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

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

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

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

- **The Backcountry Wilderness Area Fund** is a 501(c)3 nonprofit that strives to improve wildlife habitats, inspire the next generation of nature stewards, and ignite a lifelong love of the outdoors for all.
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**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 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 HRCAonline.org. Click on the e-ME icon on the homepage.

**Social Media**

Follow us on Facebook and 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 HRCAonline.org/Tickets or call 303-791-2500. Tickets are non-refundable.

**Event Online Tickets**

You may purchase event tickets online. Visit 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 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 it’s members, directors, officers, agents, employees, contractors, related entities and affiliates, and their agents, arising out of any loss, injury, or death attributed to such risks and the use of the HRCA’s recreation facilities or off-site programs. Members and guests also agree that the HRCA or any sponsor may subsequently use photos of them for publicity and/or promotional materials such as websites, posters, or other merchandise. Ages listed in the Activity Guide are suggested age ranges only.

**FACILITY INFORMATION**

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

**Member Services/Registration**

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

**MEMBERSHIP**

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

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

**Membership or Replacement Card Fee**

$8 per card (age 9+). Children age eight and younger do not need a membership card, but are required to be directly supervised within any HRCA recreation center by a responsible party age 12 or older at all times.  
*Expired card replacement fee $2.00.*

Renters of homes in Highlands Ranch may use the HRCA recreation facilities (and receive a membership card) if the homeowner completes a Consent to Tenant Form relinquishing their rights to use the facilities to the tenants.  

**GUEST POLICY & FEES**

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

**Guest Fees**

- $6 for ages 2-11
- $7 for ages 12-17
- $8 for ages 18-54
- $7 for ages 55+

**Punch Pass 10 visits - $65**  
*Expires 1 year from date of purchase. No charge for infants less than 2 years. No refunds will be given for unused pass visits.

**REGISTRATION**

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

**Three Ways to Register**

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

1. **Online Registration**

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

2. **Phone**

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

3. **Walk-in**

   Visit Member Services at any HRCA Recreation Center.

**Accepted Payment**

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

**Minimum Enrollment**

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

**Therapeutic Recreation**

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

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**City of Highlands Ranch**

2023 May - August Activity Guide
REFUND & TRANSFER POLICY

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

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

CLIMBING WALL
OPEN CLIMB (AGES 7+)

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

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

Price: FREE

Visit HRCAonline.org to schedule. You can also contact Ryan Siegle at ryan.siegle@hrcaonline.org or call 303-471-8953 for details or to schedule.

Private Instruction:
During a one-hour private lesson, participants learn rope skills, climbing technique, movement, and hand and foot skills. Lessons must be scheduled in advance: 303-471-8953.

Member/Guest
1-hour (private lesson) $20/$25
5-pack (1-hour private lessons) $80/$100
1-hour (semi-private lesson) $15/$20
(max of 6 people total)

GOLF AND MULTI SPORT SIMULATOR

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

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

Member/Guest
(2 hour max reservations)

Off-Season Unlimited Pass Prices
June - September
30 minutes $5/$7.50
Unlimited Monthly Pass $35/$45

Peak Season Unlimited Pass Prices
October - May
30 minutes $10/$15
Unlimited Monthly Pass $80/$95
Annual Pass $500 (Members Only)

Reservations
Visit HRCAonline.org/Golf or call:
Northridge Member Services 303-471-8950
Southridge Member Services 303-471-7020.

Club rentals available or bring your own clubs!

BATTLING CAGES

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

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

2023 SEASON HOURS:
Winter Hours (March 11 - April 2)
Saturday - Sunday 10:00 a.m. - 5:00 p.m.
Spring Hours (April 3 - May 20)
Monday - Friday 4:00 p.m. - 7:30 p.m.
Saturday - Sunday 10:00 a.m. - 5:00 p.m.
Summer Hours (May 26 - Sept. 4)
Monday - Friday 10:00 a.m. - 8:00 p.m.
Saturday - Sunday 10:00 a.m. - 6:00 p.m.
Fall Hours (Sept. 5 - Oct. 28)
Saturday - Sunday 10:00 a.m. - 5:00 p.m.

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

Heavy Hitter Passes
Grand Slam Season Pass $175 individual $300 Family
Heavy Hitter Triple 80 tokens $50
Heavy Hitter Double 50 tokens $35
Heavy Hitter Single 25 tokens $20
**FACILITIES - AMENITIES**

**NORTHRIDGE RECREATION CENTER**
9568 University Blvd, Highlands Ranch
Phone 303-471-8858

**Facility Hours:**
• M-F: 5:00 a.m. - 9:00 p.m.
• Saturday: 7:00 a.m. - 8:00 p.m.
• Sunday: 7:00 a.m. - 6:00 p.m.

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

**Administrative Offices:**
(Assessments & Community Improvement Services)
• M-F: 8:00 a.m. - 5:00 p.m.

**AMENITIES:**
• Cardiovascular Area
• Member Services
• Variable Resistance Machine Area
• Running Track
• Free Weight Area
• Vending Area
• Fitness/Dance Studio
• Locker Rooms
• 2 Gymnasiums (wood floor)
• Pools
• Family Changing Rooms
• Climbing Wall
• Camp HRCA (summer)
• Pools: Lap, Slides, Youth, Zero Depth
• 2 Outdoor Sand Volleyball Courts
• Steam Room
• Preschool

**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 HRCAonline.org/RoomRentals

• Sand Volleyball Court, $80/hr

**EASTRIDGE RECREATION CENTER**
9800 Broadway, Highlands Ranch
Phone 303-471-8950

**Facility Hours:**
• M-F: 5:00 a.m. - 9:00 p.m.
• Sa-Su: 7:00 a.m. - 6:00 p.m.

**Membership Services/Registration Hours:**
• M-F: 7:00 a.m. - 7:00 p.m.
• Sa-Su: 8:00 a.m. - 1:00 p.m.

**Tennis Pavilion:**
Phone: 303-471-8996
• M-F: 7:30 a.m. - 9:00 p.m.
• Sa-Su: 7:30 a.m. - 6:00 p.m.

**AMENITIES:**
• Cardiovascular Area
• Member Services
• Variable Resistance Machine Area
• Running Track
• Free Weight Area
• Vending Area
• Fitness/Dance Studio
• Locker Rooms
• Gymnasium (wood floor)
• Pools: Dive Pool, Lap, Youth
• Family Changing Rooms
• 10 Racquetball Courts
• Dry Sauna
• Tennis Courts (6 indoor, 5 outdoor) & Pavilion
• (Hot) Yoga Studio
• Golf Simulator
• Martial Arts Studio
• AquaClimb Poolside

**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 HRCAonline.org/RoomRentals

• Wetterhorn Peak, capacity 42, $45/hr
• Crestone Peak, capacity 41, $40/hr
• Elbert Conference Room, capacity 21, $35/hr
Facility Hours:
- M-F: 5:00 a.m. - 9:00 p.m.
- Saturday: 7:00 a.m. - 8:00 p.m.
- Sunday: 7:00 a.m. - 6:00 p.m.

Membership Services/ Registration Hours:
- M-F: 6:00 a.m. - 7:00 p.m.
- Saturday: 7:00 a.m. - 5:00 p.m.
- Sunday: 9:00 a.m. - 2:00 p.m.

**AMENITIES:**
- Cardiovascular Area
- Member Services
- Variable Resistance Machine Area
- Running Track
- Free Weight Area
- Vending Area
- Fitness/Dance Studio
- Locker Rooms
- Family Changing Rooms
- 2 Gymnasiums (multi-sport surface)
- Pools:
  - Current Channel
  - Fitness pool
  - Fitness
  - Zero Depth
  - Outdoor Resort Pool
- Pottery Studio
- 5 Outdoor Tennis Courts
- Wildcat Mountain Auditorium
- Golf and Multi-Sport Simulator

**ROUNTS 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 HRCAonline.org/RoomRentals
- 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
- Wildcat Mountain Auditorium, capacity 325, $255/hr, call 303-471-8860.

**AMENITIES:**
- Cardiovascular Area
- Member Services
- Variable Resistance Machine Area
- Running Track
- Free Weight Area
- Vending Area
- Fitness/Dance Studio
- Locker Rooms
- Family Changing Rooms
- 5 Outdoor Batting Cages
- Tiny Tees Ballpark
- Camp HRCA (summer only)
- Preschool
- Indoor Turf soccer/turf field
- Pitching Structure
- Pools: Lap, Slides, Youth, Zero Depth, Splash Fountain
- Indoor Cycling Studio
- 6 Outdoor Pickleball Courts
- Nursery

**ROUNTS 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 HRCAonline.org/RoomRentals
- Full Hawk, capacity 78, $75/hr
- Cooper’s Hawk, capacity 45, $45/hr
- Red Tailed Hawk, capacity 33, $40/hr
- Falcon, capacity 100, $40/hr
- Osprey, capacity 27, $35/hr
- Golden Eagle, capacity 24, $35/hr
- Indoor Turf, Full turf: $140/hr, 2/3 turf: $100/hr, 1/3 turf: $70/hr, call 303-471-8846.
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, GYMNASICS, AND SPECIALTY PARTIES:
303-471-8818
• Snapology (Ages 2+):
  Star Wars
  Princess
  Frozen
  Disney Cars
  Robotics - Motorized Hand
  Grabber or Swing
• Magic Party (Ages 6+)
• Science Matters (Ages 5-11):
  Chemistry Magic
  Perfume Science
  Fantastic Flight
• Nature’s Educators (Ages 6+):
  Your Wild Backyard
  Super Snakes
  Talon Talk
• Active Athletics Parties (Ages 3-15)
303-471-8853
• Cooking Party (Ages 5+)
• Dance Party (Ages 3+)
• Pottery Party (Ages 5+)
• Paint on Canvas Party (Ages 7+)
• Crocodile Rock Party (Ages 18 mos-3)

BACKCOUNTRY WILDERNESS AREA OUTDOOR PARTIES
Parties are held outdoors at the Backcountry Outdoor Center, 6005 Ron King Trail, 80125
303-471-7053

BATTING CAGES, INDOOR TURF, AND CUSTOMIZED PARTIES
303-471-8846
• Touchdown! Turf Party (Ages 3+)
  60-minutes of turf time, and 60-minutes of party room time.
• “Extra Point” Touchdown Option (Ages 3+)
  40-minutes of batting cages, 40-minutes of turf time, and 40-minutes of party room time.
• Triple Play Party (Ages 6+)
  40-minutes of batting cages, 40-minutes of turf time, 40-minutes of party room time.
Each party room is decorated to the theme of your child’s choice! If availability permits.

PARTIES FOR ADULTS
Art & 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
contact christyn.ennen@hrcaonline.org
Eastridge 303-471-7036
or contact tyler.kurapkat@hrcaonline.org
• Large Pool Party (Max 15)
• Small Pool Party (Max 9)

SOUTHRIDGE GOLF AND MULTI-SPORT SIMULATOR PARTY (Ages 7+)
Come play golf, soccer, baseball, hockey, football, dodgeball, carnival games and more!
Contact Ned Pirotte at ned.pirotte@hrcaonline.org or 303-471-8860

TAEKWONDO BIRTHDAY PARTIES (Ages 4+)
303-471-8838
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
lisa.sheley@hrcaonline.org or call
303-471-8838.
LEARN TO SWIM PROGRAMS

Individual class descriptions and class schedules are available by visiting hrcaonline.org/swim. It is recommended to enroll for the same level for a minimum of two to three months to successfully complete all skills for that level. For more information, visit HRCAonline.org/swim or please call 303-471-8867.

We are a certified learn to swim program through Starfish Aquatics Institute, (SAI). SAI is an internationally accredited organization and a global leader in swimming instruction! The primary goals of HRCA’s Learn to Swim program remain the same: to provide water safety instruction, prevent drownings, and instill a lifelong love of the water. We will continue to offer small class sizes and provide first class swim lessons with SAI certified instructors.

Please refer to the HRCA Swim Progression Chart or visit the Learn to Swim Page at HRCAonline.org/swim for more information on the breakdown of classes, skill levels, and available class times. Don’t hesitate to seek assistance from our team during lessons, or please call 303-471-8867.

All classes are held at Eastridge pool, and separated by age and skill level:
- Infant/Toddler (Ages 9 months-3 years)
- Preschool (Ages 3-5)
- School Age (Ages 6-12)
- Teen/Adult (Ages 13+)

Eastridge, Indoor Pool
Learn to Swim Session Information
- M, W 3 weeks (6 lessons) (30 Min.) Price $105/$126
- Tu, Th 3 weeks (6 lessons) (30 Min.) Price $105/$126
- Sa 4 weeks (4 lessons) (30 Min.) Price $76/$92
Session 1 05/01/23 – 05/20/23
Session 2 05/23/23 – 06/09/23
Session 3 06/12/23 – 07/02/23
Session 4 07/05/23 – 07/23/23
(No Classes 05/29)

Eastridge, Outdoor Pool
Learn to Swim Session Information
- M-Th 2 weeks (8 lessons) (30 Min.) Price $126/$151
Session 1A 05/30/23 – 06/08/23
Session 1B 06/12/23 – 06/22/23
Session 2A 06/26/23 – 07/06/23
Session 2B 07/10/23 – 07/20/23
Session 3A 07/24/23 – 08/03/23
(No Classes 07/03, 07/04)

PRIVATE LESSONS

30 Minute Private or Family Semi-Private Lessons
Learn to Swim or Coached Aquatic (Ages 3-Adult)
For more information, visit HRCAonline.org/swim, or please call 720-348-8220 to schedule lessons prior to payment.

COACHED SWIM PROGRAMS

Coached youth programs teach skills, build endurance & improve technique for competitive swimming. New swimmers are evaluated on the first day of each session.

YOUTH COACHED YEAR-ROUND SWIM PROGRAMS

1 - Seahawks Intro (Ages 6-14)
To Enroll: Complete Stroke School II Blue level or able to swim 25 yards freestyle with side breathing, 50 yards backstroke comfortably without stopping & 10 yards intro level breaststroke and butterfly. Must have endurance for a 45-minute practice.
Program Focus: Competitive stroke development, terminology, lane etiquette, circle swimming, open-turns and dive starts.
Westridge, Pool; Price $132/$156 (SESSIONS 1-4)
Tu, Th 4:45 p.m. - 5:30 p.m.

2 - Seahawks Intermediates (Ages 6-14)
To Enroll: Complete Swim Stroke School II Green level or Seahawks Intro or able to swim a timed 50 yards freestyle in 1:15, swim 50 yards backstroke with open turns, 15 yards breaststroke & butterfly and dive from the deck. Must have endurance for a 1-hour practice.
Program Focus: Endurance & stroke development for all four strokes, flip turns & dive starts with an introduction to timed freestyle drills.
Westridge, Pool; Price $132/$156 (SESSION 1 & 4)
Tu, Th 5:30 p.m. - 6:30 p.m.
LEARN TO SWIM (Ages 9 months - Adult)

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

### Infant | Toddler (Ages 9 months - 3 years)

<table>
<thead>
<tr>
<th>Star Tots</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Enroll:</strong> Beginner level for adult caregiver and child. Children not yet potty trained must wear a swim diaper.</td>
</tr>
<tr>
<td><strong>Focus:</strong> Parent and child explore in the water together learning water safety and basic skills to help child develop comfort and confidence.</td>
</tr>
</tbody>
</table>

### Preschool Swim School (Ages 3 - 5)

<table>
<thead>
<tr>
<th>Pre-K Swim I - White and Red (formerly Tadpole or Beginner Minnow)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Enroll:</strong> Beginner level, comfortable in water without parent.</td>
</tr>
<tr>
<td><strong>Focus:</strong> Develop water safety skills, submersion, front and back floating positions, air exchange, rollover floats, and kicking.</td>
</tr>
<tr>
<td>Pre-K Swim II - Yellow, Blue, and Green (formerly Advanced Minnow or Frog)</td>
</tr>
<tr>
<td><strong>Enroll:</strong> Complete Pre-K Swim I level or able to fully submerge unassisted, front and backfloat unassisted, roll front to back and back to front float.</td>
</tr>
<tr>
<td><strong>Focus:</strong> Water safety skills, front and back streamline with kick, rollover float and return to wall, kick and pull-on front and back, intro to side breathing.</td>
</tr>
</tbody>
</table>

### School Age Swim School (Ages 6 - 12)

<table>
<thead>
<tr>
<th>Youth Swim I - White and Red (formerly Beginner Turtle)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Enroll:</strong> Beginner level, comfortable in three feet of water without parent.</td>
</tr>
<tr>
<td><strong>Focus:</strong> Develop water safety skills, submersion, front and back floating positions, air exchange, rollover floats, and kicking.</td>
</tr>
<tr>
<td>Youth Swim II - Yellow, Blue, and Green (formerly Advanced Turtle or Beginner Sea Horse)</td>
</tr>
<tr>
<td><strong>Enroll:</strong> Complete Swim I level or able to swim freestyle and backstroke 10-yards with consistent form.</td>
</tr>
<tr>
<td><strong>Focus:</strong> Freestyle and backstroke development technique to competently swim both strokes with consistent form.</td>
</tr>
</tbody>
</table>

### School Age Stroke School (Ages 6 - 12)

<table>
<thead>
<tr>
<th>Youth Stroke I - White and Red (formerly Advanced Sea Horse or Otter)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Enroll:</strong> Complete Swim II level or able to slide glide, swim beginner freestyle with side breathing 10-yards, and tread water for 30-seconds.</td>
</tr>
<tr>
<td><strong>Focus:</strong> Freestyle and backstroke development technique to competently swim both strokes with consistent form.</td>
</tr>
<tr>
<td>Youth Stroke II - Yellow, Blue, and Green (formerly Sting Ray, Shark, or Dolphin)</td>
</tr>
<tr>
<td><strong>Enroll:</strong> Complete Stroke I level or able to swim freestyle and backstroke 10-yards with consistent form.</td>
</tr>
<tr>
<td><strong>Focus:</strong> Introduction and competency in butterfly and breaststroke, continue technique and endurance all strokes, open and flip turns, treading water.</td>
</tr>
</tbody>
</table>

### Teen | Adult (Ages 13 - Adult)

| Enroll: Must be comfortable in the lap pool in water 4-feet or deeper with face in the water. |
| **Focus:** Learn basic water safety skills, floating; kicking, and gliding on front and back; beginner freestyle with side breathing and backstroke. |

### YOUTH COACHED AQUATICS (Ages 6 - 18)

Coached programs teach skills, build endurance and improve technique for competitive swimming. New swimmers tested first day.

**Seahawks Intro (Ages 6 - 14)** *Must have endurance for a 45-minute practice.*

| Enroll: Complete Swim II Blue level or able to swim 25-yards freestyle, 50-yards backstroke, and 10-yards intro breaststroke and butterfly. |
| **Focus:** Competitive stroke development, terminology, lane etiquette, circle swimming, and open turns and dive starts. |

**Seahawks Intermediates (Ages 6 - 14)** *Must have endurance for a one-hour practice.*

| Enroll: Complete Stroke II Green or Intro or swim 50-yards free in 1:15, 50-yards backstroke, 15-yards butterfly and breaststroke, and dive from deck. |
| **Focus:** Endurance and stroke development for all four strokes, flip turns, and dive starts with introduction to timed freestyle drills. |

**Seahawks Juniors (Ages 6 - 14)** *One-hour Class*

| Enroll: Complete Intermediates or able to swim timed 100-yards free in 2:00, 75-yards legal, backstroke, 25-yards breaststroke and butterfly. |
| **Focus:** Developing competency in 100-yards IM, dive starts from block, legal flip turns for freestyle & overall endurance. |

**Seahawks Seniors (Ages 9-18)** *One-hour Class (Swimmers required to bring fins to each practice)*

| Enroll: Complete Juniors or able to swim legally four competitive strokes with legal turns, block start, 100-yards freestyle in 1:50, and 100 yard IM. |
| **Focus:** Mastery of all four strokes, conditioning, swim 200-yard IM. |

**Seahawks Elite (Ages 12 - 18)** *90-Minutes Class (Swimmers required to bring fins to each practice)*

| Enroll: Complete Seniors or able to swim a legal freestyle 10x100’s on a 1:50 interval. Swim legally all four strokes, and 200-yard IM. |
| **Focus:** Mastery of all four strokes, conditioning, and endurance. Off-season for team swimmers. |

**Seahawks Summer Swim Team (Ages 6 - 18)** *Must have endurance for a one-hour practice.*

| Enroll: Complete Intro or able to swim 50-yards freestyle, 75-yards backstroke, 15-yards butterfly and breaststroke. |
| **Focus:** Practices four days a week to focus on conditioning, stroke development, race technique, timed intervals with intra-squad swim meets. |

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**To Sign up visit:** [HRCAonline.org/Swim] 720-348-8220  
**Private lessons** 720-348-8220
3 - Seahawks Juniors (Ages 6-14)
To Enroll: Complete Seahawks Intermediates or able to swim a timed 100-yards freestyle in 2:00. Swim 75-yards legal backstroke & 25-yards breaststroke & butterfly.
Program Focus: Develop competency in 100-yard IM, dive starts from block & legal flip turns for freestyle & overall endurance.
Westridge, Pool; Price $132/$156 (SESSION 1 & 4)
M, W 6:30 p.m. - 7:30 p.m.
Tu, Th 6:30 p.m. - 7:30 p.m.

4 - Seahawks Seniors (Ages 9-18)
To Enroll: Complete Juniors or able to swim all four competitive strokes legally with legal turns & block start. Swim timed 100-yards freestyle in 1:50 & a 100-yard IM. Swimmers required to bring fins for each practice. Program Focus: Mastery of all four strokes, conditioning a timed 100-yards freestyle and a 200-yard IM.
Westridge, Pool; Price $132/$156 (SESSION 1 & 4)
M, W 5:30 p.m. - 6:30 p.m.

5 - Seahawks Elites (Ages 12-18)
To Enroll: Complete Seniors level or able to swim timed 10x100's freestyle on a 1:50 interval. Swim all four legal strokes and a 200-yard legal IM (by USA Swimming guidelines) with legal turns & block starts. Swimmers required to bring fins for each practice. Program Focus: Mastery of all four strokes, conditioning technique, and endurance. Off-season program for team swimmers.
Westridge, Pool; Price $165/$196 (SESSION 1 & 4)
M, W, F 4:00 p.m. - 5:30 p.m.

YOUTH COACHED SUMMER SWIM PROGRAM
Each Swim Team session meets Mon-Thur for four weeks with one intra-squad Saturday morning meet. Intra-squad swim meets will be timed events at the Northridge Outdoor Pool and offer swimmers a FUN, competitive meet experience. Parents will be required to volunteer five hours during the registered session(s). Swimmers may attend ONLY ONE practice time slot (AM or PM) and may enroll for both sessions separately or enroll for both sessions at once and receive a discount. For more information, visit HRCAonline.org/swim or please call 303-471-8942

DISCOUNTED PRICING FOR THE JULY SESSION FOR ENROLLMENT IN BOTH SESSIONS - If a swimmer enrolls for both the June and July sessions, a $20 discount will automatically be applied for the July session.

3 - Seahawks Juniors (Ages 6-14)
To Enroll: Complete Seahawks Intermediates or able to swim a timed 100-yards freestyle in 2:00. Swim 75-yards legal backstroke & 25-yards breaststroke & butterfly.
Program Focus: Develop competency in 100-yard IM, dive starts from block & legal flip turns for freestyle & overall endurance.
Westridge, Pool; Price $132/$156 (SESSION 1 & 4)
M, W 6:30 p.m. - 7:30 p.m.
Tu, Th 6:30 p.m. - 7:30 p.m.

4 - Seahawks Seniors (Ages 9-18)
To Enroll: Complete Juniors or able to swim all four competitive strokes legally with legal turns & block start. Swim timed 100-yards freestyle in 1:50 & a 100-yard IM. Swimmers required to bring fins for each practice. Program Focus: Mastery of all four strokes, conditioning a timed 100-yards freestyle and a 200-yard IM.
Westridge, Pool; Price $132/$156 (SESSION 1 & 4)
M, W 5:30 p.m. - 6:30 p.m.

5 - Seahawks Elites (Ages 12-18)
To Enroll: Complete Seniors level or able to swim timed 10x100's freestyle on a 1:50 interval. Swim all four legal strokes and a 200-yard legal IM (by USA Swimming guidelines) with legal turns & block starts. Swimmers required to bring fins for each practice. Program Focus: Mastery of all four strokes, conditioning technique, and endurance. Off-season program for team swimmers.
Westridge, Pool; Price $165/$196 (SESSION 1 & 4)
M, W, F 4:00 p.m. - 5:30 p.m.

Parent Info Meeting/Test Day (Ages 6-18)
The Parent Info Meeting is for all registered families to learn about the summer program and volunteer requirements. NEW swimmers to HRCA, come in suit, bring goggles, and be ready to be timed and evaluated in the water. CURRENT HRCA swimmers may use their Swimmingly times instead of in-water testing.
Northridge, Pool, Wetterhorn, Crestone
Sa 04/29 12:30 p.m. - 3:00 p.m.

Northridge, Outdoor/Indoor Pool
Youth Coached Summer Session Information
Session 1 05/30/23 - 06/22/23
No Class 05/29
Session 2 06/26/23 - 07/20/23
No Class 07/03, 07/04

1 - Seahawks Gray (Ages 6-12)
To Enroll: Completion of Seahawks Intro level or higher or able to swim 50-yards freestyle 75-yards backstroke, and 15-yard breaststroke & butterfly. Must have endurance for one-hour practice. Program Focus: Develop competency in a 100-yard IM, dive starts from blocks, legal flip turns, and overall endurance.
Northridge, Indoor Pool; Price $180/$216
M-Th 9:00 a.m. - 10:00 a.m.
M-Th 6:00 p.m. - 7:00 p.m.

2 - Seahawks Maroon (Ages 9-18)
To Enroll: Completion of Seahawks Juniors or able to swim a 100-yard IM legally with legal turns and 100-yards freestyle in 1:50. Swimmers are required to bring fins for each practice. Program Focus: Mastery of all four strokes, conditioning, technique, and endurance.
Northridge, Outdoor Pool; Price $180/$216
M-Th 7:30 a.m. - 9:00 a.m.
M-Th 4:30 p.m. - 6:00 p.m.

