TRAILGUIDE
SPRING/SUMMER 2010

What’s your health worth?

Get Here.

The Trails Recreation Center
Exceptional Facility. Friendly People.

Arapahoe Park & Recreation District
www.aprd.org
To Our Customers:
Thank you for your continued patronage and support of the Trails Recreation Center and the Arapahoe Park and Recreation District. It is such a pleasure to operate this facility and offer amenities, programs and services to such wonderful families and individuals who have committed to an active and healthy lifestyle. Trails Recreation Center staff has been and will continue to be committed to offering you fun and safe educational programs; create and implement new and exciting activities based on your feedback and update fitness equipment for your work out pleasure! Below is a listing of popular youth and adult programs that you have seen in previous catalogs and will continue to see this Spring and Summer; as well as some NEW things we believe you will enjoy:


**Cultural & Leisure Programs** – Adult Guitar, Parent Tot Art, Mad Science Summer Camps, Lego Summer Camp by Play-Well TEKnologies, Summer Dance Workshops & Chess Classes.

**Athletic Programs** – Youth Sport & Speed Conditioning Clinics, Skate Boarding Clinics, Golf Clinics, Smart Start Youth Basketball Camp, Multi-Sport Programs at the Park & Outdoor Volleyball leagues.

**Aquatics Programs** – Saturday Adult Swim Classes, 1:4 ratio Learn to Swim Preschool Classes, Adult Swim Club at the Lookout Outdoor Pool & Summer Swim Team.

**Martial Arts** – Taekwondo, Kenpo Karate, Adaptive Karate, Tai Chi & Arnis/Bando.

ALSO, don’t forget our Community Special Events coming this summer including, but not limited to, Movie Night, Trails First Annual 5K Run/Walk and the End of School Celebration. Watch for updates on our website at www.aprd.org.

**Don’t forget to stop by the Baroness Coffee and Smoothie Bar for refreshment after your workout!**

Please let us know how we are doing and ways to improve. There is a suggestion box located at the front desk; write a comment, visit our website at www.aprd.org to find our email address or stop by and speak to a Manager in person to let us know what we can do to make your visits more satisfying. We appreciate your feedback and always look forward to seeing you at the Trails Recreation Center.

We hope you find this catalog beneficial in scheduling your fitness activities.

**Management Staff:**
Julie Holmgren         Facility Manager
Michelle McGhee       Assistant Manager
Tom Russ              Facility Maintenance Supervisor
Tim Logan             Aquatics Supervisor
Steve Follweiler      Athletics Supervisor
Laura Rybacki         Cultural & Leisure Supervisor
Gina Caswell          Fitness & Wellness Supervisor
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**Arapahoe Park & Recreation District Vision**
The vision of the Arapahoe Park and Recreation District is to be recognized as a leader in the industry of park and recreation management through provision of exceptional parks, trails, recreation facilities, programs and services to our community.

**Trails Recreation Center Mission Statement**
To provide our customers with exceptional facilities, recreation programs and services within a safe and healthy environment, which creates leisure opportunities and enhances quality of life.

**Trails Recreation Center Code of Conduct**
Patrons are encouraged to behave in an appropriate manner and should act in a way that will not injure another person physically or emotionally. Individuals who do not abide by facility and program standards may be asked to leave the facility and/or withdraw from a program. Actions interfering with or disrupting the Trails Recreation staff while trying to provide a safe and secure family environment will be cause for expulsion from all District facilities.

**Americans with Disabilities Act**
Arapahoe Park and Recreation District supports the ADA and is committed to implement and enforce all ADA requirements including reasonable employment accommodations and accessible facilities and programs. The District wishes to see all facilities and programs accessible to individuals with disabilities. Questions and comments are encouraged. For further information contact Julie Holmgren at 303 269-8400.

