noon  
             |          |       | 8:25 a.m. - Noon     |
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
- LEGO® Party (Ages 5+)
- 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

303-471-8853
- Cooking Party (Ages 5+)
- Dance Party (Ages 3+)
- Pottery Party (Ages 5+)
- Paint on Canvas Party (Ages 7+)
- Tie-Dye Party (Ages 7+)
- Crocodile Rock Party (Ages 18 mos-3)

Backcountry Wilderness Area Outdoor Themed Parties
Parties are held outdoors at the Backcountry Outdoor Center, 6005 Ron King Trail, 80125
303-471-7053
- Wild for Wildlife
- Princess Unicorn
- Camo Adventure
- Wild West
- Pony Party
- Horse-Drawn Hayride

Batting Cages, Indoor Turf, and Customized Parties
720-348-8267
- Touchdown! Turf Party (Ages 3+)
- “Extra Point” Touchdown Option (Ages 3+)
- Decorated Party Rooms
  - Seasonal option February - October
- Triple Play Party (Ages 6+)

Climbing Wall Party (Ages 7+)
303-471-8917
- (Max 10 climbers)

DON’T STRESS!
HRCA has parties for every age and every budget!
Call today or visit the web site at www.HRCAonline.org/Parties

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

Pool Parties (Ages 4+)
Available at Southridge and Eastridge only
Southridge 303-471-7026
or contact debi.bowman@hrcaonline.org
Eastridge 303-471-7036
or contact tyler.kurapkat@hrcaonline.org
- Large Pool Party (Max 15)
- Small Pool Party (Max 9)

Southridge Sports Spectacular Birthday Parties (Ages 5+)
303-471-8860

Taekwondo Birthday Parties (Ages 4+)
303-471-8869
Northridge; Price $120 for 10 kids; $10 each additional kid
Party includes 45 minute taekwondo class and 45 minutes in a party room. For more information, please contact cmaes@hrcaonline.org or call 303-471-8869.

Westridge Party Rooms
720-348-8267
24/7 online
HRCAonline.org/Registration

Aquatic Program Supervisor,
Aquatic Adventures
Diane Ball 303-471-8935
diane.ball@hrcaonline.org

STAFF
Swim Lesson Coordinator
Mindy Polete 303-471-8867
mindy.polete@hrcaonline.org

Coached/Competitive
Swimming Coordinator
Rachel Lyon 303-471-8942
rachel.lyon@hrcaonline.org

Private Lessons -
Learn to Swim or
Coached Aquatics
720-348-8220
www.HRCAonline.org/SwimPrivates

Refunds will not be granted if HRCA is required to
cancel a program due to weather conditions.
**INFANT SWIM RESOURCE**

Learn water survival skills for ages six months to 3 years of age. This program is independent of HRCA group lesson program. For ISR program info and scheduling call 303-330-8602 or j.potter@infantswim.com.

**PARENT/TOT SERIES (AGES 6 MOS-3) 30 MINUTES**

Parent & child learn in the water together basic skills to practice together to help child develop comfort and confidence. Child not yet potty trained must wear a swim diaper.

**PRESCHOOL SWIM LESSONS (AGES 3-5) 30 MINUTES**

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td><img src="image1" alt="Tadpole" /></td>
<td><strong>1 - Tadpole</strong></td>
<td>Pre-School beginner level. To enroll for this level must be potty trained and at least 3 years of age.</td>
</tr>
<tr>
<td><img src="image2" alt="Minnow" /></td>
<td><strong>2 - Minnow</strong></td>
<td>To enroll for this level must be comfortable with assistance to float and glide with face in the water.</td>
</tr>
<tr>
<td><img src="image3" alt="Frog" /></td>
<td><strong>3 - Frog</strong></td>
<td>To enroll for this level must be able to swim beginner freestyle with face in water for 5 yards &amp; front and back float unassisted for 10 seconds.</td>
</tr>
</tbody>
</table>

**SCHOOL-AGE SWIM LESSONS (AGES 6-12) 45 MINUTES**

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</thead>
<tbody>
<tr>
<td><img src="image4" alt="Turtle" /></td>
<td><strong>1 - Turtle</strong></td>
<td>School Age beginner level. To enroll for this level must be 6 years of age or in kindergarten. Taught in water 4 feet and deeper.</td>
</tr>
<tr>
<td><img src="image5" alt="Sea Horse" /></td>
<td><strong>2 - Sea Horse</strong></td>
<td>To enroll for this level must be able to float front &amp; back unassisted 10 seconds and front and back glide and swim beginner freestyle with face in water for 5 yards.</td>
</tr>
<tr>
<td><img src="image6" alt="Otter" /></td>
<td><strong>3 - Otter</strong></td>
<td>To enroll for this level must be able to swim freestyle with side (lateral) breathing and backstroke 10 yards and flutter kick 15 yards.</td>
</tr>
<tr>
<td><img src="image7" alt="Sting Ray" /></td>
<td><strong>4 - Sting Ray</strong></td>
<td>To enroll for this level must be able to swim freestyle with side (lateral) breathing 15 yards, backstroke 25 yards &amp; elementary backstroke 15 yards.</td>
</tr>
<tr>
<td><img src="image8" alt="Shark" /></td>
<td><strong>5 - Shark</strong></td>
<td>To enroll for this level must be able to swim elementary backstroke and freestyle with side (lateral) breathing 25 yards, backstroke 50 yards &amp; introductory level of breaststroke for 15 yards.</td>
</tr>
<tr>
<td><img src="image9" alt="Dolphin" /></td>
<td><strong>6 - Dolphin</strong></td>
<td>To enroll for this level must be able to swim freestyle with side (lateral) breathing 50 yards, backstroke 75 yards &amp; breaststroke 25 yards, dolphin kick 25 yards and introductory level of butterfly.</td>
</tr>
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</table>

**TEEN/ADULT SWIM LESSONS (AGES 13-ADULT) 45 MINUTES**

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<tbody>
<tr>
<td><img src="image10" alt="Swimmer" /></td>
<td><strong>Teen/Adult Lessons</strong></td>
<td>Teen/Adult beginner level for ages 13 and older. To enroll must be comfortable in water of 4 feet or deeper.</td>
</tr>
</tbody>
</table>

**COACHED PRE-COMPETITIVE & COMPETITIVE SWIMMING (AGES 6-18)**

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<tbody>
<tr>
<td><img src="image11" alt="Swimmer" /></td>
<td><strong>Seahawks Intro</strong> <em>(Ages 6-14)</em></td>
<td>To enroll must swim freestyle with side breathing and backstroke 25 yards comfortably without stopping. Must have endurance for 1 hour practice sessions.</td>
</tr>
<tr>
<td><img src="image12" alt="Swimmer" /></td>
<td><strong>Seahawks Juniors</strong> <em>(Ages 6-14)</em></td>
<td>To enroll must be able to swim freestyle with correct side breathing and backstroke 50 yards comfortably without stopping. Must have experience with starts &amp; turns, lane etiquette &amp; circle swimming.</td>
</tr>
<tr>
<td><img src="image13" alt="Swimmer" /></td>
<td><strong>Seahawks Seniors</strong> <em>(Ages 10-18)</em></td>
<td>To enroll must be able to swim all four legal strokes. Must be able to swim 100 yards freestyle with correct side breathing, 100 yards backstroke &amp; 100 yards IM. Must know legal turns &amp; block starts.</td>
</tr>
<tr>
<td><img src="image14" alt="Swimmer" /></td>
<td><strong>Seahawks Elites</strong> <em>(Ages 12-18)</em></td>
<td>To enroll must be able to swim all four legal strokes, know legal turns &amp; block starts and complete 10x100’s freestyle in a 1:50 interval or faster.</td>
</tr>
<tr>
<td><img src="image15" alt="Swimmer" /></td>
<td><strong>Seahawks Summer Swim</strong> <em>(Ages 6-18)</em></td>
<td>To enroll must swim freestyle 50 yards with correct side breathing &amp; backstroke 50 yards comfortably without stopping. Must have flip turn experience.</td>
</tr>
</tbody>
</table>

For more info, program schedule & to sign up, visit www.HRCAonline.org/Swim
AQUTICS/SWIMMING PROGRAMS FAQ’s

How do I find out class schedules?
• Program Schedules are available at www.HRCAonline.org/Swim

How do I register?
• www.HRCAonline.org/Swim
• Call 303-791-2500
• Visit any Recreation Center

Where can I get more info?
• www.HRCAonline.org/Swim
• Call 303-471-8935
• Email diane.ball@hrcaonline.org

Swim Lessons (Class schedule available at www.HRCAonline.org/Swim)
Call 303-471-8867 • mindy.polete@hrcaonline.org

Four Week Sessions - Eastridge & Westridge Pool

<table>
<thead>
<tr>
<th>When are lessons?</th>
<th>What are the fees?</th>
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</thead>
<tbody>
<tr>
<td>1= 01/06/20 - 02/01/20</td>
<td>$92/$106 (8 lessons)</td>
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<tr>
<td>2= 02/03/20 - 02/29/20</td>
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<tr>
<td>3= 03/02/20 - 03/26/20</td>
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<tr>
<td>4= 03/30/20 - 04/25/20</td>
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</tr>
<tr>
<td>No classes 03/16 - 03/21 - ER &amp; WR and Sat 04/11 - WR</td>
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</table>

What are the fees?
M, W or Tu, Th    $92/$106 (8 lessons)
Sa                      $58/$66 (4 lessons)

Youth Coached & Competitive Swim
Call 303-471-8942 • rachel.lyon@hrcaonline.org

Seahawks Intro (Ages 6-14)
Eastridge Pool
To enroll must swim 25 yds. freestyle with side breathing & backstroke comfortably without stopping. Must have endurance for a 1 hour long swim practice session.

When are sessions? | What are the fees?
1= 01/11/20 - 02/01/20  | $73/$83
2= 02/08/20 - 02/29/20  |  
3= No classes  |  
4= 04/04/20 - 04/25/20

When are classes? Sa 12:30 - 1:30 p.m.

Seahawks Seniors (Ages 10-18)
Northridge Pool - M, W 6:00 - 7:00 p.m.
Westridge Pool - Tu, Th 5:45 - 6:45 p.m.
To enroll must be able to swim all 4 strokes by USA Swim guidelines. Can swim 100 yards backstroke & freestyle with correct side breathing & 100 yds. IM. Do legal turns & block starts. Tested 1st day. Focus is on conditioning, technique and endurance.

When are sessions? | What are the fees?
1= 01/06/20 - 01/30/20  | $110/$132
2= 02/03/20 - 02/27/20  |  
3= 03/02/20 - 03/26/20  |  
4= 04/13/20 - 04/30/20
No classes 03/30/20 - 04/10/20

When are classes? M, W 6:00 - 7:00 p.m. or Tu, Th 5:45 - 6:45 p.m.

Seahawks Juniors (Ages 6-14)
Westridge Pool
To enroll must swim 50 yards freestyle with correct side breathing & backstroke comfortably without stopping. Must have experience with starts, turns, lane etiquette & circle swim. Tested 1st day. Focus is on stroke technique & development.

When are sessions? | What are the fees?
1= 01/06/20 - 01/30/20  | $110/$132
2= 02/03/20 - 02/27/20  |  
3= 03/02/20 - 03/26/20  |  
4= 04/13/20 - 04/30/20
No classes 03/30/20 - 04/10/20

When are classes? M, W 5:30 - 6:30 or 6:30 - 7:30 p.m. or Tu, Th 4:45 - 5:45 p.m.

Seahawks Seniors Optional Third Day (Ages 10-18)
Westridge Pool
To enroll must be enrolled in a current session of Seniors. Friday only optional day for each session.

When are sessions? | What are the fees?
1= 01/10/20 - 01/31/20  | $44/$53
2= 02/07/20 - 02/28/20  |  
3= 03/06/20 - 03/27/20  |  
4= 04/17/20 - 05/01/20
No classes 04/03/20 & 04/10/20

When are classes? F 5:30 - 6:30 p.m.

Seahawks Elites (Ages 12-18)
Westridge Pool
To enroll must swim all 4 strokes legally (by USA Swim guidelines). Must know legal turns & block starts. Must complete 10x100’s freestyle on 1:50 interval. Tested 1st day. Focus is on building race technique, conditioning & prep for competition.

When are sessions? | What are the fees?
1= 01/06/20 - 01/31/20  | $144/$165
2= 02/03/20 - 02/28/20  |  
3= 03/02/20 - 03/27/20  |  
4= 04/13/20 - 05/08/20
No classes 03/30/20 - 04/10/20

When are classes? M, W, F 4:00 - 5:30 p.m.
Privates - Learn to Swim
Call 720-348-8220 or www.HRCAonline.org/SwimPrivates to schedule

<table>
<thead>
<tr>
<th>30-Minute Private</th>
<th>Bundle of Two</th>
<th>Bundle of Three</th>
<th>Bundle of Four</th>
<th>Bundle of Five</th>
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Privates - Coached & Competitive
Call 720-348-8220 or www.HRCAonline.org/SwimPrivates to schedule

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Adult Coached & Competitive Swim
Call 303-471-8942 • rachel.lyon@hrcaonline.org

HRCA Adult Coached & Competitive swimming offers choices for all skill levels from basic lap swimming to competitive levels. Participants may drop-in or purchase an Adult Swim Program Pass valid for 6 months.

No classes 01/01
Adult Swim Program Passes (expire six months after purchase):
10 Visit - $68/$79  20 Visit - $121/$137  30 Visit - $175/$194  Drop-In - $13/$14

Name      Days   Time          Description
Ranch H2O  Tu, Th  6:30 - 7:30 a.m.  For beginner to intermediate swimmer who can swim 100 yds. without stopping. Increase fitness through stroke technique and endurance.
Mid-Day Masters  Tu, Th  9:15 - 10:45 a.m.  For intermediate to advanced swimmers who can swim 500 yds. freestyle, be competent in 2 of 4 strokes & swim for 1-1/2 hours. Improve fitness and endurance while emphasizing stroke technique and drill work on all 4 strokes.
Power Masters M, W  7:00 - 8:00 p.m.  For beginner to advanced who swim 500 freestyle for 1 hour. Focuses on more competitive drills to increase speed, confidence and endurance.

Aquatic Adventures & Swim Clinics
Call 303-471-8935 • diane.ball@hrcaonline.org

Starts & Turns Clinic (Ages 6-18)
Westridge Indoor Pool; Price $45/$52
For swimmers seeking help diving from the starting block, freestyle & backstroke flip turns & open turns/ transitions. Must be able to swim 50 yards freestyle with side breaching & 50 yards backstroke.
Sa 01/18/20 11:00 a.m. - 12:30 p.m.
Sa 03/07/20 11:00 a.m. - 12:30 p.m.
Sa 04/18/20 11:00 a.m. - 12:30 p.m.
Su 01/12/20 1:00 - 3:00 p.m.
Su 02/09/20 1:00 - 3:00 p.m.
Su 03/08/20 1:00 - 3:00 p.m.
Su 04/05/20 1:00 - 3:00 p.m.

Learn To Snorkel (Ages 7-Adult)
Eastridge Indoor Pool; Price $40/$45
Make your vacation more fun by learning the proper snorkeling techniques with a certified PADI instructor.
Su 01/12/20 1:00 - 3:00 p.m.
Su 02/09/20 1:00 - 3:00 p.m.
Su 03/08/20 1:00 - 3:00 p.m.
Su 04/05/20 1:00 - 3:00 p.m.

Infant Swim Resource (Ages 6 mos-3)
Eastridge Indoor Pool
Customized individual program teaching infants’ survival swimming skills. Requires ten minute daily lessons for six weeks.
For more info visit www.infantswim.com
For scheduling contact 383-380-8822, jpotter@infantswim.com

Try Scuba (Ages 10-Adult)
Eastridge Indoor Pool; Price $45/$51
Experience the thrill of scuba diving in a safe pool environment. This is an introduction to scuba diving not a certification class.
Su 01/12/20 3:00 - 5:00 p.m.
Su 02/09/20 3:00 - 5:00 p.m.
Su 03/08/20 3:00 - 5:00 p.m.
Su 04/05/20 3:00 - 5:00 p.m.

WE HAVE BIRTHDAY POOL PARTIES!
See page 8.

NOW HIRING!
Lifeguards, Coaches, & Swim Instructors
Call 303-471-8935 or diane.ball@hrcaonline.org
Refunds will not be granted if HRCA is required to cancel a program due to weather conditions.
PRIVATE ART LESSONS

Private Art Lessons (All Ages)
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 alicia.hindman@hrcaonline.org.
Southridge, Arapahoe Studio; Price $125/$143
01/08/20 - 01/31/20
02/15/20 - 02/28/20
03/01/20 - 03/31/20
04/01/20 - 04/30/20

ART CAMPS

Art for Life (Ages 5-12)
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? Southridge, Arapahoe

Sculpture Only Camp
We will use polymer clay, air dry clay, Paper Mache, recycled materials and more. We will make traditional sculptures, wall sculptures and sculptures that hang from the ceiling! Learn about armatures, model forming and texturing. Sculpt animals, dragons and even a sculpture around a mirror!
Price $230/$264
M-F 03/16/20 - 03/20/20 9:00 a.m. - Noon

The Most Colorful Camp Ever!
Come use color like never before... Explore fluid acrylics and colored inks! Make black light fluorescent paintings, mixed media and switch plates of amazing Technicolor!
Price $230/$264
M-F 03/16/20 - 03/20/20 1:00 - 4:00 p.m.

Paint Explosion - Color Beyond Belief Camp
In this camp we will try all sorts of painting techniques designed to maximize color and color mixing. We will use fluid acrylics, drip techniques and neon colors! Learn how colors work paired with other colors or on different colored backgrounds. Come have fun and COLOR!
Price $50/$57
M 01/20/20 9:00 a.m. - Noon

Jewelry Camp
Create beautiful beads, make necklaces, learn weaving patterns and create unique jewelry to wear yourself or give as gifts!
Price $50/$57
M 01/20/20 1:00 - 4:00 p.m.

Beading (Ages 18+)
Bead stringing is the simplest and most universal of all jewelry making techniques. A pile of beads just screams to be strung together! Knowing how to properly string establishes a great foundation from which to expand your jewelry making skills. This class will help you get started with bead stringing by covering the basics of jewelry making and stringing techniques.
Southridge, Arapahoe; Price $40/$46
M 01/06/20 - 01/27/20 1:00 - 3:00 p.m.
M 02/03/20 - 02/17/20 1:00 - 3:00 p.m.*
*Adjusted price $30/$35

Make and Take Jewelry Making (Ages 18+)
Join in the fun in making jewelry on a Saturday afternoon. Each class will make a unique project that you can wear home! The projects are simple and fun!
Southridge, Arapahoe; Price $12/$14
Sa 01/18/20 1:00 - 3:00 p.m.
Sa 02/08/20 1:00 - 3:00 p.m.

Beginning Knitting (Ages 18+)
You will learn how to knit, purl, cast on, cast off, increase, and decrease. Once you have accomplished these concepts, you will learn to read a simple pattern and make a beanie hat. Yarn will be provided for practice knitting. Needles may be purchased in class for a cost of $11 dollars. (NOTE: We only use circular needles, and will be working on Chai Goo Needles, Size 8 - 24”) Students will provide yarn and needles for beanie hat (after 2nd class).
Southridge, Arrowhead Conference Room; Price $40/$46
Th 01/09/20 - 01/30/20 1:00 a.m. - Noon
Th 02/06/20 - 02/27/20 1:00 a.m. - Noon
Th 03/05/20 - 03/26/20 1:00 a.m. - Noon
Th 04/09/20 - 04/30/20 1:00 a.m. - Noon

Intermediate Knitting (Ages 18+)
In order to advance to intermediate knitting, students must have taken the beginning knitting class and meet all Beginning Knitting criteria. Any exceptions must be approved by knitting instructor prior to class sign up. In Intermediate Knitting, students will learn advanced stitch patterns. The instructor will work with each student on their knitting projects. Students will provide own yarn and knitting needles.
Southridge, Arrowhead Conference Room; Price $40/$46
Th 01/09/20 - 01/30/20 1:00 - 3:00 p.m.
Th 02/06/20 - 02/27/20 1:00 - 3:00 p.m.
Th 03/05/20 - 03/26/20 1:00 - 3:00 p.m.
Th 04/09/20 - 04/30/20 1:00 - 3:00 p.m.

KIDS-N-CANVASES (AGES 5-12)
Kids-n-Canvases (Ages 5-12)
Paint with us! Our professional artists will guide students through a step by step process to achieve a painting they will be proud to hang at home!
Southridge, Arapahoe; Price $40/$46
Rainbow Rain Shower Painting- Paint a beautiful painting of color. In this painting the rain is a rainbow of colors showering down from on high. It is a beautiful way to celebrate spring!
F 04/17/20 9:00 - 11:00 a.m.
Blue Mountains- Paint a majestic landscape featuring blue mountains with golden plains below. This is a cannot fail painting you will treasure.
Sa 04/18/20 9:00 - 11:00 a.m.

Art & Dinner Adventures (Ages 5-12)
Create with us in these one-time art adventure classes and enjoy dinner with us as well! Our professional artists will guide your child through each project to create a work of art that they will want to keep for years to come! Pizza and drinks are provided.
Southridge, Arapahoe; Price $40/$46
Paint on Canvas- P is For Pandas!
Paint pandas! These cute, furry masked animals make wonderful subjects to paint. We will have fun creating a colorful environment around our cute black and white pandas. This painting is one you will prize and want to display at home.
F 03/06/20 5:00 - 7:00 p.m.
Sculpture- S is for Sloths!
Sculpt sloths. These masked furry friends are adorable subjects to sculpt. We will make sloths in trees, and even sloths on a faux vine that you can hang anywhere. See your creations come to life before your very eyes!
F 04/17/20 5:00 - 7:00 p.m.

DRAWING, PAINTING, AND SCULPTURE

The Art Shop (Ages 6-9)
This class is designed for your budding artists! Come explore the wonderful world of art taught by Award-winning artists. Drawing, painting and one of a kind crafts will be covered in this fun and creative class.
Southridge, Arapahoe; Price $30/$34
Sa 01/18/20 - 01/25/20 11:00 a.m. - Noon
Sa 02/15/20 - 02/22/20 11:00 a.m. - Noon
Sa 03/07/20 - 03/14/20 11:00 a.m. - Noon
Sa 04/04/20 - 04/11/20 11:00 a.m. - Noon

Paint with us! Our professional artists will guide your child through each project to create a work of art that they will want to keep for years to come! Pizza and drinks are provided.
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F 04/17/20 5:00 - 7:00 p.m.

Drawing, Painting (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 $60/$69;
No class 3/16
M 01/26/20 - 01/27/20 5:30 - 6:30 p.m.
M 02/02/20 - 02/24/20 5:30 - 6:30 p.m.
M 03/02/20 - 03/14/20 5:30 - 6:30 p.m.*
M 04/06/20 - 04/27/20 5:30 - 6:30 p.m.
*Adjusted price $45/$52

Don’t forget you can register online for classes! Visit www.HRCAonline.org/Registration

303-791-2500 • HRCAonline.org
Sculpture (Ages 6-11)
This class will focus on sculpting using traditional media and also an eclectic blend of contemporary media. Learn how to sculpt a diverse range of subjects, from animals to people to magical creatures. Learn the basics of sculpting, like model forming and making armatures. Southridge, Arapahoe; Price $60/$69;
No class 03/16
M 01/06/20 - 01/27/20 6:45 - 7:45 p.m.
M 02/03/20 - 02/24/20 6:45 - 7:45 p.m.
M 03/02/20 - 03/30/20 6:45 - 7:45 p.m.
M 04/06/20 - 04/27/20 6:45 - 7:45 p.m.
*Adjusted price $45/$52

The international leader in arts education! In KidzArt, students will gain valuable skills, HAVE FUN, and feel uplifted as their confidence SOARS with KidzArt – a drawing-based art education program. By using our simple, drawing method and weekly format, KidzArt allows the student to produce original works of art, complimented with artistic projects and exposure to many mediums, while enhancing creative self-expression in all areas.