Summer Intra-Squad Meets (Ages 6-18)
To Enroll: Swimmers must be a current participant on the Grey or Maroon Team or able to swim 50-yards freestyle and 75-yards backstroke. An opportunity for timed races to measure improvement and participate in fun competition! Parent volunteers are essential to the success of offering meets. All times are recorded, and results sent to all participants. Registration for all swimmers for swim meets will be done through Swimmingly (at no additional fee). Ribbons awarded to 1-6th place by age group.
Northridge, Outdoor Pool; Price Included in Monthly Practice Fee
Sa 06/24/2023 7:00 a.m. - 1:00 p.m.
(Session 1 participants)
Sa 07/15/2023 7:00 a.m. - 1:00 p.m.
(Session 2 participants)
Sa 07/22/2023 7:00 a.m. - 1:00 p.m.
(Session 3 - July; No Classes 07/03, 07/04)
Northridge, Indoor Pool
Dinner & Awards (Ages 6-18)
An opportunity for all families to celebrate the successes of their swimmers at the end of the summer. HRCA will be providing drinks, paper products & dessert. Families may bring their own dinner to enjoy.
Southridge, Wildcat Auditorium
F 07/28/2023 6:00 p.m. - 8:00 p.m. (Session 1 & 2 participants)

ADULT COACHED SWIM PROGRAMS
Coached Adult Programs offer monthly coach-led workouts to improve endurance and technique. Swimmers are divided into lanes by ability. Swimmers may drop-in or purchase an Adult Coached Swim Program Pass which is valid for 6 months. For more information, visit HRCAonline.org/swim or please call 303-471-8942.
Northridge, Pool
Adult Coached Swim Session Information
Session 1 - May (No Classes 05/29)
Session 2 - June
Session 3 - July (No Classes 07/03, 07/04)
Session 4 - August (No Classes 07/31-08/06)

Fitness Punch Cards:
10 Punch Card (Ages 18+)$70/$85
20 Punch Card (Ages 18+)$125/$150
30 Punch Card (Ages 18+)$180/$210
Expires six months from date of purchase.
Daily Drop-In Fee: Daily Drop-In Fee (Ages 18+)$10/$12

Northridge, Outdoor Pool; Price Included in Monthly Practice Fee
Sa 06/24/2023 7:00 a.m. - 1:00 p.m.
(Session 1 participants)
Sa 07/15/2023 7:00 a.m. - 1:00 p.m.
(Session 2 participants)
Sa 07/22/2023 7:00 a.m. - 1:00 p.m.
(Session 3 - July; No Classes 07/03, 07/04)

Southridge, Wildcat Auditorium
F 07/28/2023 6:00 p.m. - 8:00 p.m. (Session 1 & 2 participants)
Ranch H2O (Ages 18+)
To Enroll: Swimmers must be able to swim 200-yards freestyle without stopping. Program Focus: For swimmers to increase fitness and build endurance through lap swim workouts.
Northridge, Pool
Tu, Th 6:30 a.m. - 7:30 a.m.

Power Masters (Ages 18+)
To Enroll: Swimmers must be able to swim 500-yards freestyle without stopping. Program Focus: For swimmers to improve stroke technique, increase speed and endurance, in preparation for competition.
Northridge, Pool
M, W 7:00 p.m. - 8:00 p.m.

SCUBA & SNORKEL PROGRAMS

Learn to Snorkel (Ages 7+)
Some of the prettiest marine life and most colorful reefs are located within 20 feet of the surface! Learn the proper techniques involved with snorkeling both on the surface and underwater with a certified PADI instructor. This class is perfect for the entire family and will make your snorkeling trip a more pleasurable and rewarding experience. All equipment is provided for the class.
Eastridge, Pool; Price $40/$48
Su 05/14/2023 12:30 p.m. - 2:30 p.m.
Su 06/04/2023 12:30 p.m. - 2:30 p.m.
Su 07/09/2023 12:30 p.m. - 2:30 p.m.
Su 08/06/2023 12:30 p.m. - 2:30 p.m.

Try Scuba (Ages 10+)
Curious about scuba diving, but not quite ready for open water or certification? Take the plunge and experience the thrill of scuba diving in a safe pool environment. Your certified PADI instructor will guide you through your first experience with the scuba equipment and how to breathe underwater! This is an introduction to scuba diving, not a certification class. All gear is provided for this class.
Eastridge, Pool; Price $50/$60
Su 05/14/2023 2:30 p.m. - 4:30 p.m.
Su 06/04/2023 2:30 p.m. - 4:30 p.m.
Su 07/09/2023 2:30 p.m. - 4:30 p.m.
Su 08/06/2023 2:30 p.m. - 4:30 p.m.

INFANT SWIMMING RESOURCE PROGRAM

Infant Swimming Resource (Ages 6 months - 3 years)
Infant Swimming Resource (ISR) lesson experience is a comprehensive four-to-six-week program where each lesson is customized for the infant or child as they are safely guided through the learning process. Lessons are booked and paid through the individual instructor not through HRCA. All lessons are conducted at the Southridge indoor pool. For details and links to individual instructors visit HRCAonline.org/swim or please call 303-471-8867.
Private Art Lessons (Ages 10+)
If you have a busy schedule, need individual instruction, or group art classes are not for you, try private lessons with an experienced instructor. To schedule lessons, call 303-471-8853 or email alecia.hindman@hrcaonline.org.
Southridge, Arapahoe; Price $125/$143
01/10/23 - 01/31/23
02/01/23 - 02/28/23
03/01/23 - 03/31/23
04/01/23 - 04/30/23

DRAWING, PAINTING AND SCULPTURE

Drawing, Painting & Sculpture (Ages 6-11)
Learn how to draw, paint, and sculpt while having fun! We use traditional fine art media (pencil, marker, paints, and sculpting materials) to make fun new modern themes. In this class, we do a little bit of everything to make our students fluent in the use of any art media they'll find in school or elsewhere.
Southridge, Arapahoe; Price $68/$78
M 05/08/23 - 05/22/23 5:30 - 6:30 p.m.*
M 06/05/23 - 06/26/23 5:30 - 6:30 p.m.
M 07/03/23 - 07/31/23 5:30 - 6:30 p.m.**
M 08/07/23 - 08/28/23 5:30 - 6:30 p.m.
*Adjusted price $51/$59
**Adjusted price $85/$98

Teen Drawing and Painting (Ages 12-18)
Learn how to draw, paint, and sculpt while having fun in a class designed for teens! 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 $68/$78
M 05/08/23 - 05/22/23 6:45 - 7:45 p.m.*
M 06/05/23 - 06/26/23 6:45 - 7:45 p.m.
M 07/03/23 - 07/31/23 6:45 - 7:45 p.m.**
M 08/07/23 - 08/28/23 6:45 - 7:45 p.m.
*Adjusted price $51/$59
**Adjusted price $85/$98

Beginning Painting (Ages 18+)
Let's start painting! Using acrylic paint, we will learn about composition, color mixing, and various paint application techniques, such as wet-on-wet, dry brush and using salt. Basic drawing skills will help in the layout of our subject matter, which may include a still life, animals, landscapes, and flowers. You're sure to learn a lot all while having fun!
Southridge, Arrowhead; Price $74/$85
W 05/10/23 - 05/24/23 10:00 - 11:30 a.m.*
Arapahoe Dry Craft Room
W 05/10/23 - 05/24/23 1:00 - 2:30 p.m.*
Southridge, Arapahoe
W 06/07/23 - 06/28/23 10:00 - 11:30 a.m.
W 06/07/23 - 06/28/23 1:00 - 2:30 p.m.
W 07/05/23 - 07/26/23 10:00 - 11:30 a.m.
W 07/05/23 - 07/26/23 1:00 - 2:30 p.m.
W 08/02/23 - 08/30/23 10:00 - 11:30 a.m.**
W 08/02/23 - 08/30/23 1:00 - 2:30 p.m.**
*Adjusted price $55/$63
**Adjusted price $92/$106

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 $74/$85
W 05/10/23 - 05/31/23 6:00 - 8:00 p.m.
W 06/07/23 - 06/28/23 6:00 - 8:00 p.m.
W 07/05/23 - 07/26/23 6:00 - 8:00 p.m.
W 08/02/23 - 08/30/23 6:00 - 8:00 p.m.*
*Adjusted price $92/$106

ART SPECIALTY

Art Journaling (Ages 18+)
Art journaling is an open-ended form of art that focuses on creativity using media such as watercolors, markers, colored pencils, gouache and stamping. You’ll be following creative ideas while exploring your preferences for art forms.
Southridge, Arrowhead Studio; Price $43/$49
M 07/03/23 - 07/31/23 1:00 - 2:00 p.m.*
M 08/07/23 - 08/28/23 1:00 - 2:00 p.m.
*Adjusted price $54/$62

Modern Calligraphy (Ages 18+)
Modern Calligraphy is fun, decorative, and sometimes whimsical. Learn how to form letters, put them together for words, and develop your own style. Good handwriting is NOT a requirement. We will be exploring calligraphy with a pencil, markers, brush pen, and watercolor pen. Have fun while learning how to turn 26 letters into works of art!
Southridge, Arrowhead Studio; Price $43/$48
M 07/03/23 - 07/31/23 10:00 - 11:30 a.m.*
M 08/07/23 - 08/28/23 10:00 - 11:30 a.m.
*Adjusted price $54/$62

* Ages listed in the Guide are suggested age ranges only
24/7 online
HRCAonline.org/Classes-Camps-Activites
Modern Calligraphy Part 2 (Ages 18+)
Modern Calligraphy is fun, decorative, and sometimes whimsical. Learn how to form letters, put them together for words, and develop your own style. Good handwriting is NOT a requirement. We will be exploring calligraphy with a pencil, markers, brush pen, and watercolor pen. Have fun while learning how to turn 26 letters into works of art!
Southridge, Arrowhead Studio; Price $43/$48
Tu 07/11/23 - 07/25/23 1:00 - 2:30 p.m.*
Th 08/01/23 - 08/29/23 1:00 - 2:30 p.m.*
*Adjusted price $32/$37
**Adjusted price $54/$62

Zen Doodling (Ages 18+)
Zendoodling is a calming kind of doodling using simple, repetitive patterns to create art. It is an incredibly relaxing activity that produces lovely result 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, Arrowhead Conference Room; Price $43/$48
Tu 07/11/23 - 07/25/23 1:00 - 2:30 p.m.*
Th 08/01/23 - 08/29/23 1:00 - 2:30 p.m.*
*Adjusted price $32/$37
**Adjusted price $54/$62

Knitting (Ages 18+)
Beginning Knitting: Learn how to knit, purl, cast on, bind off, increase, and decrease. Once you have accomplished these concepts, learn how to read a simple pattern, and make a beanie hat. Yarn will be provided for practice knitting. Needles may be purchased in class (NOTE: We only use circular needles and will be working on Chai Goo Needles Size 8-16). Students will provide yarn and needles for beanie hat after 2nd class.
Northridge, Elbert Conference Room; Price $44/$50
Th 05/04/23 - 05/25/23 2:30 - 4:30 p.m.
Th 06/01/23 - 06/22/23 2:30 - 4:30 p.m.
Th 07/06/23 - 07/27/23 2:30 - 4:30 p.m.
Th 08/10/23 - 08/24/23 2:30 - 4:30 p.m.*
*Adjusted price $33/$38

Advance Beginning Knitting: Once you have accomplished learning to knit, purl, cast on, bind off, increasing and decreasing and have the approval of the instructor, students may sign up for the Advance Beginning Knitting class. Students will learn advanced stitches and techniques and will start knitting projects of their choice. Students will provide own needles and yarn.
Northridge, Elbert Conference Room; Price $44/$50
Th 05/04/23 - 05/25/23 9:45 - 11:45 a.m.
Th 06/01/23 - 06/22/23 9:45 - 11:45 a.m.
Th 07/06/23 - 07/27/23 9:45 - 11:45 a.m.
Th 08/10/23 - 08/24/23 9:45 - 11:45 a.m.*
*Adjusted price $33/$38

Intermediate Knitting: Students must have completed Beginning Knitting and Advanced Beginning Knitting and must get approval to advance to this class. Students will learn advanced patterns and incorporate into individual projects. The instructor will work individually with each student on their knitting projects. Students will provide own yarn and knitting needles.
Northridge, Elbert Conference Room; Price $44/$50
Th 05/04/23 - 05/25/23 12:15 - 2:15 p.m.
Th 06/01/23 - 06/22/23 12:15 - 2:15 p.m.
Th 07/06/23 - 07/27/23 12:15 - 2:15 p.m.
Th 08/10/23 - 08/24/23 12:15 - 2:15 p.m.*
*Adjusted price $33/$38

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 $62/$71
Breakfast Bunch
F 05/12/23 - 05/26/23 9:00 - 10:00 a.m.*
Farmers Market
F 06/02/23 - 06/30/23 9:00 - 10:00 a.m.*
Summertime Favorites
F 07/07/23 - 07/28/23 9:00 - 10:00 a.m.
Picnic Picks
F 08/04/23 - 08/25/23 9:00 - 10:00 a.m.
*Adjusted price $46/$53
**Adjusted price $77/$88

Snack Attack
M 05/08/23 - 05/22/23 5:00 - 6:00 p.m.*
The Bake Shop
M 05/08/23 - 05/22/23 5:00 - 6:00 p.m.*
Bake Shop
M 05/08/23 - 05/22/23 5:00 - 6:00 p.m.
*Adjusted price $46/$53
**Adjusted price $77/$88

Kid's 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 $62/$71; No class 5/29
The Bake Shop
M 05/08/23 - 05/22/23 5:00 - 6:00 p.m.*
Snack Attack
M 06/05/23 - 06/26/23 5:00 - 6:00 p.m.
Breads and Spreads
M 07/03/23 - 07/31/23 5:00 - 6:00 p.m.*
Hometown Favorites
M 08/07/23 - 08/28/23 5:00 - 6:00 p.m.*
*Adjusted price $46/$53
**Adjusted price $77/$88

What's for Dinner
M 08/07/23 - 08/28/23 5:00 - 6:00 p.m.*
*Adjusted price $46/$53
**Adjusted price $77/$88

GENERAL COOKING

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 $62/$71
The Bake Shop
W 05/10/23 - 05/31/23 4:30 - 5:30 p.m.
Snack Attack
W 06/07/23 - 06/28/23 4:30 - 5:30 p.m.
Breads and Spreads
W 07/05/23 - 07/26/23 4:30 - 5:30 p.m.
Hometown Favorites
W 08/02/23 - 08/30/23 4:30 - 5:30 p.m.
*Adjusted price $77/$88

Creative Cooks (Ages 9-12)
This series of classes will instill the young chef with confidence in and out of the kitchen. Each week the student will learn skills like baking, sautéing, chopping, dicing, grating.
Southridge, Kitchen; Price $62/$71
Baking Basics
W 05/10/23 - 05/31/23 6:00 - 7:00 p.m.
Snack Attack
W 06/07/23 - 06/28/23 6:00 - 7:00 p.m.
Breads and Spreads
W 07/05/23 - 07/26/23 6:00 - 7:00 p.m.
American Classics
W 08/02/23 - 08/30/23 6:00 - 7:00 p.m.*
*Adjusted price $77/$88

Teen Cuisine (Ages 12-18)
Teens will explore the delicious world of cooking. Come 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
The Pasta Plate
Th 05/11/23 - 05/25/23 4:00 - 5:30 p.m.*
Intel Cooking
Th 06/01/23 - 06/29/23 4:00 - 5:30 p.m.*
Baking Techniques
Th 07/06/23 - 07/27/23 4:00 - 5:30 p.m.
What's for Dinner
Th 08/03/23 - 08/31/23 4:00 - 5:30 p.m.*
*Adjusted price $46/$53
**Adjusted price $77/$88

BALLET

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

What to Wear:
• Ballet: leotard, tights, dance skirt, and all leather ballet shoes in any color.
• Tap: leotard, tights, dance skirt in any color, plus tap shoes.
• Hip Hop and Hip Hop: comfortable clothing students can move in.

Itty-Bitty Ballet (Ages 2½-3)
This class introduces your child to basic ballet techniques as well as songs, dance, and creative play. Note: Parents do not attend class and students are not eligible for the recital.
Eastridge, Dance Studio; Price $80/$92;
No class 7/4
Tu 05/02/23 - 06/20/23 10:00 - 10:40 a.m.
Tu 06/27/23 - 08/15/23 10:00 - 10:40 a.m.
Sa 05/06/23 - 06/24/23 9:30 - 10:10 a.m.
Sa 07/01/23 - 08/12/23 9:30 - 10:10 a.m.
*Adjusted price $70/$80
Ballet I (Ages 3-5)
Barre and center exercises are used to teach steps and positions of ballet. Classes are designed to aid in the development of flexibility, coordination, balance, body awareness, listening, discipline, and self-esteem. All Ballet students are encouraged to participate in the dance recital.
Eastridge, Dance Studio; Price $80/$92;
No class 7/4
Tu 05/01/23 - 06/26/23 6:00 - 6:45 p.m.
Tu 05/02/23 - 06/27/23 10:45 - 11:25 a.m.
Th 06/27/23 - 08/15/23 10:45 - 11:25 a.m.*
Tu 06/28/23 - 08/22/23 10:00 - 10:40 a.m.
Th 06/29/23 - 08/17/23 10:00 - 10:40 a.m.
Sa 06/23/23 - 06/24/23 10:15 - 10:55 a.m.
Sa 07/01/23 - 08/12/23 10:15 - 10:55 a.m.*
*Adjusted price $70/$80

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 $80/$92; No class 7/4
Tu 05/01/23 - 06/26/23 6:45 - 7:25 p.m.
Tu 05/03/23 - 08/14/23 10:45 - 11:25 a.m.*
Tu 05/02/23 - 06/20/23 11:30 a.m. - 12:10 p.m.
Tu 06/27/23 - 08/15/23 11:30 a.m. - 12:10 p.m.*
Tu 07/04/23 - 06/22/23 10:45 - 11:25 a.m.
Tu 06/29/23 - 08/17/23 10:45 - 11:25 a.m.
Sa 06/23/23 - 06/24/23 11:05 - 11:45 a.m.
Sa 07/01/23 - 08/12/23 11:05 - 11:45 a.m.*
*Adjusted price $70/$80

Ballet III (Ages 5-9)
Barre and center exercises are used to teach steps and positions of ballet. Classes are designed to aid in the development of flexibility, coordination, balance, body awareness, listening, discipline, and self-esteem. All Ballet students are encouraged to participate in the dance recital.
Eastridge, Dance Studio; Price $80/$92; No class 7/4
Tu 05/03/23 - 06/22/23 6:45 - 7:25 p.m.
Tu 06/27/23 - 08/15/23 10:45 - 11:25 a.m.*
Tu 06/03/23 - 06/21/23 6:30 - 7:15 p.m.
W 06/28/23 - 08/16/23 6:30 - 7:15 p.m.
*Adjusted price $70/$80

Dance Beats (Ages 5-8)
An upbeat dance class where you will find the fun of hip hop, the technique from ballet, and the style of Jazz. You’ll have the best time fan-kicking, pirouetting, and more to some of the high energy dance songs you love. All students are encouraged to participate in the dance recital.
Eastridge, Dance Studio; Price $80/$92;
No class 7/4
Th 05/04/23 - 06/22/23 6:00 - 6:45 p.m.
Th 06/29/23 - 08/17/23 6:00 - 6:45 p.m.
*Adjusted price $70/$80

BELLY DANCE
Belly Dance (Ages 18+)
All levels welcome in this fun class dedicated to teaching and practicing the ancient art of belly dance. Learn classic Egyptian Style, American Cabaret/ Vintage, Oriental, and Tribal Fusion technique. Learn historic facts about the dance. No matter what your dance experience from the true beginner to the professional, this class will challenge and inspire you.
Southridge, Fitness Studio; Price $42/$48; No class on 8/24
Th 05/11/23 - 05/25/23 7:00 - 8:00 p.m.*
Th 06/01/23 - 06/29/23 7:00 - 8:00 p.m.*
Th 08/03/23 - 08/31/23 7:00 - 8:00 p.m.*
*Adjusted price $51/$56
**Adjusted price $53/$61

COUPLES DANCE
Couples Dance (Ages 18+)
Enjoy a night out with your friends and significant other while learning something new. These dances will have your confidence on the dance floor soaring to new heights!
Fusion Dance: Swing & Two Step
TALK ABOUT FUN! Learn 2 dances and how to put them together! Lots of turns, twirls and combinations! You’ll be able to stay on the dance floor all night long!
Eastridge, Dance Studio; Price $39/$45
Tu 05/02/23 - 05/30/23 6:45 - 7:45 p.m.
*Adjusted price $49/$56

How To Dance To A Romantic Slow Song
You don’t have to just rock back and forth when you take this class. Nightclub 2 Step is the dance where you’ll be able to take the easy basic step together and do some nice turns for a little extra “pizzaz”!
Eastridge, Dance Studio; Price $39/$45
Tu 05/02/23 - 05/30/23 6:45 - 7:45 p.m.
*Adjusted price $49/$56

Hold On To Your Hat Country Swing
YEE-HAW. The most FUN Swing Dance EVER. Summer is the time for company BBQ’s. Be ready to SWING to the band. Learn the basics and a 10-gallon hat full of great turns and twirls.
Eastridge, Dance Studio; Price $39/$45
Tu 06/06/23 - 06/27/23 6:45 - 7:45 p.m.
*Adjusted price $28/$32
**Adjusted price $46/$53

Country & Western Hoedown 3 Dances: Level 2
Let’s do some real boot-scootin. Now that you know your basics, all you need is some review and more turns and twirls. We’ll use 2-Step, Swing & Triple Step.
Eastridge, Dance Studio; Price $39/$45
Tu 06/06/23 - 06/27/23 7:45 - 8:45 p.m.
The New Millennium Cowboy Cha Cha
Cowboy Cha Cha isn’t just for country music anymore! It’s everywhere! It’s the prettiest Dance to come along…ever! Can be done solo or with a partner. We will learn how to dance it both ways.
Eastridge, Dance Studio; Price $39/$45
Tu 07/11/23 - 07/25/23 6:45 - 7:45 p.m.*
*Adjusted price $28/$32

Line Dance Booty Bash
It’s Line Dancerobics! Dance off some 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 $39/$45
Tu 07/11/23 - 07/25/23 7:45 - 8:45 p.m.*
*Adjusted price $28/$32

Swedish Folk Dance Club (Ages 18+)
Bring your partner and enjoy lively dances in easy classes designed for beginners. Soar with enchanting Swedish melodies as you master these traditional dances: Waltz, Schottis, Mazurka and Hambo, in addition to Swedish set dances.
Northridge, Dance Studio Price $12/$14
W 05/03/23 - 05/31/23 8:00 - 9:00 p.m.**
W 06/07/23 - 06/21/23 8:00 - 9:00 p.m.**
*Adjusted Price $9/$10
**Adjusted Price $15/$17

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 Alecia.Hindman@hrcaonline.org.

LINE DANCE
Line Dancing Beginning (Ages 55+)
“Get dancin’! Come join our new line dancing class for seniors! In this beginning class you will learn the latest line dances plus the old favorites. Come make new friends in this fun and energizing class designed especially for you! No partners are necessary!
Northridge, Fitness Studio; Price $39/$45
Tu 05/02/23 - 05/30/23 1:00 - 2:00 p.m.*
Tu 06/06/23 - 06/27/23 1:00 - 2:00 p.m.*
Tu 07/11/23 - 07/25/23 1:00 - 2:00 p.m.*
*Adjusted Price $28/$32
**Adjusted Price $46/$53

Line Dancing Level 2 (Ages 55+)
You’re not Beginners anymore! This is the class you’ve been asking for! Level 2 is designed for those of you who have been in the Level 1 (Beginner) classes and are ready to learn more advanced steps and dances. We will review what we learned in Level 1 (Beginner) class and move on! Sign up now to keep on going with the fun and exercise! Great all-around fitness class!
Northridge, Fitness Studio; Price $39/$45
Tu 05/02/23 - 05/30/23 2:00 - 3:00 p.m.*
Tu 06/06/23 - 06/27/23 2:00 - 3:00 p.m.
Tu 07/11/23 - 07/25/23 2:00 - 3:00 p.m.*
*Adjusted Price $28/$32
**Adjusted Price $46/$53
DANCE RECITAL

"Carnival Celebration" 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. Note: All students who register for July-August dance classes are eligible for the dance recital unless otherwise stated in the class description. The dance recital is a separate registration fee from registered classes and includes a costume and photo. The registration deadline for recital is July 17. NO refunds will be granted after costumes have been ordered. Performance time for your child’s class will be determined by the instructor after the registration cut-off date.
Southridge, Wildcat Auditorium; Price $80/$92
“Carnival Celebration” Dance Recital (Registration Deadline July 17)
Sa 08/19/23 9:00 a.m. - 2:00 p.m.
Flower Bouquet; Price: $7
(Registration Deadline July 17)

HIP HOP

Pip Hop (Ages 3-5)
This pip hop class for little ones is full of rhythm, body awareness, simple choreography, and high energy craziness all set to cool Disney music! Students are encouraged to participate in the dance recital. Note: Students must attend both sessions to be eligible for recital.
Eastridge, Dance Studio; Price $80/$92
Tu 05/02/23 - 06/20/23 12:15 - 12:55 p.m.
Tu 06/27/23 - 08/15/23 12:15 - 12:55 p.m.
*Adjusted price $70/$80

Hipo 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.
Eastridge, Dance Studio; Price $84/$97
Ages 7-9
W 05/03/23 - 06/21/23 4:45 - 5:30 p.m.
W 06/28/23 - 08/16/23 4:45 - 5:30 p.m.
Ages 10-12
W 05/03/23 - 06/21/23 5:30 - 6:15 p.m.
W 06/28/23 - 08/16/23 5:30 - 6:15 p.m.

Rocky Mountain Tappers (Ages 25+)
Rocky Mountain Tappers 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. Classes are organized and progressed in 3 and 4 month blocks and taught by Ms. YaYa.
Eastridge, Dance Studio; Price $49/$56;
No class 5/29
M 05/01/23 - 06/05/23 12:30 - 1:30 p.m.

Rocky Mountain Tappers Beginner: This class is for the “rusty” and “had tap as a kid”. Emphasis will be on progressing tap techniques from the basics already learned (guide sheet provided), advancing barre work, incorporating additional across the floor and center floor work. Phrases and beginner dance routines will be learned, practiced, and possibly performed. Fun making music with our feet! Classes are organized and progressed in 3-4-month blocks and taught by Ms. Katharine.
Westridge, Fitness Studio; Price $58/$68
Th 05/04/23 - 06/08/23 1:45 - 2:45 p.m.

Rocky Mountain Tappers Intermediate: 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. Or entry level for those who have some tap dance basics that are current or a wee bit rusty! Classes are organized and progressed in 3-4-month blocks and taught by Ms. Katharine.
Westridge, Fitness Studio; Price $58/$68
Tu 05/02/23 - 06/06/23 12:30 - 1:30 p.m.

Rocky Mountain Tappers Advanced: 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. Classes are organized and progressed in 3-4-month blocks and taught by Ms. Katharine.
Westridge, Fitness Studio; Price $58/$68
Tu 05/02/23 - 06/06/23 12:30 - 1:30 p.m.

Rocky Mountain Tappers Dedicated Dance Routine: These classes are designed for current students who are already in the Tap program and concentrates on Intermediate/Advanced level-type routines, one per class. For more information, please call Alecia Hindman at 303-471-8853. Classes are organized and progressed in 3-4-month blocks and taught by Ms. Katharine.
Westridge, Fitness Studio; Price $58/$68
W 05/03/23 - 06/07/23 12:30 - 1:30 p.m.
W 05/03/23 - 06/07/23 1:45 - 2:45 p.m.