**Photo Identification Cards**
If you pay taxes to the District you are entitled to reduced rates at any District facility. A photo ID can be acquired at the Trails Recreation Center for $5.00/person or $10.00/family and is valid for 3 years. A current Arapahoe County tax statement, a valid driver’s license or mail addressed to you from your utility or phone company is what we will accept to show proof of residency. Residents must present a current District ID card to receive District rates. Residents and non-residents purchasing a Trails pass will receive an ID card free with this purchase. Lost, stolen or damaged cards can be replaced for $5.00.
GENERAL INFORMATION

TRAILS RECREATION CENTER
16799 East Lake Avenue, Centennial, CO. 80015 *
Phone: 303 269-8400 * Fax: 303 617-5493
www.aprd.org

Center Hours
Mon-Thurs 5a-10p
Friday 5a-9p
Saturday 6a-6:30p
Saturday (May 22 – Sep 4) 6a-8p
Sunday 7a-8p

Special Holiday Hours
Easter 10a-6p
Memorial Day 6a-6p
Independence Day 6a-6p
Labor Day 6a-6p

Admission Fees
The following fees include use of the activity, leisure and lap pools; lazy river and slides, hot tub, steam room and sauna; cardiovascular equipment, free weights, circuit weight equipment, track, gymnasium, racquetball courts, climbing wall and a variety of fitness classes.

Daily Admission District Non District
Infants (0-1 yr 12 mos) Free Free
Youth (2-17 yrs) $4.00 $5.50
Adult (18-61 yrs) $5.00 $7.00
Senior (62+) $4.50 $6.25
Household $15.00 $21.00

Passes
20 Punch District Non District
Youth (2-17 yrs) $50 $72
Adult (18-61 yrs) $70 $100
Senior (62+) $59 $83

40 Punch District Non District
Youth (2-17 yrs) $94 $134
Adult (18-61 yrs) $125 $179
Senior (62+) $106 $152

Annual District Non District
Youth (2-17 yrs) $305 $441
Adult (18-61 yrs) $382 $551
Senior (62+) $325 $469
*Household (2 people) $595 $851
Additional Household Members $55 $55

*Fee includes 2 individuals living in the same household.

*Mega Family Pass Special
The Mega Pass includes unlimited use of the recreation amenities for 2 individuals, nursery usage for children in the same household, 4 personal trainings and ID cards. Additional family members are $55 for the year. Pass does not include registration classes. No exchanges or exceptions of amenities or services.

Household District Non-District
Monthly Fee $52*/person $73*/person

*Includes $2/mo transaction fee for recurring billing.

CUSTOMER HIGHLIGHT:
Peter Lungo
Peter moved out to Colorado in March of 2005 from Massachusetts to work for an early learning center called Creme de la Creme. He currently resides in the Hills at Piney Creek. In June 2009 he expanded his horizons and opened a sports bar called the Prickly Pete's. He enjoys golfing, landscape design, and traveling over seas.

Peter joined The Trails in 2007 and has been going strong since. He chose The Trails for several reasons including: the wide variety and up keep of machines to keep him challenged and not bored, the ton of classes like cycling and Pilates that make working out fun and focused while ensuring a maximum workout, the convenience of proximity to his house, the cleanliness of the facility, the friendly staff and all the other amenities that are offered, (lazy river, sauna, steam room, pool and massage).

Peter works out regularly with Pam who has helped him to achieve his workout goals. He was the winner of one of our Biggest Loser Incentive Program. Pam, one of our personal trainers says, “Through his dedication Pete has committed to changing his lifestyle and is seeing benefits to his health as a result. Pete is great to workout with and keeps on top of his game!”

Thanks Pete for your continued support of The Trails. We enjoy having you here!

TRAILS RULES & REGULATIONS

• A strict I.D. policy will be enforced when entering the Trails Recreation Center. Please have your District photo I.D. ready in order to receive District rates.

• Children 12 years of age or younger must be in a supervised program or be accompanied by an adult (18 years or older) to be in the facility.

• All patrons and participants are expected to behave appropriately and treat others with courtesy, dignity, and respect.

• Bicycles, roller blades, skateboards, scooters or pets are not permitted inside the recreation facility.

• Baby carriers & strollers are not allowed in the free weight, circuit weight, cardiovascular or track areas.

• Consumption of food and/or drinks is limited to the lobby area and game room.

• Alcohol and/or drugs are not allowed anywhere on the premises.