KidzArt: Imagine! (Ages 5-12)
Students will complete an original drawing and explore different mediums each week. You will be amazed at your student’s artistic growth and development in just one session. Projects never repeat so join us all season.
Southridge, Arapahoe; Price $75/$86
Winter Games
Th 01/09/20 - 01/30/20 6:00 - 7:15 p.m.
Things that GO
Th 02/06/20 - 02/27/20 6:00 - 7:15 p.m.
Far Out Far East
Th 03/05/20 - 03/26/20 6:00 - 7:15 p.m.
Mythical Creatures
Th 04/02/20 - 04/23/20 6:00 - 7:15 p.m.

Beginning Drawing (Ages 18+)
Have you always wanted to learn to draw? In this class we will learn about composition, contour and gesture drawing, value, aesthetic decision-making and more. Various drawing materials will be used, including graphite pencil, colored pencil, pastel, pen, and ink and charcoal. Topics to draw may include a landscape, still life, and animals. Bring a sketch book and pencils to class, where the atmosphere is friendly and relaxing.
Southridge, Arapahoe; Price $70/$80
W 01/08/20 - 01/29/20 1:00 - 2:30 p.m.
W 02/05/20 - 02/26/20 1:00 - 2:30 p.m.
W 03/04/20 - 03/25/20 1:00 - 2:30 p.m.
W 04/01/20 - 04/29/20 1:00 - 2:30 p.m.
*Adjusted price $73/$86

COOKING CAMPS
Spring Break Chef’s Camp (Ages 7-13)
Bring your chef’s 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.
Southridge, Kitchen; Price $68/$78
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 03/16/20 - 03/20/20 10:00 a.m. - Noon
M-F 03/23/20 - 03/27/20 1:30 - 3:30 p.m.

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 $60/$69
W 01/08/20 - 01/29/20 6:15 - 7:15 p.m.
W 02/05/20 - 02/26/20 6:15 - 7:15 p.m.
W 03/04/20 - 03/25/20 6:15 - 7:15 p.m.
W 04/01/20 - 04/29/20 6:15 - 7:15 p.m.*
*Adjusted price $75/$86

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 don’t think you are artistic. As you draw, you are boosting concentration, creating a positive mood, and external distraction become less important.
Southridge, Arapahoe; Price $25/$29
Tu 01/07/20 - 01/28/20 1:00 - 2:30 p.m.
Tu 02/04/20 - 02/18/20 1:00 - 2:30 p.m.*
*Adjusted price $19/$22

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 $55/$63;
No class 03/20
Tasty Treats
F 01/10/20 - 01/31/20 9:00 - 10:00 a.m.
Hearts Delight
F 02/07/20 - 02/28/20 9:00 - 10:00 a.m.
Rainbow Fruit Fun
F 03/06/20 - 03/27/20 9:00 - 10:00 a.m.*
Hop into Spring Flavors
F 04/03/20 - 04/24/20 9:00 - 10:00 a.m.
*Adjusted price $41/$47

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 $55/$63;
No class 03/17
Kid Classics
Tu 01/07/20 - 01/28/20 4:30 - 5:30 p.m.
Pancakes, Waffles, and More!
Tu 02/04/20 - 02/25/20 4:30 - 5:30 p.m.
Mystery Basket
Tu 03/03/20 - 03/31/20 4:30 - 5:30 p.m.
Cupcake Wars
Tu 04/07/20 - 04/28/20 4:30 - 5:30 p.m.

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 $55/$63;
No class 03/18
The **Apps**
Class
W 01/08/20 - 01/29/20 4:30 - 5:30 p.m.
Baking from the Heart
W 02/05/20 - 02/26/20 4:30 - 5:30 p.m.
The All Stars
W 03/04/20 - 03/25/20 4:30 - 5:30 p.m.*
Cupcake Wars
W 04/01/20 - 04/29/20 4:30 - 5:30 p.m.*
*Adjusted price $41/$47
**Adjusted price $69/$79
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, and kneading. Price includes all food supplies.

Southridge, Kitchen; Price $55/$63;
No class 03/18
Baking 101
W 01/08/20 - 01/29/20 6:00 - 7:00 p.m.
Game Day Favorites
W 02/05/20 - 02/26/20 6:00 - 7:00 p.m.
Farm to Table
W 03/04/20 - 03/25/20 6:00 - 7:00 p.m.*
Cupcake Wars
W 04/01/20 - 04/29/20 6:00 - 7:00 p.m.*
*Adjusted price $41/$47
**Adjusted price $69/$79

Teen Cuisine (Ages 12-18)

Teens will explore the delicious world of cooking. Learn the basics of cooking and grow 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 $62/$71;
No class 03/19
Clean Eating for Teens
Th 01/09/20 - 01/30/20 6:00 - 7:30 p.m.
Breakfast Club
Th 02/06/20 - 02/20/20 6:00 - 7:30 p.m.*
Favorite Food Hacks
Th 03/05/20 - 03/26/20 6:00 - 7:30 p.m.*
Fundamental Cooking for Teens
Th 04/02/20 - 04/30/20 6:00 - 7:30 p.m.*
*Adjusted price $47/$54
**Adjusted price $78/$90

Cooking with your Kids! (Ages 7+)

Come enjoy time in the kitchen with your kids in this parent and child class. Have fun learning new recipes and how to prepare them together. Price includes all food supplies.

Southridge, Kitchen; Price $30/$35 per person
International Cuisine
Tu 01/14/20 - 01/21/20 6:00 - 7:30 p.m.
The All Stars
Tu 02/11/20 - 02/18/20 6:00 - 7:30 p.m.
Baking from Around the World
Tu 03/03/20 - 03/10/20 6:00 - 7:30 p.m.
Family Dinners
Tu 04/07/20 - 04/14/20 6:00 - 7:30 p.m.

American Classics (Ages 18+)

Play in our kitchen and find out how to make all American favorites. Southwest gringo, Midwest comfort, and Southern sweets, we’ll teach America to find delectable treats to make and eat! Price includes all food supplies.

Southridge, Kitchen; Price $50/$58
M 01/27/20 6:00 - 8:00 p.m.

International Cooking (Ages 18+)

Explore new tastes, spices, and textures from different parts of the world in our International Cooking class. Price includes all food supplies.

Southridge, Kitchen; Price $50/$58
M 02/24/20 6:00 - 8:00 p.m.

The Spice Class (Ages 18+)

Have you ever wanted to learn which spice goes with which dish? Now is your chance to learn the “secret of spices” from our professional Chef. Price includes all food supplies.

Southridge, Kitchen; Price $50/$58
M 03/30/20 6:00 - 8:00 p.m.

Clean Cooking (Ages 18+)

Learn how simple and delicious clean cooking can be. Price includes all food supplies.

Southridge, Kitchen; Price $50/$58
M 04/27/20 6:00 - 8:00 p.m.

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 $143/$164;
No class 03/16 - 03/22, 04/12
M 01/06/20 - 04/20/20 11:40 a.m. - 12:20 p.m.
Tu 01/07/20 - 04/21/20 11:40 a.m. - 12:20 p.m.
Tu 01/07/20 - 04/21/20 4:25 - 5:05 p.m.
W 01/08/20 - 04/22/20 11:30 a.m. - 12:10 p.m.
Th 01/09/20 - 04/23/20 12:35 - 1:15 p.m.
Th 01/09/20 - 04/23/20 4:25 - 5:05 p.m.
F 01/10/20 - 04/24/20 11:40 a.m. - 12:20 p.m.
F 01/10/20 - 04/24/20 4:30 - 5:10 p.m.
Sa 01/11/20 - 04/18/20 11:05 - 11:45 a.m.*
Sa 01/11/20 - 04/18/20 1:35 - 2:15 p.m.*
Su 01/12/20 - 04/19/20 1:00 - 1:40 p.m.**
*Adjusted price $133/$153
**Adjusted price $125/$144

Ballet III (Ages 5-8)

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 $143/$164;
No class 03/16 - 03/22, 04/12
M 01/06/20 - 04/20/20 4:30 - 5:10 p.m.
M 01/06/20 - 04/20/20 7:30 - 8:10 p.m.
T 01/07/20 - 04/21/20 5:10 - 5:40 p.m.
Th 01/09/20 - 04/23/20 5:10 - 5:50 p.m.
F 01/10/20 - 04/24/20 5:15 - 5:55 p.m.
Su 01/12/20 - 04/19/20 1:45 - 2:25 p.m.**
*Adjusted price $133/$153
**Adjusted price $125/$144

Ballet 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 $143/$164;
No class 03/16 - 03/21
M 01/06/20 - 04/20/20 5:15 - 5:55 p.m.
Th 01/09/20 - 04/23/20 5:55 - 6:35 p.m.
F 01/10/20 - 04/24/20 6:00 - 6:40 p.m.
Sa 01/11/20 - 04/18/20 12:45 - 1:25 p.m.*
*Adjusted price $133/$153

Ballet Academy (Ages 8-13)

Ballet Academy is for students who would like to continue their dance experience with a more intensive curriculum. Students will grow their dance knowledge, strengths, and abilities. They will gain a deeper understanding of ballet theory and practice. Students are encouraged to participate in the dance recital.

Eastridge, Dance Studio; Price $158/$182;
No class on 03/18
W 01/08/20 - 04/22/20 7:10 - 8:05 p.m.
BELLY DANCE Basics (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 from the true beginner to the professional, this class will challenge and inspire you.
Sign up for both Belly Dance and Belly Dance Choreography and receive half off-Belly Dance Choreography. Email alecia.hindman@hrcoonline.org to advantage of this offer.
Eastridge, Dance Studio; Price $40/$46; No class 03/19
Th 01/09/20 - 01/30/20 6:40 - 7:30 p.m.
Th 02/06/20 - 02/27/20 6:40 - 7:30 p.m.
Th 03/05/20 - 03/26/20 6:40 - 7:30 p.m.*
Th 04/02/20 - 04/30/20 6:40 - 7:30 p.m.**
*Adjusted price $30/$35
**Adjusted price $50/$57

Belly Dance Choreography (Ages 18+)
This class pairs nicely with the Belly Dance Basics Class (some belly dance experience recommended). Put the technique to use in beautiful and fun combos and choreographies. This class is Fun, Fun, Fun! We will dance this beautiful age-old dance in a safe judgement free space and learn choreographies and practice them. This class will also introduce the use of props as a dancing tool.
Eastridge, Dance Studio; Price $40/$46; No class 03/19
Th 01/09/20 - 01/30/20 7:30 - 8:20 p.m.
Th 02/06/20 - 02/27/20 7:30 - 8:20 p.m.
Th 03/05/20 - 03/26/20 7:30 - 8:20 p.m.*
Th 04/02/20 - 04/30/20 7:30 - 8:20 p.m.**
*Adjusted price $30/$35
**Adjusted price $50/$57

SPECIALTY DANCE

Disney Pip Hop (Ages 3-5)
This hip-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 $76/$87;
No class 03/16 - 03/21
Tu 01/07/20 - 02/25/20 1:15 - 1:55 p.m.
Tu 03/03/20 - 04/21/20 1:15 - 1:55 p.m.*
W 01/08/20 - 02/26/20 12:30 - 1:10 p.m.
W 03/04/20 - 04/22/20 12:30 - 1:10 p.m.*
Th 01/09/20 - 02/27/20 10:45 - 11:25 a.m.*
Th 03/05/20 - 04/23/20 10:45 - 11:25 a.m.*
*Adjusted price $67/$77

Broadway/Jazz Dance (Ages 18+)
Work on basic jazz steps and learn a Broadway style dance in this no stress, no recitals adult class! Jazz shoes encouraged but street shoes are OK. No socks or flip flops.
Westridge, Fitness Studio; Price $35/$40;
No class 03/16
M 01/06/20 - 01/27/20 8:00 - 9:00 p.m.*
M 02/03/20 - 02/24/20 8:00 - 9:00 p.m.
M 03/02/20 - 03/30/20 8:00 - 9:00 p.m.**
M 04/06/20 - 04/22/20 8:00 - 9:00 p.m. (04/06 in the Northridge Fitness Studio)
*Adjusted price $26/$30
**Adjusted price $44/$51

COMBO DANCE

Ballet/Tap/Jazz (Ages 4-6)
Learn the basics of ballet techniques, terminology, rhythm, movement, and tap techniques. Students will need both ballet and tap shoes for this class. Students are encouraged to participate in the dance recital.
Eastridge, Dance Studio; Price $147/$169;
No class 03/19
Th 01/09/20 - 04/23/20 1:30 - 2:10 p.m.

Ballet/Tap/Jazz (Ages 5-7)
Learn the basics of ballet techniques, terminology, rhythm, movement, and tap techniques. Students will need both ballet and tap shoes for this class. Students are encouraged to participate in the dance recital.
Previous dance experience highly recommended.
Eastridge, Dance Studio; Price $147/$169;
No class 03/21
Sa 01/11/20 - 04/18/20 2:20 - 3:00 p.m.

Ballet/Tap (Ages 3-5)
Learn the basics of ballet techniques, terminology, rhythm, movement, and tap techniques. Students will need both ballet and tap shoes for this class. Students are encouraged to participate in the dance recital.
Eastridge, Dance Studio; Price $147/$169;
No class 03/16
M 01/06/20 - 04/20/20 10:05 - 10:45 a.m.

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!
Line Dancing Booty Bash
It’s Line Dancecibics! Work off some of the holiday calories! Dance is winner for Best Overall Exercise! GREAT FOR COORDINATION AND BALANCE! Get your “steps” (5,000 average). And it’s so much fun!!! We’ll learn the most popular Line Dances for parties and MORE…starting at the BEGINNING.
Eastridge, Dance Studio; Price $35/$40
Tu 01/07/20 - 01/28/20 7:10 - 8:10 p.m.

The New Millennium Cowboy Cha Cha
Everyone is doing this on the dance floor EVERYWHERE! Four weeks of doing the prettiest (AND most favorite) Country Dance to come along ever! Can be done solo or with a partner—we will learn how to dance it BOTH ways.
Eastridge, Dance Studio; Price $35/$40
Tu 01/07/20 - 01/28/20 8:10 - 9:10 p.m.

Hold On To Your Hat Country Swing
The easiest swing dance of all, and you can dance to ALL styles of music! Tons of turns and twists! Eastridge, Dance Studio; Price $26/$30;
No class 2/25
Tu 02/04/20 - 3/03/20 7:10 - 8:10 p.m.

Country & Western Dance Jam
This class gives you the basics and even some turns and twists for 2 Step, Country Swing, AND Waltz! No matter what the band plays, you’ll be out there “jammin’!
Eastridge, Dance Studio; Price $26/$30;
No class 2/25
Tu 02/04/20 - 3/03/20 8:10 - 9:10 p.m.
Couples - Private Ballroom Dance (Ages 18+)
If you're looking to get your dances perfect 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 303-471-8853 or email alecia.hindman@hrcaonline.org.

DANCE RECITAL
“Happily, Ever After” Dance Recital (Ages 3-12)
Dance Recital for Ballet, Tap, Jazz, Irish Step, and Modern Dance Classes. Recital routines are choreographed by instructors and taught in the 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.

Outridge, Wildcat Mountain Auditorium; Price $70/$80
“Happily, Ever After” Dance Recital (Registration Deadline March 11) Sa 04/25/20 9:00 a.m. - 2:00 p.m.
Small Flower Bouquet; Price: $5 04/13/20 (Registration Deadline April 1)
Large Flower Bouquet; Price: $10 04/13/20 (Registration Deadline April 1)

HIP HOP
Hip Hop Contemporary (Ages 7-12)
This is an upbeat class set to popular music. Hip Hop, Jazz, and Contemporary dance are covered. Learn funky dance moves in an encouraging environment. Students are encouraged to participate in the dance recital.

Outridge, Dance Studio; Price $158/$182; No class 03/13 - 03/21
Ages 7-9
WV 01/08/20 - 02/22/20 5:30 - 6:15 p.m.
W 01/08/20 - 02/22/20 6:20 - 7:05 p.m.

Ages 8-12
Sa 01/04/19 - 04/18/20 11:50 - 12:35 p.m. *
*Adjusted price $147/$169

IRISH STEP
Irish Step Dancing (Ages 7+)
Join in the fun with this beautifully unique style of dancing. Learn in a non-competitive atmosphere that teaches basics of reels, jigs, and solo dancing as well as cell (team) dancing. Students are encouraged to participate in the dance recital to show off their talents!

Outridge, Dance Studio; Price $158/$182; No class 03/19
W 01/08/20 - 04/23/20 4:30 - 5:15 p.m.

**TAP**
Tiny Tap (Ages 3-5)
This class introduces your child to the wonderful world of tap. Learn basic tap technique, rhythm and short tap routines. No experience necessary. Tap shoes required.

Note: Students must attend both sessions to be eligible for recital.

Outridge, Dance Studio; Price $143/$164; No class 03/20
F 01/10/20 - 04/24/20 10:05 - 10:45 a.m.

Tap (Ages 5-7)
Learn the basics of tap techniques, terminology, rhythm, and movement. Students will need tap shoes for this class. Students are encouraged to participate in the dance recital. No previous dance experience needed.

Outridge, Dance Studio; Price $143/$164; No class 03/16
M 01/06/20 - 04/20/20 6:45 - 7:25 p.m.

Nighttime Tap (Ages 18+)
Get your heart pumping and your feet tapping in this fun class. Learn tap techniques that will be integrated into a dance. All levels are welcome, dress comfortably, and bring your tap shoes. Nighttime Tap is taught by Ms. Laura.

Outridge, Fitness Studio; Price $35/$40; No class 03/16
M 01/06/20 - 01/27/20 7:00 - 8:00 p.m.
M 02/03/20 - 02/24/20 7:00 - 8:00 p.m.
M 03/02/20 - 03/30/20 7:00 - 8:00 p.m.
M 04/06/20 - 04/27/20 7:00 - 8:00 p.m.
(Class on 04/06 will be held at Northridg Recreation Facility)

Day Time Tap Dance (Ages 18+)
Classes are organized and progressed in 3-4 month blocks and taught by Ms. Katharine. If you cannot start at the beginning of a block or wish to ‘jump in’ at any time, you can always take a few private lessons to get caught up.

Intro to Tap: Ever thought of learning how to tap dance as an adult? Well here’s your chance! A just-starting-out introductory class is now available. Start learning the basics, grasping the techniques, putting it all together to learn some easy choreography. Join us for a great way to get some exercise, meet new friends, and have fun. Tap shoes optional for first couple of classes.

Outridge, Fitness Studio; Price $35/$40
Tu 01/14/20 - 01/28/20 1:45 - 2:45 p.m.*
Tu 02/04/20 - 02/25/20 1:45 - 2:45 p.m.
Tu 03/03/20 - 03/31/20 1:45 - 2:45 p.m.**
Tu 04/07/20 - 04/28/20 1:45 - 2:45 p.m.
(Class on 04/07 will be held at Northridge Recreation Facility)
*Adjusted price $26/$30
**Adjusted price $44/$51

*Adjusted price $26/$30
**Adjusted price $44/$51

Beginner: This class builds on the Intro to Tap class with a slightly quicker pace. Emphasis will be on progressing tap techniques; from the basics already learned; advancing barre work, incorporating additional across the floor and center floor work; Phrases and beginner dance routines will be learned, practiced, and possibly performed.

Outridge, Fitness Studio; Price $35/$40
Th 01/16/20 - 01/30/20 1:45 - 2:45 p.m.*
Th 02/06/20 - 02/27/20 1:45 - 2:45 p.m.
Th 03/05/20 - 03/26/20 1:45 - 2:45 p.m.
Th 04/02/20 - 04/30/20 1:45 - 2:45 p.m.**
(Class on 04/09 will be held at Northridge Recreation Facility)
*Adjusted price $26/$30
**Adjusted price $44/$51

Beginner: This class builds on the Intro to Tap class with a slightly quicker pace. Emphasis will be on progressing tap techniques; from the basics already learned; advancing barre work, incorporating additional across the floor and center floor work; Phrases and beginner dance routines will be learned, practiced, and possibly performed.

Outridge, Fitness Studio; Price $35/$40
Th 01/16/20 - 01/30/20 1:45 - 2:45 p.m.*
Th 02/06/20 - 02/27/20 1:45 - 2:45 p.m.
Th 03/05/20 - 03/26/20 1:45 - 2:45 p.m.
Th 04/02/20 - 04/30/20 1:45 - 2:45 p.m.**
(Class on 04/09 will be held at Northridge Recreation Facility)
*Adjusted price $26/$30
**Adjusted price $44/$51

Beginner: This class builds on the Intro to Tap class with a slightly quicker pace. Emphasis will be on progressing tap techniques; from the basics already learned; advancing barre work, incorporating additional across the floor and center floor work; Phrases and beginner dance routines will be learned, practiced, and possibly performed.

Outridge, Fitness Studio; Price $35/$40
Th 01/16/20 - 01/30/20 1:45 - 2:45 p.m.*
Th 02/06/20 - 02/27/20 1:45 - 2:45 p.m.
Th 03/05/20 - 03/26/20 1:45 - 2:45 p.m.
Th 04/02/20 - 04/30/20 1:45 - 2:45 p.m.**
(Class on 04/09 will be held at Northridge Recreation Facility)
*Adjusted price $26/$30
**Adjusted price $44/$51

Beginner: This class builds on the Intro to Tap class with a slightly quicker pace. Emphasis will be on progressing tap techniques; from the basics already learned; advancing barre work, incorporating additional across the floor and center floor work; Phrases and beginner dance routines will be learned, practiced, and possibly performed.

Outridge, Fitness Studio; Price $35/$40
Th 01/16/20 - 01/30/20 1:45 - 2:45 p.m.*
Th 02/06/20 - 02/27/20 1:45 - 2:45 p.m.
Th 03/05/20 - 03/26/20 1:45 - 2:45 p.m.
Th 04/02/20 - 04/30/20 1:45 - 2:45 p.m.**
(Class on 04/09 will be held at Northridge Recreation Facility)
*Adjusted price $26/$30
**Adjusted price $44/$51
Intermediate Beginner: Continuing Beginner with even more emphasis on making good tap sounds, advancing rhythms and coordination, progressing combinations, phrases, barre techniques, performance styles. Pace continually increases as students grasp new techniques and choreography.

**Westridge, Fitness Studio; Price $35/$40**
- **Tu** 01/14/20 - 01/28/20 12:30 - 1:30 p.m.**
- **Tu** 02/04/20 - 02/25/20 12:30 - 1:30 p.m.
- **Tu** 03/03/20 - 03/31/20 12:30 - 1:30 p.m.**
- **Tu** 04/07/20 - 04/28/20 12:30 - 1:30 p.m.

(Class on 04/07 will be held at Northridge Recreation Facility)

*Adjusted price $26/$30
**Adjusted price $44/$51

Advanced Beginner: Must have at least one-year tap dance experience or approval from instructor. Continues progression of tap dance skill sets, combinations, canons, phrases, choreography – all utilizing this exhilarating form of dance.

**Westridge, Fitness Studio; Price $35/$40**
- **Th** 01/16/20 - 01/30/20 12:30 - 1:30 p.m.*
- **Th** 02/06/20 - 02/27/20 12:30 - 1:30 p.m.
- **Th** 03/05/20 - 03/26/20 12:30 - 1:30 p.m.
- **Th** 04/02/20 - 04/30/20 12:30 - 1:30 p.m.**

(Class on 04/09 will be held at Northridge Recreation Facility)

*Adjusted price $26/$30
**Adjusted price $44/$51

**Private Tap Dance:** If you’re looking to get an additional boost, private lessons are a perfect fit. Start, improve, and catch up to what is already offered in the classes above. This is a great way to get the individualized attention you may desire. To schedule a lesson call at 303-471-8853 or email alecia.hindman@hrcaonline.org.