Ritz Tappers (Ages 18+)
Ritz Tappers Beginning to Continuing Levels: This adult class is geared toward the very beginner to “Hey, I’m getting it!” We warm up on technique, work combinations and put these to music, some being dances suitable for Broadway BUT there are no performances for this class. Class is taught by Ms. Laura.
Eastridge, Dance Studio; Price $88/$100
F 05/05/23 - 06/30/23 10:30 - 11:30 a.m.
F 07/07/23 - 08/18/23 10:30 - 11:30 a.m.
*Adjusted price $68/$78

Ritz Tappers Continuing to Intermediate Levels: This non-performing adult class is for the tapper who knows the basics and is ready to go at a faster tempo and learn harder steps. We work on various time steps, combinations, acapella shorts and learn dances that only be performed in the comfort of your home as this is a non-performing class. Class is taught by Ms. Laura
Eastridge, Dance Studio; Price $88/$100
F 05/05/23 - 06/30/23 11:30 a.m. - 12:30 p.m.
F 07/07/23 - 08/19/23 11:30 a.m. - 12:30 p.m.
*Adjusted price $68/$78

Ritz Tappers Intermediate to Advanced Levels: This non-performing adult class is for the tapper who can execute all of the basics at all tempos. You should have knowledge of Stomp and Traveling Time Steps (up thru triple) - Cincinnati’s, Grab-offs...just to name a few. We work technique through acapella shorts and choreographed dances. Class is taught by Ms. Laura
Eastridge, Dance Studio; Price $88/$100
F 05/05/23 - 06/30/23 12:30 - 1:30 p.m.
F 07/07/23 - 08/19/23 12:30 - 1:30 p.m.
*Adjusted price $68/$78

Nighttime Tap (Ages 18+)
Get your heart pumping and your feet tapping in this energizing and fun class! Learn tap techniques that will be integrated into a dance. All levels are welcome, dress comfortably and bring your tap shoes. This class is taught by Ms. Laura.
Westridge, Fitness Studio; Price $39/$45
M 05/01/23 - 05/22/23 7:00 - 8:00 p.m.
M 06/05/23 - 06/26/23 7:00 - 8:00 p.m.
M 07/10/23 - 07/31/23 7:00 - 8:00 p.m.
M 08/07/23 - 08/28/23 7:00 - 8:00 p.m.
Nighttime Tap Beginners (Ages 18+)
This no performances, no stress adult only tap class caters to the beginner while keeping ongoing students on their toes!! You will learn basics of tap through fun choreography and rhythm tap. Class is taught by Ms. Laura.
Westridge, Fitness Studio; Price $39/$45
F 05/05/23 - 05/26/23 5:00 - 5:45 p.m.
F 06/02/23 - 06/30/23 5:00 - 5:45 p.m.
F 07/07/23 - 07/28/23 5:00 - 5:45 p.m.
F 08/04/23 - 08/25/23 5:00 - 5:45 p.m.
*Adjusted price $46/$53
**JAZZ**

**Broadway/Jazz Dance (Ages 25+)**
This class is tailored to adults who loves the classic Broadway style dances. We work on toning, balance and strength while also working on choreographed dances. There is an option of participating in the HRCA adult dance recital in June. Jazz shoes are recommended but street shoes may be okay depending on the sole. No black sole shoes are allowed in the studio. Come join the fun in this no stress class! This class is taught by Ms. Laura.

**Westridge, Fitness Studio; Price $39/$45**
F 09/05/23 - 09/26/23 6:00 - 7:00 p.m.
F 09/06/23 - 09/27/23 6:00 - 7:00 p.m.
F 09/07/23 - 09/28/23 6:00 - 7:00 p.m.
F 09/08/23 - 09/29/23 6:00 - 7:00 p.m.
*Adjusted price $46/$53

**DRAMATIC THEATRE**

**KidStage**

**Peter Pan by KidStage (Ages 6-12)**
This fun-tastic adaptation is a delight for all actors and audiences! Come join Wendy and the boys as Peter Pan whisk them away to Neverland! All of the classic characters are here...mermaids, princesses, lost boys & the crocodile! Not to mention the infamous Captain Hook and his crew of villainous pirates! Follow us to Neverland...second star on the right and straight on till morning! Performance after the last class at 6:30pm.

**Southridge, Backcountry Room; Price $235/$270**

**INSTRUMENTS**

**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, Ospery; Price $249/$286**
W 05/03/23 - 08/30/23 4:00 - 4:30 p.m. **Adjusted price $54/$62**

**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.

**Northridge, Crestone; Price $45/$52**
F 09/05/23 - 09/19/23 9:15 - 10:00 a.m.*
F 09/08/23 - 09/25/23 9:15 - 10:00 a.m.*

**Eastridge, Pool Party Room; Price $45/$52**
F 09/02/23 - 09/23/23 9:15 - 10:00 a.m.
F 09/07/23 - 09/28/23 9:15 - 10:00 a.m.
*Adjusted price $34/$39

**Hand Building Pottery**

**Hand Building (Ages 18+)**
Learn how to create pottery using three basic handbuilding 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 $72/$88**
M 05/08/23 - 05/22/23 9:00 a.m. - Noon*
M 06/05/23 - 06/26/23 9:00 a.m. - Noon
M 07/10/23 - 07/31/23 9:00 a.m. - Noon
M 08/07/23 - 08/28/23 9:00 a.m. - Noon
M 05/08/23 - 05/22/23 12:30 - 3:30 p.m.*
M 06/05/23 - 06/26/23 12:30 - 3:30 p.m.
M 07/10/23 - 07/31/23 12:30 - 3:30 p.m.
M 08/07/23 - 08/28/23 12:30 - 3:30 p.m.*
*Adjusted price $54/$62

**Kids-n-Clay (Ages 5-9)**
The perfect after school activity for the create child! Kids will love using their hands and imaginations to create unique clay pieces in these one of a kind clay classes! Dress for a mess and create a piece of art that will last a lifetime.

**Southridge, Arapahoe Studio; Price $44/$51**
Th 05/11/23 - 05/25/23 5:00 - 6:00 p.m.*
Th 06/01/23 - 06/29/23 5:00 - 6:00 p.m.*
Th 07/06/23 - 07/27/23 5:00 - 6:00 p.m.*
Th 08/03/23 - 08/31/23 5:00 - 6:00 p.m.*
*Adjusted price $33/$38
**Adjusted price $55/$63

**WHEEL**

**Continuing Wheel Pottery (Ages 18+)**
For returning students who have completed Beginning Wheel.

**Southridge, Cheyenne; Price $72/$83**
Level 1
Tu 05/09/23 - 05/30/23 4:30 - 7:30 p.m.
Tu 06/06/23 - 06/27/23 4:30 - 7:30 p.m.
Tu 07/11/23 - 07/25/23 4:30 - 7:30 p.m.*
Tu 08/01/23 - 08/29/23 4:30 - 7:30 p.m.*
F 05/12/23 - 05/26/23 12:30 - 3:30 p.m.*
F 06/02/23 - 06/30/23 12:30 - 3:30 p.m.*
F 07/07/23 - 07/28/23 12:30 - 3:30 p.m.*
F 08/04/23 - 08/25/23 12:30 - 3:30 p.m.*
*Adjusted price $54/$62
**Adjusted price $90/$103
Teen Wheel Pottery (Ages 12-17)
Learn the basics of wheel throwing, trimming, and glazing. Clay is not included and must be purchased in the studio before class, tools are provided. Bring an apron and old towel.
Southridge, Cheyenne; Price $62/$71
F 05/12/23 - 05/26/23 4:00 - 6:30 p.m.*
F 06/02/23 - 06/30/23 4:00 - 6:30 p.m. **
F 07/07/23 - 07/28/23 4:00 - 6:30 p.m.
F 08/04/23 - 08/25/23 4:00 - 6:30 p.m.
*Adjusted price $46/$53
**Adjusted price $77/$88
Pottery Sale
Monday August 7th from 8:00 a.m. - 8:00 p.m. at the Southridge Recreation Facility One-of-a-kind pieces handcrafted by Highlands Ranch artisans. Credit cards accepted!

Private Pottery Lessons (All Ages)
If you have a busy schedule, need individual instruction or group pottery classes are not for you, try private lessons with an experienced instructor. To schedule lessons, call 303-471-8853 or email alecia.hindman@hrcaonline.org. Southridge, Cheyenne; Price $150/$173 includes 4 hours of instruction.

Semi-private Pottery Lessons (All Ages)
If you have a busy schedule, need individual instruction or group pottery classes are not for you, try private lessons with an experienced instructor. To schedule lessons, call 303-471-8853 or email alecia.hindman@hrcaonline.org. Southridge, Cheyenne; Price $125/$131 includes 4 hours of instruction.

Baby/Toddler Hand & Footprint Keepsakes (All Ages)
Create memories that will last a lifetime with a one-of-a-kind piece of art with your child's print. You make it, paint it and our talented instructors will fire it for you. Please call for an appointment at 303-471-8853. Southridge, Cheyenne; Price $25/$29 per piece

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

Fon(du)e Something Different
Fondue Fairtales
June 11th & 25th
July 2nd, 9th, 23rd, and 30th
August 6th and 20th
Happy Hour Specials
Sunday - Thursday
4PM - 7PM (in the bar only)
Kids 10 & Under Eat Free
Tuesdays 4PM - 7PM
Sundays 11AM - 4PM (with purchase of any 4-Course meal)
Wine Down Wednesdays
Live music on our private patio. Enjoy 50% off all wines offered by the glass with your meal.

Hey, we’re neighbors
We’re opening more locations to serve our members in Highlands Ranch and throughout Colorado.

Stop by a service center near you today!
• Lucent Service Center - corner of Lucent Blvd and Plaza Dr
• Quebec Highlands Service Center - on Quebec St south of 470
• Highlands Ranch Service Center - corner of Highlands Ranch Pkwy and S University Blvd (Opening Spring 2023)

Visit our website for a special offer
Ent.com/Neighbor
EARLY CHILDHOOD PROGRAMS

Wild Roots Nature Preschool (Ages 3-5)
We believe that children grow best outside. Our nature-based preschool follows a play-based curriculum with a focus on child-led inquiry. Teachers guide children through a variety of methods that foster creativity, self-confidence, and social and emotional skills. Our small group sizes allow teachers to provide all the ingredients for a nurturing and nature-filled experience. Enrollment is done by individual week to allow for the most flexibility for families. We offer weekly enrollment during the summer and both weekly and daily enrollment during the school year.

Backcountry Wilderness Area; Base Camp; Price $220/$250 per week or $44/50 per day
M-F 05/01/23 - 05/05/23 9:00 a.m. - 12:00 p.m.
M-F 05/08/23 - 05/12/23 9:00 a.m. - 12:00 p.m.
Tu-F 05/30/23 - 06/02/23 9:00 a.m. - 12:00 p.m.
M-F 06/12/23 - 06/16/23 9:00 a.m. - 12:00 p.m.
M-F 06/26/23 - 06/30/23 9:00 a.m. - 12:00 p.m.
M-F 07/10/23 - 07/14/23 9:00 a.m. - 12:00 p.m.
M-F 07/24/23 - 07/28/23 9:00 a.m. - 12:00 p.m.

**Fall dates will be available on our website when we release our school year schedule for the 2023-2024 school year.**

Wild Things (Ages 0-6)
Come on out and let your wild things loose for a morning of fun. We will start by feeding the chickens, petting the goats, and checking for chicken eggs. After time with our animals, we will head to the Base Camp Backyard play area where children can enjoy the mud kitchen, dig in the sand, explore in the surrounding trees, search for insects, and run wild! Bring a picnic blanket and snack, and give yourself and your little one a chance to unwind. A parent is required to stay on-site to supervise their child. One parent may be responsible for multiple children.

Backcountry Wilderness Area; Base Camp; Price $8/$9
Sa 05/20/23 9:30 - 11:00 a.m.
Sa 06/10/23 9:30 - 11:00 a.m.
Sa 07/08/23 9:30 - 11:00 a.m.
Sa 08/19/23 9:30 - 11:00 a.m.

Crafty Critters (Ages 0-5)
Bring your toddler out for a morning of fun in the Backcountry Wilderness Area! We will start the morning feeding the chickens and collecting their eggs, before heading to the Base Camp Backyard to play! After that, the little ones will get to create a fun craft from painting to building! A parent is required to stay on-site to supervise their child. One parent may be responsible for multiple children.

Backcountry Wilderness Area; Base Camp; Price $13/$14
M 05/15/23 9:30 - 10:30 a.m.
M 08/21/23 9:30 - 10:30 a.m.

Sunshine and Storytime (Ages 0 - 5)
Join us for a nature-themed storytime every Wednesday morning in the Backcountry Wilderness Area. Stories will be different each week and will be themed based on seasonal happenings. After the story the Backyard will be open for free play, including our mud kitchen, sand “box” and rotating extension activities based on the book. A parent is required to stay on-site to supervise their child. One parent may be responsible for multiple children. The program is free but registration is required. This program is supported by the Backcountry Wilderness Area Fund.

Backcountry Wilderness Area; Base Camp; FREE
W 05/03/23 - 08/30/23 10:00 - 11:00 a.m.

COMMUNITY PROGRAMS: YOUTH

Astronomy Night (Ages 7-13)
Parents, enjoy a night out after you drop the kids off at Base Camp for a fun astronomy program! Send your kiddo with a picnic dinner and all their questions about the night sky. We’ll play games, eat dinner around the campfire (pending fire restrictions), and have a summer treat before an astronomy viewing where we’ll identify constellations and explore their origin stories.

Backcountry Wilderness Area; Base Camp; Price $30/$32
F 06/09/23 7:00 - 9:00 p.m.

Creatures of the Night (Ages 7-13)
It’s time to go to the dark side! Pack a dinner for a fireside picnic dinner as you get to know about the local wildlife that come out after hours. We’ll get to know some nighttime creatures and test your nighttime know-how before we head out for a night hike filled with fun activities and games that will immerse you in the world of nocturnal animals.

Backcountry Wilderness Area; Base Camp; FREE
F 07/14/23 6:30 - 9:30 p.m.

Discovery Day (Ages 7-13)
If we want the next generation to protect wild places, they must have the opportunity to love them first. Discovery Days at Backcountry Base Camp give kids the chance to discover the wonders of nature the Backcountry Wilderness Area! This immersive program is the perfect entryway to the enjoying the wild outdoors. In May, our Discovery Day will include fort building and forest play in a special area of the Backcountry Wilderness Area.

Backcountry Wilderness Area; Base Camp; Price $5
Sa 05/06/23 1:00 - 4:00 p.m. (Fort Building)

Wild Summer (Ages 7-13)
Give your kids a summer night like the ones you remember! After enjoying your packed picnic dinner by the campfire, we’ll be playing nighttime games (flashlight tag, capture the flag, etc), fort building, and topping the evening off with a summer treat!

Backcountry Wilderness Area; Base Camp; Price $20/$22
F 06/23/23 6:00 - 9:00 p.m.
F 07/28/23 6:00 - 9:00 p.m.
F 08/04/23 6:00 - 9:00 p.m.
Wilderness Survival Day (Ages 7-13)
Let your child discover the skills they need to survive in a true wilderness setting. This is an immersion course in wilderness survival skills. Participants might learn to make fire with and without matches, how to identify and harvest wild edible plants, water purification, knot tying and shelter building, and create fun and practical items like tools and rope. Groups will be split up by ages when possible.
Backcountry Wilderness Area; Base Camp; Price $20/$22
Sa 05/13/23 1:00 - 4:00 p.m.
Sa 08/19/23 10:00 a.m. - 1:00 p.m.

Homeschool Programs
(Ages 6-13)
Bring the concepts you teach at home to life! The Backcountry Wilderness Area provides a close-to-home opportunity for exploration and learning in a natural setting. Each session, we offer a different environmental or life science topic. All of our programs emphasize exploration and have a hands-on approach to scientific inquiry. If possible, students will be split by age. Homeschool programs run bimonthly Sept-May.

Backcountry Wilderness Area; Base Camp; Price $23/$25
F 05/12/23 9:00 a.m. - Noon

COMMUNITY PROGRAMS: ADULT AND FAMILY

Family Survival Skills (Ages 7+)
Come learn and test your skills in orienteering, survival shelters, wild foraging, and water collection in this adult and family-based survival course. Each course will teach different skills and include varied challenges that match the season.

Backcountry Wilderness Area; Base Camp; Price $7/$8 per participant
Su 07/08/23 10:00 a.m. - 12:00 p.m.

Full Moon Hike (Ages 7+)
Leave your flashlight behind and let the full moon guide this hike into the Backcountry Wilderness Area. Put your senses on full alert as you take in the sights and sounds of the night. A naturalist will share how humans and animals see in the darkness versus the daylight, and how your eyes may not be able to see what’s really out there.

Backcountry Wilderness Area; Base Camp; Price $9/$10
Su 06/04/23 8:00 - 9:30 p.m.
W 08/30/23 8:00 - 9:30 p.m.

Goat Picnic Hike (All Ages)
Get some quality time with the Backcountry Goats on a hike and picnic! Pack your own picnic lunch, then take a hike with the goats to a perfect picnic spot.

Backcountry Wilderness Area; Base Camp; Price $9/$10
Sa 05/13/23 11:30 a.m. - 1:00 p.m.
Sa 06/10/23 11:30 a.m. - 1:00 p.m.
Sa 07/15/23 11:30 a.m. - 1:00 p.m.
Sa 08/12/23 11:30 a.m. - 1:00 p.m.
Sa 09/02/23 11:30 a.m. - 1:00 p.m.

Sunset Hike (Ages 7+)
Cool off from the heat of the day while enjoying a golden hour hike, taking in one of Backcountry’s magnificent sunsets, and watching the crepuscular animals come to life.

Backcountry Wilderness Area; Base Camp; Price $9/$10
Th 06/08/23 7:30 - 9:00 p.m.
Th 07/13/23 7:30 - 9:00 p.m.
Th 08/24/23 7:30 - 9:00 p.m.

Wellness Walks (Ages 14+)
Walk the dirt roads in the reserved part of the Backcountry Wilderness Area and you’ll forget you’re only 15 minutes from home. Grab a coffee-and bring binoculars if you want to spot local wildlife—for a relaxed, guided excursion. Fresh air and a scenic view make this jaunt to improve health and nature knowledge. How a perfect way to spend your midmorning. This hike is an adult-focused program at an adult pace.

Young children are welcome to join if they are carried for the entirety of the hike.

Backcountry Wilderness Area; Base Camp; Price Free
Th 05/18/23 10:00 - 11:30 a.m.
Th 06/05/23 7:00 - 8:30 a.m.
Th 07/13/23 7:00 - 8:30 a.m.
Th 08/17/23 7:00 - 8:30 a.m.
Th 09/14/23 10:00 - 11:30 a.m.

HORSE PROGRAMS

Basic Horsemanship (Ages 7+)
Gain your confidence around horses before getting into the saddle. This 1.5-hour class will teach you how to catch and hand-walk a horse, read their body language, and learn about the equipment needed to groom and saddle our equine friends. This class is required for any beginner who wants to take riding lessons. This class is groundwork only (no riding).

Backcountry Wilderness Area; Horse Corrals; Price $55/$55 (Single session price)
S 05/06/23 10:30 a.m. - 12:00 p.m.
S 06/10/23 10:30 a.m. - 12:00 p.m.
S 06/24/23 10:30 a.m. - 12:00 p.m.
S 07/08/23 10:30 a.m. - 12:00 p.m.
S 07/22/23 10:30 a.m. - 12:00 p.m.
S 08/12/23 10:30 a.m. - 12:00 p.m.

Adult Horsemanship (Ages 18+)
Whether you have spent time with horses or are wanting to start a new hobby, Adult Horsemanship will be a great way to learn new skills, spend time outdoors, and interact with new friends. This drop-in program is groundwork only (no riding). Every class will start with a horse safety lesson, and then participants will work on various horsemanship skills.

*Please note that the ground at the Horse Corrals is a natural surface and may be uneven.

Backcountry Wilderness Area; Horse Corrals; Price $37/ $45 (Single session price)
Th 05/04/23 8:00 - 9:30 a.m.
Th 06/01/23 8:00 - 9:30 a.m.
Th 06/29/23 8:00 - 9:30 a.m.
Th 07/27/23 8:00 - 9:30 a.m.
Th 08/24/23 8:00 - 9:30 a.m.

Horse Ownership 101 (Ages 10+)
Considering buying a horse, but have no idea where to start? This class will cover the basics a new owner may need to know from nutrition to saddle fitting. This two-part program will increase your confidence in being able to take of your new family member! Please note, there is no riding in this class.

Backcountry Wilderness Area; Horse Corrals, $75/$85 (2 session price)
S 06/10/23 & 06/17/23 12:30 - 2:00 p.m.
S 07/08/23 & 07/15/23 12:30 - 2:00 p.m.

Private Riding Lessons (Ages 5+)
Expand your skills and knowledge, both in and out of the saddle, with private riding lessons. Your instructor will create lesson plans tailored to you and your equestrian goals. Riders (ages 5-99) can choose between English or Western riding.

Backcountry Wilderness Area; Horse Corrals; Price $68/$75 (Single session price)
Contact Carly Steiger, carly.steiger@hrcaonline.org, to request a lesson.

Group Riding Lessons (Ages 7+)
Start your riding journey in our one-hour group lessons that will teach you how to groom and saddle your horse, as well as learn the basics of English or Western riding. Our instructors will teach to the ability and skill level of the students.

Backcountry Wilderness Area; Horse Corrals; Price $52/$58 (Single session price)
Su 05/07/23 - 08/27/23 3:00 - 4:00 p.m.
T 05/02/23 - 08/29/23 4:30 - 5:30 p.m.

Adult Group Riding Lesson (Ages 18+)
Start your riding journey in our one-hour group lessons that will teach you how to groom and saddle your horse, as well as learn the basics of English or Western riding. Our instructors will teach to the ability and skill level of the students.

Backcountry Wilderness Area; Horse Corrals; Price $52/$58 (Single session price)
Su 05/07/23 - 08/27/23 4:30 - 5:30 p.m.
Th 05/18/23 8:30 - 9:30 a.m.
Th 06/15/23 8:30 - 9:30 a.m.
Th 07/13/23 8:30 - 9:30 a.m.
Th 08/10/23 8:30 - 9:30 a.m.

Summer Horse Club (Ages 7-14)
Spend your summer mornings out at the Horse Corrals. Before we hop in the saddle to learn Western and English riding basics, we’ll cover grooming, tacking, horse safety, and horse health. Get to know our horses and new friends at these four-week sessions! This is a youth-only, drop-off program.

Backcountry Wilderness Area (Ages 7-10)
Horse Corrals; Price $190/ $215 (4 session price)
*Prorated price due to Independence Day
M 05/05/23 - 06/26/23 8:00 - 10:00 a.m.
M* 07/10/23 - 07/24/23 8:00 - 10:00 a.m.

Backcountry Wilderness Area (Ages 10-14)
Horse Corrals; Price $190/ $215 (4 session price)
*Prorated price due to Independence Day
T 06/06/23 - 06/27/23 8:00 - 10:00 a.m.
T* 07/11/23 - 07/25/23 8:00 - 10:00 a.m.
Pony Tails (Ages 5-6)
Help your small horse enthusiast learn about horse behavior and get hands on experience grooming and saddling during the two-week, hour-long lessons. When they are not learning horse safety, they will get to ride and learn the basics of horseback riding! *Please note that both full sized horses and ponies may be used for our 3-6-year-old programs.
Backcountry Wilderness Area; Horse Corrals; Price $93/ $100 (2 session price)
M 05/01/23 & 05/08/23 4:45 - 5:45 p.m.
Th 06/08/23 & 06/15/23 4:45 - 5:45 p.m.
Th 06/22/23 & 06/29/23 4:45 - 5:45 p.m.
Th 07/06/23 & 07/13/23 4:45 - 5:45 p.m.
Th 07/20/23 & 07/27/23 4:45 - 5:45 p.m.
Th 08/10/23 & 08/17/23 4:45 - 5:45 p.m.

Little Equestrians (Ages 3-6)
Little Equestrians is the perfect bridge from pony programs to horseback riding lessons! This 30-minute, private riding lesson firms up the basics of safe— and fun—riding with more attention to details between the rider, instructor, and the horse. We recommend Little Equestrians enroll in Mini Manes or Pony Tails before registering.
Backcountry Wilderness Area; Horse Corrals; Price $35/ $40 (single session price)
Su 05/07/23 - 08/27/23 11:00 a.m. - 11:30 a.m.
11:30 a.m. - 12:00 p.m.
12:00 - 12:30 p.m.
12:30 - 1:00 p.m.
F 05/05/23 - 08/25/23 3:30 - 4:00 p.m.
4:00 - 4:30 p.m.
4:30 - 5:00 p.m.
5:00 - 5:30 p.m.

Pony Rides (Ages 3-10)
Hand-led pony rides are available for the young horse enthusiast! Walk along with your child as they enjoy the ride. Please note: 125-pound weight limit. Each time slot accommodates up to six kids. Both full sized horses and ponies may be used.
Backcountry Wilderness Area; Horse Corrals; Price $8/ $10 (Single session price)
W 05/31/23 - 08/02/23 9:45 - 10:00 a.m.
S 05/06/23 - 08/19/23 9:45 - 10:00 a.m.

Pony Party (Ages 4-10)
If your child asks for a pony for his or her birthday, here’s your chance to make it happen! Party guests will enjoy unlimited pony rides on one pony for the first 60 minutes of the party! While kids are lassoing, play with our stick horses and enjoy a game of horseshoes. For the remaining 60 minutes, your family will be handed the reins to end your kiddo’s celebration your way! (This is a great time for cake/ birthday treats, open presents, etc.) *Please note that both full sized horses or ponies may be used for birthday parties.
Backcountry Wilderness Area; Horse Corrals, Price $265/ $300 (Single session price)
Su 08/06/23 - 08/27/23 1:00 - 3:00 p.m.
S 05/06/23 - 08/19/23 11:00 a.m. - 1:00 p.m.

Scout Horseback Riding Badge (Ages 7-18)
Our professional riding instructors will teach the scouts about basic horse safety, care, and health in a fun and hands-on learning environment. This will be followed by a ride in the arena to learn introductory horseback riding skills. We tailor our lesson plans to make sure that all scouts meet the requirements for BSA Horsemanship Merit Badge or the Girls Scout Horseback Riding Badge. *Please note the 12-scout maximum for this program.
Backcountry Wilderness Area; Horse Corrals, Price $35 per scout/ $210 minimum (Single session price)
S 06/10/23 3:00 - 5:00 p.m.
S 06/24/23 3:00 - 5:00 p.m.
S 07/08/23 3:00 - 5:00 p.m.
S 07/22/23 3:00 - 5:00 p.m.
S 08/12/23 3:00 - 5:00 p.m.
S 08/19/23 3:00 - 5:00 p.m.

Horseback Trail Rides (Ages 7+)
Check out the Backcountry Wilderness Area on four hooves instead of two feet on our guided horseback trail rides. The relaxing one-hour outing explores a portion of our conservation property with opportunities to spot local wildlife like elk, mule deer, golden eagles, and wild turkeys. The Front Range foothills provide the perfect backdrop to a close-to-home horseback riding experience. Ages 7+, 235-pound weight limit.
Backcountry Wilderness Area; Horse Corrals, Price $50/ $55 (Single session price)
05/31/23 – 09/02/23
W-F 6:30 - 7:30 p.m.
S 9:00 - 10:00 a.m.
6:30 - 7:30 p.m.