• Shoes must be worn at all times (pool deck excluded).

• Glass containers are not allowed in any activity areas.

• Smoking and/or use of any type of smokeless tobacco are prohibited in and 15ft around the perimeter of the facility.

Additional rules and regulations may be implemented without notice at the discretion of the Arapahoe Park and Recreation District Staff and any other guidelines deemed necessary for the safety and comfort of our patrons will be strictly enforced.

AMENITIES

• Life Fitness, Precor & Cybex Cardiovascular Equipment
• Free Weights
• Cybex Eagle Circuit Weight Equipment
• Expresso Bikes
• Gymnasium
• Aerobics Room
• Cycling/Group Fitness Studio
• 2 Racquetball/Wallyball Courts
• Multi Purpose Rooms
• Running Track
• Family Changing Area

• Men's & Women's Locker Rooms
• Pottery Studio
• Art Room
• Climbing Tower
• Babysitting Service
• An 18,000 sq ft Aquatics Area Including:
  • Lap Pool
  • Leisure Pool
  • Activity Pool
  • Water Slides
  • Lazy River
  • Hot Tub
  • Steam Room
  • Dry Sauna
Weight Room Guidelines
The cardiovascular, free weight and circuit weight rooms are open to individuals 15 and over. No one under 15 yrs of age is allowed in the free weight areas. Adult supervision is required for children between the ages of 13 & 14 on each piece of equipment in the cardiovascular and circuit rooms. No one under 13 yrs of age is allowed in any of these areas. Appropriate workout attire required; shirts and/or supportive athletic apparel & closed toed shoes must be worn at all times.

Locker Usage
All lockers are bring your own lock secured. Please lock your lockers prior to leaving the locker room area. Lockers are day use only and must be removed prior to the facility closing each day. All remaining locks will be cut off and contents will be placed in the Trails lost and found.

Family Changing Room
The Trails Recreation Center has many families enjoying the facilities. The premise of the Family Changing Room is to provide a space for families with small children who are unable to be alone and/or be in opposite gender locker rooms as well as those needing help due to special circumstances (disability, injury, etc). Due to the limited space available please use the men’s and/or women’s locker rooms if you do not fall into one of these categories. No camera phones allowed in any locker room area.

Racquetball Courts
Reservations accepted at the Trails Recreation Center, 303 269-8400. 48 hrs in advance for District residents (24 hrs for Non-Dist). Protective eyewear required. Goggles available for check out at the front desk.

Group Rates
Groups of 10 or more may participate at reduced rates. Arrangements must be made a minimum of 48 hours in advance. For more information call 303 269-8400. Some Restrictions Apply.

<table>
<thead>
<tr>
<th></th>
<th>District</th>
<th>Non District</th>
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<tbody>
<tr>
<td>Youth (2-17 yrs)</td>
<td>$3.00</td>
<td>$4.50</td>
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<tr>
<td>Adult (18-61 yrs)</td>
<td>$4.00</td>
<td>$6.00</td>
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<tr>
<td>Seniors (62+)</td>
<td>$3.50</td>
<td>$5.25</td>
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Facility Rentals
The Trails has facilities available to rent for meetings, parties, workshops or other special events. No alcoholic beverages are permitted. Please call 303 269-8401 to schedule your rental today.

Corporate Memberships
District and Non-District corporate discounts are available to employees and their families of businesses in and around the Arapahoe Park and Recreation District. Some Restrictions apply. Call 303 269-8405.

Scholarship Program
Scholarship opportunities are available for those needing assistance with recreation programs and activities. Please call 303 269-8405 for more information.

Pro Shop
Forget your socks, lock or batteries? Trail’s has a variety of items for your workout needs. All supplies are located at the Trails front desk.

Gift Cards
Trying to find the right gift for that special person? Give the gift of health and wellness with a Trails Gift Card. Gift Cards are available for denominations up to $500 for programs, passes, massages and pro shop items. Contact the Trails front desk for more details.

Open Gym
A Gymnasium schedule can be found on our website at www.aprd.org or you can pick up a hard copy at the Trails front desk.