**MULTIMEDIA CAMPS**

**Talk to the Camera Mini Movie Spring**

**Break Camp (Ages 7-12)**
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—honoring their craft, building their critical thinking skills and gaining a sense of ownership. Kids will receive their professionally edited movie a few weeks after the final class date.

**Northridge, Wetterhorn; Price $200/$230**
- M-F 03/16/20 - 03/20/20 9:00 a.m. - Noon

**Talk to the Camera YOUTH TUBEr Spring Break Camp (Ages 7-12)**
Finally...a class that gives kids the opportunity to gain the skill set, knowledge and confidence to celebrate their individuality through YouTube video creation! Using a STEAM-based learning approach, students develop their digital well-being with an awareness for online safety. Kids will receive one professionally edited video, their raw footage and student edited videos shared via a private Google Drive folder. Requests for adding another professionally edited video, can be created by TTTC for an additional fee.

**Northridge, Crestone; Price $200/$230**
- M-F 03/16/20 - 03/20/20 1:00 - 4:00 p.m.

**DRAMATIC THEATER**

**Toys by KidStage Stars Program (Ages 5-12)**
What happens when the door of the playroom closes? Join all your favorite toys from the Army Men to the Potato Heads and find out what goes on when your child leaves the room and the toys are left to their own devices. Follow Sally, the vintage cowgirl, as she comes face to face with the newest, most technologically advanced toy, Sammy Spaceman. Consumed with jealousy, Sally and her pals do everything they can to ditch Sammy only to realize that the only way they can get back home is if they work together. A story of trust, friendship, and camaraderie, Toys teaches the importance of working as an ensemble and supporting each other onstage and off!

**Southbridge, Backcountry Room; Price $170/$195; No class 03/17, 03/19**
- Tu 03/03/20 - 04/28/20 4:30 - 6:00 p.m.
- Th 02/13/20 - 04/09/20 4:30 - 6:00 p.m.

**Production: 04/28/20**
6:30 p.m.

**Production: 04/09/20 6:30 p.m.**

**DRAMA SPECIALTY**

**Drama in Progress - Mommy and Me: A Taste of Broadway (Ages 3-5)**
Bring your little one and your dancing shoes for some creative bonding time! We’ll learn a song and some simple choreography, as well as basic acting techniques. The class culminates in a fun performance for family and friends. No experience necessary; Dads, Grandparents, and Nannies welcome!

**Southbridge, Backcountry Room; Price $64/$74; No class 03/18**
- **W** 01/08/20 - 01/29/20 10:00 - 10:40 a.m.
- **W** 02/05/20 - 02/26/20 10:00 - 10:40 a.m.
- **W** 03/04/20 - 03/25/20 10:00 - 10:40 a.m.*
- **W** 04/01/20 - 04/29/20 10:00 - 10:40 a.m.**

*Adjusted price $48/55
**Adjusted price $80/92

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**GIVEBLOOD TODAY**

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2020 January - April Activity Guide
MUSIC PARENT - TOT
Crocodile Rock - Parent Tot
(Ages 18 mos-3)

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.

Eastridge, Monarch; Price $40/$46;
No class 03/22
F 01/03/20 - 01/24/20 9:15 - 10:00 a.m.*
F 01/31/20 - 02/21/20 9:15 - 10:00 a.m.
F 03/06/20 - 03/27/20 9:15 - 10:00 a.m.
F 04/03/20 - 04/24/20 9:15 - 10:00 a.m.

*Class on 01/03/20 will be in the Copper Room

INSTRUMENTS
Private Guitar Lessons
HRCA offers 30-minute private music lessons for guitar.
For more information and to schedule lessons, call 303-471-8853 or email alecia.hindman@hrcaonline.org.
Northridge; Price $20/$23 per session

POTTERY
HAND BUILDING
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 $68/$78
M 01/06/20 - 01/27/20 9:00 a.m. - Noon
M 02/03/20 - 02/24/20 9:00 a.m. - Noon
M 03/02/20 - 03/30/20 9:00 a.m. - Noon*
M 04/06/20 - 04/27/20 9:00 a.m. - Noon
*Adjusted price $85/$98

Advanced Hand Building (Ages 18+)

In this class, you will continue using the methods learned in the beginning class, but you will create more complex items. Slab, coil and pinch techniques will be used to make and 2 and 3 part items such as tea pots and casserole dishes. Surface decoration will be a focus, and more advanced glaze techniques will be encouraged.

Southridge, Cheyenne; Price $68/$78
Th 01/09/20 - 01/30/20 9:00 a.m. - Noon
Th 02/06/20 - 02/27/20 9:00 a.m. - Noon
Th 03/05/20 - 03/26/20 9:00 a.m. - Noon
Th 04/02/20 - 04/30/20 9:00 a.m. - Noon*
*Adjusted price $85/$98

Teen Hand Building (Ages 12-17)

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

Southridge, Cheyenne; Price $56/$64
Tu 01/07/20 - 01/28/20 4:00 - 5:00 p.m.
Tu 02/04/20 - 02/25/20 4:00 - 5:00 p.m.
Tu 03/03/20 - 03/31/20 4:00 - 5:00 p.m.*
Tu 04/07/20 - 04/28/20 4:00 - 5:00 p.m.
*Adjusted price $70/$80

Hand Building for Kids (Ages 8-12)

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

Southridge, Cheyenne; Price $56/$64
W 01/08/20 - 01/29/20 5:00 - 6:00 p.m.
W 02/05/20 - 02/26/20 5:00 - 6:00 p.m.
W 03/04/20 - 03/31/20 5:00 - 6:00 p.m.
W 04/01/20 - 04/29/20 5:00 - 6:00 p.m.*
*Adjusted price $70/$80

Kids-n-Clay (Ages 6-9)
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, Cheyenne; Price $40/$46
Th 01/09/20 - 01/30/20 5:00 - 6:00 p.m.
Th 02/06/20 - 02/27/20 5:00 - 6:00 p.m.
Th 03/05/20 - 03/26/20 5:00 - 6:00 p.m.
Th 04/02/20 - 04/30/20 5:00 - 6:00 p.m.*
*Adjusted price $50/$57

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 playing the repeating patterns. Note: A $5 material fee is due at the first class.

Westridge, Osprey; Price $60/$69

Ages 4-5
W 01/08/20 - 01/29/20 3:30 - 4:00 p.m.
W 02/05/20 - 02/26/20 3:30 - 4:00 p.m.
W 03/04/20 - 03/25/20 3:30 - 4:00 p.m.
W 04/08/20 - 04/29/20 3:30 - 4:00 p.m.

Ages 6-7
W 01/08/20 - 01/29/20 4:00 - 4:30 p.m.
W 02/05/20 - 02/26/20 4:00 - 4:30 p.m.
W 03/04/20 - 03/25/20 4:00 - 4:30 p.m.
W 04/08/20 - 04/29/20 4:00 - 4:30 p.m.

Ages 8-9
W 01/08/20 - 01/29/20 4:30 - 5:00 p.m.
W 02/05/20 - 02/26/20 4:30 - 5:00 p.m.
W 03/04/20 - 03/25/20 4:30 - 5:00 p.m.
W 04/08/20 - 04/29/20 4:30 - 5:00 p.m.

Ages 10-11
W 01/08/20 - 01/29/20 5:00 - 5:30 p.m.
W 02/05/20 - 02/26/20 5:00 - 5:30 p.m.
W 03/04/20 - 03/25/20 5:00 - 5:30 p.m.
W 04/08/20 - 04/29/20 5:00 - 5:30 p.m.

Music Together® is an internationally recognized early childhood music program offering 45 minutes of pure musical fun for you and your child each week. 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 a CD and songbook tied to each session’s unique experiences for use at home. The national program’s Hello Everybody app, 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 caregiver and children ages 1 month to 5 years. Siblings 9 months and under are free but must be registered to attend. Any siblings 9 months and older can register for an additional session fee of $95 dollars. To take advantage of this offer please email alecia.hindman@hrcaonline.org.

Southridge, Butte; Price $175/$191;
No class 05/05
Winter Sticks
Tu 01/07/20 - 03/10/20 9:15 - 10:00 a.m.*
Tu 01/07/20 - 03/10/20 10:15 - 11:00 a.m.

Spring Maracas Collection
Tu 03/03/20 - 06/02/20 9:15 - 10:00 a.m.*
Tu 03/24/20 - 06/02/20 10:15 - 11:00 a.m.*
*Adjusted price $165/$179

handbuilding_events.jpg

Carolyn Baldassare’s Teaching Keyboards

303-791-2500  •  HRCAonline.org
Clay Creations (Ages 3-5)
Come discover the amazing world of pottery. Your child will learn the beginning basics of pottery. Dress for a mess and create a piece of art that will last a lifetime.
Southridge, Cheyenne; Price $40/$46  
Rodeo Stampede  
W 01/08/20 - 01/29/20  10:00 - 10:45 a.m.
Love Bugs  
W 02/05/20 - 02/26/20  10:00 - 10:45 a.m.
Lucky St. Patrick’s Day  
W 03/04/20 - 03/25/20  10:00 - 10:45 a.m.
April Showers  
W 04/01/20 - 04/29/20  10:00 - 10:45 a.m.*  
*Adjusted price $50/$57

**POTTERY PARENT – TOT**  
**Play with Clay (Ages 3-5)**
Have a great time creating original clay pieces with your child in this interactive class incorporating basic shapes, hand-eye coordination, and pre-writing skills. Clay and tools included.
Southridge, Cheyenne; Price $40/$46  
Polar Animals  
F 01/10/20 - 01/31/20  10:00 - 10:45 a.m.
Ground Hog Day  
F 02/07/20 - 02/28/20  10:00 - 10:45 a.m.
Leprechauns & Shamrocks  
F 03/06/20 - 03/27/20  10:00 - 10:45 a.m.
Caterpillars and Butterflies  
F 04/03/20 - 04/24/20  10:00 - 10:45 a.m.

**WHEEL**

**Beginning Wheel Pottery (Ages 18+)**
This class is designed to introduce students to pottery making basics. Learn centering, trimming, and glazing techniques while creating several pottery pieces in the process.
Southridge, Cheyenne; Price $128/$147  
Tu 01/07/20 - 02/25/20  9:00 a.m. - Noon

**Multi-Level Pottery (Ages 18+)**
For students who have completed the six-week introductory course or have previous experience.
Southridge, Cheyenne Studio; Price $68/$78  
W 01/08/20 - 01/29/20  11:30 a.m. - 2:30 p.m.
W 02/05/20 - 02/26/20  11:30 a.m. - 2:30 p.m.
W 03/04/20 - 03/25/20  11:30 a.m. - 2:30 p.m.
W 04/01/20 - 04/29/20  11:30 a.m. - 2:30 p.m.*  
*Adjusted price $85/$98

**Continuing Wheel Pottery (Ages 18+)**
For students who have completed the six-week introductory course or have previous experience.
Southridge, Cheyenne; Price $568/$78  
Tu 01/07/20 - 01/28/20  6:30 - 9:30 p.m.
Tu 02/04/20 - 02/25/20  6:30 - 9:30 p.m.
Tu 03/03/20 - 03/31/20  6:30 - 9:30 p.m.*  
Tu 04/07/20 - 04/28/20  6:30 - 9:30 p.m.
W 01/08/20 - 01/29/20  6:30 - 9:30 p.m.
W 02/05/20 - 02/26/20  6:30 - 9:30 p.m.
W 03/04/20 - 03/25/20  6:30 - 9:30 p.m.
W 04/01/20 - 04/29/20  6:30 - 9:30 p.m.*  
Th 01/09/20 - 01/30/20  12:30 - 3:30 p.m.
Th 02/06/20 - 02/27/20  12:30 - 3:30 p.m.
Th 03/05/20 - 03/26/20  12:30 - 3:30 p.m.
Th 04/02/20 - 04/30/20  12:30 - 3:30 p.m.*  
*Adjusted price $85/$98

**Advanced Wheel Pottery (Ages 18+)**
Students who attended the Continuing Wheel Pottery class for a minimum of one year are welcome.
Southridge, Cheyenne; Price $68/$78  
M 01/06/20 - 01/27/20  6:30 - 9:30 p.m.
M 02/03/20 - 02/24/20  6:30 - 9:30 p.m.
M 03/03/20 - 03/30/20  6:30 - 9:30 p.m.*  
M 04/06/20 - 04/27/20  6:30 - 9:30 p.m.*  
*Adjusted price $85/$98

**Intro to 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.
Southridge, Cheyenne; Price $59/$68  
M 01/06/20 - 01/27/20  3:30 - 6:00 p.m.
M 02/03/20 - 02/24/20  3:30 - 6:00 p.m.
M 03/02/20 - 03/30/20  3:30 - 6:00 p.m.*  
M 04/06/20 - 04/27/20  3:30 - 6:00 p.m.*  
*Adjusted Price $74/$85

**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.

**Pottery Sale**
April 27  
8:00 a.m. - 8:00 p.m.  
Southridge
Backcountry Wilderness Area

STAFF

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AnnaKate Hein 303-471-8876
annakate.hein@hrcaonline.org

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gus.brunger@HRCAonline.org

• 501(c)(3), Fundraising, Events

Backcountry Director
Mark Giebel 303-471-8885
mark.giebel@hrcaonline.org

24/7 online
HRCAonline.org/Registration
CAMP BACKCOUNTRY
Winter Break Camp (Ages 7-13)
Experience the magic of summer camp in the winter! We’ll explore the many ways our natural world has changed since summer, discover all that the festive season has to offer, and post up next to the campfire with hot chocolate or s’mores.
Backcountry Wilderness Area; Base Camp; $65/$75/$85 daily
F 12/20/19 9:00 a.m. - 4:00 p.m.
M 12/23/19 9:00 a.m. - 4:00 p.m.
M 12/27/19 9:00 a.m. - 4:00 p.m.
M 12/30/19 9:00 a.m. - 4:00 p.m.
 Tu 12/31/19 9:00 a.m. - 4:00 p.m.
Th 01/02/20 9:00 a.m. - 4:00 p.m.
M 01/03/20 9:00 a.m. - 4:00 p.m.
M 01/06/20 9:00 a.m. - 4:00 p.m.
Spring Break Camp (Ages 7-13)
Spring has sprung, which we think calls for some outdoor exploration! As the days are getting longer, the air warmer, and the animals more active, it’s the perfect time to experience the Backcountry. Depending on what mother nature delivers, we’ll learn about the science of snow or study the blooming world around us...all as we go on countless adventures.
Backcountry Wilderness Area; Base Camp; Full-Week Price $300/$330/$360; Single Day Price $65/$75/$85
M-F 03/16/20 - 03/20/20 9:00 a.m. - 4:00 p.m.
M-F 03/23/20 - 03/27/20 9:00 a.m. - 4:00 p.m.
School Break Days (Ages 7-13)
If Douglas County schools are out, Camp Backcountry is in! Take a break from the books and come join us for an unforgettable adventure! Bonus days are the perfect opportunity for both new and returning campers to come explore with us during the school year.
Backcountry Wilderness Area; Base Camp; Price $65/$75/$85
M 01/20/20 9:00 a.m. - 4:00 p.m.
F 02/14/20 9:00 a.m. - 4:00 p.m.
M 02/17/20 9:00 a.m. - 4:00 p.m.
M 04/17/20 9:00 a.m. - 4:00 p.m.
M 04/20/20 9:00 a.m. - 4:00 p.m.

Nature Programs Preschool Age Programs
Eco Explorers (Ages 3-5)
Let’s learn and explore! Eco Explorers is an active, fun-filled outdoor discovery class for preschoolers. Each four-week session is themed and will include free nature play, storytime, short exploratory hikes, arts and crafts, and a meet-and-greet with live animals. Each child must be accompanied by an adult (adults may be responsible for more than one child). Growups and younger siblings are encouraged to enjoy our garden area and play space during the program to give the Eco Explorers a taste of independence.
Backcountry Wilderness Area; Base Camp; Price $65/$75/$80 per 4-week session

Session 1: Winter Wonderland
The sun is shining, the snow is glittering, and the Eco Explorers are adventuring in the Winter Wonderland! During this session, Eco Explorers will follow tracks in the snow, enjoy stories and roasted apples around a fire, make pinecone feeders and look for birds, learn about hibernation, play games, meet live animals, and enjoy everything that the Backcountry Winter Wonderland has to offer.
F 02/21/20 - 03/13/20 9:30 - 11:30 a.m.

Session 2: Springtime Stories
As winter melts into spring, Eco Explorers will learn how to tell stories about their adventures in nature. Through story sticks, songs, books, story stones, and lots of adventuring and exploration, Eco Explorers discover the magic of sharing stories around the fire in the Backcountry Wilderness Area. Each day they will create a picture to add to their very own Eco Explorer Story Book.
F 04/03/20 - 04/23/20 9:30 - 11:30 a.m.

Backcountry Summer Registration Open Now!
Camp Backcountry Summer 2020 registration is OPEN! Head to www.campbackcountry.org for a full list of summer sessions for kids ages 5-17 including Mini Camp, Nature Camp, Horse Camp, Art Camp, Expedition Camp, and our Leader-in-Training program. Remember to become a Friend of the Backcountry member through the Backcountry Conservation & Education Fund for the best Camp Backcountry session prices!

Community Programs
Wildlife Discovery
The Backcountry Wilderness Area is teeming with wildlife enjoying life on our 13-square-mile conservation property! Head out into the reserved areas with our seasoned naturalists to observe wildlife in their natural habitat and explore part of the property otherwise not accessible to the public. Our animal focus will change with the seasons!
Backcountry Wilderness Area; Base Camp; Price $75/$95
Sa 03/21/20 6:00 - 7:30 p.m.
Sa 04/18/20 6:00 - 7:30 p.m.

Why are there three prices?
The three prices for Camp Backcountry and our Nature Education programs are as follows: Friends of the Backcountry members/Highlands Ranch residents/non-residents. To have access to the lowest prices, individuals (residents and non-residents) can get a Friends of the Backcountry Membership (at the Fox level or above) to support the Backcountry Conservation & Education Fund 501(c)(3) nonprofit. As appreciation for your support of our conservation (fire mitigation, wildlife habitat improvement, etc.) and education (low-cost programming and more) efforts, enjoy a discount for our Friends of the Backcountry to enjoy more programs in the Backcountry Wilderness Area. You can sign up at www.HRCAonline.org/Backcountryfriends.
YOUTH PROGRAMS

HIDE AND SEEK NIGHT (AGES 7-13)
We're playing Hide and Seek, just like you did in your younger days! Drop off your kid at Base Camp with a picnic dinner that we'll eat by the campfire. After dinner, we'll split up into teams and play a massive game of Hide and Seek in the forest!
Backcountry Wilderness Area; Base Camp;
Price $28/$30/$32
F 04/24/20 5:30 - 8:30 p.m.

HOMESCHOOL PROGRAMS (AGES 7-14)

WILD SIDE OF THE BACKCOUNTRY F 01/17/20 9:00 a.m. - Noon
The Wonders of Winter F 02/21/20 9:00 a.m. - Noon
Fort Village; Community and Design F 03/13/20 9:00 a.m. - Noon
Feathered Friends F 04/10/20 9:00 a.m. - Noon

PRIVATE HOMESCHOOL PROGRAMS
You can coordinate 6-20 students from your homeschool network and we can arrange any of these programs for your group at an agreed upon date and time. For more information or to schedule a private homeschool program, contact jess.fangman@hrcaonline.org.

HORSE PROGRAMS

BASIC HORSEMANSHIP I (AGES 7+)
Before you slide up into the saddle, take the time to get to know horse basics. Soak in knowledge like reading a horse’s body language, catching and haltering, and learning how to tack up and untack a horse. This 1.5-hour class is required for any beginner who wants to move into riding lessons. This class is groundwork only, no riding.
Backcountry Wilderness Area; Horse Corrals;
Price $48/$55/$60
Sa 03/14/20 10:30 a.m. - Noon
Sa 03/28/20 10:30 a.m. - Noon
Sa 04/11/20 10:30 a.m. - Noon
Sa 04/25/20 10:30 a.m. - Noon

BASIC HORSEMANSHIP II (AGES 7+)
Take your know-how of the equine species to the next level with this 1.5-hour groundwork course that includes topics such as herd dynamics, breed characteristics, anatomy, and horse health care (think: colic, heat stress, wound care). There is no riding during this course, but you'll certainly be more familiar with the next horse you ride.
Backcountry Wilderness Area; Horse Corrals;
Price $48/$55/$60
Sa 03/21/20 10:30 a.m. - Noon
Sa 04/18/20 10:30 a.m. - Noon

Check www.HRCAonline.org/Backcountry for dates and details for all of our upcoming programs and events.

PRIVATE RIDING LESSONS (AGES 5+)
It’s a party of three for private horseback riding lessons on the Backcountry: you, our horse, and an instructor. The low-distraction environment paired with individual attention will propel your horsemanship and riding skills at a more rapid pace during this one-hour lesson. Riders (ages 5 to 99) can choose between Western, English, and trail lessons depending on your interest.
Backcountry Wilderness Area; Horse Corrals;
Price $55/$62/$65
Contact Carly Boyd, carlyboyd@hrcaonline.org, to request a lesson.

SADDLE CLUB
Trade schoolbooks for riding boots at Saddle Club: a new, four-week, after-school horse focused class will teach new skills each week. We'll work through groundwork (safety, grooming, breeds, anatomy), Western riding, English riding, and health care. This small-group class will evolve as the participants master their new equestrian know-how. Please note this is a youth-only, drop-off program. Participants may be dropped off between 4:00 - 4:15 p.m.
Backcountry Wilderness Area; Horse Corrals;
Price $150/$160/$175

MINI MANES (AGES 3-4)
Introduce your little one to the world of horses without the pressure to hop up in the saddle right away. This outdoor program of two, half-hour classes teaches your tot safety and horse care through fun hands-on activities. Once they learn the basics and feel comfortable around the ponies, they’ll get the opportunity to go for a ride. Children must be accompanied by an adult.
Backcountry Wilderness Area; Base Camp;
Price $40/$47/$50
M 03/09/20 & 03/16/20 10:00 - 10:30 a.m.
M 03/23/20 & 03/30/20 4:00 - 4:30 p.m.
M 04/06/20 & 04/13/20 10:00 - 10:30 a.m.
M 04/20/20 & 04/27/20 4:00 - 4:30 p.m.
Pony Tails (Ages 5-6)
Saddle up little cowpoke! After learning the fundamentals of horse behavior, grooming, and using a saddle and bridle, kids will ride our ponies in the round arena. When the kids aren’t riding at these two, hour-long classes, they’ll be playing equine-focused games. Children must be accompanied by an adult.
Backcountry Wilderness Area; Base Camp;
Price $75/$85/$90
M 03/23/20 & 03/30/20 4:45 - 5:45 p.m.
M 04/20/20 & 04/27/20 4:45 - 5:45 p.m.

Pony Rides (Ages 3-10)
Hand-led pony rides are available for the young horse enthusiast with our ponies Cabo and Ziggy! Walk along with your child as they enjoy the ride. Please note: 125-pound weight limit. Each time slot accommodates up to six kids.
Backcountry Wilderness Area; Base Camp;
Price $6/$8/$10
W 03/11/20 9:45 - 10:00 a.m.
W 03/25/20 9:45 - 10:00 a.m.
W 04/08/20 9:45 - 10:00 a.m.
W 04/22/20 9:45 - 10:00 a.m.
T* 02/25/20 11:00 - 11:30 a.m.
T* 03/31/20 11:00 - 11:30 a.m.
T* 04/28/20 11:00 - 11:30 a.m.
*30-minute time slots accommodate up to 12 kids. Nature Playdays are also available during this time—see nature programs for registration info.