Volunteer Orientation
Volunteer with Backcountry Wilderness Area’s animals! This orientation will prepare all volunteers for any of our animal-related positions. Orientation is required to volunteer. Contact Liz Shinn, Liz.Shinn@hrcaonline.org, for a volunteer application.
Backcountry Wilderness Area; Horse Corrals; Free.
W 05/17/23 4:30 - 6:00 p.m.
W 06/14/23 4:30 - 6:00 p.m.
W 07/12/23 4:30 - 6:00 p.m.
W 08/09/23 4:30 - 6:00 p.m.
BACKCOUNTRY WILDERNESS AREA

MOUNTAIN BIKE LESSONS

Kids Starting Line Fundamentals (Ages 7+)
At this kid-centric program, riders will learn the fundamental skills of body position, bike-body separation, braking, wheel lifts, shifting, climbing, descending, turning, switchbacks, and negotiating trail obstacles. All participants should be comfortable riding a mountain bike with hand brakes, gears, and mountain bike tires.
Backcountry Wilderness Area; Base Camp; Price $75/$80 (Single session price)
S 05/13/23 9:00 - 11:30 a.m.
S 07/22/23 9:00 - 11:30 a.m.

Women's-Only Fundamentals (Ages 13+)
Ladies! If you are new to mountain biking, the two-class series is for you. In the first class, riders will learn the fundamental skills of body position, bike-body separation, braking, wheel lifts, shifting, climbing, descending, turning, switchbacks, and negotiating trail obstacles.
Backcountry Wilderness Area; Base Camp; Price $60/$65 (Single session price)
T 05/16/23 4:30 - 6:30 p.m.

Women's-Only Skills Progression (Ages 13+)
Fine tune the fundamentals and then take your skills up a notch with this Women's-Only Skills Progression course. This course will provide experienced riders, or those who have taken the Fundamental Skills course, with an advancement of skills to make your riding faster and more fun. Examples of skills taught in this course include drops, technical climbing and descending, bunny hops, small jumps, and faster cornering. A small class size allows more personalized instruction.
Backcountry Wilderness Area; Base Camp; Price $60/$65 (Single session price)
T 05/23/23 4:30 - 6:30 p.m.

Private Group Mountain Bike Lessons (All Ages)
Grab your family, friends, or riding buddies and schedule a small group class customized to the skills you want to learn. Take your riding crew to the next level with our two-hour private clinics for groups of 3-8 people at any level. Private clinics must be scheduled at least two weeks before the clinic date. Email lindsey.mckissick@hrcaonline.org to schedule your lesson.
Backcountry Wilderness Area; Base Camp; Price $60/$65 (per rider)

BACKCOUNTRY LOCATIONS TO KNOW

Backcountry Outdoor Center
(Base Camp, Archery, Horse Corrals)
6005 Ron King Trail, 80125
Wildcat Archery Range:
11950 Monarch Blvd, 80124

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

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ART CAMPS

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

Monsters & Aliens Camp (Ages 5-12)
If you love misunderstood monsters and amazing aliens, this camp is for you! Will make art based on your favorite monsters from movies and TV, think Monsters, Inc., dragons, Godzilla and more! Come build your own UFO and your favorite aliens. We can even make them glow in the dark!
Southridge, Arapahoe: Price $250/$287
Tu-F 05/30/23 - 06/02/23 9:00 a.m. - Noon*
*Adjusted price $200/$230

The Most Colorful Camp Ever (Ages 5-12)
The Most Colorful Camp Ever! Come use color like you never have before. Paint a canvas with fluid fluorescent acrylics, create wondrous colored sculptures like Meow Wolf, and design jewelry using amazing Technicolor inks!
Southridge, Arapahoe: Price $250/$287
M-F 06/05/23 - 06/09/23 9:00 a.m. - Noon
M-F 06/05/23 - 06/09/23 1:00 - 4:00 p.m.

Colorado Camp (Ages 5-12)
Colorado is world renown, from our aspens to our mountains. Paint the Colorado flag with aspens, sculpt bears & deer, and design some art using the logos of the Broncos and Nuggets! In this camp, you’ll be doing drawings, paintings, and sculptures based on our beloved state! Our instructors are award winning artists that love teaching kids. Your child will have fun creating art, while learning problem-solving and critical-thinking skills.
Southridge, Arapahoe: Price $250/$287
M-F 06/05/23 - 06/09/23 9:00 a.m. - Noon*
*Adjusted price $200/$230

Superhero Camp (Ages 5-12)
Come jump over tall buildings and make art based on your favorite Superheroes! Paint yourself as your favorite superhero in a city you design and even sculpt your favorite superhero! If you love the Avengers, Ant Man, Wonder Woman and the Justice League, this camp is for you! This camp is going to be Epic! POW! Your child will have fun creating art, while learning problem-solving and critical-thinking skills.
Southridge, Arapahoe: Price $250/$287
M-F 06/19/23 - 06/23/23 1:00 - 4:00 p.m.

Time Travel the World Art Camp (Ages 5-12)
Travel through time! Travel the world! In this art camp you will make paintings, sculptures and crafts based on different parts and times of our world! From Easter Island to ancient Egypt, from past dinosaurs to futuristic cities you will be exploring these places as an artistic time traveler! If you have a favorite place, we will make an art project to help you make a keepsake piece of art to capture that place for you!
Southridge, Arapahoe: Price $250/$287
M-F 06/26/23 - 06/30/23 9:00 a.m. - Noon

Painting & Sculpting Your Pets Camp (Ages 5-12)
Come paint & sculpt pets of all kinds- dogs, cats, birds, famous cartoon, and movie pets! We will make wonderful paintings using watercolors and acrylics. We will even sculpt pets using polymer and other types of clay. We will even make some pet-based crafts! Finally, if you have a pet of your own, we will paint a painting of your very own pet!
Southridge, Arapahoe: Price $250/$287
M-F 06/26/23 - 06/30/23 1:00 - 4:00 p.m.

Cartoons/Animation Art Camp (Ages 5-12)
If you love cartoons/animation, you will love this camp where we make art based on the characters from your favorite cartoons and movies. Think Pokemon, Finding Nemo, SpongeBob, and for those young at heart, Paw Patrol- now imagine making these characters as your very own paintings, sculptures, and jewelry!
Southridge, Arapahoe: Price $250/$287
No camp on 7/4
M-W-Th-F 07/03/23 - 07/07/23 9:00 a.m. - Noon*
*Adjusted Price $200/$230

Jewelry Camp (Ages 5-12)
Get ready for people to ask you ‘Where’d you get that bracelet?’ Create beautiful beads, make necklaces, learn weaving patterns and create unique jewelry to wear yourself or give as gifts! Design your own jewelry box! This class isn’t just for girls, boys will love it, too. The last day, we do a fashion and art show!
Southridge, Arapahoe: Price $250/$287
Tu-F 05/30/23 - 06/02/23 1:00 - 4:00 p.m.*
M-Tu-Th-F 07/10/23 - 07/14/23 9:00 a.m. - Noon*
*Adjusted price $200/$230
Star Wars Camp (Ages 5-12)
May the art be with you in this fun camp where we will do all Star Wars art all the time! Design life sized light sabers, paint your very own Star Wars poster, sculpt Baby Yoda and R2D2! Come paint, draw, sculpt, make masks and do crafts based on your favorite Star Wars characters!
Southridge, Arapahoe: Price $250/$287
M,Tu,Th,F 07/10/23 - 07/14/23 1:00 - 4:00 p.m.*
*Adjusted price $200/$230

KidzArt Summer ART Camp: Famous Artists (Ages 6-11)
Students spend five exciting days traveling the world, discovering amazing artists and colorful cultures while creating art like the master artists! Draw like Da Vinci, Paint like Van Gogh, sculpt like Kusama and learn about many other famous artists throughout history. Experiment with pastels, sculpture, acrylics and MORE in formats inspired by famous works of art. Please remember to wear sunscreen and bring a snack and water bottle.
Southridge, Arapahoe: $270/$310
M-F 06/19/23 - 06/23/23 9:00 a.m. - 12:30 p.m.

KidzArt Summer ART Camp: "Art Spans Time" (Ages 6-10)
Get creative with friends this Summer at ART camp with KidzArt! Explore art, fashion, architecture, and people throughout history. This is an ART time-travel machine! There are so many colors, textures, and places to explore as we create and learn about Vikings, the roaring 20's, medieval knights in armor, the Taj Mahal, and so much more! Kids will develop a positive "stick with it" attitude and problem-solving skills as they experience our unique and fun teaching approach. Each enrollment includes all materials needed to create at least 3 projects a day during camp. Kids will explore a wide variety of art mediums including watercolor, acrylic paint, collage, clay, sculpture, 3-D projects and more. Please remember to wear sunscreen and bring a snack and water bottle.
Southridge, Arapahoe: Price $270/$310
M-F 07/17/23 - 07/21/23 9:00 a.m. - 12:30 p.m.

Fashion Design Drawing Camp (Ages 7-16)
The industry standard fashion figure is and elongated, 9 head-length, figure. Students will learn the correct proportions of the body, along with how to draw a great face, clothing, hands, feet, shoes and accessories. The principles of design will be introduced through projects we complete during the week. All materials and project supplies included in this camp. Just bring your creativity and imagination. Campers may repeat this camp as many times as they soon become your favorites!
MWTh,F 07/03/23 - 07/07/23 3:30 a.m. - 12:30 p.m.
No class on Tuesday July 4th

Doll Up your 18” Inch Doll (Ages 9-16)
Hey Doll Lovers - this camp is for you! In this 4-day camp, students will learn the machine sewing basics to create several items for the dolls. We will also learn how to properly clean our dolls skin and practice hairstyles on the dolls. We will make a skirt and headband, embellish a t-shirt, string a button bracelet, and sew a sleeping bag and pillow for the dolls. This camp is sure to be a load of fun for all you doll loving fashionistas. All supplies and materials are included with enrollment fee. Bring water and a nut-free snack to class Please bring the following to camp on the first day: 18” doll and wire doll hairbrush
Location: 8191 South Park Lane #111, Littleton, CO 80120 in the Tre Torre Office Complex
Price: $230/$264
MWTh,F 07/03/23 - 07/07/23 1:00 - 4:00 p.m.
No class on Tuesday July 4th

COOKING CAMPS
Summer Break Chef's Camp (Ages 7-10)
Bring your chefs in for some super tasty fun! Kids will have a blast learning new recipes every day! Our culinary chef will emphasize safety, nutrition, teamwork, and following directions sequentially. Price includes all food supplies.
Southridge, Kitchen: Price $92/$106
*Adjusted price $74/$85

The Bake Shop: Come learn the secrets to great baking! Learn how to make cookies to quick breads and everything in between.
Tu-F 05/03/23 - 06/23/23 10:00 a.m. - Noon*
Tu-F 05/03/23 - 06/23/23 1:00 - 3:00 p.m.

Copycats: Come discover the secret recipes of all your favorites from Orange Julius to Twinkies! Learn how to make these fun treats and more!
M-F 06/05/23 - 06/09/23 10:00 a.m. - Noon
M-F 06/05/23 - 06/09/23 1:00 - 3:00 p.m.

Snack Attack: Come discover amazing snacks and appetizers that you can make for family and friends for any event or holiday!
M,Tu,Th,F 06/12/23 - 06/16/23 10:00 a.m. - Noon*
M,Tu,Th,F 06/12/23 - 06/16/23 1:00 - 3:00 p.m.
*Adjusted price $74/$85

Mystery Basket: Come solve the mystery of the Mystery Basket! Class will be divided up in teams. Each team will receive a basket and recipes. Young Chefs will learn how to work in a team environment and invent ways to incorporate the special ingredients provided.
M-F 06/19/23 - 06/23/23 10:00 a.m. - Noon
M-F 06/19/23 - 06/23/23 1:00 - 3:00 p.m.

Hometown Favorites: Learn how to make all your favorite recipes! If you love to cook this class is for you!
M-F 06/26/23 - 06/30/23 10:00 a.m. - Noon
M-F 06/26/23 - 06/30/23 1:00 - 3:00 p.m.

The Amazing Race: Cook amazing dishes from around the world. Discover new flavors and foods that will soon become your favorites!
MWTh,F 07/03/23 - 07/07/23 10:00 a.m. - Noon*
MWTh,F 07/03/23 - 07/07/23 1:00 - 3:00 p.m.
*Adjusted price $74/$85

Cupcake Wars: It’s time to see who can create the best cupcake! In this class you will bake and decorate unique cupcake combinations from the old favorites to new and unique combinations! This class is for the baker and decorator in you!
M,Tu,Th,F 07/10/23 - 07/14/23 10:00 a.m. - Noon*
M,Tu,Th,F 07/10/23 - 07/14/23 1:00 - 3:00 p.m.
*Adjusted price $74/$85

Confetti: Do you love cookies? Then this is the camp for you! Learn how to make cookies from around the world and put a new twist on some of your classic favorites!
M-F 07/17/23 - 07/21/23 10:00 a.m. - Noon
M-F 07/17/23 - 07/21/23 1:00 - 3:00 p.m.

ucci, acrylics and MORE in formats inspired throughout history. Experiment with pastels,
 draw, sculpture, make masks and do crafts based on your favorite Star Wars characters!
**POTTERY CAMPS**

**Clay Camps for Kids (Ages 6-10)**
Kidds will love creating unique clay pieces in these one-of-a-kind clay camps. Dress for a mess and create a piece of art that will last a lifetime!

Southridge, Pool Party Room; Price $67/$77
Garden Friends: Make your own magical unicorn complete with a rainbow.
Tu/W/Th 05/30/23 - 06/01/23 3:30 - 4:30 p.m.
Tu/W/Th 07/11/23 - 07/13/23 3:30 - 4:30 p.m.

**Totem Spoons**: Totem spoons tell a story about the artist. Come create your very own story out of clay.
Tu/W/Th 06/13/23 - 06/15/23 3:30 - 4:30 p.m.
Tu/W/Th 06/27/23 - 06/29/23 3:30 - 4:30 p.m.

**Castle and Dragons Two**: Step back in time to the exciting world of Castles and Dragons!
Come discover all the possibilities you can create.
Tu/W/Th 07/18/23 - 07/20/23 3:30 - 4:30 p.m.
Tu/W/Th 08/01/23 - 08/03/23 3:30 - 4:30 p.m.

**Baby Yoda**: Come create your very own Baby Yoda and all your favorite Star Wars characters out of clay.
Tu/W/Th 06/20/23 - 06/22/23 3:30 - 4:30 p.m.
Tu/W/Th 07/25/23 - 07/27/23 3:30 - 4:30 p.m.

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**EDUCATION CAMPS**

**CREATIVE KIDS CAMPS**

Visit HRCAonline.org and fill out the children’s application under Creative Kid’s section and bring it completed the first day of class.

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

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

**Red, White and Blue Camps**
(Ages 3-7)
Going to explore America through swimming, crafts, games, and more.

**Westridge, Osprey; Price $48/$55**
W-Th 05/31/23 - 06/01/23: 9:30 a.m. - 12:30 p.m.

**Get Set to Get Wet**
(Ages 3-6)
Come join us at Southridge for a splashing good time. You will be doing art projects, enjoying free play, songs, and games.

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

**Monday Madness**
(Ages 3-6)
We will swim in the outside pool before it opens to the public, make art projects, enjoy free play, songs, and games.

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

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**DRAMA CAMPS**

**Lion King by KidStage (Ages 6-12)**
When the King of the Pride Lands goes missing, his son must find himself and learn how to protect his land and his people. Follow Simba, Nala, Timon, Pumba, and a colorful cast of animals as they confront the evil Scar and his mangy pack of hyenas in a battle to get their kingdom back. The participants will have a blast in this coming-of-age tale about what it means to believe in yourself, work together and trust in your friends. Performance on Friday at 5:00pm.

Southridge, Backcountry Room; Price $285/$328
M-F 06/19/23 - 06/23/23 9:00 a.m. - Noon
Production: 06/23/23 5:00 p.m.

**Toys by KidStage (Ages 6-12)**
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! Performance on Friday at 5:00pm.

Southridge, Backcountry Room; Price $285/$328
M-F 07/17/23 - 07/21/23 9:00 a.m. - Noon
Production: 07/21/23 5:00 p.m.

**Mini Monday Madness at Eastridge (Ages 3-6)**
We will swim in the indoor pool, make art projects, enjoy free play, songs, and games.

Eastridge, Pool Party Room; Price $48/$55
Water Fun
M 06/12/23 - 06/19/23 9:30 a.m. - 12:30 p.m.

**Wet and Wonderful (Ages 3-6)**
Explore water in all its dimensions including swimming.
Eastridge, Pool Party; Price $96/$105
Hammocks
Tu/Th 06/06/23 - 06/15/23 9:30 a.m. - 1:00 p.m.
Lemonade
Tu/Th 06/20/23 - 06/29/23 9:30 a.m. - 1:00 p.m.
Flip Flops
Tu/Th 07/11/23 - 07/20/23 9:30 a.m. - 1:00 p.m.
Summer Fun
Tu/Th 07/25/23 - 08/03/23 9:30 a.m. - 1:00 p.m.

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**Surf and Turf (Ages 3-6)**
Come explore with us the surf in the pool and the indoor turf. We will also make creative art projects, enjoy free play, songs, and games.

Westridge, Osprey; Price $96/$105
Splash Around
F 06/02/23 - 06/30/23 9:30 a.m. - 12:30 p.m.
Beach Balls
F 07/07/23 - 07/28/23 9:30 a.m. - 12:30 p.m.
Backpacks
F 08/04/23 9:30 a.m. - 12:30 p.m.*
* Adjusted Price $120/$131
** Adjusted Price $24/$26
Alien Invasion Movie Magic (Ages 8-14)
Aliens have landed! Young filmmakers work together, using a Project Based Learning approach to make an Alien Invasion movie that is out of this world! Students actively engage in all aspects of a professional film set. They become directors, film crew and actors-honing their craft, building their critical thinking skills, and gaining a sense of ownership. This class includes: MOVIE SCRIPTS & Award certificate. “Kids will receive their professionally edited movie a few weeks after the final class date.
Northridge, Crestone; Price $265/$305
M-F 06/05/23 - 06/09/23 1:00 - 4:00 p.m.
M-F 06/19/23 - 06/23/23 1:00 - 4:00 p.m.
Southridge, Cliffs; Price $265/$305
M-F 07/31/23 - 08/04/23 9:00 a.m.-Noon

News Broadcast (Ages 6-11)
Do you have a future reporter in your household or a kiddo who’d like to give it a try? In News Broadcast kids are provided the STEAM-based skill set to produce their own news program! Kids will gain improvisation skills, self-confidence, and on-camera presence as they deliver breaking news, weather and sports like a PRO! This is a great introductory class! This class includes NB WORKBOOK & Award certificate. “A few weeks after the last class, kids will receive one professionally edited News Broadcast.
Northridge, Crestone; Price $265/$305
M-F 06/12/23 - 06/16/23 9:00 a.m.-Noon
M-F 06/26/23 - 06/30/23 9:00 a.m.-Noon

Stop Motion (Ages 5-9)
Students access their creative ability, making YouTube-ready videos that stand-out! Using a STEAM-based learning approach, students embrace their individuality, develop their editing skills, and become compelling content creators who advance their digital well-being responsibly, with an awareness of online safety. “We do not set up YouTube Channels during this class. Devices are required: iPad, tablet, Chromebook. SM WORKBOOK & Award certificate. **All footage and final videos will be stored on students’ individual devices.
Northridge, Crestone; Price $240/$276
M-F 07/17/23 - 07/21/23 1:00 - 4:00 p.m.
Southridge, Cliffs; Price $265/$305
M-F 07/31/23 - 08/04/23 1:00 - 4:00 p.m.

Harry Potter and the Lost Unicorn and the Forbidden Forest Ages 6-12)
Aliens have landed! Young filmmakers work together, using a Project Based Learning approach to make an Alien Invasion movie that is out of this world! Students actively engage in all aspects of a professional film set. They become directors, film crew and actors—honing their craft, building their critical thinking skills, and gaining a sense of ownership. This class includes: MOVIE SCRIPTS & Award certificate. “Kids will receive their professionally edited movie a few weeks after the final class date.
Northridge, Crestone; Price $265/$305
M-F 7/10/23 - 7/14/23 9:00 a.m.-Noon
M-F 7/24/23 - 7/28/23 9:00 a.m.-Noon

YouthTuber (Ages 6-11)
Kids have a BLAST in YOUth TUBEr, learning on-camera presence and content creation in a hands-on collaborative environment! Our YOUth TUBEr kids develop their storytelling style and build social communication skills using a STEAM-based learning approach, students develop their digital well-being with an awareness for online safety. This class includes YT WORKBOOK & Award certificate. A few weeks after the last class, kids will receive one professionally edited YT video. "We do not set up YouTube Channels during this class. Devices are not mandatory to take this class.
Northridge, Crestone; Price $265/$305
M-F 6/05/23 - 6/09/23 9:00 a.m. - Noon
M-F 6/19/23 - 6/23/23 9:00 a.m. - Noon
M-F 7/10/23 - 7/14/23 1:00 - 4:00 p.m.
M-F 7/24/23 - 7/28/23 1:00 - 4:00 p.m.

YouthTuber Plus (Ages 9-14)
Students access their creative ability, making YouTube-ready videos that stand-out! Using a STEAM-based learning approach, students embrace their individuality, develop their editing skills, and become compelling content creators who advance their digital well-being responsibly, with an awareness of online safety. "We do not set up YouTube Channels during this class. **Devices are required: iPad, tablet, or Chromebook. SM WORKBOOK & Award certificate. *Kids will receive their professionally edited movie a few weeks after the final class date.
Northridge, Crestone; Price $265/$305
M-F 06/05/23 - 06/09/23 1:00 - 4:00 p.m.
M-F 06/19/23 - 06/23/23 1:00 - 4:00 p.m.

CAMP BACKCOUNTRY THEMES:
May 30 – June 2
Nature: Walk on the Wild Side
Art: Wild About Color (7/8 yrs old)
Horse: English Equestrians

June 5 – June 9
Nature: Land of the Lost
Art: Wild About Color (9/10 yrs old)
Horse: Barnyard Palooza
Mini: Land of the Lost

June 12 – June 16
Nature: Nature’s Kitchen
Art: Wild About Color (11-13 yrs old)
Horse: Horsin’ Around

June 19 – June 23
Nature: Totally Gross
Art: Be the Change (7/8 yrs old)
Horse: Gymkhana Camp
Mini: Totally Gross

June 26 – June 30
Nature: Wilderness Survival
Art: Be the Change (9/10 yrs old)
Horse: Ranch Hands

Mini Camps (Ages 5-6)
Our week-long, half-day mini camps provide kids with an unparalleled opportunity to play and explore outdoors, all while nurturing children’s wildly curious minds and instilling a love for nature. Each session follows a similar format with lots of traditional camp activities and outdoor adventures, with a different underlying theme each week.
Price $230/$250

Nature Camps (Ages 7-13)
Our week-long nature camps provide kids with an unparalleled opportunity to play and explore outdoors, all while nurturing children’s wildly curious minds and instilling a love for nature. Each session follows a similar format with lots of traditional camp activities and outdoor adventures, with a different underlying theme each week.
Price $390/$430

Horse Camps (Ages 7-13)
Our week-long horse camps provide an opportunity for kids to learn about horses from the ground up. Campers will find themselves immersed in learning about the equine species through groundwork, animal science, hands-on activities, games, group riding lessons, and a trail ride!
Price $550/$580

Art Camps (Ages 7-13)
As a blend of both an art camp and a nature camp, we give art making a new meaning. There are no “cookie-cutter” projects here. We introduce campers to a wide range of materials and techniques, and unleash their creativity and imagination to build new skills, all while spending time outside in the wild. Each session follows a similar format with lots of traditional camp activities and outdoor adventures, along with creating a unique take-home art project each day.
Price $450/$480
All About Animals (Ages 4-6)
M-F

Snapology KinderBots (Ages 4-6)
Children will begin to explore the world of robotics as they build simple models out of LEGO bricks that teach the fundamentals of robotic design. Whether learning about sensors while building a fish or alligator or discovering ways that gears and wheels and axles create movement while building robotic dogs or frogs, your child is sure to have a great time!
Westridge, Coopers Hawk; Price $210/$230
M-F 06/24/23 - 06/28/23 9:00 a.m. - Noon

Snapology Bot Builders Robotics with Cubelets (Ages 4-6)
In this challenge-oriented program, your student will explore the basic components of robotics by playing with modular cubes known as Cubelets®! Each way your student snaps the cubes together will create a unique robot, but what matters most is which way your student figures out the perfect robot recipe to solve a challenge. They will work in small teams to figure out how to create lighthouses, vehicles, astrobots, animals, and so much more. Is your student ready to tinker, design, predict and play all day with Snapology?
Westridge, Coopers Hawk; Price $210/$230
M-F 07/10/23 - 07/14/23 9:00 a.m. - Noon

Snapology RoboPets (Ages 4-6)
Children will begin to explore the world of robotics as they use LEGO bricks to build simple animal models that teach the fundamentals of robotic design. Whether learning about sensors while building a fish or alligator or discovering ways that gears and wheels and axles create movement while building robotic dogs or frogs, your child is sure to have a great time!
Westridge, Falcon; Price $210/$230
M-F 06/24/23 - 06/28/23 9:00 a.m. - Noon

snapology gamebots (Ages 6-10)
Calling all gamers! Have a blast creating LEGO® brick robotic games each week while learning about robotics. Students will learn about gear ratio, sensors, programming, and pulleys as they create fun to play games. Whether creating a robotic hockey player, pinball machine, or a ring toss, your child is sure to have fun building, learning, and playing!
Westridge, Falcon; Price $210/$230
M-F 06/06/23 - 06/09/23 9:00 a.m. - Noon

Snapology Minifigure Mania (Ages 5-10)
In Snapology’s Minifigure Mania class, we let your little builder play with our secret stash of LEGO® minifigures! Not only that, but we really put our minifigures to the test by creating special playgrounds for them, designing unique flying tests, and seeing how well they do on our carefully engineered structures! Join us as we shrink ourselves to minifigure size and explore the world of minifigures!
Westridge, Falcon; Price $210/$230
M-F 06/06/23 - 06/09/23 12:30 - 3:30 p.m.

Snapology Jedi Robotics (Ages 7-12)
Robotics inspired by Star Wars® and space travel! Come on an adventure building and programming functional robots using LEGO® bricks in this super-fun program. Learn about space, space travel and, of course, Star Wars®! Build different robots each day!
Westridge, Falcon; Price $210/$230
M-F 06/12/23 - 06/16/23 9:00 a.m. - Noon

Snapology Jedi Masters (Ages 5-10)
If you love LEGO bricks and Star Wars®, this is the camp for you! Come participate in Star Wars themed activities, build scenes from the movie, build spaceships, lightsabers, you name it. May the force be with you...
Westridge, Falcon; Price $210/$230
M-F 06/12/23 - 06/16/23 12:30 - 3:30 p.m.

Snapology Creature Creator Robotics (Ages 6-10)
In Snapology’s Creature Creator Robotics class, your animal lover will create their own animal-inspired robotic models out of LEGO bricks. Students will learn about gear ratio, sensors, simple machines, and programming as they build insects, dolphins, gorillas, and much more. Your child is sure to have a wild time as they build, learn, and play!
Westridge, Falcon; Price $210/$230
M-F 06/19/23 - 06/23/23 9:00 a.m. - Noon

Snapology Mining and Building (Ages 5-10)
Travel to the Nether with Snapology—but watch out for those creepers! Come join us as we bring Minecraft® to life using LEGO® bricks. Create your own world, including animals, creepers and your very own LEGO® Minecraft® character! Please note, this is a hands-on program that does not involve playing the game on screens.
Westridge, Falcon; Price $210/$230
M-F 06/19/23 - 06/23/23 12:30 - 3:30 p.m.