MASSAGE/REIKI
No matter what type of massage you prefer, the Trails has a massage/Reiki therapist for you. Call 303 269-8426 for an appointment today. 24 hour notice is requested.

<table>
<thead>
<tr>
<th>Duration</th>
<th>Price</th>
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<tbody>
<tr>
<td>1 hour</td>
<td>$52 Dist ($75 N-Dist)</td>
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<tr>
<td>1/2 hour</td>
<td>$32 Dist ($46 N-Dist)</td>
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<tr>
<td>1.5 hrs</td>
<td>$82 Dist ($117 N-Dist)</td>
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MARTIAL ARTS

Martial Arts
Session 7: Apr  Session 10: Jul
Session 8: May   Session 11: Aug
Session 9: Jun   Session 12: Sep

Taekwondo Tiger Cubs (3-4 yrs)
This program provides children with the ability to participate, while still being eligible to promote in rank. The primary emphasis is to develop the focus, control, balance, coordination and memory skills required to successfully graduate into the ATA Tiny Tiger Program.
Fee per session: $50 Dist ($72 N-Dist)
#105  T/Th  5:45-6:15p.

Taekwondo Tiny Tigers (5-6 yrs)
This program focuses on developing discipline, listening, paying attention, following directions, being polite, using good manners, trying their best and developing motor skills on both the left and right sides.
Fee per session: $50 Dist ($72 N-Dist)
#102  T/Th  5:15-5:45p  (Beginner)
#108  T/Th  4:30-5p   (Advanced)

Taekwondo for Juniors & Adults (7 yrs & up)
This program will teach how to practice and execute techniques properly. Class is taught through drills, forms, interactive one-steps, sparring, board breaks, bag work and conditioning workouts. Respect, integrity, perseverance and self control are emphasized.
Fee per session: $50 Dist ($72 N-Dist)
#101  T/Th  6:15-7p   (white belts)
#100  T/Th  6:45-7:30p (all other belts)

Kenpo Karate (6 yrs & up)
This program will teach a practical self defense art to combat a changing society. It provides a rigorous physical and mental workout, as well as, improving flexibility, focus, self awareness, self control and self discipline.
Fee per session: $50 Dist ($72 N-Dist)
#106  M/W  4:30-5:15p  (6-13 yrs; beginner)
#113  M/W  5:15-6p     (6-13 yrs; inter. & adv.)
#107  M/W  6-6:45p     (14 & up)

Kenpo Karate: Little Dragons (3-5 yrs)
This is a high-energy, exciting and fun class that focuses on introducing pre-school to kindergarten age children to the world of Martial Arts. Children will work on gross and fine motor skills, balance and memory through the teaching of Kenpo Karate.
Fee per session: $45 Dist ($64 N-Dist)
#111  M/W  4-4:30p
#112  M/W  11-11:30a

Arnis/Bando (14 yrs & up)
Arnis is the system of Filipino martial arts as a self defense system. Training covers empty hand self defense as well as the trademark single and double stick techniques of the Advanced Filipino martial arts. Emphasis is placed on fitting the art in with a student’s previous training, smoothly reacting to changing situations, and countering the opponent’s attempt to counter strikes.
Fee per session: $30 Dist ($43 N-Dist)
#114  Fri  5:30-6:15p

Adaptive Kenpo Karate (6-13yrs)
These classes are for students with mental and physical disabilities or challenges in order to introduce them to the world of martial arts. The goal is to emphasize more than just the “physical” expression of martial arts, but also to allow growth in physical, social, emotional, and cognitive skills in an enjoyable way for students. Parents, assistants, and/or paraprofessionals are required to attend class in order to help facilitate in each students learning.
Fee per session: $25 Dist ($36 N-Dist)
#120  Sat  2-2:30p  (6-9 yrs)
#121  Sat  2:45-3:15 (10-13 yrs)

Tai Chi Chu’an (16 yrs & up)
Tai Chi is an ancient Chinese martial art form and a form of meditation and gentle exercise for health and longevity. It has proven to have beneficial effect on blood pressure, circulation, heart rate, immune and nervous systems. This beginning course will give a thorough foundation for personal Tai Chi practice. There is also a $20 one time materials fee payable the first day of class.
Fee per session: $150 Dist ($215 N-Dist)
#103  Mon  7-9p
Session 3: Mar 29 – May 31  (10 weeks)
Session 4: Jun 21 – Aug 23  (10 weeks)

Did you know The Trails Recreation Center offers art classes? Check them out on page 15

NEW FRONTIER NURSERY

We will care for children 3 months - 9 years old for a 2-hour period of time (max). Parents must remain in the facility while children are in the nursery. 20-hour punch cards are available for one or more children. Punch cards can be purchased at the front desk.