Little Equestrians (Ages 3-6)
Little Equestrians is the perfect bridge from pony programs to horseback riding lessons! This 30-minute, private pony-riding lesson firms up the basics of safe— and fun—riding with more attention to details between the rider, instructor, and the pony. We recommend Little Equestrians enroll in Mini Manes or Pony Tails before registering. Please note: 125-pound weight limit.
Backcountry Wilderness Area; Base Camp;
Price $28/$32/$35
Th 03/19/20 9:30 - 10:00 a.m.
  10:00 - 10:30 a.m.
  10:30 - 11:00 a.m.
Th 04/02/20 3:30 - 4:00 p.m.
  4:00 - 4:30 p.m.
  4:30 - 5:00 p.m.
Th 04/16/20 9:30 - 10:00 a.m.
  10:00 - 10:30 a.m.
  10:30 - 11:00 a.m.
Th 04/30/20 3:30 - 4:00 p.m.
  4:00 - 4:30 p.m.
  4:30 - 5:00 p.m.

Thank you to our Backcountry Backer sponsors:

Follow us:
Facebook (facebook.com/hrca.backcountry)
Instagram (@hrca_backcountry)
for TrailCam Tuesday wildlife photos, event news, and nature know-how.

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 web site: www.HRCAonline.org/Backcountry.
Refunds will not be granted if HRCA is required to cancel a program due to weather conditions.
Camp HRCA Spring Break at Eastridge (Ages 5-12)
Monday - Friday, 7:30 a.m. - 5:30 p.m.
Eastridge, Sunlight

Membership:
Member Annual Membership: $40,
Program Guest Annual Membership: $50

Fee:
With Membership: Member $42/Guest $47
Without Membership: Member $47/Guest $52

For information regarding our preschool program please see the Education Section on page 33.

Refund/Transfer Policy:
Camp HRCA must be notified of a child’s absence by 9:00 a.m. the morning of the absence in order to receive a refund for that day.

SPRING DATES
March 16-20, 2020

2019-2020 School Year Preschool Enrichment (Ages 3-5)
The HRCA operates a Preschool Enrichment program at both 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, providing care for your child for a full day.

Families who need full-time care for their child may enroll in enrichment and a five day preschool or Pre-K class. Families looking for two full-days can enroll a child in the two-day morning preschool class and Enrichment on the same two days, giving you care for your child from 7:30 a.m. - 5:30 p.m. on those days. Three day weeks are also available. The HRCA wants to provide a flexible child care option to meet your needs while maintaining the integrity and quality of the preschool and Pre-K program you value.

Preschool Enrichment Program Fees
$90/$110 annual non-refundable registration fee (There is no registration fee for families of our preschool program)

<table>
<thead>
<tr>
<th>Enrollment Type</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children enrolled for the full week</td>
<td>$31/$36 daily</td>
</tr>
<tr>
<td>Children enrolled in partial weeks</td>
<td>$33/$38 daily</td>
</tr>
<tr>
<td>All day Enrichment (school break days)</td>
<td>$43/$48 daily</td>
</tr>
</tbody>
</table>

Program Details:
• Includes music, language, gymnastics, swimming, pottery, art, drama, building blocks, story time, nap, and snack time. Each week is a different theme. Children participate in special activities related to those themes each week. Preschool Enrichment children swim each day.
• We offer additional programs for a fee including swim lessons, science camp, technology camp, ballet, gymnastics, and other classes. Our teachers will take your child to 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 lunch.
• Payments are made monthly for Preschool Enrichment.
• Refunds AND transfers for Preschool Enrichment programs will not be granted after the last day of the month for the upcoming month. For example, October 31, 2019 is the last day to request a refund for November 2019.

Children will enjoy a variety of activities such as: swimming, arts and crafts, pottery, cooking, group games, gym, and park time. Please be sure to pack a swimsuit, towel, water bottle, and lunch each day.

For currently enrolled students only:
Full day Preschool Enrichment is offered Monday-Friday, 7:30 a.m. - 5:30 p.m. during school breaks, so your childcare won’t be interrupted.

When you need an alternative to screen time...
Refunds will not be granted if HRCA is required to cancel a program due to weather conditions.
**CREATIVE KIDS PARENT-TOT**

**Toddler & Me (Ages 18 mos-3)**

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. Please bring a drink in a sippy cup.

Westridge, Osprey; Price $36/$42; No class 03/20, 04/10, and 04/17

Sights and Sounds of Winter
F 01/10/20 - 01/31/20 9:45 - 11:00 a.m.
Art Studio
F 02/07/20 - 02/28/20 9:45 - 11:00 a.m.
Wheels!
F 03/06/20 - 03/27/20 9:45 - 11:00 a.m.*
Bees and Butterflies
F 04/03/20 - 05/01/20 9:45 - 11:00 a.m.*

*Adjusted Price $27/$31

**CREATIVE KIDS SPECIALTY**

**Sibling Rivalry (Ages 2-7)**

Come 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, Osprey; Price $12/$14 per child

Polar Bear, Polar Bear
Th 01/09/20 1:00 - 3:00 p.m.
Winter Wonders
Th 01/23/20 1:00 - 3:00 p.m.
Heartfelt Welcome
Th 02/13/20 1:00 - 3:00 p.m.
Love you to Pieces
Th 02/27/20 1:00 - 3:00 p.m.
Ideas of March
Th 03/12/20 1:00 - 3:00 p.m.
Leprechaun Love
Th 03/26/20 1:00 - 3:00 p.m.
Bunny Love
Th 04/16/20 1:00 - 3:00 p.m.
Tisket-A-Tasket
Th 04/23/20 1:00 - 3:00 p.m.

**Kids Night-In (Ages 3-12)**

Drop the kids off for dinner, swimming, and a movie. Come ready to for swimming and bring your PJs, a pillow, and blanket. Please bring a water bottle.

Eastridge, Snowmass; Price $25/$28

Small Foot
Sa 01/04/20 5:00 - 8:00 p.m.
Ralph Breaks the Internet
F 01/10/20 6:30 - 9:30 p.m.
Finding Dory
Sa 01/18/20 5:00 - 8:00 p.m.
Coco
F 01/24/20 6:30 - 9:30 p.m.
Moana
Sa 02/01/20 5:00 - 8:00 p.m.
Sing
F 02/07/20 6:30 - 9:30 p.m.
Inside Out
Sa 02/15/20 5:00 - 8:00 p.m.
Frozen II
F 02/21/20 6:30 - 9:30 p.m.
Secret Life of Pets 2
Sa 02/29/20 5:00 - 8:00 p.m.
How to Train Your Dragon
F 03/06/20 6:30 - 9:30 p.m.
Monsters vs Aliens
Sa 03/14/20 5:00 - 8:00 p.m.
Zootopia
F 03/20/20 6:30 - 9:30 p.m.
Big Hero 6
Sa 03/28/20 5:00 - 8:00 p.m.

**PRE EDUCATION**

**Kreative Kids (Ages 3-5)**

Kreative play, kute crafts, krazy games, and kool songs is what Kreative Kids is all about! Bring a lunch and snacks that do not contain peanut products. Bundle of Fun: Email: Heather.Goetz-Zetti@hrcaonline.org to take advantage of the "Bundle of Fun" offer which is sign up for three Kreative Kids classes at the same time and the third class is half price.

Westridge, Osprey; Price $22/$25

New Beginnings
Tu 01/07/20 9:30 a.m. - 12:30 p.m.
Eskimo Kisses
Tu 01/14/20 9:30 a.m. - 12:30 p.m.
Smitten about Mittens
Tu 01/21/20 9:30 a.m. - 12:30 p.m.
It’s Snow Secret, We Love Winter
Tu 01/28/20 9:30 a.m. - 12:30 p.m.
Tweet Hearts
Tu 02/04/20 9:30 a.m. - 12:30 p.m.
Bee Mine!
Tu 02/11/20 9:30 a.m. - 12:30 p.m.
Time for S’more Learning
Tu 02/18/20 9:30 a.m. - 12:30 p.m.
Life is Sweet!
Tu 02/25/20 9:30 a.m. - 12:30 p.m.
Spring into March
Tu 03/03/20 9:30 a.m. - 12:30 p.m.
March On Over
Tu 03/10/20 9:30 a.m. - 12:30 p.m.

**CREATIVE KIDS CAMP**

**Splash into Spring (Ages 3-6)**

Explore water in all its dimensions including arts, crafts, films, free play, songs, and games. Each child should bring a peanut-free lunch and drink. Children should wear their swimsuits under their clothing and have a towel.

Southridge, Pool Party Room; Price $48/$55
M/F 03/16/20 & 03/20/20 9:30 a.m. - 12:30 p.m.

**Happy St. Patrick’s Day**
Tu 03/17/20 9:30 a.m. - 12:30 p.m.

**Sprinkle It with Dew**
Tu 03/24/20 9:30 a.m. - 12:30 p.m.

**You are my Sunshine**
Tu 03/31/20 9:30 a.m. - 12:30 p.m.

**Look What’s Bloomin’**
Tu 04/14/20 9:30 a.m. - 12:30 p.m.

**Chick’s Rule**
Tu 04/21/20 9:30 a.m. - 12:30 p.m.

**Baskets of Fun!**
Tu 04/28/20 9:30 a.m. - 12:30 p.m.

**2 Times the Fun (Ages 2-3)**

Children will explore various games, music, story time, art, and playtime. An excellent way to initiate social skills and prepare for preschool. Parents do not attend.

Westridge, Osprey; Price $45/$51; No class 01/20, 02/17 & 03/16

**Celebrate the New Year**
M 01/06/20 - 01/27/20 10:30 a.m. - Noon

**Sprinkle Me with Hearts**
M 02/03/20 - 02/24/20 10:30 a.m. - Noon

**We’re Shamrockin’**
M 03/02/20 - 03/30/20 10:30 a.m. - Noon*

**Happiness Bloomoms with 2x the Fun**
M 04/13/20 - 04/27/20 10:30 a.m. - Noon*

*Adjusted Price $60/$67

**Price $40/$46; No class 03/18**

**Arctic Animals**
W 01/08/20 - 01/29/20 10:00 - 11:00 a.m.

**Shapes and Colors**
W 02/05/20 - 02/26/20 10:00 - 11:00 a.m.

**Things that Go**
W 03/04/20 - 04/01/20 10:00 - 11:00 a.m.

**Bubbles, Boats, and Floats**
W 04/15/20 - 04/29/20 10:00 - 11:00 a.m.*

*Adjusted Price $30/$34

**Stepping Stones (Ages 2½-3½)**

Prepare your child for preschool. Children learn about colors, ABC’s and numbers while having social interaction and fun. Snack will be served. Parents do not attend.

Westridge, Osprey; Price $88/$99; No class 03/19

**Welcome New Beginnings**
Th 01/09/20 - 01/30/20 9:00 - 11:30 a.m.

**Red is the Color of Love**
Th 02/06/20 - 02/27/20 9:00 - 11:30 a.m.

**Dr. Seuss Month**
Th 03/05/20 - 04/02/20 9:00 - 11:30 a.m.

**Bugs, Bugs and more Bugs**
Th 04/16/20 - 04/30/20 9:00 - 11:30 a.m.*

*Adjusted Price $66/$74
Healthy Sleep Training:

**Toddler 19 mos. - 3 years (Ages 18+)**

Resetting a balance of control with toddlers takes effort but can result in your child going to bed peacefully. We will discuss what a healthy sleep schedule looks like, how to create good sleep habits and how to implement appropriate rewards, and consequences that motivate toddlers. We will also discuss common issues such as anxiety, night terrors, and juggling daycare nap schedules. You will leave this class with a self-made custom sleep plan based on the SleepSense method. This method has a 98 percent success rate and has already restored sleep to over 57,000 families.

**Eastridge, Sunlight; Price $95/$109 per family**

Su 04/26/20 2:00 - 4:00 p.m.

**Travel Hacking 101 (Ages 18+)**

How to earn the most rewards in the least amount of time. Easiest and best ways to redeem rewards. Top strategies for individuals, couples, and business owners. How to find the best overall rewards cards and sign-up bonuses.

**Eastridge, Community Room; Price $10/$12**

Tu 01/14/20 6:30 - 8:00 p.m.

Tu 02/11/20 6:30 - 8:00 p.m.

Tu 03/11/20 6:30 - 8:00 p.m.

Tu 04/28/20 6:30 - 8:00 p.m.

**Divorce Workshop (Ages 25+)**

This low-cost single workshop covers the legal, financial and social issues of divorce. We help attendees take the next step by providing unbiased information and resources, no matter where you are in the process of untying the knot. You will understand options available and next steps to take and also discover community resources available. Additionally, you may like talking with others experiencing similar life changes.

**Northridge, Crestone; Price $40/$45**

Tu 01/14/20 5:30 - 7:30 p.m.

Tu 02/11/20 5:30 - 7:30 p.m.

Tu 03/10/20 5:30 - 7:30 p.m.

Tu 04/14/20 5:30 - 7:30 p.m.

**Wellness Workshops (Ages 16+)**

Pick one, several or all [how every many] workshops for a fun, interactive way to learn about essential oils. Each workshop provides a brief introduction to the essential oils and/or products that are best suited for the topic at hand as well as a take-away with more in-depth education. After the education piece, there is an opportunity to make a blend of oils that relates to the topic at hand.

**Northridge, Crestone; Price $8/$10**

Th 01/09/20 6:30 - 7:30 p.m.

Su 01/12/20 5:00 - 6:00 p.m.

**Healthy Home – Lean how to incorporate essential oils throughout your home and make “green clean” items that are easy, smell good and are cost effective alternatives. The “make”: Fruit & Veggie Cleaning Spray, easy-peezy recipe with two essential oils that will making you want to wash your veggies.**

**Northridge, Crestone; Price $8/$10**

Th 02/06/20 6:30 - 7:30 p.m.

Su 02/09/20 5:00 - 6:00 p.m.

**Natural Pain Support – Learn how to up-level your workout routine and take care of your body pre and post workout. Learn how to effectively deal with body aches and pains in a natural, supportive way.**

**Northridge, Crestone; Price $8/$10**

Su 03/01/20 5:00 - 6:00 p.m.

Th 03/05/20 6:30 - 7:30 p.m.

**Seasonal Support - Learn what oils can support our bodies as we endure the seasonal discomforts, including sensitivities to pet dander and fur.**

**Northridge, Crestone; Price $8/$10**

Su 04/05/20 5:00 - 6:00 p.m.

Th 04/09/20 6:30 - 7:30 p.m.

**Virtuous Chicks Mom/Daughter**

**Pajama Party (Ages 8-12)**

Have you been looking for a special way to connect with your daughter and get to know her at the deepest level? Virtuous Chicks is a meaningful and interactive evening for moms and daughters ages 8-12. There will be a shopping spree, singing, dancing, art, “paloon”ing, face masks, movie clips, popcorn, heroines and BONDING as you learn about and CELEBRATE each other’s VIRTUES. $57/$67 per pair which includes one adult and one child temperament assessment, materials to teach you about your super-powers and your kryptonite, movie clips, snacks, drinks, facial masks, art supplies and swag.

**Eastridge, Community Room; Price $57/$67**

F 01/10/20 6:00 - 8:30 p.m.

F 01/31/20 6:00 - 8:30 p.m.

F 02/07/20 6:00 - 8:30 p.m.

F 02/28/20 6:00 - 8:30 p.m.

F 03/06/20 6:00 - 8:30 p.m.

F 03/27/20 6:00 - 8:30 p.m.

**Teen Social Club (Ages 12-15)**

Do you know any young people who would like to unplug and connect with new friends? Tell them to sign up now for the kickoff of a club in Highlands Ranch for older kids to meet, play games, and hang out—all in an adult-supervised, no-screens environment. Pizza included with all the fun! Come for an hour or stay for the afternoon. Space is limited, so the first 30 to sign up.

**Northridge, Wetterhorn; Price: $5/$7**

Su 01/12/20 1:00 - 4:00 p.m.

Su 02/09/20 1:00 - 4:00 p.m.

Su 03/08/20 1:00 - 4:00 p.m.

Su 04/19/20 1:00 - 4:00 p.m.

**Mini Sleep Seminar (Ages 18+)**

Getting baby to sleep through the night is one of the most commonly discussed parenting topics. This class will cover what habits keep baby from sleeping through the night, ways to avoid common sleep props, how to create a good bedtime routine, and why staying consistent will make all the difference. We’ll discuss tips for nap time and how to deal with night feeds. Space for questions and discussion as well.

**Eastridge, Sunlight; Price $25/$29 per family**

Su 01/26/20 3:00 - 4:00 p.m.

**Eastridge, Sunlight; Price $50/$57 per family**

Su 02/09/20 2:00 - 4:00 p.m.

**Healthy Sleep Preparation: Expectant - Newborn (Ages 18+)**

Sleeplessness is a huge factor in postpartum depression. You can reduce this risk with just a little knowledge and preparation. We will discuss infant sleep cycles, what the infant brain and body react to good vs-poor sleep, how to establish a night/day internal clock, what a healthy schedule looks like and how to avoid future sleep problems. We will also discuss obstacles like colic, reflux and other health issues that create sleep challenges. Get yourself and baby off to a fabulous start!

**Eastridge, Sunlight; Price $95/$109 per family**

Su 03/29/20 2:00 - 4:00 p.m.
**FINANCIAL SEMINARS**

Will Seminar (Ages 18+)
This simple one-step class for ages 18 years and older will provide a Notarized will, general power of attorney, medical power of attorney, and living will by the end of the seminar from an experienced estate planning attorney. This unique 3-hour class provides great value to participants by providing finished estate planning documents—at a fraction of the typical cost for these documents. 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 $50/$57 per person**
- W 01/15/20 6:00 - 9:00 p.m.
- M 02/03/20 6:00 - 9:00 p.m.
- M 03/02/20 6:00 - 9:00 p.m.
- W 04/01/20 6:00 - 9:00 p.m.

Modern Retirement Planning® (Ages 30+)
Workshop study is FUN financial education course for 21st century successful professionals. With knowledge, you gain confidence. With confidence, you gain control. Take control of your retirement. Learn indispensable concepts needed to make informed decisions. Take away new tools to avoid mistakes and recognize smart solutions for your personal financial wellness. Discover ways to insulate yourself from the risk of rising taxes, how to enhance your Social Security benefits, strategies to protect against unexpected health related expenses, and how to overcome 21st century retirement challenges. How does it all fit together? What’s the right path for you? Sign up today to find out. *Price is for individual or couple*

**Northridge, Wetterhorn; Price $59/$68 individual or couple**
- Th 02/06/20 & 02/13/20 6:30 - 9:30 p.m.
- Tu 02/11/20 & 02/18/20 6:30 - 9:30 p.m.

**Retirement Planning Today® (Ages 30+)**
This interactive workshop will help you make sense of the choices you face in building your future and planning for retirement. Learn strategies you can use right away. In just two entertaining and informative sessions, you’ll learn what they didn’t teach you in school. Attend this course and discover how to: Determine the amount of money you need to retire, the new tax law changes to your advantage. Eliminate debt and improve cash flow. Properly allocate your assets within your employer retirement plan. Use five investment strategies to minimize risks and maximize returns. Ask the right questions when evaluating insurance coverage. Reduce or eliminate taxes, expenses, delays and legal challenges with estate planning. This workshop is fun and is informative for everyone anyone thinking about retiring sooner rather than later. This course includes a 235-page illustrated textbook. Class sizes are limited so register today!

**Northridge, Wetterhorn; Price $59/$68**
- Th 02/27/20 & 03/05/20 6:30 - 9:30 p.m.
- Tu 03/03/20 & 03/10/20 6:30 - 9:30 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 $19/$25**
- W 01/08/20 6:30 - 8:00 p.m.
- W 02/12/20 6:30 - 8:00 p.m.
- W 03/11/20 6:30 - 8:00 p.m.
- W 04/08/20 6:30 - 8:00 p.m.

**ONLINE EDUCATION**

**EDUCATION 2 GO & EDUCATION 2 GO PRO! Online Classes That Fit Your Schedule**
Bring everyone in the office up to speed on subjects that effect 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 ed2go.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, email, 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.

**SAFETY SKILLS**

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 area). This is to amaze your friends with science tricks. |

**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 some 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.

**Babysitting Class with HeartSmart® (Ages 11-18)**
Learn guidelines for working with parents and their children to make the time safe and fun. The class includes an overview of child/infant CPR, choking protocols, and a Kids Watch guide. Each student will receive a pediatric first aid text for reference along with the babysitting manual and certificate of participation.

**STEM**

Preschool Age Classes with Science Matters Pop! Bang! Fizz! (Ages 3-6)
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!

**Westridge, Osprey; Price $60/$69**
- W 01/08/20 - 02/05/20 12:15 - 1:00 p.m.
- Eastridge, Copper; Price $60/$69
- Th 01/09/20 - 02/06/20 1:00 - 1:45 p.m.

**Super Science Smorgasbord! (Ages 3-6)**
It’s a Grab Bag of Science. Make a Science Matters Hopper that can jump 12 feet; create your own rock collection and explore the Rock Cycle; see a cloud in a bottle; become a Science Illusionist and use science to amaze your friends with science tricks. With a little of this and a little of that it’s fun for everyone.

**Westridge, Osprey; Price $60/$69**
- W 02/12/20 - 03/11/20 12:15 - 1:00 p.m.
- Eastridge, Copper; Price $60/$69
- Th 02/13/20 - 03/12/20 1:00 - 1:45 p.m.

**Bristle Bots (Ages 3-6)**
Mix science and imagination to design and build your very own motorized moving Bristle Bot. Make Art with a Drawbot. Join us to explore the science of circuits, electromagnetism and motion. Prepare your bots for drag racing and wrestling. Finally put all your knowledge to the test to engineer the perfect robot critter to take home!

**Westridge, Osprey; Price $50/$69, No class 04/08**
- W 02/25/20 - 04/29/20 12:15 - 1:00 p.m.
- Eastridge, Copper; Price $60/$69; No class 04/16
- Th 03/26/20 - 04/30/20 1:00 - 1:45 p.m.
Outback Expedition (Grades K-5th)
G’day Mates! We’re going “Down Under” on a fascinating expedition. Decorate your own Aboriginals artifact, crack a geode, create your own Mystery Stone with a surprise in the middle, and head into the Australian outback to scope out some amazing animals. Jump at this chance to trek the Australian Continent. Criley!
Eastridge, Telluride; Price $80/$92
F 03/20/20 9:00 a.m. - 3:30 p.m.

Animal Architects with LEGO® (Ages 5-7)
Let your imagination run wild as we design and build leaping dolphins, buzzing beehives, and towering giraffes. Play, create, and learn in a world inspired by the animal kingdom. Design and build as never before and explore your craziest ideas.
Westridge, Barn Owl; Price $190/$218
M-F 03/16/20 - 03/20/20 9:00 a.m. - Noon

Earth Rangers to the Rescue (Grades K-5th)
Calling all Superheroes! We need YOU to help recruiting recycling dilemmas, use the sun to make a solar oven and a tasty treat, clean up an oil spill with Magic Sand, and use the power of air to fly your own kite. Mother Nature needs our help. You are the key to saving the future! (Note: we will be using graham crackers and chocolate in this club).
Eastridge, Telluride; Price $80/$92
M 04/20/20 9:00 a.m. - 3:30 p.m.