Snapology Combat Robots (Ages 7-12)
Do you think you can build the strongest and most agile robot? Can your robot win a head-to-head combat mission? Come learn engineering strategies for building sturdy structures using LEGO® bricks and then apply that knowledge to build a robot for friendly competition. You’ll have a blast as you play robot football and complete the hoop challenge in this fun robotics program.
Westridge, Falcon; Price $210/$230
M-F 06/26/23 - 06/30/23 9:00 a.m. - Noon

Snapology Pokenmania (Ages 5-10)
In Snapology’s Pokenmania program, students explore the Pokémon world and practice their Pokémon training skills! They create their own training gyms, unique battles, and even their very own generation of Pokémon using LEGO® bricks. Your student also explores some real-world science as they examine the habitats, characteristics, and needs of different Pokémon. They do more than catch ‘em all, they build and examine them all very closely and have a blast doing so!
Westridge, Falcon; Price $210/$230
M-F 06/26/23 - 06/30/23 12:30 - 3:30 p.m.

Snapology Animation Studio (Ages 6-10)
Create amazing movies with stop motion animation using LEGO® bricks. Children will work in teams to produce their very own movie complete with dialogue and sound effects. Movies are uploaded to a secure site for family and friends to see how cool they are!
Westridge, Falcon; $126/$138
W-F 07/05/23 - 07/07/23 9:00 a.m. - Noon

CHess Workshop (Ages 6-14)
Workshop is for beginner and intermediate players.

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Westridge, Falcon; $126/$138
W-F 07/05/23 - 07/07/23 9:00 a.m. - Noon

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Snapology Harry Potter (Ages 5-10)
Accio! We’re so glad you’re able to join us for some spell-binding fun with LEGO® bricks! In this program, your learner will explore the magical world that surrounds Harry Potter and creatively design ways to bring their imagination to life. Riddikulus, there’s nothing scary here, just creative fun that will open doors to new possibilities – Alohomora – and let your learner’s love of magical possibilities fly- Wingardium Leviosa!
Westridge, Falcon; Price $126/$138
W-F 07/05/23 - 07/07/23 12:30 - 3:30 p.m.

Snapology Attack Bots (Ages 7-12)
In this exciting class, students will build a variety of military inspired robotic models using LEGO® bricks. Children will learn about sensors, gears, pulleys, and programming as they create robotic catapults, crossbows, battleships and much more!
Westridge, Falcon; Price $210/$230
M-F 07/10/23 - 07/14/23 9:00 a.m. - Noon

Snapology Ninja Adventure (Ages 5-10)
Every kid wishes he or she could be a ninja! In Snapology’s Ninja Adventures Class, students build with LEGO® bricks and experience what it is like to be a Ninjago® warrior. They will build their favorite characters, dragons, and battle arenas using bricks and face challenge games as well. When the program is over each child will be a certified Ninjago® Warrior!
Westridge, Falcon; Price $210/$230
M-F 07/10/23 - 07/14/23 12:30 - 3:30 p.m.

Snapology Superstructures (Ages 6-10)
Can you design the next Taj Mahal? Come create and build the future using LEGO® bricks in a new and exciting Architecture class! It’s never too early to foster your child’s engineering and building skills in this super cool program. Does your builder enjoy designing beautiful buildings or functional spaces for their mini figures? If so, this program is the perfect space for your young architect to sharpen their design and building skills! All buildings, from the Empire State Building to the house next door, started as an idea in an architect’s head. Students will learn how to take an idea from their head and turn it into a building in the real world. They will be guided through the building process, from creating a floor plan to disaster-proofing the structure, so that they will be able to create the next best thing in LEGO® architecture!
Westridge, Falcon Price $210/$230
M-F 07/17/23 - 07/21/23 9:00 a.m. - Noon

Snapology Scientist (Ages 6-10)
Does your child love to experiment and ask questions about the world around them? If so, it sounds like you already have a little scientist on your hands! Snapology’s Scientists program helps children explore their curiosities and cultivate a deep love for science by experiencing the different domains of scientific study. Students will engage with concepts from the fields of astronomy, earth science, biology, chemistry, and physics using LEGO® bricks and other interactive learning tools. We make science fun, exciting, and approachable at Snapology!
Westridge, Falcon Price $210/$230
M-F 07/17/23 - 07/21/23 12:30 - 3:30 p.m.

Camp with Cubelets (Ages 7-12)
In this challenge-oriented program, your student will explore the basic components of robotics by playing with modular cubes known as Cubelets®! Each way your student snaps the cubes together will create a unique robot, but what matters most is when your student figures out the perfect robot recipe to solve a challenge. They will work with a partner to figure out how to create lighthouses, vehicles, astrobots, animals, and so much more. Is your student ready to tinker, design, predict, code and play all day with Snapology!
Westridge, Falcon; Price $210/$230
M-F 07/24/23 - 07/28/23 9:00 a.m. - Noon

Snapology Superheroes (Ages 5-10)
To the Batcave LEGO® fans! Design your own superhero, create your own adventure, and build the cool new superhero sets. Have a blast as you create your own fantasy world of superheroes. What kind of superpowers do you have?
Westridge, Falcon; Price $210/$230
M-F 07/24/23 - 07/28/23 12:30 - 3:30 p.m.

Ocean Blue Adventures Under the Sea (Ages 5-11)
Come take a Dive into the world of Marine Biology and Oceanography. Dissect a real shark, design our own fish and bring to life genuine Triassic Triops. Examine Seashells from the Sea Shore and make a cool design to take home. We’ll continue the fun and examine the anatomy of a fish and make fish print t-shirts. We’ll finish the week and come face-to-face with some unique sea creatures such as squid. Jump right in for an Adventure Under the Sea!
Westridge, Wetterhorn; Price $207/$224
Tu-F 05/30/23 - 06/02/23 9:00 a.m. - Noon*
M-F 06/26/23 - 06/30/23 9:00 a.m. - Noon**
*Class Meets at Westridge in the Falcon Room
**Price Adjusted $259/$280

Junkyard Robots (Ages 5-11)
We will use the power of science to build a robot that’s up to our Obstacle Course. Meet the electro-powered Robo Bug. Explore alternative energy and save the Earth with our Green Energy Station. Create a Draw Bot. Get zapped with our Shockingly fun Nerve Tester. Explore Newton’s Laws and wire up your Wacky Wild Wheels.
Northridge, Wetterhorn; Price $207/$224
Tu-F 05/30/23 - 06/02/23 12:30 - 3:30 p.m.*
M-F 06/24/23 - 06/27/23 12:30 - 3:30 p.m.*
*Class Meets at Westridge in the Falcon Room
**Price Adjusted $259/$280

Lost in Space: Journey through the Solar System (Ages 5-11)
An accident has left you lost in space! You must find your way home to planet Earth. Learn about our Solar System, Planets and beyond. Explore strange planets. Battle asteroids. Explore planets. Build your own air burst rocket. Map the stars and constellations as you take an out-of-this-world sky tour in our homemade planetarium (Parents Invited) Don’t miss out on this cosmic adventure!
Northridge, Wetterhorn; Price $259/$280
M-F 06/19/23 - 06/23/23 12:30 - 3:30 p.m.

Robot Racers (Ages 10-14)
For our older campers. Use your imagination and work with your teammates to build different mini bots that are up to our challenges. Robots do different things depending on how you construct it. Circuits, buzzing lights, and motors galore in this Super Fun Camp! NOTE: This camp will include an introduction to soldering and campers will be using soldering irons.
Northridge, Wetterhorn; Price $259/$280
M-F 06/26/23 - 06/30/23 12:30 - 3:30 p.m.

Fizz, Glow, and Heat It Up (Ages 10-14)
Brand new for 2023 - Our Middle school chemistry – Explore your favorite chemical element. Conduct experiments that create heat and then cool them down. Create your own battery. Work with your teammates to conduct labs, collect data, and cool reactions. Make things glow, fizz, and explode. Lab aprons and google provide!
Northridge, Wetterhorn; Price $259/$280
M-F 07/17/23 - 07/21/23 9:00 a.m. - Noon
Challenge Island: STEAM Across the Universe Camp (Ages 5-10)

Calling all innovative and inventive kids to an adventure in STEAM and entrepreneurship! You and your STEAM Team will design, create and open new businesses every day: From PIZZapreneur Day to SLIMEPreneur Day to PETapreneur Day to HAUNTprenuer Day. Can you convince the island sharks that your STEAM Team’s business belongs in the new Challenge Island Mall? Don’t miss out on this one-of-a-kind entrepreneurial experience!

Southridge, Cliffs; Price $210/$230
M-F 06/12/23 - 06/16/23 1:00 – 4:00 p.m.

Little Doctor School Summer Camp (Ages 5-10)

Inspired learning today - healthy futures tomorrow! Camp participants will role-play the key responsibilities of a doctor and learn about vital organs in the human body. These future doctors will learn how to use a stethoscope, blood pressure cuff, and reflex hammer. They will practice administering first aid, learn how pharmacists play a role in administering medications, and more!

Northridge, Wetterhorn; Price $350/$399
M-F 06/05/23 - 06/09/23 9:00 a.m. - Noon

Teen Medical School Summer Camp (Ages 12-15)

Thinking about a career in medicine? Camp participants will explore and role-play the key responsibilities of a doctor and how to administer first aid in emergency situations. These future doctors will learn about lung disease, how to perform CPR and Heimlich maneuver, broken bones, hypothermia, how to use a stethoscope, snake bites, discuss the steps to become a doctor, and more.

Northridge, Wetterhorn; Price $350/$399
M-F 06/05/23 - 06/09/23 12:30 - 3:30 p.m.
**LITTLE VET SCHOOL**

**SPORTS CAMPS**

**BASKETBALL CAMPS**

Colorado Basketball Academy Summer Camp (Ages 5-13)
This camp is designed to improve skills while working on court awareness. Our experienced High School coaches and players will fine tune your game through various drills, games and skill practice.
Eastridge, Gym
Price $185/$213
M-F 06/05/23 - 06/09/23 9:00 a.m. - noon
M-F 06/12/23 - 06/16/23 9:00 a.m. - noon
M-F 06/26/23 - 06/30/23 9:00 a.m. - noon
W-F 07/05/23 - 07/07/23 9:00 a.m. - noon*
M-F 07/17/23 - 07/21/23 9:00 a.m. - noon
M-F 07/24/23 - 07/28/23 9:00 a.m. - noon
M-F 07/31/23 - 08/04/23 9:00 a.m. - noon
* Adjusted price $115/$133

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 $185/$213
M-F 06/19/23 - 06/23/23 1:00 - 4:00 p.m.
M-F 07/10/23 - 07/14/23 1:00 - 4:00 p.m.

DODGEBALL CAMPS

Youth Dodgeball (Ages 8-13)
For all young athletes, our coed program will be full of fun and entertainment. This dodgeball league will be for four weeks making it the perfect summer activity. Includes team shirt.
Westridge, Turf
Price $60/$69
Dodgeball: Ages 8-10
Tu 06/06/23 - 06/27/23 2:00 - 4:00 p.m.
Tu 07/11/23 - 08/01/23 2:00 - 4:00 p.m.
Dodgeball: Ages 11-13
Tu 06/06/23 - 06/27/23 2:00 - 4:00 p.m.
Tu 07/11/23 - 08/01/23 2:00 - 4:00 p.m.

GYMNASTICS CAMPS

Active Athletics Summer Camps
(Ages 3-11)
Come join the fun at Active Athletics for summer 2023. Each day of the week will be centered around the weekly theme. Craft and Activities will involve the theme. Throughout the day kids will get to learn the basics of gymnastics, work on social skills, and work as a team member. Campers must bring a water bottle, 2 snacks, lunch, and wear comfortable clothes. Registration form must be submitted prior to the first day of class.

Theme:
June 5-9 Ninja Week
June 19-23 Disney/Potter Week
July 10-14 Ninja Week
July 24-28 Summer Fun Week

Preschool Full Week Summer Camp
(Ages 3-5)
Active Athletics; Price $250
M-F 06/05/23 - 06/09/23 9:00 a.m. - Noon
M-F 06/19/23 - 06/23/23 9:00 a.m. - Noon
M-F 07/10/23 - 07/14/23 9:00 a.m. - Noon
M-F 07/24/23 - 07/28/23 9:00 a.m. - Noon

Full Week Summer Camp (Ages 5-11)
Active Athletics; Price $390
M-F 06/05/23 - 06/09/23 9:00 a.m. - 3:00 p.m.
M-F 06/19/23 - 06/23/23 9:00 a.m. - 3:00 p.m.
M-F 07/10/23 - 07/14/23 9:00 a.m. - 3:00 p.m.
M-F 07/24/23 - 07/28/23 9:00 a.m. - 3:00 p.m.

**GOLF CAMPS**

Junior Golf Camps (Ages 8-15)
These camps are designed for individuals who have maybe hit golf balls before and are very excited to learn more about the swing, short game, and the transition to playing the golf course. Camps have a maximum of 8 students. Bring your own clubs or DUGC does have complimentary clubs available for use during clinics as well. Classes are typically offered late spring through early fall.

University of Denver Golf Club at Highlands Ranch
Price $185/$213

**FENCING**

Summer Break Fencing Camp
(Ages 8-14)
Rocky Mountain Fencing Academy camps are designed to provide introductory fencing instruction, taking into account the performance levels of each individual camper. The typical daily schedule includes one 2.5 hour fencing practice session combined with other fun activities. Camp competitions are scheduled for the last day of camp. An excellent student to instructor ratio is maintained to provide individual coaching attention for each student. Camp organizers provide all necessary fencing equipment and sanitize daily.
Southridge
Price $225/$259
M-F 06/05/23 - 06/09/23 9:00 - 11:30 a.m.
M-F 06/19/23 - 06/23/23 9:00 - 11:30 a.m.
M-F 06/26/23 - 06/30/23 9:00 - 11:30 a.m.
M-F 07/10/23 - 07/14/23 9:00 - 11:30 a.m.
M-F 07/17/23 - 07/21/23 9:00 - 11:30 a.m.
M-F 07/24/23 - 07/28/23 9:00 - 11:30 a.m.

**Teach Sports**

**FUNDamentals Basketball Camp**
(Ages 8-11)
Learn and develop basic FUNDamentals through teaching progressions, drills, contests and fun games. A great way to learn basketball and stay active.
Eastridge, Gym; Price $185/$213
M-F 06/19/23 - 06/23/23 9:00 a.m. - noon
M-F 07/10/23 - 07/14/23 9:00 a.m. - noon

**SPORTS CAMPS**
HRCA TUMBLING CAMP

HRCA Tumbling Camp (Ages 3-7)
Visit HRCAonline.org and fill out the children’s application under Tumbling section and bring it filled out the first day of camp.

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

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

It’s Summertime (Ages 3-7)
This camp is filled with swimming, tumbling, crafts, and games. Bring a peanut-free sack lunch and a drink.
Westridge, Turf; Price $20/$26
Tu 06/03/23 9:30 a.m. - 12:30 p.m.
F 06/02/23 9:30 a.m. - 12:30 p.m.

KICKBALL CAMPS

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

Youth Kickball (Ages 9-12)
For all young athletes, this coed program is full of fun and is the perfect summer activity. Includes team shirt.
Westridge, Turf
Price $60/$69
Th 06/08/23 - 06/29/23 2:00 - 4:00 p.m.
Th 07/06/23 - 07/27/23 2:00 - 4:00 p.m.

MARTIAL ART CAMPS

Summer Taekwondo Camp (Ages 5-13)
Camps are a great way for students to immerse themselves in Taekwondo while having the opportunity to try new things and make new friends.
Students will advance 15 classes towards belt testing during the weeklong camps. Camps include the following activities: belt curriculum, breaking, games, friends and FUN.
Westbridge
Price $200/$230
M-F 06/05/23 - 06/09/23 Noon - 4:00 p.m.
M-F 07/17/23 - 07/21/23 Noon - 4:00 p.m.

YOUTH TENNIS CAMPS

Westridge Summer Tennis Camp (Ages 7-9)
This is a three-day entry-level camp. Camp includes swimming. Bring a tennis racquet, tennis shoes, water bottle, snack, swimsuit, and towel.
Westbridge; Price $114/$132
Tu-Th 06/06/23 - 06/08/2023 9:00 a.m. - Noon
Tu-Th 06/13/23 - 06/14/2023 9:00 a.m. - Noon
Tu-Th 06/20/23 - 06/22/2023 9:00 a.m. - Noon
Tu-Th 06/27/23 - 06/29/2023 9:00 a.m. - Noon
Tu-Th 07/11/23 - 07/13/2023 9:00 a.m. - Noon
Tu-Th 07/18/23 - 07/20/2023 9:00 a.m. - Noon
Tu-Th 07/25/23 - 07/27/2023 9:00 a.m. - Noon
Tu-Th 08/01/23 - 08/03/2023 9:00 a.m. - Noon

THERAPUTIC RECREATION SUMMER CAMPS

TR Summer Lego Camp (Ages 8-Adult)
Build castles, amusement parks, motorized cars and robotics. With access to over 100,000 pieces of LEGO, students build what they have only dreamed of with the support of experienced Snapology and Therapeutic Recreation staff. The engineer-designed curriculum challenges all ability levels to reach higher levels of engineering comprehension while having fun.
Southridge, Butte: Price $120/$138
M-F 06/05/23 - 06/09/23 1:00 - 2:30 p.m.

Tri Sports Camp (Ages 8-Adult)
If you like to swim, bike or run, join in the fun! This program is designed to prepare athletes with special needs for the HRCA Splash Mash Dash Kids Triathlon on August 5 at Eastridge.
Eastridge, Outdoor pool, Mondays, Bike/Run practice Thursdays
Price $170/$195
M-Th 06/05/23 - 08/05/23 6:00 - 7:00 p.m.

Stride to Ride (Ages 5-Adult)
A program dedicated to teaching individuals of all abilities two-wheeled balance, coordination, and confidence for a lifetime of riding adventures.
Southridge, Gym: Price: $220 / $253
(including the cost of a STRIDER Balance Bike to take home, If you already own a STRIDER, the cost will be reduced accordingly.)
M-F 06/19/23 - 06/23/23 10:00 - 11:00 am

Special Needs Summer Sports Camp (Ages 8-Adult)
Learn the skills necessary to play a variety of sports. Also learn the rules of the games, focusing on good sportsmanship and teamwork.
Southridge, Gym; Price $90/$104
Tu 07/11/23 - 07/25/23 9:00 a.m. - Noon
COLLEGE PREP
SAT/ACT® Preparation Class (Ages 14-18)
Do you want higher test scores and a better shot at competitive schools? Learn test-preparation strategies for a fraction of the cost of commercial programs! This Education Specialty course is taught by a National Board-Certified Teacher with 30+ years of experience in test preparation helping students for both the SAT and ACT. Students receive an official preparation guide and an additional strategies manual.
Westridge, Golden Eagle; Price $329/$355
M-Th 07/31/23 - 08/03/23 9:00 a.m. – Noon

FINANCIAL SEMINARS

Will Seminar (Ages 18+)
Will Seminar is a simple one-step class which provides a Notarized will, general power of attorney, medical power of attorney, and living will by the end of the seminar for each attendee from an experienced estate planning attorney. This class provides finished estate planning documents at a fraction of the typical cost. Cost includes all materials, witnessing, notarizing, individual review, and plenty of time for discussion and questions. Participants do not need to bring anything to class.
Northridge, Wetterhorn; Price $150/$172
W 05/10/23 6:00 - 8:30 p.m.
Tu 06/06/23 6:00 - 8:30 p.m.
M 07/10/23 6:00 - 8:30 p.m.
Tu 08/08/23 6:00 - 8:30 p.m.

Living Trust Seminar (Ages 18+)
Why you might need a Living Trust. This class will discuss the Top 10 Reasons for getting a Living Trust. It will also respond to any questions you may have concerning Living Trusts for estate planning purposes. When you finish the class, you should have a clear picture of whether a Living Trust is the right tool for you and/or your family. It will help you understand how to plan for issues relating to outliving your mental capacity, real property, life insurance, spendthrift children, and many other issues.
Northridge, Wetterhorn; Price $29/$39
W 05/03/23 6:30 - 8:00 p.m.
W 06/07/23 6:30 - 8:00 p.m.
W 07/05/23 6:30 - 8:00 p.m.
W 08/09/23 6:30 - 8:00 p.m.

The Art of Effective Public Speaking: The Basics (Ages 18+)
Most people are terrified to speak in front of others, whether they are speaking in meetings, interviewing or delivering an important speech. Unfortunately, companies do not provide the necessary skills needed to be an effective communicator. This workshop is designed to help anyone at any level. If you are getting ready to present in front of a group of 5 or an audience of 100, I will teach you the skills needed to overcome your fears, speak with confidence, deliver a memorable presentation and most importantly, improve your confidence. This workshop will teach you how to effectively write your material, how to develop presentation slides, how to overcome the fear of speaking, how to "Wow" your audience, and how to make your presentation memorable, and gain confidence in your ability to communicate.
Northridge, Wetterhorn; Price $35/$40
W 05/17/23 6:00 - 9:30 p.m.
Tu 08/22/23 6:00 - 9:00 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, e-mail, Netscape Navigator, or Microsoft Internet Explorer. Some courses may require additional software or other requirements. Before registering, visit ed2go.com/HRCA for complete course requirements.

To Get Started: Visit ed2go.com/HRCA. Click the Orientation link and follow the instructions to enroll and pay for your course. On the first day of class, returned2go.com/HRCA and click the Classroom link. Log in with the name and password you provided during orientation.

HEALTH AND SAFETY

A.P.E.'s Basic Class/Child Escape (Ages 5-12)

This is a good introductory and refresher course for kids. It will cover a broad range of topics including defining a "Stranger", "Lures", Role Playing, distancing, what to yell, "Going Bananas", "Code Words", and communication. Child Escape: The first and most important counter move if attacked or threatened is to "run like the wind" (and bring attention to the situation). If running away is not immediately an option, you may need to know how to get out of a situation "physically." This class goes over ways to specifically get out of danger if a child is grabbed, picked up, put in a car, etc. Because of the physical nature of this class, it is only given to both kids and parents together.

Westridge, Hawk Room; Price $30/$35
Su 05/07/23 11:00 a.m. - 1:00 p.m.

Women's Self Defense Class (Ages 12+)

We start by discussing the importance of staying aware and being "smart" on the street and at home. We will then teach the basic strikes necessary to fend off an attacker. At this point, the instructor puts on a full padded body suit which enables the participants to land real strikes. Finally, we spend most of the class role playing 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.

Westridge, Hawk Room; Price $50/$58
Su 05/07/23 2:00 - 5:00 p.m.

What's Your Story? Make it Empowering. (Ages 20+)

This is a two-part women only creative journaling workshop where you will process and explore your narrative and vision. Are you hoping to find some direction in your life now? Wondering why things aren't going the way you thought? Past memories or trauma keeps getting in the way of your choices? Want to reframe and move forward with your life? Through the process you will embrace your story so that you can focus on a positive life moving forward and envision goals unfolding for your life. April Thompson is a licensed psychotherapist specializing with Child/Family Therapy, Young Adult Women, & Parent Education.

Westridge, Coppers Hawk; Price $100/$115
M 05/08/23 - 05/15/23 7:00 - 8:00 p.m.
Sa 06/03/23 - 06/10/23 10:00 - 11:00 a.m.

ESPORTS

XP League (Ages 8-17)

XP League is bridging the gap between conventional youth athletics and competitive esports. Our innovative program emphasizes building social skills and sportsmanship through a positive coach-led structure. Players receive a pro-level experience while they develop lasting life-skills. The thrill and excitement of esports is now accessible to elementary and middle school aged kids in a fun and healthy way.

Coding Ninjas in Lone Tree; Price $325
05/30/23 - 08/06/23

XP League provides:
• Certified Coaches
• Regional and National Tournaments
• Pro-level Equipment and Training Programs
• All levels of gamers welcomed

XP League season consists of:
• 8-week coach-led season
• Focus on sportsmanship values
• Practice/game per week
• Gaming rigs provided

Rocket League

Tuesdays 5:30 - 7:30 p.m.
Described as "soccer, but with rocket-powered cars", Rocket League has up to six players assigned to each of the two teams, using rocket-powered vehicles to hit a ball into their opponent’s goal and score points over the course of a match.

OVERVIEW

Westridge, Falcon; Price $78/$89
Sa 05/13/23 9:00 a.m. - 2:00 p.m.
Sa 06/17/23 9:00 a.m. - 2:00 p.m.
Sa 07/15/23 9:00 a.m. - 2:00 p.m.
Sa 08/19/23 9:00 a.m. - 2:00 p.m.

OVERVIEW

Overwatch

Wednesdays 5:30 – 7:30 p.m.
Teams of 5 face off in a best-of-five series in which they play on a random map in one of 4 modes: Assault, Escort, Hybrid or Control

Minecraft Bedwars

Thursdays 5:30 – 7:30 p.m.
Bed Wars is a 4 vs 4 minigame. Protect your bed and destroy your opponents’ bed! It’s a war in the sky! Battle your friends on the bed wars map and develop strategies to become a master!

Valorant

Fridays 5:30 – 7:30 p.m.
Valorant is a tactical game involving two teams with 5 players in each team. Teams will either attack or defend on one of several arena style maps.

Apex Legends

Saturdays 11:00 a.m. – 1:00 p.m.
Apex Legends is a multiplayer battle royale game featuring squads of three players using pre-made characters with distinctive abilities, called “Legends”.

Fortnite

Saturdays 1:00 – 3:00 p.m.
A battle royale game in which up to 100 players fight to be the last person standing. Players will play on teams of 3 players each (trios).

CREATIVE KIDS

PARENT-TOT

Toddler & Me (Ages 18 mos-4)
Come experience a mock day at preschool with mom. Enjoy free play, circle time, crafts, and snacks while you and your child meet new friends. An adult must accompany each child.

Westridge, Osprey; Price $45/$49
Outdoor Adventure
F 05/05/23 - 05/26/23 9:45 - 11:00 a.m.
Books, Books and More Books
F 08/11/23 - 09/01/23 9:45 - 11:00 a.m.

CREATIVE KIDS SPECIALTY

Princess Dress Up (Ages 2-6)
Come as your favorite princess and be pampered like a princess. Then, enjoy a princess snack and craft.

Westridge, Osprey; Price $18/$20
Tiana M 05/08/23 1:00 - 2:30 p.m.
Pocahontas M 06/12/23 1:00 - 2:30 p.m.
Ariel M 07/10/23 1:00 - 2:30 p.m.
Moana M 08/14/23 1:00 - 2:30 p.m.
Superheroes (Ages 2-6)
Come as your favorite superhero. Bring your superpowers and be ready for some superhero fun!
Westridge, Osprey; Price $18/$20
M 05/22/23 1:00 - 2:30 p.m.
M 06/26/23 1:00 - 2:30 p.m.
M 07/24/23 1:00 - 2:30 p.m.
M 08/28/23 1:00 - 2:30 p.m.