Hours:
Monday - Thursday  8a-1p & 3:45-8p
Friday            8a-1p & 3:45-7p
Saturday          8a-1p
Fees:
First Child       $2.75/hr  $3.90/hr
Additional Children (same family) $2.50/hr  $3.50/hr
# AQUATICS

## AQUATICS  303-269-8430
The Trails Recreation Center’s Learn to Swim Program is a Red Cross based program. All instructors are Red Cross trained.

Please call the Aquatics Department at 303 269-8430 for more information on which class to choose for your child.

Please take your child to the bathroom before participating in class. If an accident should occur in the pool, a pool closure is required.

## LEARN TO SWIM

### SESSIONS & FEES

| Session 6: | May 3 – May 29 |
| Session 7: | Jun 14 – Jul 10 |
| Session 8: | Jul 19 – Aug 14 |
| Session 9: | Aug 30-Sep 25* |

*No class Mon Sep 6; makeup Mon Sep 27

### Fee per Session:

**Weekday 4 week (8 classes)**

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<tr>
<th>Sessions</th>
<th>Fee per Session</th>
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<tbody>
<tr>
<td>Toddler &amp; Preschool Classes (4 max students)</td>
<td>$40 Dist ($57 N-Dist)</td>
</tr>
<tr>
<td>Parent/Tot Level 1 – Level 3 (6 max students)</td>
<td>$36 Dist ($52 N-Dist)</td>
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**50 Minute Classes**

| Level 4 – Teen & Adult Beg (8 max students) | $45 Dist ($64 N-Dist) |

**Saturday 4 week (4 classes)**

| Toddler & Preschool Classes (4 max students) | $20 Dist ($29 N-Dist) |
| Parent/Tot Level 1 – Level 3 (6 max students) | $18 Dist ($26 N-Dist) |

**50 Minute Classes**

| Level 4 – Teen & Adult Beg (8 max students) | $23 Dist ($32 N-Dist) |

### Parent & Tot (6 mos-3 yr)

Exploratory class; introduces infants & toddlers to the water. Parents participate with child.

| #200 | M/W | 6-6:25p |
| #201 | T/Th | 10:30-10:55a |
| #282 | T/Th | 5:30-5:55p |
| #283 | Sat | 11-11:25a |
| #203 | Sat | 10-10:25a |

### Preschool Levels

#### Toddler—Beginner (3 yrs)

Beginning lessons for toddlers. Child must be willing to participate.

| #204 | M/W | 4-4:25p |
| #205 | M/W | 5:30-5:55p |
| #284 | T/Th | 9:30-9:55a |
| #270 | T/Th | 4-4:25p |
| #208 | Sat | 10-10:25a |
| #209 | Sat | 11:30-11:55a |

#### Preschool 1—Beginner (4-5 yrs)

Beginning lessons. Child must be willing to participate.

| #210 | M/W | 4-4:25p |
| #211 | M/W | 5-5:25p |
| #212 | M/W | 5:30-5:55p |
| #225 | M/W | 6-6:25p |
| #213 | T/Th | 9-9:25a |
| #215 | T/Th | 10-10:25a |
| #216 | T/Th | 4-4:25p |
| #280 | T/Th | 5-5:25p |
| #241 | T/Th | 5:30-5:55p |
| #217 | Sat | 9-9:25a |
| #218 | Sat | 9:30-9:55a |
| #278 | Sat | 10:30-10:55a |
| #219 | Sat | 11-11:25a |

