

Athletics



Athletic Programs

The Trails Recreation Center is proud to offer athletic programs for everyone, whether you are looking for an instructional, recreational or league experience.

Any questions you have about necessary skills, class components or league information of our athletic programs can be answered by calling 303-269-8408, connecting you with our Athletics Supervisor.

Gymnasium

Drop in and scheduled activities available for adults and children
Divider converts gym into two areas

We have specified times for volleyball and basketball, you may pick up a current schedule at the Trails

Drop-In Programs

Drop-In Basketball:

Adult (18yrs & up) Tues. 7-9:45p

Drop-In Volleyball:

Adult (18yrs & up) Sun. 4-7:45p

Drop-In Doubles Racquetball :

Adult (18yrs & up-competitive) Mon. 6-9:45p

Youth Instructional Programs

Our youth programs focus on teaching basics of the sport and social development within a fun, instructional setting. We have qualified instructors to lead your child to success in a variety of sports.

Basketball:

Dandy Dribblers for ages 5-7 years.

Slick Shooters and Advanced Slick Shooters for ages 8-11 years.

Volleyball:

Big Hitters for ages 8-11 years.

Youth Volleyball for ages 12-16 years.

Rock Climbing:

Reaching New Heights – Intro to Youth Climbing for ages 8-17 years.

Parent-Tot Climbing for ages 5-7 years

Gymnastics:

Parent-Tot Gymnastics for ages 1.5-3 years.

Tumbling and Tumbling Too for ages 3-5 years.

Soccer:

PeeWee Passers for ages 5-7 years.

Crafty Kickers for ages 8-11 years.

Other Activities for Youth:

Youth Dodgeball for ages 8-11 years.

Youth Racquetball for ages 8-16 years.

Adult Instructional Programs

Learn sport specific techniques, vary your workout, or meet new people... these can all be accomplished by participating in one of our adult instructional programs. Check out these great classes for ages 18 and up:

Reaching New Heights – Intro to Climbing

Women on the Wall

Belay Certification – for ages 16 and up

Racquetball 101

Volleyball 101

Adult Leagues

Single gender and coed leagues for ages 18+ in a variety of sports are offered at the Trails. Whether you are looking for a recreational or competitive league you will find it here!

Leagues now forming in:

Racquetball in both Beginner – Low Intermediate and Higher Intermediate – Advanced available.

Basketball 5 on 5 in Men's and Women's Recreational and Competitive.

Volleyball 4 on 4

Coed Outdoor Volleyball for Recreational and Competitive.

Dodgeball 6 on 6