Mad Scientist (Ages 3-6)
Come join the fun where we unleash our inner scientists. We will be experimenting with a variety of liquids and solids to create crazy explosions and expand our knowledge of science.
Westridge, Osprey; Price $20/$23
W 05/17/23 1:00 - 2:30 p.m.
W 06/21/23 1:00 - 2:30 p.m.
W 07/19/23 1:00 - 2:30 p.m.
W 08/23/23 1:00 - 2:30 p.m.

Sibling Rivalry (Ages 2-7)
Come enjoy a class with your sibling. This class allow older siblings to help younger siblings explore the fun of this class. You will make creative art projects, enjoy free play, songs, and games.
Westridge, Golden Eagle; Price $18/$20 per child
Gardening
Th 05/04/23 1:00 - 3:00 p.m.
Th 05/11/23 1:00 - 3:00 p.m.
Th 05/18/23 1:00 - 3:00 p.m.
Th 05/25/23 1:00 - 3:00 p.m.

Sandy Hands
Th 06/01/23 1:00 - 3:00 p.m.
Th 06/15/23 1:00 - 3:00 p.m.
Th 06/22/23 1:00 - 3:00 p.m.

Star Spangled
Th 07/13/23 1:00 - 3:00 p.m.
Th 07/20/23 1:00 - 3:00 p.m.
Th 07/27/23 1:00 - 3:00 p.m.

ABC’s
Th 08/03/23 1:00 - 3:00 p.m.
Th 08/10/23 1:00 - 3:00 p.m.
Th 08/17/23 1:00 - 3:00 p.m.
Th 08/24/23 1:00 - 3:00 p.m.

KIDS NIGHT IN

Kids Night-Out (Ages 3-12)
Swimming, dinner, movie, crafts, and more. Wear your swimsuit and bring your P.J.'s, a pillow, and blanket, and be ready for bed when Mom or Dad come back! Please bring a water bottle.
Eastridge, Pool Party Room; Price $30/$34
Luck
F 05/12/23 5:00 - 8:00 p.m.
Strange World
F 06/23/23 5:00 - 8:00 p.m.
The Bad Guys
F 07/14/23 5:00 - 8:00 p.m.

KREATIVE KIDS

Creative Kids (Ages 3-5)
Play, crafts, games, and songs is what Kreative Kids is all about! Please provide peanut-free lunch and snacks.
Westridge, Osprey; Price $26/$29
Flowers
Tu 05/02/23 9:30 a.m. - 12:30 p.m.
Tu 05/09/23 9:30 a.m. - 12:30 p.m.
Tu 05/16/23 9:30 a.m. - 12:30 p.m.
Tu 05/23/23 9:30 a.m. - 12:30 p.m.
Tu 05/30/23 9:30 a.m. - 12:30 p.m.
Road Trip
Tu 06/06/23 9:30 a.m. - 12:30 p.m.
Tu 06/13/23 9:30 a.m. - 12:30 p.m.
Tu 06/20/23 9:30 a.m. - 12:30 p.m.
Tu 06/27/23 9:30 a.m. - 12:30 p.m.
Sparklers
Tu 07/11/23 9:30 a.m. - 12:30 p.m.
Tu 07/18/23 9:30 a.m. - 12:30 p.m.
Tu 07/25/23 9:30 a.m. - 12:30 p.m.
Friendships
Tu 08/01/23 9:30 a.m. - 12:30 p.m.
Tu 08/08/23 9:30 a.m. - 12:30 p.m.
Tu 08/15/23 9:30 a.m. - 12:30 p.m.
Tu 08/22/23 9:30 a.m. - 12:30 p.m.
Tu 08/29/23 9:30 a.m. - 12:30 p.m.
Westridge, Osprey; Price $26/$29
Bugs
Th 05/04/23 9:30 a.m. - 12:30 p.m.
Th 05/11/23 9:30 a.m. - 12:30 p.m.
Th 05/18/23 9:30 a.m. - 12:30 p.m.
Outdoor Journey
Th 06/08/23 9:30 a.m. - 12:30 p.m.
Th 06/15/23 9:30 a.m. - 12:30 p.m.
Th 06/22/23 9:30 a.m. - 12:30 p.m.
Th 06/29/23 9:30 a.m. - 12:30 p.m.
Stars and Stripes
Th 07/13/23 9:30 a.m. - 12:30 p.m.
Th 07/20/23 9:30 a.m. - 12:30 p.m.
Th 07/27/23 9:30 a.m. - 12:30 p.m.
Under the Sea Adventures
Th 08/03/23 9:30 a.m. - 12:30 p.m.
Th 08/10/23 9:30 a.m. - 12:30 p.m.
Th 08/17/23 9:30 a.m. - 12:30 p.m.
Th 08/24/23 9:30 a.m. - 12:30 p.m.

2 TIMES THE FUN

2 Times the Fun (Ages 2-3)
Two-year-olds will explore various games, music, story time, art, and playtime. It’s an excellent way to initiate social skills and prepare for preschool. Parents do not attend.
May Take Me Out to the Ball Game
June Under Water Animals
July Happy 4th of July
August New Adventures
Westridge, Osprey; Price $64/$72
M 05/01/23 - 05/22/23 10:30 a.m. - Noon
M 08/07/23 - 08/28/23 10:30 a.m. - Noon

Westridge, Osprey; Price $44/$50
W 05/03/23 - 05/23/23 10:00 - 11:00 a.m.
W 06/07/23 - 06/28/23 9:00 - 10:00 a.m.
W 07/12/23 - 07/26/23 9:00 - 10:00 a.m.*
W 08/02/23 - 08/30/23 9:00 - 10:00 a.m.**
*Adjusted Price $33/$37
**Adjusted Price $55/$62

STEPPING STONES

Stepping Stones (Ages 2½-3½)
Prepare your child for preschool. Children learn about colors, ABC’s, and numbers while having social interaction and fun. A snack will be served. Parents do not attend.
Westridge, Osprey; Price $92/$99
Grasshoppers
Th 05/04/23 - 05/25/23 9:30 a.m. - Noon
Beaches
Th 06/01/23 - 06/29/23 9:30 a.m. - Noon*
All about the Stars
Th 07/06/23 - 07/27/23 9:30 a.m. - Noon
Back to School
Th 08/03/23 - 08/31/23 9:30 a.m. - Noon*
*Adjusted Price $115/$124
The Toddler fee is not pro-rated. It is a monthly fee.

M-F  
Price $1,290/$1,340 monthly
Eastridge, Snowmass Room
Bluebells

M-F  
Price $1,290/$1,340 monthly
Eastridge, Wolf Creek Room
Sweet Peas

M-F  
Price $1,310/$1,360 monthly
Eastridge, Arts Room
Buttercups

M-F  
Price $1,310/$1,360 monthly
Eastridge, Copper Room
Poppies

M-F  
Price $1,290/$1,340 monthly
Eastridge, Snowmass Room
Bluebells

2023-2024 SCHOOL YEAR

Enrichment (Ages 3-5)
The HRCA operates an Enrichment program at Eastridge and Westridge to enhance the Preschool/Pre-K program. Enrichment is a before and after school program for those enrolled in our Preschool and Pre-K classes only, providing care for your child for a full day.

Families who need full-time care for their child may enroll in Enrichment and a five-day Preschool or Pre-K class. Preschool 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 am - 5:30 pm on those days. Three-day weeks are available for Pre-K or 5-day Preschool students.

The HRCA wants to provide a flexible childcare option to meet your needs while maintaining the integrity and quality of the Preschool and Pre-K program you value.

Enrichment Program Fees
Enrichment (school days)  
Price $42/$45 daily

All day Enrichment (school break days)  
Price $52/$57 daily

Program Details:
• Includes music, language, swimming, pottery, art, 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. Enrichment children swim a few times a week.

• Children are invited to bring nap items like a blanket, or a lovey, and are required to bring a sheet weekly to help them rest with ease.

• We typically offer additional programs for a fee including swim lessons, science camp, technology camp, ballet, gymnastics, and other classes. Our teachers will take your child 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 “nut aware” lunch.

• Payments are made monthly for Enrichment.

• Refunds AND transfers for Enrichment

require a monthly notice.

Toddler (Ages 1-3)

Buttercups  
Eastridge, Arts Room;  
Price $1,310/$1,360 monthly
M-F  
7:30 am - 5:30 p.m.

Poppies  
Eastridge, Copper Room  
Price $1,310/$1,360 monthly
M-F  
7:30 am - 5:30 p.m.

Sweet Peas  
Eastridge, Wolf Creek Room  
Price $1,290/$1,340 monthly
M-F  
7:30 am - 5:30 p.m.

Bluebells  
Eastridge, Snowmass Room
Price $1,290/$1,340 monthly
M-F  
7:30 am - 5:30 p.m.

* The Toddler fee is not pro-rated. It is a monthly fee.

PRE-SCHOOL AT WESTRIDGE

Preschool (Ages 3-4)

Pikas  
Westridge, Falcon Room  
Price $400/$450 monthly
M-F  
9:00 a.m. - Noon
(5-day Enrichment available)

Chipmunks  
Westridge, Barn Owl Room  
Price $225/$275 monthly
Tu, Th  
9:00 a.m. - Noon
(2-day Enrichment available)

Elk  
Westridge, Great Horned Owl Room  
5-half days: Price $400/$450 monthly
(UPK qualified)
M-F  
9:00 a.m. - Noon

Elk  
Westridge, Great Horned Owl Room  
5-full days: Price $1,240/$1,290 monthly
(UPK qualified)
M-F  
9:00 a.m. - Noon

Pre-K (Ages 4-5)

Daisies  
Eastridge, Sunlight Room
5-half days: Price $400/$450 monthly
(UPK qualified)
M-F  
9:00 a.m. - Noon

Daisies  
Eastridge, Sunlight Room
5-full days: Price $1,240/$1,290 monthly
(UPK qualified)
M-F  
9:00 a.m. - Noon

Sunflowers  
Eastridge, Monarch Room
Price $779/$829 monthly
M, W, F  
9:00 a.m. - 2:00 p.m.

2023-2024 SCHOOL YEAR

September 5-6, 2023 - May 16, 2024
All classes have an annual non-refundable registration fee: $100 per child.

PRESCHOOL AT EASTRIDGE

Toddler (Ages 1-3)

Buttercups  
Eastridge, Arts Room;  
Price $1,310/$1,360 monthly
M-F  
7:30 am - 5:30 p.m.

Poppies  
Eastridge, Copper Room  
Price $1,310/$1,360 monthly
M-F  
7:30 am - 5:30 p.m.

Sweet Peas  
Eastridge, Wolf Creek Room  
Price $1,290/$1,340 monthly
M-F  
7:30 am - 5:30 p.m.

Bluebells  
Eastridge, Snowmass Room
Price $1,290/$1,340 monthly
M-F  
7:30 am - 5:30 p.m.

* The Toddler fee is not pro-rated. It is a monthly fee.

HRCA PRESCHOOL

The HRCA's preschool program is based on a play environment with developmentally appropriate activities which give children the foundation for future academic learning. The children will participate in art, music, finger plays, dramatic play, block building, sand play, puzzles, and beginning handwriting skills. Through these activities children develop physical, emotional, social, creative, and cognitive skills.

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

(Ages 18 mos-3) Designed to aid children with their basic motor, social, emotional, cognitive and linguistic development.

(Ages 3-4) Children work on letter recognition using the letter of the week, and are introduced to Handwriting Without Tears using shapes to form letters. Games, songs, and finger plays are used to learn numbers.

(Ages 4-5) Working on the benchmarks required to enter kindergarten. This includes the children's social/ emotional development, physical development, exercising their fine and gross motor skills, intellectual development dealing with vocabulary, facing new challenges and problem solving, and reading readiness which is recognizing both upper- and lower-case letters and encourage an interest in reading. Handwriting without Tears is used to teach letter writing.

Program Details:

• Includes music, language, swimming, pottery, art, 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. Enrichment children swim a few times a week.

• Children are invited to bring nap items like a blanket, or a lovey, and are required to bring a sheet weekly to help them rest with ease.

• We typically offer additional programs for a fee including swim lessons, science camp, technology camp, ballet, gymnastics, and other classes. Our teachers will take your child 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 “nut aware” lunch.

• Payments are made monthly for Enrichment.

• Refunds AND transfers for Enrichment programs require a monthly notice.

Preschool (Ages 3-4)

Shooting Stars  
Eastridge, Telluride Room
Price $400/$450 monthly
M-F  
9:00 a.m. - Noon
(5-day Enrichment available)

Honeysuckles  
Eastridge, Monarch Room
Price $779/$829 monthly
M, W, F  
9:00 a.m. - 2:00 p.m.

Pre-K (Ages 4-5)

Daisies  
Eastridge, Sunlight Room
5-half days: Price $400/$450 monthly
(UPK qualified)
M-F  
9:00 a.m. - Noon

Daisies  
Eastridge, Sunlight Room
5-full days: Price $1,240/$1,290 monthly
(UPK qualified)
M-F  
9:00 a.m. - Noon

Sunflowers  
Eastridge, Monarch Room
Price $779/$829 monthly
M, W, F  
9:00 a.m. - 2:00 p.m.

Preschool (Ages 3-4)

Pikas  
Westridge, Falcon Room
Price $400/$450 monthly
M-F  
9:00 a.m. - Noon
(5-day Enrichment available)

Chimpunks  
Westridge, Barn Owl Room
Price $225/$275 monthly
Tu, Th  
9:00 a.m. - Noon
(2-day Enrichment available)
HRCA Farmers’ Market
HRCA partners with the Denver Farmers’ Market to bring this exceptional market to Highlands Ranch. The season starts with a plethora of sauces, pastas, flowers, breads, and more. As produce comes in-season, the market explodes with all the varieties of Colorado’s bounty. Pick-up a Colorado Farm Fresh Directory at any recreation facility or see a list of vendors on the website.
Town Center South, 9288 Dorchester St.
Su 04/02/23 - 10/29/23 10:00 a.m. - 2:00 p.m.

Chamber Music Series
The Highlands Ranch Cultural Affairs Association is proud to present a three-part series of chamber music.
Southridge, Auditorium, 4800 McArthur Ranch Blvd., Tickets: $20
Impressionism: The Soul is Music
Su 04/16/23 3:00 - 4:30 p.m.
To be announced
Sa 06/24/23 6:00 - 7:30 p.m.
To be announced
Su 06/25/23 3:00 - 4:30 p.m.

Your Health with UHealth
In partnership with UHealth, join us for our last educational webinar of the series on exercise and aging from the comfort of your own home. This presentation will be led by the UHealth Steadman Hawkins Rehab Team. You will have the opportunity to ask your questions and get answers live. Improve your health and live your healthiest life.
Zoom Webinar, FREE
Exercise and Aging
W 05/03/23 6:00 - 7:00 p.m.

Cans Festival
Our tongue-in-cheek salute to the original Cannes Film Festival returns in 2023! Last year was such a hit we’re making a sequel. No films, but lots of cocktails and beverages! Feel free to taste any or all of the dozens of canned wines and cocktails now and enjoy them this summer and beyond. Cans are not just for beer anymore! Discover your favorite canned drinks at this Highlands Ranch exclusive event! Summer will be here before we know it and we want you to be ready! Food trucks will be available (additional cost).
Buy tickets online at HRCAonline.org/tickets. Must be 21+ to attend this event. No pets, infants or children. IDs will be checked.
Southridge, Auditorium & Patio,
4800 McArthur Ranch Blvd., Tickets: $35
F 05/12/23 6:00 - 8:30 p.m.

Mother’s Day 5K
Bring your family and friends and join in on the fun at the HRCA Mother’s Day 5K! Sign up the whole family and make it a morning of activity they can all enjoy.
Visit HRRaceSeries.org for more information and to register.
Cresthill Middle School, 9195 Cresthill Ln.
$35 adults/$25 kids 12 & under
Sa 05/13/23 9:00 a.m.

Hooked On Fishing
Get your little ones hooked on fishing! The Highlands Ranch Cultural Affairs Association, Highlands Ranch Metro District, and the Colorado Division of Wildlife are excited to come together to teach the basics of fishing! Experts from the Division of Wildlife will teach the art of angling and ecology. Poles and bait are provided, and kids get to keep their poles for future catches! Parent must stay with the child the entire class.
Fly’n B Park, 2910 Plaza Dr.; Tickets: $15
Sa 05/13/23 9:00 - 10:00 a.m.
Sa 05/13/23 10:30 - 11:30 a.m.

Summer Symphony Series
New Event Series! This series pairs performances from the Lone Tree Symphony for a new summer experience special to Highlands Ranch.
Southridge, Auditorium, 4800 McArthur Ranch Blvd., Tickets: $25
W 05/17/23 6:30 - 8:00 p.m.
The Gossamer Winds
W 05/24/23 6:30 - 8:00 p.m.
Raul Murciano Quartet
W 05/31/23 6:30 - 8:00 p.m.
Cloud9Strings
W 06/07/23 6:30 - 8:00 p.m.

Culture on the Green Series
This series pairs cultural performances with a beautiful outdoor setting for a unique experience only to be found in Highlands Ranch. Dance, music, and culture on stage at no cost to you! Bring a blanket and a picnic and dine alfresco under the Colorado sunset!
Dogs are not allowed at Civic Green Park.
Admission is FREE.
Civic Green Park, 9370 Ridgeline Blvd., Highlands Ranch 80129;
FREE International Youth Ballet
F 05/26/23 6:30 - 8:00 p.m.
Brothers of Bass
F 06/23/23 6:30 - 8:00 p.m.
To be announced
F 07/21/23 6:30 - 8:00 p.m.
Summer Concert Series
This eight-concert series is sure to be a highlight of the summer. Gather the whole crew and dance the night away to our incredible line-up of bands right here in Highlands Ranch. Make sure to check out our featured food trucks every week. Bring a blanket and dine alfresco under the Colorado sunset!
Highland Heritage Regional Park, 9651 S. Quebec, 6:30 - 8:00 p.m. Admission is FREE.
Th 06/01/23 Stone Beat Invasion
Th 06/08/23 The Guardians Band
Th 06/15/23 Titanic
Th 06/22/23 Nothing But Nineties
Th 07/06/23 Slap Jessi
Th 07/13/23 5280s Band
Th 07/20/23 Paizley Park
Th 07/27/23 The Country Music Project

Highlands Ranch Beer Festival
Tickets on sale May 1, at 10:00 a.m. Must be 21+ to partake in tastings. ID’s will be checked. Individual beers are available for purchase. Proceeds benefit the Highlands Ranch Community Scholarship Fund.
Civic Green Park, 9370 Ridgeline Blvd.
Beer Tasting Tickets:
General Admission: $45
VIP: $60
Sa 06/03/23 1:00 - 2:00 p.m. VIP Hour
Sa 06/03/23 2:00 - 5:00 p.m.

Flapjack Summer Kickoff
Summer is best started with pancakes! Kickoff summer at Base Camp with pancakes and activities in the outdoors. Explorers of all ages welcome. Pancakes are provided by the Backcountry Wilderness Area Fund at no additional cost!
Backcountry Wilderness Area, Base Camp $10 per car
Sa 06/03/23 8:30-10:30 a.m.

Classic Car Show
The 23rd annual Highlands Ranch Cultural Affairs Association Classic Car Show returns this year! This is the perfect weekend activity that the whole family will enjoy. Come on down and see some unique and classic cars, service vehicles, and trucks! To show off your classic car, register your vehicle at HRCAonline.org/Vendors.
“Donations will benefit the Highlands Ranch Cultural Affairs Association
Cherry Hills Community Church Parking lot; 3900 E. Grace Blvd.; Admission Free”
Sa 06/10/23 10:00 a.m. - 2:00 p.m.

HRCA Annual Adult Dance Recital
Please join us for this one of a kind event! The dancers from our HRCA adult dance classes will perform their greatest numbers! Don’t miss out! Come join the fun!
Southridge, Wildcat Mountain Auditorium
4800 McArthur Ranch Rd.; Admissions Free
Su 06/11/23 2:00 - 3:00 p.m.

Golf Tournament
Play in the first annual HRCA Golf Tournament! All participants will enjoy 18 holes of golf, lunch, and prizes. Format is a four-person scramble. You may bring your own team. Registration deadline is Wednesday, May 31 or until the tournament fills. All proceeds will benefit our three non-profit organizations, the Highlands Ranch Community Scholarship Fund, Backcountry Wilderness Area Fund, and Highlands Ranch Cultural Affairs Association.
University of Denver Golf Club Highlands Ranch, 9000 Creekside Way.; Tickets $140/Golfer
8:00 a.m. Shotgun Start
Happy Hour Half K
Have you always wanted to run a half marathon, or maybe just a 5K, but it seemed like too much work? You’re in luck! Join us for the 1640-foot Happy Hour Half K benefiting the HRCA Therapeutic Recreation Program. This family-friendly event features a race around the park, live music, and more. Visit HRRaceSeries.org for more information and to register.
Civic Green Park, 9370 S Ridgeline Blvd.
30+ adults/$25+ kids 12 & under
Sa 06/03/23 10:00 a.m. - 2:00 p.m.

Independence Day 5K
Kick off your 4th of July with a family-friendly and festive 5K! After the race, head over to Highlands Ranch Parkway to catch the annual HRCA 4th of July Parade. Visit HRRaceSeries.org for more information and to register.
HR Town Center, 9352 Dorchester St $35+ adults/$25+ kids 12 & under
Tu 07/04/23 7:30 a.m.

Family Bike and Pet Parade
Shine up those bikes, dress-up the kids, and groom your pets for the Family Bike and Pet Parade. The line forms at 8:30 a.m. in Town Center North. Children must be accompanied by an adult. The Family Bike and Pet Parade precedes the Community Parade and begins at 8:45 a.m. sharp.
Town Center Area, 9288 Dorchester St.
Tu 07/04/23 8:45 a.m.
The HRCA’s ability to bring events to Highlands Ranch is made possible in part by our Community Partners, the Highlands Ranch Cultural Affairs Association (CAA), and the Scientific and Cultural Facilities District (SCFD).

**COMMUNITY PARTNERS**

**Children’s Hospital Colorado**

**Sky Ridge Medical Center** - Beyond Your Expectations

**uchealth**

**tutor doctor** - How learning hits home.

**Grace Presbyterian** - Alongside One Another, On Life’s Journey

**South Denver Cardiology Associates** - A Centura Health Clinic

**HOPS ‘N’ DROPS** - A Neighborhood Gathering For Everyone

**Wind Crest** - 3905 S. Blessing Blvd., Highlands Ranch, CO 80126

**Vitalant**

**Melting Pot**

**We Fund Culture** - SCFD

**sweetgreen**

**Highlands Ranch Metro District**

**Davidsons Beer, Wine, Spirits**

**alphAGraphics** - Design • Copy • Print • Communicate

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**Curtain Call at the Mansion**

Highlands Ranch Cultural Affairs Association presents an evening like no other. We are proud to present Ol’ Blue Eyes performing Frank Sinatra’s best inside the Highlands Ranch Mansion.

**Highlands Ranch Mansion, 9950 E Gateway Dr., Highlands Ranch, CO 80126; Tickets: $25**

**Th 08/03/23 6:30 - 8:00 p.m.**

**Splash Mash Dash Kids Triathlon (Ages 4-12)**

Splash Mash Dash Kids Triathlon is the perfect race for kiddos looking for a way to “TRI” the sport of triathlon or tune up for a race for their larger race. The untimed event will offer kids a safe and fun environment for racing. Visit HRRaceSeries.org for more information and to register.

**Falcon Park/Eastridge Rec Center, 9568 University Blvd. Tickets: $40+ kids 4-12 years**

**Sa 08/05/23 9:00 a.m.**

**Pottery Sale**

You are invited to the pottery sale held at the Southridge atrium. This is a wonderful opportunity to find something special for a family member or a birthday gift. For more information call 303-471-8853.

**Southridge, Atrium, 4800 McArthur Ranch Blvd.**

**M 08/07/22 8:00 a.m. - 8:00 p.m.**

**Tequila & Tacos**

Join the Highlands Ranch Community Association and Davidsons Beer, Wine, and Spirits for our tasting event featuring tacos, tequila, margaritas, and other tequila cocktails. This event is outdoors. Tickets on sale Monday, June 26, at 10:00 a.m. Buy tickets online at HRCAonline.org/tickets. Must be 21+ to attend this event. No infants or children. IDs will be checked.

**Eastridge, back lawn (outside of gym); 9568 University Blvd.; Tickets: $50**

**Sa 08/12/23 3:00 - 6:00 p.m.**

**Summer Sunset Concert**

The Highlands Ranch Cultural Affairs Association and Highlands Ranch Metro District come together to celebrate the end of another great summer with one last concert of the season! Food trucks will be available to purchase food. Admission is free and open to the public.

**Civic Green Park, 9370 Ridgeline Blvd.; Admission is FREE**

**F 08/25/23 6:30 - 8:00 p.m.**

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**Grace Presbyterian Church**

**All Are Welcome at the Table of Grace**

**Worship Every Sunday at 9am and 10:30am**

**Grace Farmers Market**

Local produce grown from the organic gardens at Grace Presbyterian Church

**Every Sunday June-September | 9:30am-11am**

**Grace Golf Tournaments**

Every Spring and Fall

See latest times and dates on our website

**www.GraceColorado.com**

9720 US Hwy 85 Highlands Ranch, CO 80125

NE Corner of Highlands Ranch Pkwy & Santa Fe
PERSONAL TRAINING

Our nationally certified personal trainers are excited to get you started with a personal training program! By creating a unique and effective exercise program, our trainers will help you look and feel better. To view our personal trainer profiles or to request a trainer, visit us at www.HRCAonline.org/requesttrainer. For more information, contact katie.ireland@hrcaonline.org.

How to Get Started:
Visit HRCAonline.org/requesttrainer to fill out the Request a Trainer Form.
• Upon submission of the Request a Trainer form, you will receive an email with all new client documents, pricing information, and policies and procedures for the personal training program.
• Documents should be returned to the Fitness Coordinator at katie.ireland@hrcaonline.org. After review, the new client packet is sent to our Personal Training staff to be in contact for scheduling.
• Please wait to purchase your session package until you have confirmed the first scheduled session with your trainer.
• Please note, a physician’s release may be required.

Introduction to HRCA Private Personal Training Program Package
This package is only available to new 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 and the remaining two sessions are used for personal training sessions.

$153/$165 ($51/$55 per session) (Ages 13-54)
$135/$147 ($45/$49 per session) (Ages 55+)

Private Personal Training Session Packages
*packages cannot be shared between households. Prices listed reflect member/non-member rates.
3/one-hour sessions
$177/$195 ($59/$65 per session) *
6/one-hour sessions
$336/$372 ($56/$62 per session) **
12/one-hour sessions
$636/$696 ($53/$58 per session) ***

Senior Rate (Ages 55+)
3/one-hour sessions
$159/$174 ($53/$58 per session) *
6/one-hour sessions
$300/$330 ($50/$55 per session) **
12/one-hour sessions
$576/$636 ($48/$53 per session) ***

*expires 60 days from purchase.
**expires 120 days from purchase.
***expires 180 days from purchase.