#### Preschool 2—Basic Strokes (3-5 yrs)

Skills necessary: Comfortable in water; able to submerge face on front float w/o support 3-5 sec., able to submerge ears on back float w/o support 3-5 sec.

| #220 | M/W | 4-4:25p |
| #221 | M/W | 4:30-4:55p |
| #222 | M/W | 6-6:25p |
| #223 | T/Th | 9-9:25a |
| #224 | T/Th | 10-10:25a |
| #226 | T/Th | 4-4:25p |
| #227 | T/Th | 4:30-4:55p |
| #228 | T/Th | 5-5:25p |
| #229 | Sat | 9-9:25a |
| #230 | Sat | 9:30-9:55a |
| #231 | Sat | 10:30-10:55a |
| #232 | Sat | 11-11:25a |
| #236 | Sat | 11:30-11:55a |

#### Preschool 3—Intermediate (3-5 yrs)

Skills necessary: Fully submerge face on floats 3-5 sec.; front crawl/back crawl (recognizable) 2 body lengths; elementary backstroke arms 2 body lengths.

| #233 | M/W | 4:30-4:55p |
| #279 | M/W | 5-5:25p |
| #234 | M/W | 5:30-5:55p |
| #235 | T/Th | 9:30-9:55a |
| #237 | T/Th | 4:30-4:55p |
| #236 | T/Th | 5-5:25p |
| #281 | T/Th | 5:30-5:55p |
| #238 | Sat | 9:30-9:55a |
| #239 | Sat | 10:30-10:55a |
| #293 | Sat | 11-11:25a |

#### Advanced Preschool—Advanced Skills (3-5 yrs)

Skills necessary: Front crawl w/rotary breathing; back crawl; elementary backstroke; comfortable in deep water.

| #240 | M/W | 5-5:25p |
| #242 | T/Th | 5:30-5:55p |
| #243 | Sat | 10-10:25a |

### YOUTH LEVELS

#### Level 1—Beginner (6-12 yrs)

Beginning lessons for youth.

| #244 | M/W | 4-4:25p |
| #245 | M/W | 5:30-5:55p |
| #246 | T/Th | 4:30-4:55p |
| #247 | Sat | 9-9:25a |
| #248 | Sat | 10-10:25a |
| #249 | Sat | 11:30-11:55a |
**Level 2—Basic Strokes (6-12 yrs)**
Skills necessary: Comfortable in water; able to submerge face on front float w/o support 3-5 sec.; able to submerge ears on back float w/o support 3-5 sec.

#250  M/W  4:30-4:55p  
#251  M/W  5:5-5:25p  
#252  M/W  6:30-6:55p  
#254  T/Th  4-4:25p  
#255  T/Th  5-5:25p  
#256  Sat  9-9:25a  
#257  Sat  9:30-9:55a  
#258  Sat  10-10:25a  
#259  Sat  11-11:25a

**Level 3—Advanced Beginner (6-12 yrs)**
Skills necessary: Fully submerge face on front float 5-10 sec.; front crawl/back crawl (recognizable) 5 yds. (arms should be out of water recovery); elementary backstroke arms 5 yds ears submerged & horizontal movement.

#260  M/W  4:30-4:55p  
#261  M/W  5-5:25p  
#262  M/W  6:30–6:55p  
#263  M/W  7-7:25p  
#264  T/Th  4:30-4:55p  
#265  T/Th  5:30-5:55p  
#266  Sat  9:9-25a  
#267  Sat  9:30-9:55a  
#268  Sat  11:30-11:55a

**Level 4—Intermediate (6-12 yrs)**
Skills necessary: Front crawl w/ rotary breathing—no underwater recovery, beginning s-pull; back crawl—no bent arms, beginning s-pull; elementary backstroke—timing should be close; comfortable in deep water.

#291  M/W  4-4:50p  
#292  M/W  6-6:50p  
#293  T/Th  4-4:50p  
#285  Sat  9-9:50a  
#270  Sat  10-10:50a

**Level 5—Advanced Skills (6-12 yrs)**
Skills necessary: Front crawl—recognizable s-pull w/rotary breathing 15 yds; back crawl—recognizable s-pull 10 yds; elementary backstroke—timing should be good; coordinated breaststroke—timing should be close.