Animal Master Architects with LEGO® (Ages 8-12)
Be inspired by the natural innovation and engineering of the animal world. Design and build fluttering butterflies, stomping elephants, and fierce Tasmanian devils. Apply real-world mechanical engineering concepts as you design, build, and explore your craziest ideas.
Westridge, Barn Owl; Price $190/$218
M-F 03/16/20 - 03/20/20 1:00 - 4:00 p.m.

STEM CAMPS
Science Matters
Under the Sea (Grades K-5th)
Plunge into this club as we dive into the wonders and mysteries of the ocean. We’ll travel way down to the ocean floor and back up to the sandy shore. Dissect a squid! Along the way we’ll discover spectacular sea creatures, collect and classify shells, and much more. Throughout this club each young explorer will soak up all the knowledge and adventure of the treasures of the sea.
Eastridge, Monarch; Price $80/$92
M 03/16/20 9:00 a.m. - 3:30 p.m.

Zoo Science: Training Camp with Science Matters and Denver Zoo (Grades 2nd-5th)
Meet live animals and become a Junior Field Scientist-in-Training! Using real-world science, students will make observations and collect evidence in order to discover different ecosystems and the animals that live there. In the morning, our scientists will explore how animals have adapted to these ecosystems. From building an earthworm habitat to marine dissections, students will get an up-close look at nature! In the afternoon, just like Denver Zoo field researchers, our scientists in training will “travel” across the world using a variety of fun science tools to discover new animals, both near and far! Note: Weather permitting, the afternoon portion of this program occurs outdoors. Please bring a peanut free lunch and water bottle.
Eastridge, Telluride; Price $320/$368
Tu-Th 03/17/20 - 03/19/20 9:00 a.m. - 3:30 p.m.

LEGO® Play-Well TEKnologies
Winter Wonderland Engineering with LEGO® (Ages 5-7)
Bundle up, we’re creating a spectacular Winter Wonderland! Build bobolas, design snowmobiles, and take a ride on the Polar Express. Explore your snowiest ideas and learn STEM concepts with tens of thousands of LEGO® pieces at your mitten-tips and the guidance of an experienced Play-Well instructor.
Eastridge, Telluride; Price $78/$89
Th-F 01/02/20 - 01/03/20 9:00 a.m. - Noon

Winter Wonderland Challenge with LEGO® (Ages 8-12)
Get ready for the deep freeze this winter! Apply concepts in engineering and architecture to brave the challenges of winter weather. Design and build motorized contraptions such as snowplows, gondolas, and a snowball launcher with the guidance of an experienced Play-Well instructor and tens of thousands of LEGO® pieces.
Eastridge, Telluride; Price $78/$89
Th-F 01/02/20 - 01/03/20 1:00 - 4:00 p.m.

Scratch Game Development I (Ages 7-11)
Start your coding journey by creating your own game! Campers will take the first step on the Coder’s Ladder, learning computer programming fundamentals and designing and coding their own first computer programs. Projects will include interactive stories and computer games!
Eastridge, Cooper; Price $319/$367
M-F 03/16/20 - 03/20/20 9:00 a.m. - Noon

Scratch Game Development II (Ages 8-12)
Get ready for the biggest coding adventure ever! Design and build motorized contraptions such as snowplows, gondolas, and a snowball launcher with the guidance of an experienced Play-Well instructor and tens of thousands of LEGO® pieces.
Eastridge, Telluride; Price $80/$92
M 03/16/20 9:00 a.m. - 3:30 p.m.

Animal Architects with LEGO® (Ages 7-11)
Let your imagination run wild as we design and build leaping dolphins, buzzing beehives, and towering giraffes. Play, create, and learn in a world inspired by the animal kingdom. Design and build as never before and explore your craziest ideas.
Westridge, Barn Owl; Price $190/$218
M-F 03/16/20 - 03/20/20 9:00 a.m. - Noon

Coding with Kids
Little Coders (Ages 5-7)
This camp develops computational thinking skills and fosters creativity in a fun environment! We use a blend of connected and “unplugged” activities designed to keep young campers engaged. Kids will create their own interactive story or computer game!
Eastridge, Cooper; Price $319/$367
M-F 03/16/20 - 03/20/20 9:00 a.m. - Noon

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Westridge, Barn Owl; Price $190/$218
M-F 03/16/20 - 03/20/20 9:00 a.m. - Noon

Animal Master Architects with LEGO® (Ages 8-12)
Be inspired by the natural innovation and engineering of the animal world. Design and build fluttering butterflies, stomping elephants, and fierce Tasmanian devils. Apply real-world mechanical engineering concepts as you design, build, and explore your craziest ideas.
Westridge, Barn Owl; Price $190/$218
M-F 03/16/20 - 03/20/20 1:00 - 4:00 p.m.

Coding with Kids
Little Coders (Ages 5-7)
This camp develops computational thinking skills and fosters creativity in a fun environment! We use a blend of connected and “unplugged” activities designed to keep young campers engaged. Kids will create their own interactive story or computer game!
Eastridge, Cooper; Price $319/$367
M-F 03/16/20 - 03/20/20 9:00 a.m. - Noon

Scratch Game Development I (Ages 7-11)
Start your coding journey by creating your own game! Campers will take the first step on the Coder’s Ladder, learning computer programming fundamentals and designing and coding their own first computer programs. Projects will include interactive stories and computer games!
Eastridge, Cooper; Price $319/$367
M-F 03/16/20 - 03/20/20 1:00 - 4:00 p.m.
**PRESCHOOL EASTRIDGE**

**Toddler (Ages 1-3)**
- **Buttercups** M-F 7:30 a.m. - 5:30 p.m. Entire Arts
- **Sweet Peas** M-F 7:30 a.m. - 5:30 p.m. Wolf Creek

*Toddler fee is not prorated. It is a monthly fee.*

**Preschool (Ages 3-4)**
- **Shooting Stars** M-F 9:00 - Noon Snowmass
- **Honeysuckles** Tu, Th 9:00 - Noon Copper

**Pre-K (Ages 4-5)**
- **Daisies** M-F 9:00 - Noon Sunlight
- **Sunflowers** M, W, F 9:00 - Noon Copper

**PRESCHOOL WESTRIDGE**

**Preschool (Ages 2½-3)**
- **Guppies** Tu, Th 9:00 - Noon Great Horned Owl

**Preschool (Ages 3-4)**
- **Tiny Turtles** M, W, F 9:00 - Noon Great Horned Owl
- **Pollywogs** Tu, Th 9:00 - Noon Barn Owl

**Pre-K (Ages 4-5)**
- **Ladybugs** M, W, F 9:00 - Noon Barn Owl

**Combined Preschool/Pre-K class (Ages 3-5)**
- **Chameleons** M-F 9:00 - Noon Falcon

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"The Preschool has been a wonderful experience for my family. The teachers create a warm, inviting, and educational environment. The children get to participate in fun activities each week, including gymnastics and crocodile rock. My daughter looks forward to going there every morning, which, for a working parent, provides me with a sense of comfort and security."

– Jessica Brown

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**2019-2020 School Year Registration is on March 7, 2020**

**PRE-SCHOOL**

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 hand writing skills. Through these activities children develop physical, emotional, social, creative, and cognitive skills.

**12 mos-3 Year Old Toddler: Designed to aid children with their basic motor, social, emotional, cognitive and linguistic development. This program is only at Eastridge.**

**2½-3 Year Old Preschool: Designed to aid children with their social skills as well as introduce them to the learning environment.**

**3-4 Year Old Preschool: 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.**

**4-5 Year Old Pre-K: 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.**

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**2019-2020 School Year September 3-4, 2019 - May 22, 2020**

All classes have an annual non-refundable registration fee:
- $90/$110

<table>
<thead>
<tr>
<th>Program</th>
<th>5 day</th>
<th>2 days</th>
<th>3 days</th>
<th>5 days</th>
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<tr>
<td>Toddler</td>
<td>$1,010/$1,160 monthly</td>
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<tr>
<td>Preschool Pre-K</td>
<td>$225/$255 monthly</td>
<td>$225/$255 monthly</td>
<td>$225/$255 monthly</td>
<td>$225/$255 monthly</td>
</tr>
</tbody>
</table>

Refunds will not be granted if HRCA is required to cancel a program due to weather conditions.

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For full-day PRE-SCHOOL ENRICHMENT see our CHILDCARE section on page 27.
STAFF

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24/7 online
HRCAonline.org/Registration
Winter Cultural Series

Sponsored by the Highlands Ranch Cultural Affairs Association, these performances bring the best in cultural talent right here to Highlands Ranch. Visit www.HRCAonline.org/Events for information on performers.

Cherry Hills Community Church, 3900 Grace Blvd.; $10 in advance, $15 at the door, if not sold out.
Senior (65+)/12 and under: $7 in advance, $10 at the door, if not sold out. Children two and under are free but must sit on a parent’s lap.

Opera Colorado - Hansel & Gretel
Th 01/9/20 7:00 - 8:30 p.m.

Heritage Irish Stepdancers
Th 01/23/20 7:00 - 8:30 p.m.

Ballet Ariel - Peter and the Wolf
Th 02/20/20 7:00 - 8:30 p.m.

Denver Pops - Broadway
Th 02/20/20 7:00 - 8:30 p.m.

Family Magic Show

Do you want amazement and laughter? Join us for a magical night of honest family entertainment with Jeff Jenson. This family-friendly magic show is fun and interactive – as Jeff gets the audience involved with the show. This show will be full of mystery, illusion and family friendly comedy. Be it side-splitting comedy, phenomenal juggling, or amazing magic, or sleight of hand, you will be on the edge of your seat wondering “what will happen next!” Children 2 and under free but must sit on parent’s lap.

Southridge, Wildcat Mountain Auditorium, 4800 McArthur Ranch Rd.; $8 in advance, $11 at the door, if not sold out.
F 01/17/20 7:00 - 8:00 p.m.

Superheroes Unite

Your little superhero will enjoy a morning of food, fun, and SUPERHEROES! Join us for an awesome morning with Spiderman as he puts your little superhero through superhero training. Guests will enjoy superhero snacks, beverages, and a small token to take home. Each child must be accompanied by a parent or guardian and each participant must purchase a ticket (children and adults). Dressing up in your favorite superhero costume is encouraged! No children under 2 please.

Southridge, Wildcat Mountain Auditorium, 4800 McArthur Ranch Rd.; $12 in advance, $15 at the door, if not sold out.
Sa 01/18/20 10:30 a.m. - Noon

HRCA Only Job Fair

Come join our Team! HRCA is hosting an HRCA ONLY Job Fair. We are hiring for employment today and summer seasonal employment. Please visit our web site at www.HRCAonline.org/jobs to view all open positions and submit an application. Applications can be submitted prior to the Job Fair, or laptops will be available to complete an application at the Job Fair. When submitting an application, please enter JOB FAIR for how you heard about this position. Join us between 10:00 and 2:00 to meet department supervisors, employees and interview for open positions upon application approval.

Southridge, Wildcat Mountain Auditorium, 4800 McArthur Ranch Rd.
M 01/20/20 10:00 a.m. - 2:00 p.m.

Chinese New Year Celebration

In keeping with Chinese tradition, the Lunar New Year, or Spring Festival, ushers in the Year of the Rat in 2020. In Chinese culture, rats were seen as a sign of wealth and surplus. Because of their reproduction rate, married couples also prayed to them for children. Chinese New Year is a time to welcome prosperity, good fortune, and luck which helps eliminate any negative chi from the past. Come and enjoy traditional music, exciting Chinese Dragon and Lion dances, beautiful folk dances, amazing Chinese martial art-Kung Fu demonstrations, and a Cultural Fair. All children receive a red envelope while supplies last. Children 2 and under on parent’s lap free.

Southridge, Wildcat Mountain Auditorium, 4800 McArthur Ranch Rd.; $8 in advance, $11 at the door, if not sold out.

Free Cultural Fair
Sa 01/25/20 Noon - 4:00 p.m.

Father & Daughter Sweetheart Ball

Spend an evening full of fun, laughter, and dancing with your sweetheart at the Father and Daughter Sweetheart Ball. The evening includes a corsage and a special gift for each little girl. In addition, you will receive a commemorative photo of you and your little lady along with refreshments. Carriage rides available for an additional cost of $1.00 per person (weather permitting). Each guest needs a ticket (adult and child).

Highlands Ranch Mansion, 9950 E. Gateway Drive; $25 per person in advance, $30 per person at the door, if not sold out.
F 02/07/20 6:30 - 8:30 p.m.
Sa 02/08/20 1:30 - 3:30 p.m.
Sa 02/08/20 6:30 - 8:30 p.m.

Mixology: The Art of Making Cocktails (Ages 21+)

Prepare to be mixed, muddled, shaken and stirred at our brand new mixology class. Join the HRCA and Davidsion’s Beer, Wine & Spirits for Mixology where you will learn the art of making cocktails. Learn to mix, stir, and swizzle with the pros as you create craft cocktails meant to impress! This hands-on event will walk you through the process of creating specialty cocktails alongside mixology professionals and give you the opportunity to make them on the spot. Then, don’t forget to vote on your favorite recipe of the night and stick around as we crown them on the spot. Then, don’t forget to vote on your favorite recipe of the night and stick around as we crown them on the spot. Each guest needs a ticket (adult and child).

Southridge, Wildcat Mountain Auditorium, 4800 McArthur Ranch Rd.; $35 in advance, $40 at the door, if not sold out.
Sa 02/08/20 2:00 - 4:30 p.m.

Buy your tickets online at www.HRCAonline.org/Tickets.
• Tickets for these events may be purchased online at www.HRCAonline.org/tickets, or paying at the door, if not sold out.
• No refunds for purchased tickets; all sales are final.
Adult Glow-in-the-Dark Yoga (Ages 21+)
Come experience a unique event in Highlands Ranch! Wear your favorite neon yoga clothes and move to a mellow vinyasa flow under the black lights. Glow in the dark necklaces and paint will be provided. Ticket price includes one glass of wine or beer after yoga with a variety of very light appetizers. Cash bar will be available. Mandatory 21+ IDs required to purchase and consume alcohol and will be checked. See web site for class description. 
Southridge, Wildcat Mountain Auditorium, 4800 McArthur Ranch Rd.; $25 in advance, $30 at the door, if not sold out.
Sa 2/22/20 5:00 - 7:00 p.m.

Coffee with a Cop
Get to know your local law enforcement. The Douglas County Sheriff’s Department will host informal conversations to give residents and business owners a chance to connect with police in a relaxed atmosphere.
Southridge, Butte/Cliffs, 4800 McArthur Ranch Rd.; Admission is FREE
Tu 02/25/20 8:00 - 10:00 a.m.

Cold Cases & Cocktails (Ages 21+)
This event is not for the faint of heart, but rather the real true crime junkie! You listen to the podcasts and watch the documentaries, now join us for a live presentation of real-life Colorado Crimes solved by local detectives. They will take you through the ins and outs of the case. Warning: graphic images and discussion will take place at this event. Must be 21+.
Southridge, Wildcat Mountain Auditorium, 4800 McArthur Ranch Rd.; $20 in advance, $25 at the door, if not sold out.
Th 02/27/20 7:00 - 9:00 p.m.

Therapeutic Recreation Sweetheart Dance
Enjoy an evening dancing to your favorite songs with your favorite people. You’ll be out of your seat and dancing all night long! Request your favorite songs. Light snacks will be served. Ages 16+
Southridge, Wildcat Mountain Auditorium
Price $12/ $14
F 02/28/20 7:00 - 9:00 p.m.

International Wine: Tour de Italy (Ages 21+)
HRCA and Davidssons Beer. Wine & Spirits present a wine event to expand your wine horizons! Let your senses take a journey as you join us for an evening celebrating wine from around the world. This year we will focus on wines from Italy. Italy has over 1 million vineyards across the country and by volume it is the largest producer of wine in the world. Make your way around the many wine producing regions of Italy. You won’t want to miss this exciting adventure participating in the global community of wine! $45 in advance, $50 day of event, if not sold out. You must be 21+ to attend. No children or infants please.
Southridge, 4800 McArthur Ranch Rd.; $45 in advance, $50 at the door, if not sold out.
Sa 03/14/20 4:00 - 6:00 p.m.

2020-2021 Preschool Registration
Join us to secure a spot for your child in our Preschool program at HRCA. Spaces fill quickly, so be sure to join us and ensure your child has a place this fall.
Eastridge, 9568 University Blvd.
Sa 03/07/20 10:00 a.m. - Noon

Comedy Night (Ages 21+)
Looking for a date night? Enjoy a comedy performance at Southridge! This Highlands Ranch Cultural Affairs Association program will treat you to an evening of laughs and comedy relief. Elliot Wolsey, the 2012 winner of the Comedy Works New Faces Contest, and has opened for acts like T.J. Miller, Todd Glass, and Josh Blue. Cash bar available. Mandatory 21+ IDs required to purchase alcohol and will be checked. Doors open at 6:30 p.m.
Southridge, Wildcat Mountain Auditorium, 4800 McArthur Ranch Rd.; $10 in advance, $15 at the door, if not sold out.
F 03/13/20 7:00 - 8:00 p.m.

Princess Tea Party
Your little princess will enjoy a morning of snacks, dressing up, and Cinderella! Join us for an enchanted morning as Cinderella shares her favorite songs, story time, and photo opportunities with your little royalty. Children will receive a small token from Cinderella. Each child must be accompanied by a paying parent or guardian. Dressing up in your favorite princess gown or prince suit is encouraged! No children under 2 please. 
Southridge, Wildcat Mountain Auditorium, 4800 McArthur Ranch Rd.; $12 in advance, $15 at the door, if not sold out.
Sa 03/14/20 10:30 a.m. - Noon

Spring Bazaar
Spring has Sprung at Eastridge! The weather is always perfect inside at the annual Spring Bazaar. Over 125 commercial and handicrafters display and sell their unique and high quality products to include, scrapbooking materials, soy soaps and candles, jewelry, quilts, children’s and doll items, delicious food, wood crafts, and much, much more. And to top it off, admission is FREE!
Eastridge, 9568 University Blvd.; FREE
Sa 03/21/20 9:00 a.m. - 5:00 p.m.

Dueling Pianos (Ages 21+)
Enjoy an evening of your favorite songs in this live, interactive, sing-along show. You’ll be out of your seat and dancing all night long! Request your favorite songs from classic rock to today’s pop hits. Light appetizers and a cash bar will be available. Ages 16+ for some adult humor. Mandatory 21+ IDs required to purchase alcohol and will be checked.
Southridge, Wildcat Mountain Auditorium, 4800 McArthur Ranch Rd.; $15 in advance, $20 at the door, if not sold out.
F 04/03/20 6:30 - 8:30 p.m.

St. Patrick’s Day 5K
We kick off the 2020 Race Series at 9:00 a.m. on Saturday, March 14 at Town Center South. Lace up those sneakers for the fun and festive Irish race which features Irish Dancers, Bag Piper performance, free pancake breakfast, beer, and more! Visit www.HRraceseries.org for more information and to register.
Town Center South, 9288 Dorchester St.
Sa 03/14/20 9:00 a.m.

Southridge Speakeasy (Ages 21+)
Party like it’s the end of Prohibition! For one night only Southridge will be transformed into a roaring Speakeasy with cocktails and Jazz! Heidi Schmidt headlines this intimate evening with Jazz that will transport you back in time. Signature Craft Cocktails will be offered as well as beer and wine. Come dressed to impress in cocktail attire. Ticket price includes two drink tickets and a dessert bar. Doors open at 6:30 p.m.
Southridge Recreational Center, Wildcat Mountain Auditorium; $40 in advance; $45 at the door, if not sold out.
F 3/20/20 7:00 - 9:00 p.m.

These Highlands Ranch Cultural Affairs Association events are paid for in part through a generous grant from the SCFD.
Spirit Tasting: Tiki Cocktails and Rum® (Ages 21+)
Join us for an exotic and mysterious journey through the world of Tiki Cocktails and Rum brought to you by HRCA and Davidson’s Beer, Wine and Spirits. Embark on a trip to the Tiki places of old to sample classic cocktails and rum, with stops at various rum producing islands. Come experience why the world of Tiki Cocktails is America’s longest-running cocktail craze. Small bites will be available. Tickets are $40 in advance, $45 at the door, if not sold out. Must be 21+ to attend this event. No children or infants please.
Southridge, Wildcat Mountain Auditorium, 4800 McArthur Ranch Rd.; $40 in advance, $45 at the door, if not sold out.
Sa 04/20 2:00 - 4:00 p.m.

Easter Egg Hunt
Bring your Easter basket to collect brightly colored, toy and candy-stuffed eggs and meet the Easter Bunny! The hunt will have children separated by age groups. Parking is limited, so make sure to arrive early. This event is outside – rain, snow, or shine. The hunt will start at 10:00 a.m. sharp, so don’t be late!
Northridge Park, 8800 Broadway; FREE
Sa 04/11 10:00 a.m. SHARP!

9Health Fair
The 9Health Fair offers medical screenings at no cost or low cost to Colorado residents. Most screenings are free. A fee will be charged for blood chemistry, blood count, Prostate Specific Antigen (PSA), and a Colon Cancer Screening Take Home Kit.
Eastridge, 9568 University Blvd.; Free to attend, some screenings additional cost.
Sa 04/18 7:00 a.m. - Noon

Volunteer Fair
Looking for an opportunity to give back to your community? The Volunteer Fair is free to attendees who are looking for an organization where they can donate their time. It’s also an opportunity for nonprofit organizations to showcase their volunteer needs – all under one roof. Make a difference in your community.
Southridge, Gymnasium, 4800 McArthur Ranch Rd.; FREE
Tu 04/21 5:00 - 7:00 p.m.

Pottery Sale
You are invited to the pottery sale held at the Southridge atrium. These are wonderful opportunities to find something special for a family member or a birthday/gift. For more information, call 303-471-8853
Southridge, Atrium
M 04/27 8:00 a.m. - 8:00 p.m.

Thank You to our Community Partners
Community events are funded primarily with the support of our Community Partners. Without their support, none of our community or special events would be possible.
Fitness/Wellness

STAFF

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Dru Connolly  303-471-7044
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Fitness Coordinator
Jessica Dry  303-471-8916
jessica.dry@hrcaonline.org

Sports and Fitness Supervisor
Chad Mejia  303-471-7035
chad.mejia@hrcaonline.org

24/7 online
HRCAonline.org/Registration
NEW YEAR, NEW YOU – BODY TRANSFORMATION CHALLENGE

2020 is here! Make this year your best year with our New Year, New You – Body Transformation Challenge. This 60-Day fitness challenge will include eight private personal training sessions with a nationally certified personal trainer, an eight-class pass to The ZONE fitness program, two body composition assessments, nutrition education seminar, and an entry to the St. Patrick’s Day 5K. Compete for the highest percentage of total weight lost and love your New You!

Price $449

CHALLENGE RULES / INFO

• Weigh-in will be required prior to starting the challenge and participants will receive two body composition reports.

• Challenge includes: Eight private personal training sessions, an eight-class ZONE pass, two body composition assessments and an entry to the HRCA St. Patrick’s Day 5K on Saturday, March 14, 2020.


• Winners are determined by the percentage of weight loss that occurs during the 60-day competition.

• Awards will be given to the top three participants with the highest percentage of weight loss.

PERSONAL TRAINING: How to Get Started

• Visit www.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 dru.connolly@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’ve confirmed the first scheduled session with your trainer as all packages expire 90 days from the date of purchase.

PRIVATE PERSONAL TRAINING PACKAGES

*Private session packages may be shared with members of the same household, but must train individually. Sessions must be used within three months from date of purchase. Prices listed reflect member/non-member rates.