Semi-Private Training Packages
Grab a friend and help each other stay accountable to your fitness goals! This package is for two people to start and stay in shape together with a personal trainer. Prices listed reflect member/non-member rates.
3/one-hour sessions
$216/$246 ($72/$82 per session) *
6/one-hour sessions
$372/$432 ($62/$72 per session) **
12/one-hour sessions
$624/$744 ($52/$62 per session) ***

*expires 60 days from purchase.
**expires 120 days from purchase.
***expires 180 days from purchase.

Personal Equipment Orientation
A comprehensive review of all the weight and cardiovascular machines at the facility of your choice with a certified personal trainer. This is a great opportunity to find proper seat setting, starting resistance, and correct form and technique for operation of all equipment. To schedule, please contact katie.ireland@hrcaonline.org.

Private Orientations:
60-minute session $60

Semi-Private Orientations (2 participants):
60-minute session $85

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 are made of! Appointments are 15 minutes in length and your results are accurate, personalized and reflect your unique body composition. For appointments, please contact katie.ireland@hrcaonline.org.

*First assessment is free when beginning with personal training program. Prices listed reflect member/non-member rates.

Westridge,
Non-Personal Training Clients $30/$35
Current Personal Training and Zone Clients* $15
The Zone – High Intensity Heart Rate Training
This 45-minute, high-intensity, bootcamp style training class uses heart rate monitoring technology to push your exercise limits and reach your maximum workout effort in order-to-assist you in meeting your training goals. All passes are electronically loaded directly onto your rec center card. For more information, please contact hannah.yeager@hrcaonline.org or 303-471-7044. *Reservations REQUIRED to attend. No refunds or extensions on passes. Prices listed reflect member/non-member rates.

The Zone 30-Day Unlimited Pass
Unlimited classes in The Zone. This pass is good for 30 days from date of purchase. You can purchase one at any time during the month, and can be used for any classes in The Zone.
$109/$129

The Zone Auto-Renew 30-Day Unlimited Pass
Save time and money by choosing our convenient auto-renewal option for the 30-Day Unlimited Pass. Must have valid credit card on file. Cards will be charged monthly based on the date of purchase. No long-term commitment required. Must give at least 10 days written notice to cancel auto-renewal. $99/$119

The Zone 8-Class Pass
8 classes in The Zone. This pass is good for 60 days from date of purchase, can be purchased at any time during the month and can be used for any classes in The Zone.
$119/$142

The Zone - Daily Drop-In Fee
Daily Drop-In Fee
$17/$20

FITNESS EVENTS
Free Group Fitness Day
A great opportunity to try something new! Join us for our free Group Fitness Day. Please note, classes have a maximum capacity, and we cannot guarantee entry if class becomes full. Visit HRCAonline.org/fitness for the latest class schedule. This includes group fitness and The Zone classes.
Th 06/15/23

SPECIALTY FITNESS CLASSES
Annual. 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 katie.ireland@hrcaonline.org.

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 5 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. Price $44/$52

Southridge, Fitness Studio
F 05/12/23 - 05/26/23 11:30 a.m. – 12:15 p.m.
F 06/02/23 - 06/30/23 11:30 a.m. – 12:15 p.m.*
F 07/07/23 - 07/28/23 11:30 a.m. – 12:15 p.m.
F 08/04/23 - 08/25/23 11:30 a.m. – 12:15 p.m.*
*Adjusted Price: $55/$65 (5 session month)

Impact Kickboxing
This non-intimidating cardio kickboxing bag class will help you build muscle, stamina, and overall strength. You will kick and punch your way to healthy bodies while performing upper and lower body combinations to a heavy weighted boxing bag. There is no one on one contact. This class is designed to activate muscles, burn calories, have fun and is for all fitness levels. *wraps will be provided for the class, but it is strongly encouraged to bring your own gloves.
Price $64/$78

Northridge, Martial Arts Studio
Tu 05/04/23 – 05/25/23 8:30 - 9:30 a.m.*
Tu 06/01/23 – 06/29/23 8:30 - 9:30 a.m.*
Th 07/06/23 – 07/27/23 8:30 - 9:30 a.m.
Th 08/10/23 – 08/31/23 8:30 - 9:30 a.m.*
*Adjusted price: $80/$99 (5 session month)

MoveMor™ – Better Balance and Mobility
Are your joints feeling weak and stiff? Have you noticed your balance isn’t as sharp as it used to be? Walking steadier, stronger and faster starts with joints that move freely and fully. Join us for exercise and education designed to move and live fully with more confidence! Building a strong and flexible foundation starts with seated exercise using the innovative MoveMor™ Mobility Trainer. We progress from free standing exercises designed to improve balance, posture, and performance of life’s daily activities.
Price $60/$72

Southridge, Fitness Studio
Tu 05/09/23 – 05/30/23 10:45-11:45 a.m.
Tu 06/06/23 – 06/27/23 10:45-11:45 a.m.
Tu 07/11/23 – 07/25/23 10:45-11:45 a.m.
Th 08/10/23 – 08/29/23 10:45-11:45 a.m.*
*Adjusted Price: $80/$99 (5 session month)

The Zone – Direct to Your Door
This one-on-one training option is in demand. Have you noticed your balance isn’t as sharp as it used to be? Walking steadier, stronger and faster starts with joints that move freely and fully. Join us for exercise and education designed to move and live fully with more confidence! Building a strong and flexible foundation starts with seated exercise using the innovative MoveMor™ Mobility Trainer. We progress from free standing exercises designed to improve balance, posture, and performance of life’s daily activities.
Price $60/$72

Southridge, Fitness Studio
Tu 05/09/23 – 05/30/23 10:45-11:45 a.m.
Tu 06/06/23 – 06/27/23 10:45-11:45 a.m.
Tu 07/11/23 – 07/25/23 10:45-11:45 a.m.
Th 08/10/23 – 08/29/23 10:45-11:45 a.m.*
*Adjusted Price: $80/$99 (5 session month)

Impact Kickboxing
This non-intimidating cardio kickboxing bag class will help you build muscle, stamina, and overall strength. You will kick and punch your way to healthy bodies while performing upper and lower body combinations to a heavy weighted boxing bag. There is no one on one contact. This class is designed to activate muscles, burn calories, have fun and is for all fitness levels. *wraps will be provided for the class, but it is strongly encouraged to bring your own gloves.
Price $64/$78

Northridge, Martial Arts Studio
Tu 05/04/23 – 05/25/23 8:30 - 9:30 a.m.*
Tu 06/01/23 – 06/29/23 8:30 - 9:30 a.m.*
Th 07/06/23 – 07/27/23 8:30 - 9:30 a.m.
Th 08/10/23 – 08/31/23 8:30 - 9:30 a.m.*
*Adjusted price: $80/$99 (5 session month)

MoveMor™ – Better Balance and Mobility
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Price $60/$72

Southridge, Fitness Studio
Tu 05/09/23 – 05/30/23 10:45-11:45 a.m.
Tu 06/06/23 – 06/27/23 10:45-11:45 a.m.
Tu 07/11/23 – 07/25/23 10:45-11:45 a.m.
Th 08/10/23 – 08/29/23 10:45-11:45 a.m.*
*Adjusted Price: $80/$99 (5 session month)
SENIORS

HRCA Adult Programs and Classes
Seniors are encouraged to participate in any of our adult programs found throughout this guide. Just look for program headings in green to find great adult classes. Please call Heather Goetz-Zettl 303-471-8818.

Free Valet Parking
Ask any registration desk about our free valet parking.

Senior Club
The Senior Club provides a social network for Seniors to meet new friends, socialize, and have fun. The Club sponsors activities in the Mesa Activity Lounge, at the Recreation Center at Southridge, and monthly luncheons. For more information visit the Mesa Activity Lounge, see the monthly newsletter by clicking on one of these links: HRCAonline.org/SeniorClub or HRseniorclub.org the link below, or email at seniorclubhr@gmail.com or call 720-830-2510.

Senior Club Luncheon
Contact Anna at 720-830-2510 for more information or to RSVP. Enjoy a delicious luncheon and sure-to-please entertainment. Reservations and payment are required
Southridge, Debus Wildcat Mountain Auditorium; Price $10/$15 (due Wednesday before scheduled luncheon date)
W 05/10/23 11:45 a.m. - 2:00 p.m.
W 06/14/23 11:45 a.m. - 2:00 p.m.
W 07/12/23 11:45 a.m. - 2:00 p.m.
W 08/09/23 11:45 a.m. - 2:00 p.m.

SENIOR ACTIVITIES
Southridge, Senior Lounge
*Non-HRSC Activities

Refresh Bridge
M 10:00 a.m. - Noon
Contact: 216-375-6488
Rummikub
M 1:00 - 4:00 p.m.
Contact: 309-360-9677.
Triple Play Canasta
M 5:30 - 8:30 p.m.
Contact: 503-866-2069 or 309-360-9677.
Senior Club Games
Tu/Th 9:00 a.m. - 12:00 p.m.
Contact: 309-360-9677.

Walking/Hiking Group
Tu, (1st and 3rd)
Contact: Judy 319-541-8839

Poker
Tu 10:00 a.m. - 12:30 p.m.
Contact: 303-668-9255.
Senior Bingo
Tu (4th) 9:45 a.m. - 12:00 p.m.
Contact 309-360-9677
Triple Play Canasta
Tu 1:00 - 4:00 p.m.
Contact 720-425-8102.
Duplicate Bridge*
Tu (2nd) 5:30 - 8:00 p.m.
Contact 303-229-1331.
*Wednesday Bridge
W 10:00 a.m. - 1:15 p.m.
Contact 303-791-7693.
National Mah Jongg
W 1:30 - 4:00 p.m.
Contact 503-866-2069.
Bunco
Th (1st) 1:00 - 3:00 p.m.
Contact 702-249-8312.
Triple Play Canasta
Th (2nd, 3rd, 4th, and 5th) 1:00 - 4:00 p.m.
Contact 303-956-7729.
Poker
Th (1st), 10:00 a.m. - 12:30 p.m.
Th (2nd), 12:30 - 3:00 p.m.
Th (3rd, 4th, 5th), Noon - 3:00 p.m.
Contact 303-668-9255. *Duplicate Bridge
Th 5:30 - 8:00 p.m.
Contact 720-725-8331.
Military Mah Jongg
F 1:00 - 4:00 p.m.
Contact 303-471-1499.
Mexican Train Dominos
F 1:00 - 4:00 p.m.
Contact 309-360-9677.

AARP Driver Safety
This is a four-hour classroom refresher is designed to meet the needs of older drivers. It covers age-related physical changes, declining perceptual skills, rules of the road, new laws, local driving problems, and license renewal requirements. Participants pay instructor (check or cash), $20 AARP Members (must show card) $25 non-members. May 11, June 8, July 13, or August 10 from 8:00 a.m. - 12:30 p.m. Contact 303-346-3834.

STAFF

Arts & Education Supervisor
Meredith Parker
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Tennis Coordinator
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303-471-8940
marianne.mccauley@hrcaonline.org

24/7 Online
HRCAonline.org/Classes-Camps-Activities
SENIOR FITNESS AND WELLNESS SERVICES
HRCA qualifies seniors at ages 55+. Take advantage of a reduced rate for fitness and personal training while building relationships and comradery through fitness and wellness. For more information, please email Fitness Coordinator Hannah Yeager at hannah.yeager@hrcaonline.org.

FITNESS CLASSES
*Reservations REQUIRED to attend all classes.
*Passes cannot be shared between households.
*No refunds or extensions on passes.

Annual Fitness Pass
Pass is good for one year from date of purchase and can be purchased at any time during the year. $450/$520 (55+)

FITNESS EVENTS
Free Group Fitness Day is a great opportunity to try something new! Join us for our free Group Fitness day. Please note, classes have a maximum capacity, and we cannot guarantee entry if class becomes full. Visit HRCAonline.org/fitness for the latest class schedule. This includes group fitness and The Zone classes. Th 06/15/23

Daily Drop-In Fee
Daily Drop-In Fee (55+) $8/$10

SPECIALTY FITNESS CLASSES
Ageless Grace®
This Brain Health Fitness Program is designed to stimulate the brain through physical movement. This program consists of 21 Simple Tools for Lifelong Comfort and Ease™. These exercises are done while seated and address the 5 primary brain functions: strategic planning, memory and recall, analytical thinking, creativity and imagination, and kinesthetic learning. The 21 Tools are also designed to maintain and improve basic physical skills: joint mobility, balance, spinal flexibility, upper body strength and coordination. This class is great for people of any age or ability who want to stay physically active and mentally fit. Registration is for the full session.
Price $44/$52
Southridge, Fitness Studio
05/03/23 – 05/31/23 10:00 – 10:45 a.m.*
06/07/23 – 06/28/23 10:00 – 10:45 a.m.*
07/05/23 – 07/26/23 10:00 – 10:45 a.m.*
08/02/23 – 08/30/23 10:00 – 10:45 a.m.*

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Price $60/$72
Southridge, Fitness Studio
05/02/23 – 05/30/23 10:45-11:45 a.m.
12:00 – 1:00 p.m.*
06/06/23 – 06/27/23 10:45-11:45 a.m.
12:00 – 1:00 p.m.
07/11/23 – 07/25/23 10:45-11:45 a.m.
12:00 – 1:00 p.m.*
08/01/23 – 08/29/23 10:45-11:45 a.m.
12:00 – 1:00 p.m.*

PERSONAL TRAINING
Our nationally-certified personal trainers are excited to get you started with a personal training program! By creating a unique and effective exercise program, our trainers will help you look and feel better. To view our personal trainer profiles or to request a trainer, visit us at HRCAonline.org/Fitness. For more information, contact katie.ireland@hrcaonline.org.

How to Get Started
• Visit HRCAonline.org/requestatrainer 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 katie.ireland@hrcaonline.org. After review, the new client packet is sent to our personal training staff to be in contact for scheduling.
• Please wait to purchase your session package until you have confirmed the first scheduled session with your trainer.
• Please note, a physician’s release may be required.

Introduction to HRCA Private Personal Training Program (Ages 55+)
Prices listed reflect senior member/non-member rates. This package is only available to new 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 while the remaining two sessions are used for personal training sessions. $118/$130

Senior Personal Training Package Rates (Ages 55+)
3/one-hour sessions $153/$171
6/one-hour sessions $294/$324
12/one-hour sessions $564/$624

*packages cannot be shared between households.
**expires 120 days from purchase.
***expires 180 days from purchase.

SENIOR FITNESS AND WELLNESS SERVICES
HRCA qualifies seniors at ages 55+. Take advantage of a reduced rate for fitness and personal training while building relationships and comradery through fitness and wellness. For more information, please email Fitness Coordinator Hannah Yeager at hannah.yeager@hrcaonline.org.

FITNESS CLASSES
*Reservations REQUIRED to attend all classes.
*Passes cannot be shared between households.
*No refunds or extensions on passes.

Annual Fitness Pass
Pass is good for one year from date of purchase and can be purchased at any time during the year. $450/$520 (55+)

Fitness Punch Cards
Expires six months from date of purchase.
10 Punch Card (55+) $64/$77
20 Punch Card (55+) $112/$134

Daily Drop-In Fee
Daily Drop-In Fee (55+) $8/$10

FITNESS EVENTS
Free Group Fitness Day is a great opportunity to try something new! Join us for our free Group Fitness day. Please note, classes have a maximum capacity, and we cannot guarantee entry if class becomes full. Visit HRCAonline.org/fitness for the latest class schedule. This includes group fitness and The Zone classes. Th 06/15/23

Daily Drop-In Fee
Daily Drop-In Fee (55+) $8/$10

SPECIALTY FITNESS CLASSES
Ageless Grace®
This Brain Health Fitness Program is designed to stimulate the brain through physical movement. This program consists of 21 Simple Tools for Lifelong Comfort and Ease™. These exercises are done while seated and address the 5 primary brain functions: strategic planning, memory and recall, analytical thinking, creativity and imagination, and kinesthetic learning. The 21 Tools are also designed to maintain and improve basic physical skills: joint mobility, balance, spinal flexibility, upper body strength and coordination. This class is great for people of any age or ability who want to stay physically active and mentally fit. Registration is for the full session.
Price $44/$52
Southridge, Fitness Studio
05/03/23 – 05/31/23 10:00 – 10:45 a.m.*
06/07/23 – 06/28/23 10:00 – 10:45 a.m.*
07/05/23 – 07/26/23 10:00 – 10:45 a.m.*
08/02/23 – 08/30/23 10:00 – 10:45 a.m.*

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Price $60/$72
Southridge, Fitness Studio
05/02/23 – 05/30/23 10:45-11:45 a.m.
12:00 – 1:00 p.m.*
06/06/23 – 06/27/23 10:45-11:45 a.m.
12:00 – 1:00 p.m.
07/11/23 – 07/25/23 10:45-11:45 a.m.
12:00 – 1:00 p.m.*
08/01/23 – 08/29/23 10:45-11:45 a.m.
12:00 – 1:00 p.m.*

**Adjusted price: $45/$54 (3 session month)
**Adjusted price: $75/$90 (5 session month)
SENIOR TENNIS
For more information, contact 303-471-8996.

Senior 55+ Drop-In Drill
Come meet your peers for an hour and a half of fun tennis drills. Sign up ahead of time or pay when you drop in! *This drill will only run if there is a minimum of 3 registered prior to the drill. If this registration requirement is met, this drill will then be available for drop in players. You can check the status of this program by calling 303-471-8996. Class is limited to 20 participants.
Northridge Tennis Pavilion; Price $10/$12
Thursdays 2:30 – 4:00 p.m.

Senior In-House Doubles
Northridge, Tennis Pavilion
Price $64/$74
Teams may begin to register at 6:00 a.m. on 8/15/23.
Session 1 (7 weeks)
W 09/13/23 - 10/25/23 2:30 - 4:00 p.m.
Session 2 (7 weeks)
W 11/01/23 - 12/13/23 2:30 - 4:00 p.m.

Breakfast Social
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 some other type of fun format.
Northridge, Tennis Pavilion;
Level 2.5-3.0-3.5 (15 weeks) Price: $150/$174
Tu 09/12/23 - 12/19/23 7:30 - 9:00 a.m.
Th 09/14/23 - 12/21/23 7:30 - 9:00 a.m.
No socials on 11/23

Friday Night Socials
The HRCA will host several tennis socials at the Tennis Pavilion at Northridge. Come meet and play with new and old friends. Bring your racquet and a snack to share. Socials are scheduled on the second and fourth Fridays of the month.
Northridge, Tennis Pavilion
Price $10/$12
All Levels
F 05/12 6:00 - 8:00 p.m.
F 05/26 6:00 - 8:00 p.m.
F 06/09 6:00 - 8:00 p.m.
F 06/23 6:00 - 8:00 p.m.
F 07/14 6:00 - 8:00 p.m.
F 07/28 6:00 - 8:00 p.m.
F 08/11 6:00 - 8:00 p.m.
F 08/25 6:00 - 8:00 p.m.
SPORTS BASKETBALL
For more information, please contact 303-471-8838.

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 $545 per team

Summer League
Registration Deadline: 06/09/2023
Men’s League - Recreational
M 06/26/23 - 09/18/23 6:00 - 10:00 p.m.
Men’s League - Comp/Rec
W 06/28/23 - 09/13/23 6:00 - 10:00 p.m.
Men’s League - Competitive
W 06/28/23 - 09/13/23 6:00 - 10:00 p.m.
Men’s League - 35+
Su 07/09/23 - 09/24/23 2:00 - 6:00 p.m.

YOUTH BASKETBALL

CBA 200 Shooting Workout
(Ages 7-17)
This intermediate to advanced shooting workout will have your player shoot 200 different shots during the two hour session. Our coaches will time each shot selection and focus on up tempo shooting from close, mid range and three point shots. Coaching emphasis will focus on balance, shot pocket formation and follow through. Coaching players to be in a ready shoot position and raising shooting percentages will also be a primary focus of this clinic workout series.
Eastridge, Gym
Price $183/$211; No class 07/02
Su 06/04/23 - 07/16/23 Noon - 2:00 p.m.
Su 07/30/23 - 09/10/23 Noon - 2:00 p.m.

TOT Basketball (Ages 3-6)
Your child will learn a new TOT ball skill each week! We also have tons of fun working on balance, movement and coordination as well as a “mini-academic” lesson in each class! Athletics + Academics + Agility = TOT Basketball Fun! Classes are set to kid friendly music and meet weekly. We can’t wait to meet your Superstar!
Northridge, Gym
Price $95/$110
W 06/07/23 - 06/28/23 4:20 - 4:55 p.m.
W 07/05/23 - 07/26/23 4:20 - 4:55 p.m.

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

Adult Dodgeball Tournament
(Ages 18+)
Pull together a squad and get ready to play some DODGEBALL! Each team must have at least six (6) players with a minimum of two (2) female players. Teams will get at least 5 matches. The format will consist of 4 pool play games, followed by a single elimination tournament. Must register as a team, not individually. To register please contact Kodey Stauffer at kodey.stauffer@hrcaonline.org or 303-471-7039. Eastridge, Gym
Price $150 per team
Cinco de Mayo Dodgeball Tournament
Registration Deadline: 04/23/2023
Sa 05/06/23 11:00 a.m. - 4:00 p.m.
**GOLF**

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

University of Denver Golf Club at Highlands Ranch

DUGC is an 18-hole, par-72 course that provides an enjoyable, yet challenging, golf experience featuring multiple tee boxes to accommodate players of all abilities. Highlands Ranch Golf Club is open for daily public play. Tee time reservations can be made at du.edu/highlandsranchgolf or by calling 303-471-0000. To qualify for our Highlands Ranch resident rate, players must provide proof of residency, such as an HRCA membership ID.

**ADULT LEARN TO GOLF**

- Adult Learn to Golf Clinics
  - HRCA Sports is proud to partner with University of Denver Golf Club at Highlands Ranch to bring Learn to Golf Clinics to HRCA Members! Learn to Golf Clinics are designed for the beginner to intermediate golfer, set in a fun and relaxing atmosphere. The goals of the instructors are to focus on player development and making an easy transition from the practice range to the golf course. These clinics cover a wide variety of golf topics including full swing, chipping, putting and etiquette. Clinics have a maximum of 6 students. Any class cancellations 24 hours prior to start of class will not be refunded. Bring your own clubs or DUGC does have complimentary clubs available for use during clinics as well. Classes are typically offered late spring through early fall.
  - University of Denver Golf Club at Highlands Ranch
  - Price $190/$219
  - M-Th 05/01/23 - 05/04/23 9:00 - 10:00 a.m.
  - M-Th 05/05/23 - 05/16/23 9:00 - 10:00 a.m.
  - M-Th 05/17/23 - 06/02/23 9:00 - 10:00 a.m.
  - Sa-Su 06/03/23 - 06/05/23 5:00 - 6:00 p.m.
  - Sa-Su 06/06/23 - 06/08/23 5:00 - 6:00 p.m.
  - Sa-Su 06/09/23 - 06/11/23 5:00 - 6:00 p.m.
  - *Adjusted price $144/$166

- Adult Learn to Golf Clinics
  - Price $190/$219
  - M-Th 06/19/23 - 06/22/23 9:00 - 10:00 a.m.
  - Sa-Su 06/23/23 - 06/25/23 5:00 - 6:00 p.m.
  - Sa-Su 06/26/23 - 06/28/23 5:00 - 6:00 p.m.
  - *Adjusted price $144/$166

**GYMNASTICS**

**Active Athletics - Be Healthy Be Fit Be Active**

**OUR MISSION:**
Is to be more than a gym. We are a community of students, gymnasts, coaches, and parents working together towards a common goal.

**Be Healthy Be Fit Be Active.**

**OUR PHILOSOPHY:**
Helping students achieve their personal best. We believe that sports are for everybody and there are valuable life lessons to be learned through participation in our activities. Our goal is to help every participant find success in their accomplishments, no matter how big or how small. Information sheet brought the first day of class (found on activeathletics@comcast.net). Long hair needs to be pulled out of your face, barefoot, and attire is athletic wear or leotard. No jewelry including fit watches. Be Healthy Be Fit Be Active.

**Session 7: 05/08/23 to 06/24/23**
- Closed May 20 & May 25-31
- Closed September 4

**Session 8: 06/26/23 to 08/12/23**
- Closed July 3 - July 8

- Session 1: 08/14/23 to 09/23/23
- Session 2: 09/24/23 to 11/12/23
- Session 3: 11/13/23 to 12/11/23

**Session 1 only $117**
**Session 7 only $117**
**Beginner Girls Gymnastics at Active Athletics (Ages 5-12)**
This 55-minute class builds upon the skills and concepts learned in the Active Explorers Program with greater emphasis upon strength building and skill technique. Each class consists of a warm-up and stretch, basic gymnastics shapes followed by rotations with varying stations to learn and improve upon the basic skills necessary to excel into the next level.

**Active Athletics, Price $140:**
- **Session 7: 05/08/23 to 06/24/23**
- **Closed May 20 & May 25-31**
- **Session 8: 06/26/23 to 08/12/23**
- **Session 1: 08/14/23 to 09/23/23**
- **Closed September 4**

|M | Tu 6:00 - 6:55 p.m.
| M | 4:00 - 4:55 p.m.
| M | 5:00 - 5:55 p.m.
| Tu | 6:00 - 6:55 p.m.
| Th | 5:00 - 5:55 p.m.
| W | 4:00 - 4:55 p.m.
| W | 5:00 - 5:55 p.m.
| Th | 6:00 - 6:55 p.m.
| F | 7:00 - 7:55 p.m.
| F | 4:00 - 4:55 p.m.
| F | 5:00 - 5:55 p.m.
| Sa | 9:00 - 9:55 a.m.
| Sa | 10:00 - 10:55 a.m.
| Sa | 11:00 - 11:55 a.m.
| Sa | 12:00 - 12:55 p.m.

*Session 1 only $117
**Session 7 only $117

**Active Mini Ninja (Ages 3-5)**
- **Tu 1:00 - 1:55 p.m.
- **Tu 2:00 - 2:55 p.m.
- **Th 1:00 - 1:55 p.m.
- **Th 2:00 - 2:55 p.m.
- **F 1:00 - 1:55 p.m.
- **F 2:00 - 2:55 p.m.
- **Active Mini Ninja I (Ages 4-6)**

**Session 4**

Active Mini Ninja II (Ages 4-6)
- M 4:00 - 4:55 p.m.
- M 5:00 - 5:55 p.m.
- Tu 4:00 - 4:55 p.m.
- W 4:00 - 4:55 p.m.
- W 5:00 - 5:55 p.m.
- Th 4:00 - 4:55 p.m.
- F 4:00 - 4:55 p.m.
- F 6:00 - 6:55 p.m.
- Sa 9:00 - 9:55 a.m.
- Sa 10:00 - 10:55 a.m.

*Session 1 only $117
**Session 7 only $117

**Active Jr Ninja (Ages 7-9)**
- M 4:00 - 4:55 p.m.
- M 5:00 - 5:55 p.m.
- M 6:00 - 6:55 p.m.
- Tu 4:00 - 4:55 p.m.
- Tu 5:00 - 5:55 p.m.
- Th 6:00 - 6:55 p.m.
- Th 7:00 - 7:55 p.m.
- W 6:00 - 6:55 p.m.
- W 7:00 - 7:55 p.m.
- Th 4:00 - 4:55 p.m.
- Th 5:00 - 5:55 p.m.
- Th 6:00 - 6:55 p.m.
- Th 7:00 - 7:55 p.m.
- Fri 5:00 - 5:55 p.m.
- Sa 10:00 - 10:55 a.m.
- Sa 11:00 - 11:55 a.m.