#286  M/W  5-5:50p  
#271  M/W  6-6:50p  
#272  T/Th  5-5:50p  
#273  Sat  11-11:50a

**Level 6—Expert (6-12 yrs)**
Skills necessary: Front crawl—non-stop 25 yds. (good body rotation/arm entry); back crawl—recognizable s-pull 10 yds; elementary backstroke—timing should be good; coordinated breaststroke—timing should be close.

#274  M/W  7-7:50p  
#287  T/Th  5-5:50p  
#299  Sat  11-11:50a

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**Youth Conditioning (6-18 yrs)**
Are you ready for swim team? Designed to condition youth for swim team as well as work on stroke techniques. Must have prior experience and knowledge of all competitive strokes and the ability to proficiently demonstrate them.

#290  M/W  7-7:50p  
#275  M/W  8-8:50p

**Teen & Adult Beginner (13 yrs and up)**
Designed for teens & adults with little or no water experience.

#276  M/W  7:30-8:20p  
#277  Sat  10-10:50a

**Private & Semi-Private Swim Lessons (3 yrs and up)**
Private swim lessons are available to all abilities. Please contact the Aquatics office at 303 269-8430 for more information. Semi-private lessons are also available for groups up to 4.

**Fee per 1/2 hour lesson:**
$22 Dist ($31 N-Dist)  
Additional children: up to 3  
$10 Dist ($15 N-Dist)

**Lifeguard Training: (15yrs & up)**
Certification course designed by The American Red Cross to become a Lifeguard. Participant must attend all classes, no exceptions; must be able to swim 300 yards non-stop using front crawl & breaststroke; must retrieve a 10lb object off the bottom of the pool and be able to return the object to the wall without using any arms. Includes CPR and First Aid.

Fee per session:  $125 Dist ($175 N-Dist)  

#294  Session 3:  Mon-Fri Mar 29 – Apr 2  9a-5p  
Session 4:  Mon-Fri Jun 7 – Jun 11  9a-5p

**American Red Cross Certification Challenge Courses:**
Are your certifications about to expire? Test out of the skills necessary for your Lifeguard certifications. No coaching or review of class content is given. You should have prior knowledge and/or current American Red Cross certification and/or previous experience and/or permission from instructor. No refund if you do not pass the course successfully.

Fee:
- Lifeguarding/First Aid (3yr cert.)  $30 ($43 N-Dist)  
- CPR-PR/AED (1yr cert.)  $30 ($43 N-Dist)  
- Both  $50 ($71 N-Dist)  

Please call 303-269-8429 for availability.

**Water Safety Instructor: (15 yrs & up)**
Certification course designed by The American Red Cross to learn to instruct swim lessons and water safety. Participant must attend all classes, no exceptions. Must be able to swim all strokes including; front crawl, back crawl, sidestroke, breaststroke, and elementary back stroke.

Please call 303-269-8430 to be placed on an interest list for future WSI classes.

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Do your kids enjoy staying active?  
Check out the Athletics we offer on page 11
**ACTIVITY POOL INFORMATION:**
- Leisure pool with a zero depth "beach" entry
- 2 water slides, lazy river, spray features
- Temperature: 86 degrees • Pool Depth: 3'6" – 5'