Private Personal Training Session Packages

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<tr>
<th>Sessions</th>
<th>Member Price / Non-Member Price</th>
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<tbody>
<tr>
<td>3 / one-hour</td>
<td>$165/$177</td>
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<tr>
<td>6 / one-hour</td>
<td>$300/$324</td>
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<td>12 / one-hour</td>
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SENIOR RATE (AGES 55+)

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<tr>
<td>3 / one-hour</td>
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<tr>
<td>6 / one-hour</td>
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<td>12 / one-hour</td>
<td>$492/$516</td>
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Semi-Private Training Packages

Grab a buddy and help each other stay accountable to your fitness goals! This economical package is for two people to start and stay in shape together with a personal trainer. Sessions must be used within three months from date of purchase. Prices listed reflect member/non-member rates.

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Member Price / Non-Member Price</th>
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<tr>
<td>3 / one-hour</td>
<td>$176/$188</td>
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<tr>
<td>6 / one-hour</td>
<td>$316/$326</td>
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NEW! 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 operation of all equipment. To schedule, please contact the Fitness Coordinator at dru.connolly@hrcaonline.org.

30 minute session

Price $25

PERSONAL TRAINING

Our nationally certified personal trainers are excited to get you started with a personal training program! All packages expire 90 days from date of purchase, excluding the Fitness Challenge, and are non-refundable. To view our personal trainer profiles or to request a trainer, visit us at www.HRCAonline.org/ requesttrainer. For more information, contact dru.connolly@hrcaonline.org or 303-471-7044.

Body Composition Assessments

What are you made of? 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’re made of! Appointments are 30 minutes in length and your results are accurate, personalized and reflect your unique body composition. For appointments, please contact dru.connolly@hrcaonline.org.

Westridge; Price $30/$33

Wednesdays 9:00 - 11:00 a.m.
NUTRITION 101 Workshop
Confused about nutrition? You’re not alone! Come learn what healthy, balanced eating is all about as we debunk nutrition myths and fads and take away much of the confusion. You’ll walk away from this two-hour seminar with the knowledge and power to set yourself up for nutrition success. Advanced registration required.
Price $30/$33
Southridge, Butte Room
Sa 01/11/20 9:00 - 11:00 a.m.

Personal Nutrition Coaching
Price $125/$132
This personalized and comprehensive nutrition coaching program will include three, one-hour sessions. For more information, please visit www.HRCAonline.org/NutritionCoaching or contact the Fitness Coordinator at dru.connolly@hrcaonline.org.

First session:
• Body composition testing
• Goal setting
• Meal composition plan & journal

2nd session:
• 1st session nutrition review
• Revisions for success based on progress
• Macronutrient breakdown based on goals
• Goal revision

3rd session:
• 2nd session nutrition review
• Revisions for success based on progress
• Additional nutrition education
• Goal revision and future nutrition coaching

How to Get Started:
Visit www.HRCAonline.org/NutritionCoaching

Upon completion of the Personal Nutrition Coaching Program, subsequent 30-minute nutrition coaching sessions can be purchased as follows:
3 / 30-minute sessions $95/$96
6 / 30-minute sessions $182/$184
12 / 30-minute sessions $300/$324

*All packages expire 90 days from date of purchase

THE ZONE at HRCA

The ZONE – High Intensity Heart Rate Training at Southridge
This 45-minute, high-intensity, boot camp 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. All passes are electronically loaded directly onto your rec center card. Please inform the access desk that you are here for class in The ZONE so they may check you in accordingly. For more information, please contact jessica.dry@hrcaonline.org or 303-471-8916.

The ZONE – 30 Day Unlimited Pass
Unlimited classes in The ZONE. Pass is good for 30 days from date of purchase, can be purchased at any time during the month and can be used for any classes in The ZONE. Voucher for discounted heart rate monitor given with purchase. No refunds or extensions on pass available. One free InBody Body Composition assessment with purchase. All InBody scans are facilitated on Wednesdays at Westridge. Please contact dru.connolly@hrcaonline.org to schedule. $99/$115

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 day written notice to cancel auto-renewal. No refunds or extensions on pass available. $89/$102

The ZONE SCHEDULE

MORNING SESSIONS
Wednesday/Friday 5:15 - 6:00 a.m.
Monday - Saturday 6:15 - 7:00 a.m.

EVENING SESSIONS
Monday - Thursday 5:15 - 6:00 p.m.
Monday/Tuesday/Thursday 4:15 - 7:00 p.m.

*Schedule subject to change

For more information about a free one-week trial, please call 303-471-8916 or contact jessica.dry@hrcaonline.org. Daily drop-in $15/$18

SPECIALTY FITNESS CLASSES
Monthly Fitness Passes and Fitness Punch Cards may not be used for these classes. Classes are offered monthly. Advanced registration is required. For more information, please contact 303-471-7044.

Impact Kickboxing
This non-intimidating cardio kickboxing bag class will help you build muscle, stamina, and all over strength. We will kick and punch our way to healthy bodies while performing upper and lower body combinations to a heavy weighted boxing bag. There is no one on one contact. This class is designed to activate muscles, burn calories, have fun, and is for all fitness levels.
Northridge, Martial Arts Studio; Price $52/$57; No class 03/16
Tu 01/07/20 - 01/28/20 9:00 - 10:00 a.m.
Tu 02/04/20 - 02/25/20 9:00 - 10:00 a.m.
Tu 03/03/20 - 03/31/20 9:00 - 10:00 a.m.
Tu 04/07/20 - 04/28/20 9:00 - 10:00 a.m.

Modified Adult Yoga for Health Conditions
This yoga class is suitable for adults with conditions and/or diagnoses with resulting physical limitations. A limited chair and mat practice of basic postures combined with breath work and relaxation. Appropriate for neuromuscular conditions, autoimmune disorders, cancer, and joint replacements. Wheelchair accessible. No prior experience required. This class is most suitable for those with significant physical limitations.
Registration is for full session. No prorating or refunds for missed classes.
Westridge, Fitness Studio; Price $48/$55; No class 04/07
Tu 01/07/20 - 01/28/20 5:30 - 6:45 p.m.
Tu 02/04/20 - 02/25/20 5:30 - 6:45 p.m.
Tu 03/03/20 - 03/31/20 5:30 - 6:45 p.m.*
Tu 04/14/20 - 04/28/20 5:30 - 6:45 p.m. **
*Adjusted price: $60/$69
**Adjusted price: $36/$41

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 full session. No prorating or refunds for missed classes.
Southridge, Fitness Studio; Price $28/$32
W 01/08/20 - 01/29/20 10:00 - 10:45 a.m.
W 02/05/20 - 02/26/20 10:00 - 10:45 a.m.
W 03/04/20 - 03/25/20 10:00 - 10:45 a.m.
W 04/01/20 - 04/29/20 10:00 - 10:45 a.m.*
*Adjusted price: $35/$40
HRCA Foot Care
A registered nurse will trim toenails, corns, and calluses. Improve mobility, promote health, and gain comfort. Payment for foot care is made to the HRCA.
Southridge, Senior Lounge; Price $32/$35
For appointments, please call 303-471-7020.
W 01/15/20 9:00 a.m. - Noon
W 03/18/20 9:00 a.m. - Noon

SENIOR FITNESS
See page 44.

FITNESS EVENTS
Free Drop-In Fitness Day
Thursday, February 6
A great opportunity to try something new! Join us for our free Drop-In Fitness day. Please note, classes have a maximum capacity and we cannot guarantee entry if class becomes full. Visit www.HRCAonline.org/fitness for the latest class schedule. Only classes on the Drop-In Fitness schedule are free.
*Excludes The ZONE classes at Southridge*

DROP-IN FITNESS CLASSES (Ages 13+)
HRCA Fitness offers over 100 drop-in 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 mind-body, cardio, interval and strength training, Zumba, aqua fitness, indoor cycling, and many more. Please visit www.HRCAonline.org/Fitness for a complete list of drop-in fitness classes. *The ZONE classes are not included as part of the drop-in fitness program. For more information, contact 303-471-8916.

ANNUAL FITNESS PASS
Pass is good for one year from date of purchase and can be purchased at any time during the year.
$520/$595 (Ages 18-54)
$320/$365 (Ages 13-17 & 55+)

30 DAY UNLIMITED PASS
Pass is good for 30 days from date of purchase and can be purchased at any time during the month.
$65/$75

FITNESS PUNCH CARDS
Expires six months from date of purchase.
10 Punch Card (Ages 18-54) $72/$82
10 Punch Card (Ages 13-17) (55+) $48/$54
20 Punch Card (Ages 18-54) $118/$128
20 Punch Card (Ages 13-17) (55+) $84/$94

DAILY DROP-IN FEE
Daily Drop-In Fee (Ages 18-54) $9/$10
Daily Drop-In Fee (Ages 13-17, 55+) $6/$7
STAFF

Education Coordinator
Heather Goetz-Zettl  303-471-8818
hgoetz@hrcaonline.org

Fitness Coordinator
Dru Connolly  303-471-7044
dru.connolly@hrcaonline.org
• Fitness, Wellness

Tennis Team Leader
Mike Shellman  303-471-8934
michael.shellman@hrcaonline.org

Tennis Coordinator
Marianne McCauley  303-471-8940
marianne.mccauley@hrcaonline.org

24/7 online
HRCAonline.org/Registration

Arts & Education Supervisor
Meredith Parker  303-471-8880
meredith.parker@hrcaonline.org
SENIORS
Free Valet Parking
Ask any registration desk about our free valet parking.

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.

SENIOR CLUB
Visit the Senior Lounge at Southridge for the Senior Club activity calendar online at www.HRCAonline.org/SeniorClub or www.HRSeniorclub.org. Contact: Ron Winter – HRSeniorclub@ AOL.com and Sue 309-360-9677.

Senior Club Luncheon
Contact Sue at 309-360-9677 for more information or to RSVP Enjoy a delicious luncheon and sure-to-please entertainment.

Southridge, Wildcat Mountain Auditorium;
Price $10/$15 (due Fri. before scheduled luncheon date)
W 01/08/20 11:45 a.m. - 2:00 p.m.
W 02/12/20 11:45 a.m. - 2:00 p.m.
W 03/11/20 11:45 a.m. - 2:00 p.m.
W 04/08/20 11:45 a.m. - 2:00 p.m.

Socialization with a Twist
Join other Seniors for a variety of presentations and refreshments.
Southridge, Butte/Cliffs; Free
W 02/26/20 Noon - 2:00 p.m.
W 03/25/20 Noon - 2:00 p.m.

Frauds, Scams, and Cons Presented by DC Sheriff
There are thousands of frauds, scams, and cons out there with the single goal of getting your money. Whether they come to you over the phone, mail or internet, here are tips to help spot and avoid them. In general, be wary of anyone asking you to pay fees or fines via a pre-paid credit or debit card, Green Dot MoneyPak or wire transfer. It’s probably a scam.
Southridge, Butte/Cliffs; Free
Tu 01/14/20 Noon - 2:00 p.m.
Th 04/23/20 Noon - 2:00 p.m.

Coffee with a Cop
Get to know your local law enforcement. The Douglas County Sheriff’s Department will host informal conversations to give residents and business owners a chance to connect with police in a relaxed atmosphere.
Southridge, Butte/Cliffs, 4800 McArthur Ranch Rd.; Admission is FREE
Tu 02/25/20 8:00 - 10:00 a.m.

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). $15 AARP Members (must show card) $20 non-members January 16 or March 19 from 8:00 a.m. - 12:30 p.m. Contact 303-346-3834.

The Highlands Ranch Encore Chorale
Come join the Highlands Ranch Encore Chorale and enjoy the social, mental, and physical benefits of choral singing in a supportive and non-auditioned setting. While developing a wonderful circle of friends, you will perform a variety of popular, folk, Broadway, and movie music, and will increase your vocal and musical ability under the professional direction of Brian Patrick Leatherman and Cindy Runkel, co-founders of S280+ Encore Chorale. Come be a part of this exciting, challenging, entertaining and fulfilling singing adventure!
Informational Open house February 7 at 10:30 a.m.
Southridge, Wildcat Mountain Auditorium;
Price $120
W 02/14/20 - 04/24/20 10:00 a.m. - 12:15 p.m.
Community Concert- Free
Parker United Methodist Church
Sa 05/02/20 3:00 p.m.

Perfect Time Tours
Perfect Time Tours specializes in group tours for the active older adult. These tours include extended trips as well as one to two day tours in and around Colorado. Every trip includes a fun and friendly tour guide, comfortable accommodations, all transportation, and a memorable experience. Contact 303-471-8818.

DAY TRIPS
December 31, 2019 “Noon” Years Eve
Experience New Year’s Eve at NOON! Join the celebration at Venice Restaurant 10:00 a.m. - 4:30 p.m. Cost: $135.
January 12, 2020 Sound of Music
Fine Arts Center Colorado College. Brunch Included 10:30 a.m. - 5:30 p.m. Cost: $150.
January 15, 2020 Museum Alive 3D Show
10:30 a.m. - 4:30 p.m. Cost: $115 (lunch is included).
January 28, 2020 Breckenridge Ice Sculptures
8:00 a.m. to 5:00 p.m. Cost: $150 (lunch is included).
February 12, 2020 Galantines/Mystery Tour
Grab your Best Gal for an adventure! 10:00 a.m. to 5:00 p.m. Cost: $135 (lunch is included).
February 29, 2020 Fiske Planetarium
10:00 a.m. to 4:00 p.m. Cost: $99 (lunch is included).

TRAVEL
March 4-9, 2019 Rockies Spring Training Two Ball Game Tickets
Cost: $2449 (Airfare Included).
April 1-9, 2019 Southern Charm Tour
May 7-13, 2020 Tulip Festival
May 16-18, 2020 Taos Lilac Festival (TBA)
Wine Pairing Dinner, Lilac Festival with Taco Cook-Off. Cost TBD

SENIOR FITNESS AND WELLNESS SERVICES

For more information, please call the Fitness Specialist at 303-471-8916.

HRCA qualifies seniors at ages 55+, take advantage of a reduced rate for fitness and personal training while building relationships and comraderie through fitness and wellness.

ANNUAL FITNESS PASS
Pass is good for one year from date of purchase and can be purchased at any time during the year. $320/$365 (55+)

FITNESS PUNCH CARDS
Expires six months from date of purchase.
10 Punch Card (55+) $48/$54
20 Punch Card (55+) $84/$94

DAILY DROP-IN FEE
Daily Drop-In Fee (55+) $6/$7

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 full session. No prorating or refunds for missed classes.

Southridge, Fitness Studio; Price $28/$32
W 01/08/20 - 01/29/20 10:00 - 10:45 a.m.
W 02/05/20 - 02/26/20 10:00 - 10:45 a.m.
W 03/04/20 - 03/25/20 10:00 - 10:45 a.m.
W 04/01/20 - 04/29/20 10:00 - 10:45 a.m.*
*Adjusted price: $35/$40

Southridge, Fitness Studio
F 01/10/20 - 01/31/20 11:30 a.m. - 12:15 p.m.
F 02/07/20 - 02/28/20 11:30 a.m. - 12:15 p.m.
F 03/06/20 - 03/27/20 11:30 a.m. - 12:15 p.m.
F 04/03/20 - 04/24/20 11:30 a.m. - 12:15 p.m.

WELLNESS PROGRAMS

For more information, please contact 303-471-7044.

HRCA Foot Care
A registered nurse will trim toenails, corns, and callouses. Improve mobility, promote health, and gain comfort. Payment for foot care is made to HRCA. Price $32/$35

Southridge, Senior Lounge
For appointments, please call 303-471-7020.
W 01/15/20 9:00 a.m. - Noon
W 03/18/20 9:00 a.m. - Noon

Senior Private Personal Training Package Rates (Ages 55+)

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 / one-hour sessions</td>
<td>$147/$159 ($49/$53 per session)</td>
</tr>
<tr>
<td>6 / one-hour sessions</td>
<td>$264/$282 ($44/$47 per session)</td>
</tr>
<tr>
<td>12 / one-hour sessions</td>
<td>$492/$516 ($41/$43 per session)</td>
</tr>
</tbody>
</table>

PERSONAL TRAINING:
How to Get Started

• Visit www.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 dru.connolly@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’ve confirmed the first scheduled session with your trainer as all packages expire 90 days from the date of purchase.

PERSONAL TRAINING
Our nationally certified personal trainers are excited to get you started with a personal training program! All packages expire 90 days from date of purchase, excluding the Fitness Challenge, and are non-refundable. To view our personal trainer profiles or to request a trainer, visit us at www.HRCAonline.org/requesttrainer. For more information, contact dru.connolly@hrcaonline.org or 303-471-7044.

Introduction to HRCA Private or Semi-Private Personal Training Program $125 Package*
This package is only available to new private or semi-private clients of the HRCA Personal Training Program. Clients receive three, one-hour sessions. The first session is used to complete a full fitness assessment which is required for all new clients. Remaining two sessions are used for personal training sessions. *Can be used for up to two people.

Private Personal Training Packages
*Private session packages may be shared with members of the same household, but must train individually. Sessions must be used within three months from date of purchase. Prices listed reflect member/non-member rates.

SENIOR TENNIS

Senior 55+ Drop-In Drill
Come meet your peers for an hour and a half of fun tennis drills. You may use your Senior 55+ Tennis Pass for this drill.
Northridge, Tennis Pavilion; Th 2:30 - 4:00 p.m.

Senior In-House Doubles
Players may register beginning 1/20/19.
Northridge, Tennis Pavilion; Price $52/$60
Session 1
W 01/15/20 - 02/26/20 1:30 - 3:00 p.m.
Session 2
W 03/04/20 - 04/15/20 1:30 - 3:00 p.m.

BREAKFAST LEAGUE
Come 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 other fun format.
Northridge, Tennis Pavilion; Price $130/$150
Level 2.5-3.0-3.5 (16 weeks)
To 01/07/20 - 04/21/20 7:30 - 9:00 a.m.
Level 2.5-3.0-3.5 (16 weeks)
Th 01/09/20 - 04/23/20 7:30 - 9:00 a.m.

SOCIALS
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.
Northridge, Tennis Pavilion; Price $10/$12

3 / one-hour sessions $147/$159 ($49/$53 per session)
6 / one-hour sessions $264/$282 ($44/$47 per session)
12 / one-hour sessions $492/$516 ($41/$43 per session)
Sports

24/7 online
HRCAonline.org/Registration

Sports and Fitness Supervisor
Chad Mejia 303-471-7035
chad.mejia@hrcaonline.org

STAFF

Sports Team Leader
Cyrus Maes 303-471-8869
cyrus.maes@hrcaonline.org

Sports Coordinator
Lisa Sheley 303-471-8838
lisa.sheley@hrcaonline.org

Tennis Team Leader
Mike Shellman 303-471-8934
michael.shellman@hrcaonline.org

Tennis Coordinator
Marianne McCauley 303-471-8940
marianne.mccauley@hrcaonline.org

Race Series Director
Patrick Gojan 303-471-7048
patrick.gojan@hrcaonline.org

Education Coordinator
Heather Goetz-Zettl 303-471-8818
hgoetz@hrcaonline.org
• Gymnastics/Tumbling

AFS at Southridge
Amber Berendowsky 303-471-8850
amber.berendowsky@hrcaonline.org
• Pickleball
WINTER BREAK BASKETBALL CAMPS
FUNdamentals/ Shooting Basketball Camp (Ages 8-12)
Learn and develop basic FUNdamentals through teaching progressions, drills, contests, and fun games.
A great way to learn basketball and stay active.
Eastridge, South Gym
Price $145/$167
M, Tu, Th, F 12/30/20 - 01/03/20 9:00 a.m. - Noon

SPRING BREAK BASKETBALL CAMPS
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, South Gym
Price $175/$202
M-F 03/16/20 - 03/20/20 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 $165/$190
M-F 03/16/20 - 03/20/20 1:00 - 4:00 p.m.

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.
Eastridge, Gym
Price $165/$190

Level 1: Ages 5-9
W 01/08/20 - 02/12/20 4:00 - 6:00 p.m.
W 02/26/20 - 04/01/20 4:00 - 6:00 p.m.
W 04/15/20 - 05/20/20 4:00 - 6:00 p.m.

Level 2: Ages 10-13
M 01/06/20 - 02/10/20 4:00 - 6:00 p.m.
M 02/24/20 - 03/30/20 4:00 - 6:00 p.m.
M 04/13/20 - 05/18/20 4:00 - 6:00 p.m.

Level 3: Ages 12-15
Su 01/05/20 - 02/09/20 9:00 - 11:00 a.m.
Su 02/23/20 - 03/08/20 9:00 - 11:00 a.m.
Su 04/12/20 - 05/17/20 9:00 - 11:00 a.m.

TOT Basketball (Ages 3-6)
Your child will learn a new TOT ball skill each week! At the end of the program, your child will have mastered 25 new skills! We also have tons of fun working on balance, movement and coordination as well as a “mini-academic” lesson in each class! Athletics + Academics = TOT Basketball Fun! We can’t wait to meet your Superstar! This class also gives your child the chance to perform with the Harlem Globetrotters on February 29 at the Pepsi Center!
Northridge, Gym
Price $180/$207
M 01/13/20 - 03/02/20 4:00 - 4:35 p.m.

FENCING CAMP
Spring Break Fencing Camp (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!
Westridge, Fitness Studio; Price $199/$227
M-F 03/16/20 - 03/20/20 9:00 - 11:30 a.m.

ARCHERY
See page 23 for more information.

BASKETBALL
For more information, please contact 303-471-8869.

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.
Eastridge
Price $520 per team

Winter League
Registration Deadline: 12/27/2019
Men’s League - Recreational
M 01/06/20 - 03/16/20 6:00 - 10:00 p.m.
Men’s League - Comp/ Rec
W 01/08/20 - 03/18/20 6:00 - 10:00 p.m.
Men’s League - Recreational
W 01/08/20 - 03/18/20 6:00 - 10:00 p.m.
Men’s League - High School
Su 01/05/20 - 02/22/20 Noon - 4:00 p.m.
Men’s League - 35+
Su 01/05/20 - 02/22/20 4:00 - 8:00 p.m.

Spring League
Registration Deadline: 03/20/2020
Men’s League - Recreational
M 03/30/20 - 06/15/20 6:00 - 10:00 p.m.
Men’s League - Comp/ Rec
W 04/01/20 - 06/10/20 6:00 - 10:00 p.m.
Men’s League - Recreational
W 04/01/20 - 06/10/20 6:00 - 10:00 p.m.
Men’s League - High School
Su 03/29/20 - 06/14/20 Noon - 4:00 p.m.
Men’s League - 35+
Su 03/29/20 - 06/14/20 4:00 - 8:00 p.m.

Drop-In Women’s Basketball Program
This drop-in program is for women of all skill levels that would like to play basketball and meet new friends.
Eastridge, Gym; Price $0/$57
Su 01/05/20 - 06/29/20 5:00 - 7:00 p.m.

FENCING
For more information, please contact 303-471-8869.

Adult/Intermediate Fencing (Ages 13+)
Fosters quick reflexes, quick feet, and grace. Learn the basic fundamentals of footwork, blade work, and offensive/defensive strategies. All equipment is provided!
Westridge, Fitness Studio; Price $90/$103;
No class 04/09
Th 01/09/20 - 01/30/20 6:30 - 7:45 p.m.
Th 02/06/20 - 02/27/20 6:30 - 7:45 p.m.
Th 03/05/20 - 03/26/20 6:30 - 7:45 p.m.
Th 04/02/20 - 04/30/20 6:30 - 7:45 p.m.

Youth Beginning Fencing (Ages 8-13)
Fosters quick reflexes, quick feet, and grace. Learn the basic fundamentals of footwork, blade work, and offensive/defensive strategies. All equipment is provided!
Westridge, Fitness Studio; Price $90/$103;
No class 04/09
Th 01/09/20 - 01/30/20 5:00 - 6:30 p.m.
Th 02/06/20 - 02/27/20 5:00 - 6:30 p.m.
Th 03/05/20 - 03/26/20 5:00 - 6:30 p.m.
Th 04/02/20 - 04/30/20 5:00 - 6:30 p.m.
FOOTBALL
For more information, call 303-471-8838.