*Session 1 only $117
**Session 7 only $117

**Active Mini Warrior (Ages 3-5)**
Take your ninja skills to the next level! A portion of the class is similar to our mini ninja classes but the rest of the time participants will learn the fundamentals of martial arts. Mini warriors will learn discipline, listening skills, focus, respect, stranger safety, physical coordination, strength, and development of gross motor skills which all leads to belt advancement. At the beginning of each new session, warriors will receive session objectives needed to advance through the program and participate in that belt testing ceremony.

**Uniform- Ninja pants and t-shirt is an additional cost/purchased the first day of class.**

**Active Athletics, Price $105:**
- Sa 11:00 - 11:45 a.m.

*Session 1 only $88

**Active Ninja Warrior (Ages 5-12)**
Participants will learn the fundamentals of martial arts, discipline, respect, focus, self-defense, fine motor skill development, bullying safety, and other self-development traits. At the beginning of each new session, warriors will receive session objectives needed to advance through the program and participate in that belt testing ceremony. This class brings the best parts of martial arts to the warrior program, including the introduction of soft play ninja weapons. Uniform- Ninja pants and t-shirt is an additional cost/purchased the first day of class.

**Active Athletics, Price $105:**
- Sa Noon - 12:45 p.m.

*Session 1 only $88

**Active Athletics, Price $140:**
- Session 7: 05/08/23 to 06/24/23
- Closed May 20 & May 25-31
- Session 8: 06/26/23 to 08/12/23
- Session 1: 08/14/23 to 09/23/23
- Closed September 4

**Active Athletics, Price $105:**
- Sa Noon - 12:45 p.m.

*Session 1 only $88

**Active Athletics, Price $105:**
- Sa 11:00 - 11:55 a.m.

*Session 7 only $88
Tramp and Tumbling Basics
(Ages 7-12)
Our trampoline classes promote basic trampoline safety through learning fundamental shapes and positions. In these classes you will learn how to do controlled bounces. Learn basic jumping positions and combinations then onto more complex sequences of skills, including those that go forward, backward and twisting. The basics of rolling, cartwheeling, handstands, and handsprings on the floor are incorporated as well.
Active Athletics, Price $140;
Session 7: 05/08/23 to 06/24/23
Closed May 20 & May 25-31
Session 8: 06/26/23 to 08/12/23
Closed July 3 - July 8
Session 1: 08/14/23 to 09/23/23
Closed September 4
W 6:00 - 6:55 p.m.
W 7:00 - 7:55 p.m.

**MARTIAL ARTS**
For more information, please contact 303-471-8838.

**Highlands Ranch Taekwondo**
HRCA offers Taekwondo classes for all levels and all ages. Taekwondo helps students develop a disciplined character, improve their overall fitness, and improve their confidence and focus.

**Pricing Options**
**Monthly Single Class Fee**
Manual, monthly payments. Must sign up each month. Perfect for those just wanting to try taekwondo. Attend unlimited classes each month.
$135/$146

**Monthly Auto-Renew Class Fee**
Auto-renewal of registration monthly. 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.
$125/$144

Uniforms
Uniforms can be purchased at any time from the Northridge front desk. Sample sizes are available during classes to ensure proper sizing. Please see the instructor for sizing options. Uniforms are not required but recommended if your child plans to continue taekwondo long term.
Uniform cost is $35.

**Adult TKD/Youth brown, high red to black belts (Ages 8+)**
Join our 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 and youth of higher belts. 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. Participants will benefit from our classes as they progress and achieve their goals!

**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.

**Highlands Ranch Hapkido (Ages 18+)**
HRCA works exclusively with Highlands Ranch Hapkido, led by Sensei Shelly Gruber. Sensei Shelly has been practicing American Hapkido karate for over 25 years. Hapkido is a traditional Martial Art which originated from Korea that consists of takedowns, combat techniques, joint locking, punching, kicking, striking, and Hapkido weapons while building confidence, strength, and power. Hapkido is a defensive martial art and is primarily made for combat that teaches you how to use your attacker’s energy or power against them. Hapkido trains the mind through discipline, coordination, and consistency. Students will develop confidence through peace of mind and knowing how to defend themselves. Hapkido conditions and strengthens your body while having fun and improving your overall health.

**Adult Hapkido (Ages 18+)**
Classes are for students of all ages, regardless of your physical fitness or athletic ability to improve cardio fitness, muscle tone, flexibility, and coordination. Students learn important self-defense skills to redirect offensive energy and be more confident and focused. Hapkido trains the mind through discipline, coordination, and consistency. Hapkido conditions and strengthens your body at a low to moderate intensity level while having fun and improving your overall health. Belts will be trained for in this class.

**Northridge, Martial Arts Studio**
Price $118/$136
M, W, F 05/01/23 - 05/31/23
9:00 - 9:50 a.m.
10:00 - 10:50 a.m.
11:00 - 11:50 a.m.
M, W, F 06/02/23 - 06/30/23
9:00 - 9:50 a.m.
10:00 - 10:50 a.m.
11:00 - 11:50 a.m.
M, W, F 07/03/23 - 07/31/23
9:00 - 9:50 a.m.
10:00 - 10:50 a.m.
11:00 - 11:50 a.m.
M, W, F 08/07/23 - 08/30/23
9:00 - 9:50 a.m.
10:00 - 10:50 a.m.
11:00 - 11:50 a.m.

*If you have questions as it relates to belt testing or stripe testing, please talk to the Instructor.*
Hapikido Private Lessons
Private lessons are offered to fit your schedule! Senior rates available. To schedule a private lesson, email lisa.sheley@hrcaonline.org, or call 303-471-8838
Northridge, Martial Arts Studio

Pickleball
Questions concerning reservations and drop-in time? Call 720-348-8202.

Westridge Court Hours:
Monday - Friday: 5:00 a.m. - 9:00 p.m.
Saturday: 7:00 a.m. - 8:00 p.m.
Sunday: 7:00 a.m. - 6:00 p.m.

Reservations can only be made by members (maximum of two-hour court time) for Westridge Pickleball courts 48 hours in advance online, in person, or by calling 720-348-8202. There is no fee to reserve pickleball courts. Reserved court may be held for 15-minutes past the scheduled time, after that the court will be given out on a first-come, first-serve basis. If you aren’t going to use the court, please call the Westridge Access Desk at 720-348-8202 to cancel the pickleball court reservation.

Drop-in will be on courts 2 through 4. Courts 5 & 6 are reservable. Court 1 will also be used if not needed by pickleball teaching professionals. During league season, Wednesday drop-in will be from 7:00 - 9:00 a.m. Monday - Friday 7:00 - 11:00 a.m. 3:30 - 5:30 p.m.

In-House Leagues
Westridge, Outdoor Pickleball Courts
Price: $180 per team
This league will consist of 10 teams where each team will play the other 9 teams one time. Only one individual per team needs to sign up for this league and that individual must be an HRCA member. Teams can be any combination of genders. If a match is canceled due to inclement weather, it is up to the two teams to reschedule. They will not be held to the 48-hour reservation rule. Substitutes are allowed but MUST be at the same or lower playing ability. No ringers please.

Beginner Level (0.5-2.0)
This league is intended for players who are new or relatively new to the sport of pickleball. However, players are expected to be able to play and to know how to keep score. This is not intended for players who are complete novices.
M 04/24 - 06/26 9:00 - 11:00 a.m.
W 04/26 - 06/21 5:30 - 7:30 p.m.
M 07/31 - 10/02 9:00 - 11:00 a.m.
W 08/02 - 09/27 5:30 - 7:30 p.m.
* There will be no league play on 05/29 & 09/04

Intermediate Level (2.5-3.0)
This league is intended for players with some experience and who can sustain short rallies. Players should understand fundamentals and court positioning.
Th 04/27 - 06/22 5:30 - 7:30 p.m.
Th 08/03 - 09/28 5:30 - 7:30 p.m.

Advanced Level (3.5+)
This league is intended for players with MULTIPLE years of experience. Players can sustain long rallies using multiple types of shots and can anticipate opponents’ shots and play aggressively at the net.
Tu 04/25 - 06/20 5:30 - 7:30 p.m.
Tu 08/01 - 09/26 5:30 - 7:30 p.m.

In-House Leagues
Private Individual, Semi-Private & Private Group Lessons
To schedule a private, semi-private or group lesson, call 303-471-8838.
Northridge, Pickleball Courts
303-471-8930.

For more information, call 303-471-8838.

Racquetball

Racquetball Court Reservations
Only members may make a court reservation daily after 7:00 a.m. on Sunday, May 14th. You may also call the Northridge Tennis Pavilion at 7:30 a.m.
There will be no adult programming on these days:
Saturday 09/16 after Noon (Oktoberfest)
Meet our Racquetball Instructor
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 303-471-8838.
Northridge, Racquetball Courts
Junior Private (1 player)
$45/$55 per hour
Junior Semi-Private (2 players)
$35/$45 per hour; per player
Junior 3 and a Pro (3 players)
$30/$40 per hour; per player

SOCcer

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

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 $545 per team

Summer League
Registration Deadline: 06/23/23
Adult Coed Indoor Soccer League
M 07/10/23 - 09/25/23 6:00 - 10:00 p.m.
Adult Coed Recreational Indoor Soccer League
W 07/12/23 - 09/20/23 6:00 - 10:00 p.m.

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.

*No class 07/04
Summer Session I
Price $175/$202
Soccer Shots Mini's (Ages 2-3)
Maximum of 8 students per class.
Westridge, Turf
M 06/05/23 - 07/10/23 9:00 - 9:30 a.m.
M 06/05/23 - 07/10/23 5:00 - 5:45 p.m.
Tu 06/06/23 - 07/11/23 4:15 - 4:45 p.m.
Tu 06/06/23 - 07/11/23 9:00 - 9:30 a.m.*
F 06/09/23 - 07/14/23 10:00 - 10:45 a.m.
Southridge, Gym
Su 06/04/23 - 07/09/23 10:00 - 10:30 a.m.
*Adjusted price $146/$168

Soccer Shots Classic (Ages 3-5)
Maximum of 10 students per class.
Westridge, Turf
M 06/05/23 - 07/10/23 9:45 - 10:30 a.m.
M 06/05/23 - 07/10/23 5:00 - 5:45 p.m.
Tu 06/06/23 - 07/11/23 9:45 - 10:30 a.m.*
W 06/07/23 - 07/12/23 2:00 - 2:45 p.m.
W 06/07/23 - 07/12/23 5:00 - 5:45 p.m.
F 06/09/23 - 07/14/23 9:00 - 9:45 a.m.*
*Adjusted price $146/$168
Southridge, Gym
Ages 3-4
Su 06/04/23 - 07/09/23 10:40 - 11:25 a.m.

Ages 4-6
Su 06/04/23 - 07/09/23 11:35 a.m. - 12:20 p.m.

Soccer Shots Premier (Ages 6-8)
Maximum of 12 students per class.
Westridge, Turf
M 06/05/23 - 07/10/23 10:45 - 11:30 a.m.
Tu 06/06/23 - 07/11/23 10:45 - 11:30 a.m.*
W 06/07/23 - 07/12/23 4:00 - 4:45 p.m.
Southridge, Gym
Su 06/04/23 - 07/09/23 12:30 - 1:15 p.m.
*Adjusted price $146/$168
SPORTS

ADULT TENNIS
For more information, contact 303-471-8996.

Court Hours
Northridge tennis courts are available for use:
M-F 7:30 a.m. - 9:00 p.m.
Sa, Su 7:30 a.m. - 6:00 p.m.

Southridge tennis courts are available for use:
M-F 7:00 a.m. - 9:00 p.m.
Sa 7:00 a.m. - 8:00 p.m.
Su 7:00 a.m. - 6:00 p.m.

Court Reservations
Only members may make a court reservation 48 hours in advance for a maximum of two hours. There is a 15-minute court forfeiture rule. Court fees must be paid at time of reservation. Please check in at the access or monitor’s desk before using the courts at any of these facilities. Reservations may be made online or by calling: Northridge 303-471-8996 Southridge 303-471-7020

Court Fees
$6 Guest Fee per visit for program guests 2-11 years of age.
$7 Guest Fee per visit for program guests 12-17 and 55+ years of age.
$8 Guest Fee per visit for program guests 18-54 years of age.
$0 Outdoor Courts Walk-On or Reservation
$34/hour Indoor Courts Walk-On or Reservation 01/02/23 - 04/30/23

Block Time
Please call the Tennis Monitor Desk at 303-471-8996 for information on dates and rates for summer Block Time at Northridge Tennis Pavilion.

Ball Machine
The machine is available at Northridge for 60, 90, or 120 minute intervals. The year-round rate to rent the ball machine is $6.00 per hour. Call 303-471-8996 to reserve.

Backboards
A backboard is available at Northridge. There is no fee for the use of the Northridge backboard.

Private Individual, Semi-Private & Private Group Lessons
To schedule a private, semi-private or group lesson, call 303-471-8996.
Private Lesson (1 player) $66/$76 per hour
Semi-Private (2 players) $33/$38 per hour, per player
3 and a Pro (3 players) $22/$25 per hour, per player
Large Group (4+ players) $20/$23 per hour, per player

Adult Group Lessons & Drills Sessions
Northridge Adult Tennis Session Dates
Sessions are 6 weeks long and prices are adjusted for closures.
Session 4 05/30 - 07/09
Session 5 07/10 - 08/20
Session 6 08/21 - 10/01
Registration for these sessions will be online at 6:00 a.m. on Sunday, May 14th.

There will be no adult programming on these days:
Monday 05/29 (Memorial Day)
Saturday 06/10 after 4:00 p.m. (Summer Staff Party)
Tuesday 07/04 (Independence Day)
Monday 09/04 (Labor Day)
Saturday 09/16 after Noon (Oktoberfest)

Adult Lessons
Adult lessons are taught using the NTRP Rating Categories, except for beginners. Beginning tennis lessons are designated “Beginner.”
Northridge, Tennis Pavilion
Price: $108/$124
Beginner
M 9:00 - 10:00 a.m.*
Tu 9:00 - 10:00 a.m.*
W 6:00 - 7:00 p.m.

Semi-Advanced Beginner
M 5:00 - 6:00 p.m.*
Tu 10:00 - 11:00 a.m.*
Th 7:00 - 8:00 p.m.

Level 3.0
M 10:00 - 11:00 a.m.*
*Adjusted Price Session 4 & 6 - $90/$104
**Adjusted Price Session 4 - $90/$104

Adult Drills
Drills are a great workout with less personalized instruction and a great resource for the Highlands Ranch newcomer who wants to meet players. You can check the status of these drills and play by calling 303-471-8996.
Northridge, Tennis Pavilion
Price: $64/$74

Senior In-House Doubles
Northridge, Tennis Pavilion; Price $10/$12
Teams may begin to register at 6:00 a.m. on 8/15/23.
Session 1 (7 weeks)
W 09/13/23 - 10/25/23 2:30 - 4:00 p.m.
W 11/01/23 - 12/13/23 2:30 - 4:00 p.m.

Senior 55+ Drop-In Drill
Come meet your peers for an hour and a half of fun tennis drills. Sign up ahead of time or pay when you drop in! *This drill will only run if there is a minimum of 3 registered prior to the drill. If this registration requirement is met, this drill will then be available for drop in players. You can check the status of this program by calling 303-471-8996. Class is limited to 20 participants.
Northridge Tennis Pavilion; Price $10/$12
Th 2:30 - 4:00 p.m.

ADULT TENNIS LEAGUES

Women’s In-House Doubles
Sign up with a partner and keep your game sharp. Players may not play down an NTRP level. Teams must have at least one player at the appropriate NTRP level. Member Teams – both players must be members. Each team will play every other team at least two times. Maximum registration is 12 individuals or 6 teams for each level.
Northridge, Tennis Pavilion
Price $18/$21 per match, per person; Total registration price will depend on the number of registrants.
Number of weeks will depend on the number of registrants but will be a maximum of 14 weeks.
Teams may begin to register at 6:00 a.m. on 8/15/23.
Level 2.5 Women
Tu Begins on 09/19/23 Noon - 2:00 p.m.
W Begins on 09/20/23 11:00 a.m. - 1:00 p.m.
Level 3.0 Women
F Begins on 09/22/23 9:00 - 11:00 a.m.
Level 3.5 Women
F Begins on 09/22/23 11:00 a.m. - 1:00 p.m.

Breakfast Social
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 some other type of fun format.
Northridge, Tennis Pavilion;
Level 2.5-3.0-3.5 (15 weeks) Price $150/$174
Tu 09/12/23 - 12/19/23 7:30 - 9:00 a.m.
Th 09/14/23 - 12/21/23 7:30 - 9:00 a.m.
Youth Lessons (Ages 9-10)
Northridge, Tennis Pavilion
Price $108/$124
Level 1 - Orange Ball - I can HIT
M Tu 5:00 - 6:00 p.m.*
Sa 10:00 - 11:00 a.m.
Level 2 - Orange Ball - I can RALLY
M Tu 6:00 - 7:00 p.m.*
Sa Noon - 1:00 p.m.*
*Adjusted Price Session 4 - $90/$104
**Adjusted Price Session 4 - $90/$104
***Adjusted Price Session 6 - $90/$104

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: $198/$228; Meets 2 days a week
M 4:30 - 6:00 p.m.
Tu 5:00 - 7:00 p.m.
Sa Noon - 1:30 p.m.
Adjusted Price Session 4 - $182/$209
Adjusted Price Session 6 - $165/$190

12 Advanced Level 4
Green Ball - I can COMPETE (Ages 11-12)
For players who have competed in the 10 Advanced program and who have played tournament matches.
This program is by professional approval only.
Northridge, Tennis Pavilion
Price: $264/$304; Meets 2 days a week
W M 6:00 - 8:00 p.m.
Sa 11:00 a.m. - 1:00 p.m.
Adjusted Price Session 6 - $242/$279

Friday Night Socials
The HRCA will host several tennis socials at the Tennis Pavilion at Northridge. Come meet and play with new and old friends. Bring your racquet and a snack to share. Socials are scheduled on the second and fourth Fridays of the month.
Northridge, Tennis Pavilion
Price $10/$12
All Levels
F 05/12 6:00 - 8:00 p.m.
F 05/26 6:00 - 8:00 p.m.
F 06/09 6:00 - 8:00 p.m.
F 06/23 6:00 - 8:00 p.m.
F 07/14 6:00 - 8:00 p.m.
F 07/28 6:00 - 8:00 p.m.
F 08/11 6:00 - 8:00 p.m.
F 08/25 6:00 - 8:00 p.m.

YOUTH TENNIS LESSONS
Level 5 players are active tournament players and/or teaching staff.
Level 4 players have played USTA Junior Team Tennis, completed Level 3, and/or have been approved by the teaching staff.
Level 3 players are in the I can RALLY mode with the red, orange, green or yellow ball.
Level 2 players are in the I can HIT mode with the red, orange, green or yellow ball.
Level 1 players are in the I can HIT mode with the red, orange, green or yellow ball.
Youth Lessons Level Definitions
YOUTH TENNIS LESSONS
For more tennis information, contact 303-471-8996.
Tennis Court Reservations, Private, Semi-Private & Group Lessons (Ages 6 & up)
For more information, please refer to page 49.

Youth Tennis Program
Northridge Youth Tennis Session Dates
Sessions are 6 weeks long and prices are adjusted for closures.
Session 4 05/30/23 - 07/09/23
Session 5 07/10/23 - 08/20/23
Session 6 08/21/23 - 10/01/23
Registration for these sessions will be online at 6:00 a.m. on Sunday, May 14th.

There will be no youth programming on these days:
Monday 05/29 (Memorial Day)
Saturday 06/10 after 4:00 p.m. (Summer Staff Party)
Tuesday 07/04 (Independence Day)
Monday 09/04 (Labor Day)
Saturday 09/16 after Noon (Oktoberfest)
YOUTH LEAGUES

USTA Summer Junior Team Tennis (Ages 8-18)
Teams practice twice a week for one hour with matches on Monday mornings. Intermediate level of play. Wednesday and Friday afternoon practice times TBD by level and team. The anticipated league season is early June through the first week of August. Teams start being formed in March. Minimum roster deadline 04/09/23.
Early Bird Pricing begins on 03/01/23 at $200/$225 + USTA Fees
Regular Pricing begins on 03/22/23 at $225/$250 + USTA Fees
18 and under
Southridge, Tennis Courts
Ages 10 and under; 12 and under, and 14 and under
Northridge, Tennis Pavilion

VOLLEYBALL

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

Adult Sand-Court Volleyball Leagues
Beach volleyball leagues have an eight game regular season followed by a single-elimination tournament and are self-officiated. A $100 deposit is required at the time of registration to hold the team's spot in the league. Payment past the registration deadline does not guarantee a spot in the league and will result in a $15 late fee. Teams must be available on 7/22 and 7/29 for the rain makeup days.
Eastridge Sand Courts
Price $275 per team
Registration Deadline: 05/12/23
Coed Beach Volleyball League 4v4
Tu 05/30/23 - 08/15/23 6:00 - 10:00 p.m.
Th 06/01/23 - 08/10/23 6:00 - 10:00 p.m.

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

HRCA Youth Volleyball League (Ages 7-14)
This coed league involves one weekly, one-hour practice on Monday, Tuesday or Wednesday between 4:00 - 9:00 p.m. with games on Saturday’s and is for beginners and intermediate players in 3rd through 8th grades. Team divisions will be 3rd-4th grade, 5th-6th grade and 7th-8th grade. Volunteer coaches are needed, and practice times are based upon coach availability. Registration deadline 07/14/23 or until full.
Southridge, Gym
Price $170/$196
Youth Volleyball Divisions 3rd-4th, 5th-6th & 7th-8th
M, Tu or W 08/07/23 - 10/07/23 4:00 - 9:00 p.m.

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Highlands Ranch, CO 80126
 www.hopsndrops.com
SUNDAY, MAY 13, 2023 | 9:00 a.m.

FRIDAY, JUNE 16, 2023 | 6:00 p.m.

TUESDAY, JULY 4, 2023 | 7:30 a.m.

WEDNESDAYS, JULY 12, 19, 26, 2023 | 6:00 p.m.
WEDNESDAY, AUGUST 2, 2023 | 6:00 p.m.

SATURDAY, AUGUST 5, 2023 | 9:00 a.m.

SATURDAY, SEPTEMBER 16, 2023 | 9:00 a.m.

SATURDAY, SEPTEMBER 30, 2023 | 9:00 a.m.

SATURDAY, NOVEMBER 4, 2023 | 9:00 a.m.

For race or sponsorship information, contact Sarah Mirick:

racedirector@HRCAOnline.org  303-471-7048  HRRaceSeries.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 5 Pack: Five 30-minute sessions $180/$207
TR 10 Pack: Ten 30-minute sessions $310/$357

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 $95/$109 per person
3 participants $85/$98 per person
4 participants $75/$86 per person
5 participants $65/$75 per person

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, Fitness Studio
Call 303-471-7043 for pricing details
M 05/01/23 - 05/22/23 5:15 - 5:45 p.m.
M 06/05/23 - 06/26/23 5:15 - 5:45 p.m.
M 07/10/23 - 07/31/23 5:15 - 5:45 p.m.
M 08/07/23 - 08/28/23 5:15 - 5:45 p.m.

TR Basketball (Ages 8-Adult)
Get in the game! Athletes gain skills, learn the rules of the game, and focus on good sportsmanship and teamwork.
Southridge, Gym
Price $90/$104
W 05/10/23 - 05/31/23 5:15 - 6:00 p.m.
W 06/07/23 - 06/28/23 5:15 - 6:00 p.m.

TR Indoor Soccer (Ages 8-Adult)
Learn the skills to play soccer, the rules of the game, and good sportsmanship.
Southridge, Gym
Price $55/$63
W 07/05/23 - 07/26/23 5:15 - 6:00 p.m.
Price $69/$79
W 08/02/23 - 08/30/23 5:15 - 6:00 p.m.

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 5 Pack: Five 30-minute sessions $180/$207
TR 10 Pack: Ten 30-minute sessions $310/$357

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 $95/$109 per person
3 participants $85/$98 per person
4 participants $75/$86 per person
5 participants $65/$75 per person

Special Needs Hip Hop Dance Class (Ages 5-Adult)
The focus of this class is a fun dance environment.
Eastridge Dance Studio; Price $80/$92
Tu 05/02/23 - 05/23/23 5:45 - 6:45 p.m.
Tu 06/06/23 - 06/27/23 5:45 - 6:45 p.m.
Tu 07/11/23 - 07/25/23 5:45 - 6:45 p.m.*
Tu 08/01/23 - 08/29/23 5:45 - 6:45 p.m. **
*Adjusted Price $60/$69
**Adjusted Price $100/$115
Season package discount pricing all four months: $295/$339;
Tu 05/02/23 - 08/29/23 5:45 - 6:45 p.m.

Special Olympics Tennis Team (Ages 8-Adult)
Learn the skills to play soccer, the rules of the game, and good sportsmanship.
Northridge Tennis Pavilion.
Price $140/$161
M 06/05/23 - 07/31/23 4:00 - 5:00 p.m.
WE NEED VOLUNTEERS, COME JOIN US!

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

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

Giving back makes philanthropic leaders. Let's continue to show our community we care.

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 $117/$135  
Th 05/11/23 - 05/25/23 12:15 - 3:15 p.m.
Price $194/$223  
Th 06/01/23 - 06/29/23 12:15 - 3:15 p.m.
Price $155/$178  
Th 07/06/23 - 07/27/23 12:15 - 3:15 p.m.
Price $194/$223  
Th 08/03/23 - 08/31/23 12:15 - 3:15 p.m.

YOUTH THERAPEUTIC RECREATION CLASSES

Splash Swim Group (Ages 3-7)
Learn water safety activities, blowing bubbles, and swimming skills.
Southridge, Fitness Pool:
Price $35/$40  
F 05/12/23 - 05/26/23 1:00 - 1:30 p.m.
Price $59/$68  
F 06/02/23 - 06/30/23 1:00 - 1:30 p.m.
Price $47/$54  
F 07/07/23 - 07/28/23 1:00 - 1:30 p.m.
Price $47/$54  
F 08/04/23 - 08/25/23 1:00 - 1:30 p.m.

Special Needs Taekwondo (Ages 5-17)
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 $105/$120;  
Tu, Th 05/02/23 - 05/30/23 3:50 - 4:30 p.m.
Tu, Th 06/01/23 - 06/29/23 3:50 - 4:30 p.m.
Tu, Th 07/06/23 - 07/27/23 3:50 - 4:30 p.m.
Tu, Th 08/08/23 - 08/31/23 3:50 - 4:30 p.m.

Special Needs Taekwondo Belt Testing (Ages 5-17)
The instructor determines who is eligible to test and the dates/times. Testing requires a separate fee.
Northridge, Martial Arts Studio
TKD Belt Test Price $50
May TBA
June TBA
July TBA
August TBA
For the big things and the small things, kids need care just for kids.

Children's Hospital Colorado isn't just for the big stuff. Whether it's for tummy troubles or a tonsillectomy, we've got the expertise to handle any health issue, big or small. Because kids are incredibly different. And they always need incredibly different care.