Youth Flag Football (Ages 7-12)
Play in our organized, indoor, non-contact flag football league. One weekly one hour practice. Games on Saturdays. Includes jersey. Volunteer coaches needed. Registration deadline is 03/13/20.
Westridge, Surf; Price $100/$115
Ages 7-8
Tu, Th-Sa 04/07/20 - 06/06/20 8:00 a.m. - 8:00 p.m.
Ages 9-10
Tu, Th-Sa 04/07/20 - 06/06/20 8:00 a.m. - 8:00 p.m.
Ages 11-12
Tu, Th-Sa 04/07/20 - 06/06/20 8:00 a.m. - 8:00 p.m.

GOLF
For more information, please contact 303-471-8869.

University of Denver Golf Club at Highlands Ranch
University of Denver Golf Club 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. University of Denver Golf Club is open for daily public play. Tee time reservations can be made at www.du.edu/highlandsbranchgolf 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.

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. Bring your own clubs or DUGC does have complementary clubs available for use during clinics as well. Please check www.HRCAonline.org/Register for specific class offerings. Classes are typically offered late spring through early fall.

Golf Simulator League
The HRCA Sports Department is excited to introduce a new Golf Simulator League for both members and guests. The Golf Simulator League is a fun way to keep your game sharp and fine tune your skills. This league will feature an eight round season playing the same courses the pros do. Rounds will be played on Tuesday nights and the time slots will be 6:00 - 10:00 p.m. A handicap point system will be used for all players and it will factor into the final scores/standings of the league. Tee time fees are included in the cost of the league. Ages 18+.
Northridge, Golf Simulator
Price: $90/$104
Tu 01/07/20 - 03/03/20 6:00 - 10:00 p.m.

Check out the Golf Simulator at Northridge! See page 6 for details.

PEAK ATHLETICS
Peak Promise
It is our commitment to you to operate our business with what we call the Peak Promise: “Helping today’s youth achieve their personal best through our commitment to instill: RESPECT, STRUCTURE, and CONFIDENCE in each athlete in a fun and safe environment.” All of our coaches are trained in the “Peak Positive” philosophy and are doing their best to make sure that your child succeeds and excels in their sport.

Peak Athletics’ main facility boasts over 23,000 square feet of space designed and built specifically for our programs. It includes our full-size gymnastics floor, regulation-size cheerleading spring floor, two dance studios, two full vault runways, two high and low beams, two sets of competition bars, three single rails, one pit bar, two strap bar rails, a rod floor, tumble track, as well as two in ground trampolines with harnesses. We are also proud to offer an off-site training facility for our dance teams and several recreational dance classes. This beautiful site offers the HRCA community a unique opportunity to succeed and excel in their sport.

PEAK ATHLETICS
Peak Promise

BIRTHDAY PARTIES (Ages 3-12)
Come celebrate your child’s special day with us! Enjoy an hour packed full of high energy and fun on our trampolines, tumble track, in the foam pit, activities with the parachute and so much more! After having a blast in the gym, party guests will enjoy a half-hour in the incredibly decorated party room! Families can upgrade to one of our preset party themes for $25 or let us help customize something special for your child for $35. All themes include décor and gift for each child. Guests are guaranteed to have an awesome time while you let us handle all the details! Ages: 3-18 (all participants must be potty-trained), for $35. All themes include décor and gift for each child. Guests are guaranteed to have an awesome time while you let us handle all the details! (All participants must be potty-trained).

PARTY PACKAGES:
“The Peak Party” includes party invitations, set-up and clean up, party host, coordinating tablecloths and tableware in your choice of 3 colors.
“The Ultimate Peak Party” includes all items from “The Peak Party” as well as a balloon for each child, 3 large pizzas and juice boxes or water bottles.
“Customized Themes” For an additional $25, select one of our preset themes: Under the Sea, Need for Speed, Superheroes or Princesses. For $35, you may request your own theme and we will provide a customized party just for you! *All parties are subject to a non-refundable deposit.

TRAMPOLINE & TUMBLING (Ages 3-18)
Trampoline & Tumbling (T&T) is a gymnastics-based sport consisting of a wide range of high flying skills on the trampoline, as well as gymnastics tumbling skills on a specialized tumbling floor. Peak offers Recreational T&T classes ranging from beginner to advanced, as well as a competitive team for athletes who are ready to take their training to the next level. T&T trains and uses many different muscle groups, promotes core balance, strength, patience and body awareness. Discount: HRCA residents that call and mention that they saw our advertisement in the HRCA guidebook will receive a 10 percent discount off their first camp registration, first birthday party, or first T&T class registration. No other discounts may be applied due to already reduced pricing.

Don’t forget you can register online for classes!
Visit www.HRCAonline.org/Registration
**Spring Camps at Peak**
(Ages 3-12)
*All participants must be potty trained.*

The following Peak camp registrations go through Peak directly. **Classes and Camps are held at Peak Athletics, 399 Dad Clark Drive, Highlands Ranch, CO 80126 or Peak Athletics Training Center, 8000 Lincoln, #8, Littleton, CO 80122**

**MLK (Martin Luther King) Day Camp**
Calling all girls and boys! Spend your day off of school with Peak Athletics! This camp will include gymnastics, cheer, dance, tramp and tumble, ninja obstacles and free time in the gym! Come learn from our highly qualified coaches from each discipline. This camp is geared toward recreational athletes.
Date: Monday, January 20
Ages: 3-12 (must be potty trained)
Times and Prices:
Full Day: 9:00 a.m. - 3:00 p.m. $45/day
Half Day: 9:00 a.m. - Noon $40/day
Registration deadline: Thursday, January 16
**No credits or refunds**

**Presidents’ Day Camp**
Looking for a gymnastics, dance and cheer camp to practice and improve skills? Add some free time, crafts, tramp and tumble, and ninja courses and this camp can’t be beat! Bring your child(ren) to Peak Athletics for a day of great instruction. Free time scheduled during camp to practice or play. This camp is geared towards recreational athletes.
Date: Monday, February 17
Ages: 3-12 (must be potty trained)
Times and Prices:
Full Day: 9:00 a.m. - 3:00 p.m. $45/day
Half Day: 9:00 a.m. - Noon $40/day
Registration deadline: Thursday, February 13
**No credits or refunds**

**Spring Break Camp**
Spend your days off of school with Peak Athletics! Our camp provides a great way to improve muscular and cardiovascular endurance, flexibility, strength and coordination through gymnastics, cheer, dance, games, obstacle courses and more! This gives our campers a wide variety of learning opportunities while attending camp. Our camp also includes: crafts, trampoline, pit fun, and free time. This camp is geared towards recreational athletes.
Date: March 16-19 (Monday-Thursday)
Ages: 3-12 (must be potty trained)
Times and Prices:
Full Day: 9:00 a.m. - 3:00 p.m. $45/day
Half Day: 9:00 a.m. - Noon $40/day
Registration deadline: Thursday, March 12
**No credits or refunds**

**Teddy Bear Picnic Camp**
Bring your favorite Teddy Bear to Peak! Children will learn a special dance, enjoy crafts and a picnic with their special Teddy Bear friend. This special time will leave your little one with memories to last always!
Date: Wednesday, March 18, 2020
Ages: 3-6 years (must be potty-trained)
Times and Prices: 10:00 a.m. - 12:30 p.m. $40 for members / $45 non-members.
Space is limited so register today.
**No credits or refunds**

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**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. Be Healthy Be Fit Be Active.

**GYMNASTICS & TUMBLING**

**PARENT – TOT**

**Parent Tot at Active Athletics**
(Ages 15 mos-3)
Active works with your child and you 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 $80;
Session 4: 01/06/20 - 02/16/20
Session 5: 02/17/20 - 03/29/20
Session 6: 03/30/20 - 05/10/20

**Spring Break Camps at Active**
(Ages 4-11)
Jump on our trampolines, fly down the zipline/conquer the warped wall, or play a game with friends and make memories. Active’s day camp will keep your kid on their feet and challenged on many obstacles. Bring a water bottle, snack, and lunch!
Active Athletics, Price $275;
M-F 03/16/20 - 03/20/20 9:00 a.m. - 3:00 p.m.

Drop-in Days, Price $65:
W 03/18/20 9:00 a.m. - 3:00 p.m.
F 03/20/20 9:00 a.m. - 3:00 p.m.
**Gymnastics & Tumbling**

**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 gymnastics. Each class consists of a 10-minute warm-up followed by three 15-minute rotations with varying stations to learn and improve upon the basic skills necessary to excel into the next level.

**Active Athletics, Price $102; No class 03/21**

<table>
<thead>
<tr>
<th>Session 4: 01/06/20 to 02/16/20</th>
<th>Session 5: 02/17/20 to 03/29/20</th>
<th>Session 6: 03/30/20 to 05/10/20</th>
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<tbody>
<tr>
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<td>F 4:00 - 4:55 p.m.</td>
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<tr>
<td>Sa 9:00 - 9:55 a.m.*</td>
<td>Sa 9:00 - 9:55 a.m.*</td>
<td>Sa 10:00 - 10:55 a.m.*</td>
</tr>
<tr>
<td>* Adjusted price $85 (Session 5 only)</td>
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</tbody>
</table>

**Beginner Girls Gymnastics at Active Athletics (Ages 5-12)**
This 55-minute class builds upon the skills and concepts learned in the Preschool class with greater emphasis upon strength conditioning and technique. Each class consists of a 15-minute warm-up, and basic gymnastics shapes followed by two-20-minute rotations with varying stations to learn and improve upon the basic skills necessary to excel into the next level.

**Active Athletics, Price $102; No class 03/21**

<table>
<thead>
<tr>
<th>Session 4: 01/06/20 to 02/16/20</th>
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</tbody>
</table>

**Gymnastics/Tumbling Specialty**

**Active Ninjas at Active Athletics (Ages 5-15)**
Active Athletics has the warrior program you have been looking for. Do you have what it takes to be an Active Ninja? Your warrior will train on obstacle courses working on body and spatial awareness, agility, strength, flexibility and confidence in a challenging safe environment. Active Ninjas is for warriors ages 5 and up.

**Active Athletics, Price $102; No class 03/21**

<table>
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<tr>
<th>Session 4: 01/06/20 - 02/16/20</th>
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</tr>
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<td>* Adjusted price $85 (Session 5 only)</td>
<td></td>
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</tr>
</tbody>
</table>

**Active Jr Ninja (Ages 5-7)**

| 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. (Ages 8-12)   |
| 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. (Ages 8-12)  |
| 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. (Ages 8-12)   |
| 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. (Ages 8-12)  |
| F 4:00 - 4:55 p.m.               |
| F 5:00 - 5:55 p.m.               |
| Sa 8:00 - 8:55 a.m.*             |
| Sa 9:00 - 9:55 a.m.*             |
| Sa 10:00 - 10:55 a.m.*           |
| * Adjusted price $85 (Session 5 only) |

**Active Sr Ninja (Ages 8-11)**

| M 6:00 - 6:55 p.m.               |
| Tu 6:00 - 6:55 p.m.              |
| W 6:00 - 6:55 p.m.               |
| Th 6:00 - 6:55 p.m.              |
| F 5:00 - 5:55 p.m.               |
| Sa 10:00 - 10:55 a.m.*           |

**Active Master Ninja (Ages 11-16)**

| Tu 7:00 - 7:55 p.m. |

* Adjusted price $85 (Session 5 only)

**Aerial Silk Fabrics (Ages 8-16)**
The aerial program focuses on building camaraderie, confidence, and life skills for ages 8 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 $102;**

<table>
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<th>Session 4: 01/06/20 - 02/16/20</th>
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**GYMNASTICS/TUMBLING PARENT–TOT**

**Active Athletics Mini Mites at Eastridge (Ages 1½-3)**
A specialized introduction to gymnastics skills and social engagement for our little ones and their adult participant. This 40-minute class employs the use of various fun “props” at the beginning followed by group exploration of appropriate gymnastics shapes. We discover the world of “upside down”, sideways, backwards, rolling, swinging, sliding and jumping.

Eastridge, Telluride; $30/$34; No class 01/20, 02/17, 03/09 & 03/16

| M 01/06/20 - 01/27/20 | 9:30 - 10:10 a.m.* |
| M 02/03/20 - 02/24/20 | 9:30 - 10:10 a.m.* |
| M 03/20/20 - 03/30/20 | 9:30 - 10:10 a.m.* |
| M 04/06/20 - 04/27/20 | 9:30 - 10:10 a.m.* |
| * Adjusted price $40/$46 |

**HRCA Tumbling**
Tumble into fun with HRCA’s classes designed for children from two to eight years. Using music, movement, and more, children develop their large motor skills, balance, and flexibility in a safe environment, while parents and children make new friends. So come join us for the fun!

**What to Wear:**

**For GYMNASICS BIRTHDAY parties - See page 8 for more information.**

Don’t forget you can register online for classes! Visit www.HRCAonline.org/Registration
**Big and Littles (Ages 2-3½)**
Children are challenged creatively, physically, and socially through music, movement, and basic motor development while engaged in activities such as crawling, climbing, balancing, tumbling, and more. Parents are required to join in the fun with their toddler.

**Westridge, Turf Field; Price $48/$55; No class 01/20 & 02/17**
- M 01/06/20 - 02/24/20 10:30 - 11:10 a.m.*
- Th 01/09/20 - 02/27/20 11:15 - 11:55 a.m.
*Adjusted price $36/$41

Price $42/$48; No class 03/16, 03/19, 04/06 & 04/09
- M 03/02/20 - 04/27/20 10:30 - 11:00 a.m.
- Th 03/05/20 - 04/30/20 11:15 - 11:55 a.m.

**Sibling Tumblers (Ages 3-6)**
Get active and have fun hanging out with your brother or sister. Parents do not attend this class.

**Westridge, Turf Field; Price $48/$55; No class 01/20 & 02/17**
- M 01/06/20 - 02/24/20 11:15 - 11:55 a.m.*
- Th 01/09/20 - 02/27/20 10:30 - 11:00 a.m.
*Adjusted price $36/$41

Price $42/$48; No class 03/16, 03/19, 04/06 & 04/09
- M 03/02/20 - 04/27/20 11:15 - 11:55 a.m.
- Th 03/05/20 - 04/30/20 10:30 - 11:00 a.m.*

**Tumbling (Ages 3½-5)**
Activities include musical warm-up and motor development to increase strength, coordination, and balance as well as to learn how to listen and follow directions. Parents do not attend this class.

**Westridge, Turf Field; Price $48/$55; No class 01/20 & 02/17**
- M 01/06/20 - 02/24/20 10:30 - 11:10 a.m.*
- Th 01/09/20 - 02/27/20 11:15 - 11:55 a.m.
*Adjusted price $36/$41

Price $42/$48; No class 03/16, 03/19, 04/06 & 04/09
- M 03/02/20 - 04/27/20 10:30 - 11:10 a.m.
- Th 03/05/20 - 04/30/20 11:15 - 11:55 a.m.

**Big and Littles (Ages 2-3½)**
Children are challenged creatively, physically, and socially through music, movement, and basic motor development while engaged in activities such as crawling, climbing, balancing, tumbling, and more. Parents are required to join in the fun with their toddler.

**Westridge, Turf Field; Price $36/$41; No class 01/20 & 02/17**
- M 01/06/20 - 02/24/20 4:30 - 5:15 p.m.

Price $42/$48; No class 03/16, 03/19, 04/06 & 04/09
- M 03/02/20 - 04/27/20 4:30 - 5:15 p.m.

**Kindergarten - 3rd Grade (Ages 5-9)**
Activities include trampoline, balance beam, rings, bar, and more to introduce children to basic gymnastic skills.

**Westridge, Turf Field; Price $48/$55; No class 01/20 & 02/17**
- M 01/06/20 - 02/24/20 10:00 - 11:10 a.m.*
- Th 01/09/20 - 02/27/20 11:15 - 11:55 a.m.
*Adjusted price $36/$41

Price $42/$48; No class 03/16, 03/19, 04/06 & 04/09
- M 03/02/20 - 04/27/20 10:30 - 11:10 a.m.
- Th 03/05/20 - 04/30/20 11:15 - 11:55 a.m.

**Sibling Tumblers (Ages 3-6)**
Get active and have fun hanging out with your brother or sister. Parents do not attend this class.

**Westridge, Turf Field; Price $48/$55; No class 01/20 & 02/17**
- M 01/06/20 - 02/24/20 10:30 - 11:10 a.m.
- Th 01/09/20 - 02/27/20 11:15 - 11:55 a.m.
*Adjusted price $36/$41

Price $42/$48; No class 03/16, 03/19, 04/06 & 04/09
- M 03/02/20 - 04/27/20 Noon - 12:40 p.m.
- Th 03/05/20 - 04/30/20 Noon - 12:40 p.m.

**Kindergarten - 3rd Grade (Ages 5-9)**
Activities include trampoline, balance beam, rings, bar, and more to introduce children to basic gymnastic skills.

**Westridge, Turf Field; Price $36/$41; No class 01/20 & 02/17**
- M 01/06/20 - 02/24/20 4:30 - 5:15 p.m.

Price $42/$48; No class 03/16, 03/19, 04/06 & 04/09
- M 03/02/20 - 04/27/20 4:30 - 5:15 p.m.

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**LACROSSE**
For more information, please contact 303-471-8869.

**Mile High Lacrosse**
Mile High Lacrosse will be offering adult box lacrosse leagues during the winter months. Games will be held on Sundays at the Westridge Recreation Center. Teams and/or individual players must register through the Mile High Lacrosse web site at www.milehighlacrosse.com. Questions can be sent to info@milehighlacrosse.com.

**LXTC Mammoth Elite Box Lacrosse League**
This eight-week league will provide youth lacrosse players the opportunity to play real box lacrosse. Team practices and games will be held during the week and Sunday evenings. Teams and individual players must register through the LXTC Lacrosse web site www.lxtclacrosse.com.
MARTIAL ARTS
For more information, please contact 303-471-8869.

HIGHLANDS RANCH
TAE KWON DO
This program is led by 5th Degree Black Belt Master Myong Su (Mathew Cottingham). He was born in South Korea and started his martial arts training from age of 4. At the age of 10 he moved to America and continued his training. While training, he won numerous championships in sparring and forms. Master Matt also has MMA (mixed martial arts) training in Jujitsu, Judo, and Muay Thai. This gives his students a broader spread of training as he includes these techniques into his Tae Kwon Do teachings. He has a passion in training students, seeing them grow and mature as individuals, and as martial artists. It is his privilege and honor to be able to teach, mentor, and work with his students. Uniforms can be purchased directly from the instructor.

PRICING OPTIONS
Monthly Single Class Fee
Manual, monthly payments. Must sign up each month. Perfect for those just wanting to try or not ready to commit. Attend unlimited classes each month.
$125/$144

Monthly Auto-Renew Class Fee
Auto-Renewal of fees month to month. Must have valid credit card on file, cards will be charged on the first class 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.
$115/$133

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! Students may attend class up to three times per week. Uniforms can be purchased directly from the instructor.

Black Belt Candidate Training (Ages 8+)
This class is dedicated to those students working towards their black belts. Ages 8 and up. Northridge; Price $40/$46

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.

TKD Belt Testing (Ages 4+)
Northridge
Price $50
1st 5 Belts
Price $75
2nd 4 Belts
January TBA
January TBA
February TBA
February TBA
March TBA
March TBA
April TBA
April TBA

Youth TKD (Ages 7-13)
Our children’s classes are a great activity to keep your 7-13 year olds 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.

TAE KWON DO BIRTHDAY PARTIES (AGES 4+)
See page 8.

THERAPEUTIC RECREATION
TAE KWON DO
See page 62.

PICKLEBALL
For more information, please contact 303-471-8850.

Drop-In Pickleball
Pickleball is a sport that can be played on a badminton court and is a cross between tennis, badminton, and ping pong played with a paddle and a wiffleball. Please check the Southridge and Northridge gym schedules for up to date drop-in pickleball times. Pickleball is played at Southridge and Northridge. Paddles and balls are provided free of charge.
ALL 2020 RACE EVENTS OPEN FOR REGISTRATION ON JANUARY 1!

HRCA RACE SERIES 2020

www.HRraceseries.org

St. Patrick’s Day 5K
March 14

Mother’s Day 5K
May 9

Happy Hour Half K
June 19

Independence Day 5K
July 4

Mountain Bike Series
July 22, July 29, August 5, August 12

Wildcat 10M/10K and Kids Trail Run
August 29

Oktoberfest 5K
September 19

Kids Triathlon
August 8

Backcountry Wilderness Half Marathon
November 7

Sponsorship & Volunteer Opportunities are available.

For more information, call 303-471-7048 or email RaceDirector@hrcaonline.org.
**RACQUETBALL**

For more information, call 303-471-8869.

**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.

**ADULT RACQUETBALL LEAGUES**

**A Player:** Advanced player who is considered as a top player in the club (or can compete with top players). High-level knowledge of the game with a high-level percentage of successful shots. Maintains good court position and can shoot opposing player out of position. Plays/practices regularly and many have competed in sanctioned tournaments.

**B Player:** Player who is average/intermediate who is developing their skills in order to play at the higher level. Knows the rules of the game and plays on a regular basis. Knowledge of offense/defense and shot position while developing footwork.

**C Player:** Beginner/developing player who has very basic knowledge of the game. Developing their skills while using basic strategy during play. Limited prior experience but is starting to figure out shots and court position. Can play in a league setting with players of similar skill but usually not quite ready for doubles play.

**D Player:** Complete beginner. Can play at this level until they have been playing for six months or until they choose to move up at an earlier date. Instructional League: This league is for ALL beginners and “C” level players wanting to learn the basics of racquetball.

**League fee includes league balls!**

**Northridge, Racquetball Courts; Price $75/$87**

No league 05/25

**Mixed Level League**

M 01/06/20 - 02/24/20 7:00 - 8:30 p.m.
M 03/02/20 - 04/20/20 7:00 - 8:30 p.m.
M 04/27/20 - 06/22/20 7:00 - 8:30 p.m.

Price $75/$87

**B League**

Tu 01/07/20 - 02/25/20 7:00 - 8:30 p.m.
Tu 03/03/20 - 04/21/20 7:00 - 8:30 p.m.
Tu 04/28/20 - 06/16/20 7:00 - 8:30 p.m.

Price $75/$87

**C League**

W 01/08/20 - 02/26/20 7:00 - 8:30 p.m.
W 03/04/20 - 04/22/20 7:00 - 8:30 p.m.
W 04/29/20 - 06/17/20 7:00 - 8:30 p.m.

**Private Individual, Semi-Private & Private Group Lessons**

To schedule a private, semi-private or group lesson, call 303-471-8930.

**Northridge, Racquetball Courts**

<table>
<thead>
<tr>
<th>Level</th>
<th>Price per hour</th>
<th>Per player</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Private (1 player)</td>
<td>$65/$75</td>
<td>per player</td>
</tr>
<tr>
<td>Semi-Private (2 players)</td>
<td>$40/$50</td>
<td>per player</td>
</tr>
<tr>
<td>3 and a Pro (3 players)</td>
<td>$30/$40</td>
<td>per player</td>
</tr>
<tr>
<td>Large Group (4+ players)</td>
<td>$25/$30</td>
<td>per player</td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>Price/Date</th>
<th>Time</th>
<th>Players</th>
</tr>
</thead>
<tbody>
<tr>
<td>M.W.F.</td>
<td>Noon - 1:00 p.m.</td>
<td>Singles</td>
</tr>
</tbody>
</table>

**MEET OUR RACQUETBALL INSTRUCTOR - DAN DAVIS**

Dan Davis has been an AmPRO advanced certified racquetball instructor for over 20 years in addition to coaching the Colorado juniors’ team for over 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 over his playing career. He enjoys teaching racquetball to 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**

<table>
<thead>
<tr>
<th>Level</th>
<th>Price per hour</th>
<th>Per player</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior Private (1 player)</td>
<td>$40/$50</td>
<td>per hour</td>
</tr>
<tr>
<td>Junior Semi-Private (2 players)</td>
<td>$35/$45</td>
<td>per player</td>
</tr>
<tr>
<td>Junior 3 and a Pro (3 players)</td>
<td>$25/$35</td>
<td>per player</td>
</tr>
</tbody>
</table>

**Rotary’s hands on leadership camp for high school juniors and seniors.**

Dan is a retired insurance salesman who enjoys spending his free time with his wife and dog.
SOCCER SHOTS AT HRCA
Soccer Shots is an engaging children's 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.

WINTER SESSION
Price $120/$138
Soccer Shots Mini's (Ages 2-3)
Maximum of 8 students per class.

Westridge, Turf 1
M 01/05/20 - 02/09/20 9:00 - 9:30 a.m.
M 01/06/20 - 02/10/20 9:45 - 10:30 a.m.
M 01/06/20 - 02/10/20 5:00 - 5:45 p.m.
Tu 01/07/20 - 02/11/20 9:00 - 9:30 a.m.
Tu 01/07/20 - 02/11/20 9:45 - 10:30 a.m.
Tu 01/07/20 - 02/11/20 5:00 - 5:45 p.m.
W 01/08/20 - 02/12/20 9:00 - 9:45 a.m.
W 01/08/20 - 02/12/20 2:00 - 2:45 p.m.
F 01/10/20 - 02/14/20 9:00 - 9:45 a.m.
F 01/10/20 - 02/14/20 9:00 - 9:45 a.m.

Southridge, Gym
Su 01/05/20 - 02/09/20 10:00 - 10:30 a.m.

Soccer Shots Classic (Ages 3-5)
Maximum of 10 students per class.

Westridge, Turf 1
M 01/05/20 - 02/09/20 9:00 - 9:30 a.m.
M 01/06/20 - 02/10/20 9:45 - 10:30 a.m.
M 01/06/20 - 02/10/20 5:00 - 5:45 p.m.
Tu 01/07/20 - 02/11/20 9:45 - 10:30 a.m.
Tu 01/07/20 - 02/11/20 5:00 - 5:45 p.m.
W 01/08/20 - 02/12/20 9:45 - 10:30 a.m.
W 01/08/20 - 02/12/20 5:00 - 5:45 p.m.
F 01/10/20 - 02/14/20 9:45 - 10:30 a.m.
F 01/10/20 - 02/14/20 5:00 - 5:45 p.m.

Southridge, Gym
Su 01/05/20 - 02/09/20 10:40 - 11:25 a.m.

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 02/14/20 or until full.
Westridge, Turf; Price $85/$98
Tu, Sa 03/03/20 - 03/28/20 5:00 - 5:50 p.m.
Tu, Sa 03/03/20 - 03/28/20 6:00 - 6:50 p.m.
W, Sa 03/04/20 - 03/28/20 5:00 - 5:50 p.m.
Th, Sa 03/05/20 - 03/28/20 5:00 - 5:50 p.m.
Th, Sa 03/05/20 - 03/28/20 6:00 - 6:50 p.m.
F, Sa 03/06/20 - 03/28/20 5:00 - 5:50 p.m.
F, Sa 03/06/20 - 03/28/20 6:00 - 6:50 p.m.

SOCCER SHOTS
For more information, please contact 303-471-8838.

ADULT SOCCER
For more information, please contact 303-471-8869.

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 $520 per team

WINTER SESSION
Price $120/$138
Adult Men's Indoor Soccer League
W 01/06/20 - 02/10/20 6:00 - 10:00 p.m.
Adult Women's Indoor Soccer League
W 01/06/20 - 02/10/20 6:00 - 10:00 p.m.

SPRING SESSION
Price $240/$276

Soccer Shots Classic (Ages 3-5)
Maximum of 10 students per class.

Westridge, Turf 1
M 03/02/20 - 05/18/20 9:45 - 10:30 a.m.
M 03/02/20 - 05/18/20 5:00 - 5:45 p.m.
Tu 03/02/20 - 05/19/20 9:45 - 10:30 a.m.
W 03/04/20 - 05/20/20 5:00 - 5:45 p.m.
W 03/04/20 - 05/20/20 2:00 - 2:45 p.m.
F 03/06/20 - 05/22/20 9:00 - 9:45 a.m.

Southridge, Gym
Su 03/01/20 - 05/17/20 11:35 a.m. - 12:20 p.m.
ADULT TENNIS
For more information, contact 303-471-8934.

Court Hours
Tennis courts are available for use:
M-Th 7:00 a.m. - 10:00 p.m.
F 7:00 a.m. - 9:00 p.m.
Sa, Su 7:00 a.m. - 6:00 p.m.

Court Reservations
Only members may make a court reservation. Reservations may be made 48 hours in advance for a maximum of two hours. HRCA offers online court reservations for Northridge, Southridge, and Westridge or you may call 303-471-8996. Court fees must be paid when the reservation is made. Check in at the access or monitor's desk before using the courts at any of these facilities. There is a fifteen minute court forfeiture rule.
Northridge 303-471-8996
Southridge 303-471-7020

Court Fees
Indoor Court Fees
$34/hr. walk-on or reservation 01/02/20 - 04/30/20...
$10/hr. walk-on or reservation 05/01/20 - 08/31/20...
Guest Fees
$7 Guest Fee per visit for program guests.

Ball Machine
The machine is available for reservations in half hour increments. Call 303-471-8996 for rates and reservations.

Backboards
Backboards are available at Northridge and Westridge. There are no fees for the use of the backboards.

New Members
Come to our meeting 02/01/20 at 2:30 p.m. in the Fitness Room at the Recreation Center at Northridge to learn about our programs, classes, and policies.

Private Individual, Semi-Private & Private Group Lessons
To schedule a private, semi-private or group lesson, call 303-471-8919.
Private Lesson (1 player) $64/$74 per hr
Semi-Private (2 players) $32/$37 per hr/ player
3 and a Pro (3 players) $21/$24 per hr/ player
Large Group (4 + players) $19/$22 per hr/ player

ADULT GROUP LESSONS & DRILLS SESSIONS

6 weeks

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>01/13/20 - 02/23/20</td>
</tr>
<tr>
<td>Session 2</td>
<td>02/24/20 - 04/05/20</td>
</tr>
<tr>
<td>Session 3</td>
<td>04/06/20 - 05/17/20</td>
</tr>
</tbody>
</table>

Wheelchair Classes
This program develops the skills of beginning to advanced wheelchair tennis players, placing an emphasis on shot production, mobility, and tactics.
Northridge, Tennis Pavilion; Price: $138/$159
Sa 4:00 - 6:00 p.m.

Adult Lessons
Adult lessons are taught using the NTRP Rating Categories, with the exception of beginners. Beginning tennis lessons are designated “Beginner”.
Northridge, Tennis Pavilion; Price: $102/$117
No class 01/20
Beginner
M 9:00 - 10:00 a.m.*
M 6:00 - 7:00 p.m.*
Tu 9:00 - 10:00 a.m.
*Adjusted Price Session / $85/$98

Adv. Beginner
Tu 10:30 - 11:30 a.m.
W 8:00 - 9:00 p.m.

Level 2.5
M 9:00 - 10:00 a.m.*
*Adjusted Price Session / $85/$98

Level 3.0
M 10:00 - 11:00 a.m.*
*Adjusted Price Session / $85/$98

Level 3.5
M 8:00 - 9:00 p.m.*
*Adjusted Price Session / $85/$98

Don’t forget you can register online for classes!
Visit www.HRCAonline.org/ Registration

SENIOR TENNIS
See page 44.

Aduln Drill Class
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: $153/$176
Level 2.5-3.0
Tu 7:00 - 8:00 p.m.
Northridge, Tennis Pavilion
Price: $102/$117
Cardio 2.5/3.0
Th 10:00 - 11:00 a.m.
Cardio 3.5
Th 11:00 a.m. - Noon
Northridge, Tennis Pavilion
Price: $153/$176
Level 4.0+
Th 7:00 - 8:30 p.m.
Level 3.5
F 9:00 - 10:30 a.m.
Sa 8:00 - 9:30 a.m.
Level 4.0-4.5
Sa 9:30 - 11:00 a.m.

Adult Drill/Play
The first half of class is spent working on a specific stroke or strategy. The second half is spent using the new concept.
Northridge, Tennis Pavilion; Price: $153/$176
Level 3.0
Th 1:00 - 2:30 p.m.

Senior 55+ Drop-In Drill
Come meet your peers for an hour and a half of fun tennis drills. You may use your Senior 55+ tennis pass for this drill.
Northridge, Tennis Pavilion
Th 2:30 - 4:00 p.m.
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.

Session 1: Member 2.5 Leagues may begin to register 12/02/19, Member 3.0 Leagues may begin to register 12/03/19, and Member 3.5 Leagues may begin to register 12/04/19. Guest Teams (one or both players are program guests) may register beginning 12/13/19.

Session 2: Member 2.5 Leagues may begin to register 01/13/20, Member 3.0 Leagues may begin to register 01/14/20, and Member 3.5 Leagues may begin to register 01/15/20. Guest Teams (one or both players are program guests) may register beginning 01/24/20.

Northridge, Tennis Pavilion; Price $110/$127

- Level 2.5 Women
  - Tu 01/14/20 - 02/25/20 Noon - 2:00 p.m.
  - W 01/15/20 - 02/26/20 11:00 a.m. - 1:00 p.m.
- Level 3.0 Women
  - M 01/13/20 - 02/24/20 12:30 - 2:30 p.m.
  - F 01/17/20 - 02/28/20 9:00 - 11:00 a.m.
- Level 3.5 Women
  - F 01/17/20 - 02/28/20 11:00 a.m. - 1:00 p.m.

SESSION 2

- Level 2.5 Women
  - Tu 03/03/20 - 04/14/20 Noon - 2:00 p.m.
  - W 03/04/20 - 04/15/20 11:00 a.m. - 1:00 p.m.
- Level 3.0 Women
  - M 03/02/20 - 04/13/20 12:30 - 2:30 p.m.
  - F 03/06/20 - 04/17/20 9:00 - 11:00 a.m.
- Level 3.5 Women
  - F 03/06/20 - 04/17/20 11:00 a.m. - 1:00 p.m.

Senior In-House Doubles
Players may register beginning 12/05/19.
Northridge, Tennis Pavilion; Price $52/$60

- Session 1
  - W 01/15/20 - 02/26/20 1:30 - 3:00 p.m.
- Session 2
  - W 03/04/20 - 04/15/20 1:30 - 3:00 p.m.

BREAKFAST LEAGUE
Come 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 other fun format.
Northridge, Tennis Pavilion-Court 1;
Price: $130/$150

- Level 2.5/3.0/3.5 (16 weeks)
  - Tu 01/07/20 - 04/21/20 7:30 - 9:00 a.m.
  - Th 01/09/20 - 04/23/20 7:30 - 9:00 a.m.

HRCA USTA/ITA/CTA ADULT LEAGUES
For more information, call 303-471-8934 or 303-471-8940. All necessary forms and applications are available at the Northridge Tennis Pavilion. Captains will need to turn in rosters, waivers and payment prior to receiving a Tennislink number. Get the latest in adult league information at our annual meeting to be held 1-2 p.m. on 02/01/20 in the Fitness Room at The Recreation Center at Northridge.

SOCIALS
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.
Northridge, Tennis Pavilion; Price $10/$12

- All Levels
  - F 01/10/20 6:00 - 9:00 p.m.
  - F 01/24/20 6:00 - 9:00 p.m.
  - F 02/14/20 6:00 - 9:00 p.m.
  - F 02/28/20 6:00 - 9:00 p.m.
  - F 03/13/20 6:00 - 9:00 p.m.
  - F 03/27/20 6:00 - 9:00 p.m.
  - F 04/10/20 6:00 - 9:00 p.m.
  - F 04/24/20 6:00 - 9:00 p.m.

Don’t forget you can register online for classes!
Visit www.HRCAonline.org/Registration

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**YOUTH TENNIS**

For more tennis information, contact 303-471-8934.

Tennis Court Reservations, Private, Semi-Private & Group Lessons (Ages 4 & up)
For more information, please refer to page 55.

---

**YOUTH TENNIS PROGRAM**

<table>
<thead>
<tr>
<th>Northridge Youth Tennis Session Dates (6 weeks)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Session 1</strong></td>
<td>01/13/20 - 02/23/20</td>
</tr>
<tr>
<td><strong>Session 2</strong></td>
<td>02/24/20 - 04/05/20</td>
</tr>
<tr>
<td><strong>Session 3</strong></td>
<td>04/06/20 - 05/17/20</td>
</tr>
</tbody>
</table>

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**Hot Shots Lessons Level 1**

Red Ball - I Can HIT (Ages 4-5)
Northridge, Tennis Pavilion; Price $102/$117
Tu, Th 9:00 - 9:30 a.m.
Tu, Th 9:30 - 10:00 a.m.
Price $51/$59
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 $102/$117
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 $102/$117
Th 5:00 - 6:00 p.m.

---

**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, High School Junior Varsity, completed Level 3, and/or have been approved by the teaching staff.
- **Level 5** players are on their High School Varsity team, are high level challenger tournament players or have been SSV tested and approved by the Head Tennis Professional.

---

**Youth Lessons (Ages 9-10)**

Northridge, Tennis Pavilion; Price $102/$117

No class 01/20

**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.
*Adjusted Price Session 1 $85/$98

**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
*Adjusted Price Session 1 $85/$98

**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 $180/$207

No class 01/20

M, Sa 4:30 - 6:00 p.m. & Sa 1:00 - 2:30 p.m.
*Adjusted Price Session 1 $165/$190

---

**12 Advanced Level 4**

**Green Ball - I Can COMPETE (Ages 11-12)**

For players who have competed in the 10 and Under League. This program is by professional approval only.

Northridge, Tennis Pavilion
Price $210/$238

W, Sa 6:00 - 7:30 p.m. & Sa 11:00 a.m. - 1:00 p.m.

---

UCHealth Highlands Ranch
Hospital features:

- Birth center.
- Cancer care.
- Emergency care.
- Many more services to keep the neighborhood happy and healthy.

---

Highlands Ranch Hospital
1500 Park Central Drive
Highlands Ranch, CO 80129

---

2020 January - April Activity Guide
Middle School Lessons (Ages 11-13)
Northridge, Tennis Pavilion; Price $102/$117
No class 01/20
Level 1 - Green Ball - I Can HIT
M 5:00 - 6:00 p.m.*
Tu 6:00 - 7:00 p.m.
*Adjusted Price Session 1 $85/$98
Level 2 - Green Ball - I Can RALLY
M 7:00 - 8:00 p.m.*
*Adjusted Price Session 1 $85/$98

High School Lessons (Ages 14-18)
Northridge, Tennis Pavilion; Price $102/$117
Level 1 - Green and Yellow Ball - I Can HIT
W 6:00 - 7:00 p.m.
Level 2 - Green and Yellow Ball - I Can RALLY
W 7:00 - 8:00 p.m.

Level 3 Middle and High School Lessons (Ages 11-18)
Northridge, Tennis Pavilion
Level 3 - Yellow Ball - I Can COMPETE
Price $102/$117
Th 6:00 - 7:00 p.m.
Sa 1:30 - 2:30 p.m.
Price $144/$166
Th 6:00 - 7:00 p.m. & Sa 1:30 - 2:30 p.m.

Level 4 Player Development Lessons (Ages 12-18)
Northridge, Tennis Pavilion; Price $240/$276
Level 4
Tu, Th 4:00 - 6:00 p.m.

Level 5 Player Development Lessons (Ages 12-18)
Northridge, Tennis Pavilion; Price $240/$276
Level 5
W, F 4:00 - 6:00 p.m.

YOUTH LEAGUES

USTA Summer Junior Team Tennis (Ages 8-18)

USTA Junior Team Parent Meeting
Please attend this information and registration meeting if your child is playing Junior Team Tennis this summer.
Northridge, Fitness Room
Sa 04/04/20 1:00 - 2:00 p.m.

USTA Junior Team Registration
Teams practice twice a week with matches on Monday mornings. Intermediate level of play. Wednesday and Friday afternoon practice times TBD by level and team. State playoffs for teams that qualify: 07/31/20 - 08/01/20.
Player registration deadline: 04/24/20 or until full.
Southridge; Price $196/$225 + USTA Fees
18 & under
M, W, F 06/08/20 - 07/24/20
Northridge, Tennis Pavilion; Price $196/$225 + USTA Fees
Ages 10 & under, 12 & under, 14 & under
M, W, F 06/08/20 - 07/24/20

Don’t forget you can register online for classes!
Visit www.HRCAonline.org/Registration

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**ADULT VOLLEYBALL**

For more information, please contact 303-471-8869.

**Adult Hard-Court Volleyball Leagues**
The women's and coed volleyball leagues will have 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 $20 late fee.

**Southridge, Northridge; Price $300 per team**

**WINTER LEAGUE**
Registration Deadline: 12/27/19
Coed Volleyball League 6v6 - Level ‘B’ & ‘BB’
Southridge
Th 01/09/20 - 03/26/20 6:00 - 10:00 p.m.

Women’s Volleyball League 4v4
Northridge
M 01/06/20 - 03/23/20 6:00 - 10:00 p.m.*
*Adjusted price $250 per team

**SPRING LEAGUE**
Registration Deadline: 03/27/20
Coed Volleyball League 6v6 - Level ‘B’ & ‘BB’
Southridge
Th 04/09/20 - 06/18/20 6:00 - 10:00 p.m.

Women’s Volleyball League 4v4
Northridge
M 04/06/20 - 06/15/20 6:00 - 10:00 p.m.*
*Adjusted price $250 per team

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**YOUTH VOLLEYBALL**

For more information, please contact 303-471-8838.

**HRCA & CARA Volleyball (Ages 7-14)**
This coed league involves one weekly, one-hour practice on Monday, Tuesday or Wednesday between 4-9 p.m. with either games or tournaments on the weekends and is for beginners and experienced 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 02/14/20 or until full.

**Southridge, Gym; Price $155/$179**
CARA Volleyball Divisions 3rd - 4th, 5th - 6th & 7th - 8th
M, Tu or W 03/16/20 - 05/16/20 4:00 - 9:00 p.m.
STAFF
Youth and Adult Therapeutic Recreation Programs
Summer Aden  303-471-7043
summer.aden@hrcaonline.org

Visit us at
HRCAonline.org/TR

Sports and Fitness Supervisor
Chad Mejia 303-471-7035
chad.mejia@hrcaonline.org
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/$50
TR Pack: Five 30 minute sessions $145/$165
TR 10 Punch Card (30 minute sessions) $270/$310

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

2 participants $80/$92 per person
3 participants $70/$80 per person
4 participants $60/$68 per person

Special Needs Family Swim (All Ages)

Perfect for program guests. Bring your family and enjoy some water fun. Call to schedule.

Guest: $10 for the first two guests and applicable guest fee for each additional guest after the first two.

To Volunteer -
303-471-7043 or email summer.aden@hrcaonline.org

RECREATION CLASSES

A parent or caregiver may be required to assist during Therapeutic Recreation Programs if a participant needs one-on-one assistance.

Special Needs Yoga (Ages 5-Adult)

Come and 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, Hawk Room

Call 303-471-7043 for pricing details

M 01/06/20 - 01/27/20 5:15 - 5:45 p.m.
M 02/03/20 - 02/24/20 5:15 - 5:45 p.m.
M 03/03/20 - 03/30/20 5:15 - 5:45 p.m.
M 04/13/20 - 04/27/20 5:15 - 5:45 p.m.

Special Needs Hip Hop Dance Class (Ages 5-Adult)

The focus of this class is a fun dance environment.

Eastridge Dance Studio; Price $70/$80

No class 03/17/20

Tu 01/07/20 - 01/28/20 6:00 - 7:00 p.m.
Tu 02/04/20 - 02/25/20 6:00 - 7:00 p.m.
Tu 03/03/20 - 03/31/20 6:00 - 7:00 p.m.
Tu 04/07/20 - 04/28/20 6:00 - 7:00 p.m.

Season package discount pricing all four months: $220/$253

Tu 01/07/20 - 04/28/20 6:00 - 7:00 p.m.

Special Needs Unified Basketball Team (Ages 15-Adult)

Get in the game! Unified Basketball integrates individuals with developmental disabilities (athletes) and individuals without disabilities (partners). Athletes gain skills, learn the rules of the game and focus on good sportsmanship and teamwork. Weekly home or away games will be played. Schedules will be available in December.

Special Needs Sports Camps (Ages 8-Adult)

Learn the skills necessary to play a variety of sports. Also learn the rules of the game, focusing on good sportsmanship and teamwork.

Southridge, Gym; Price $50/$69

M, F 12/30/19 & 01/03/20 9:00 a.m. - Noon
M, W 03/16/20 & 03/18/20 9:00 a.m. - Noon

Special Needs Indoor Soccer (Ages 8-Adult)

Learn the skills to play soccer, the rules of the game, and good sportsmanship.

Southridge, Gym; Price $50/$58

W 03/04/20 - 03/25/20 5:15 - 6:00 p.m.

Southridge, Gym; Price $63/$72

W 04/01/20 - 04/29/20 5:15 - 6:00 p.m.

Special Olympics Swim Team (Ages 8-Adult)

Eastridge Lap pool; Price $105/$120

No practice 05/01/20

F 04/03/20 - 05/30/20 5:30 - 6:30 p.m.

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 $150/$173

Th 01/02/20 - 01/30/20 12:30 - 3:30 p.m.
Th 04/02/20 - 04/30/20 12:30 - 3:30 p.m.

Southridge; Price $120/$138

Th 02/06/20 - 02/27/20 12:30 - 3:30 p.m.
Th 03/05/20 - 03/26/20 12:30 - 3:30 p.m.

Sweetheart Dance (Ages 16-Adult)

Dance the night away! Requires an ISP.

Southridge, Wildcat Mountain Auditorium; Price $12/$14

F 02/28/20 7:00 - 9:00 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 01/03/20 - 01/31/20 1:00 - 1:30 p.m.*
F 02/07/20 - 02/28/20 1:00 - 1:30 p.m.
F 03/06/20 - 03/27/20 1:00 - 1:30 p.m.
F 04/03/20 - 04/24/20 1:00 - 1:30 p.m.
*Adjusted Price $59/$69

**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.

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**Special Needs Taekwondo (Ages 5-22)**
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 $100/$115
Tu, Th 01/02/20 - 01/30/20 3:50 - 4:30 p.m.
Tu, Th 02/04/20 - 02/27/20 3:50 - 4:30 p.m.
Tu, Th 03/03/20 - 03/31/20 3:50 - 4:30 p.m.
Tu, Th 04/02/20 - 04/30/20 3:50 - 4:30 p.m.

**Special Needs Taekwondo Belt Testing (Ages 5-21)**
The instructor determines who is eligible to test and the dates/times. Testing requires a separate fee.
Northridge, Martial Arts Studio
Belt Test 1st 5 belts TKD Belt Test 2nd 4 belts
Price $50 Price $75
January TBA January TBA
February TBA February TBA
March TBA March TBA
April TBA April TBA

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Saturday, March 21
9:00 a.m. - 5:00 p.m.
Recreation Center at Eastridge
FREE Admission!

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