**LAP POOL INFORMATION:**
- 4 lap lanes
- Temperature: 81-82 degrees
- Pool Depth: 3'6" – 5'

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**TRAILS RECREATION CENTER AQUATICS SCHEDULE**

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**RECREATIONAL SWIM TIMES**

<table>
<thead>
<tr>
<th>ACTIVITY POOL</th>
<th>MONDAY-THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Slides/Lazy River</td>
<td>10a – 9:45p</td>
<td>10a-8:45p</td>
<td>12-6pm</td>
<td>10a-7:45p</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>12-7:45pm (5/22-9/4)</td>
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</tr>
<tr>
<td>Zero Depth</td>
<td>8a – 9:45p</td>
<td>8a-8:45p</td>
<td>12-6pm</td>
<td>10a-7:45p</td>
</tr>
<tr>
<td>Features will not be turned</td>
<td></td>
<td></td>
<td>12-7:45pm (5/22-9/4)</td>
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<tr>
<td>on during lesson times</td>
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</tr>
<tr>
<td>Swim Area</td>
<td></td>
<td>8a-8:45p</td>
<td>12-6pm</td>
<td>10a-7:45p</td>
</tr>
<tr>
<td>3 1/2 - 5 feet</td>
<td>M/W: 8am-4p; 8:30-9:45p</td>
<td>12-7:45pm (5/22-9/4)</td>
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<tr>
<td>T/Th: 11am-4p; 6-9:45p</td>
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<tr>
<td>Water Walking In River</td>
<td>5-10a</td>
<td>5-10a</td>
<td>6-10a</td>
<td>7-10a</td>
</tr>
</tbody>
</table>

**LAP SWIMMING**

<table>
<thead>
<tr>
<th>LAP POOL</th>
<th>MONDAY-THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lap Swim</td>
<td>5a – 9:45p</td>
<td>5a-8:45p</td>
<td>6a-6pm</td>
<td>7a-7:45p</td>
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<td></td>
<td></td>
<td></td>
<td>6a-7:45pm (5/22-9/4)</td>
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</tr>
<tr>
<td>Hot Tub/Sauna/Steam Room</td>
<td>5a – 9:45p</td>
<td>5a-8:45p</td>
<td>6a-6pm</td>
<td>7a-7:45p</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>6a-7:45pm (5/22-9/4)</td>
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</tbody>
</table>

**STROKE CLINICS**

These clinics will focus on improving competitive strokes. Participants must be comfortable in the water, strong swimmers and be familiar with the concept of the stroke on which the clinic is focused. Space is limited. Fee per session: $15 Dist ($22 N-Dist)

**Freestyle**
- Session 5: Apr 26
- Session 6: Apr 27
- Session 7: Apr 28
- Session 8: Apr 29

<table>
<thead>
<tr>
<th>Freestyle</th>
<th>Backstroke</th>
<th>Breaststroke</th>
<th>Butterfly</th>
</tr>
</thead>
<tbody>
<tr>
<td>#295</td>
<td>#295</td>
<td>#295</td>
<td>#295</td>
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<tr>
<td>5-5:50p</td>
<td>5-5:50p</td>
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<td>(6-9 yrs)</td>
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<td>(6-9 yrs)</td>
<td>(6-9 yrs)</td>
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<tr>
<td>#296</td>
<td>#296</td>
<td>#296</td>
<td>#296</td>
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<tr>
<td>6-6:50p</td>
<td>6-6:50p</td>
<td>6-6:50p</td>
<td>6-6:50p</td>
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<tr>
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<td>7-7:50p</td>
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<td>7-7:50p</td>
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<tr>
<td>(14-18 yrs)</td>
<td>(14-18 yrs)</td>
<td>(14-18 yrs)</td>
<td>(14-18 yrs)</td>
</tr>
</tbody>
</table>

**All times are subject to change & may be restricted during programming**

*Please visit The Trails Recreation Center front desk or website wv.aprd.org for updated pool schedules*

*Limited lap lanes during programs; only 1 lane may be available at the following times:
- T, W, Th, F 8-11a; M/W 1:15-2:15 & 4-9p; T/Th 4-7:30p; Sat 9a-12p

*Limited lap lanes during programs; only 1 lane may be available at the following times:
- Hot tub may close approximately 1hr prior to facility closing for cleaning

*All Aquatics areas will be closed @ 5pm on May 14, 2010 for staff training*
ARAPAHOE PARK AND RECREATION DISTRICT
LOOKOUT PARK OUTDOOR POOL
5455 SOUTH RIVIERA WAY • 720 870-1924

Swim Season 2010: May 28—September 6

Hours of Operation:
Monday—Thursday 11a-5:45p
Friday 11a-6:45p
Saturday & Sunday 10a-6:45p

* Pool will open at 1:00 pm on July 17 due to swim meet
* Modified schedule May 31 – Jun 9 & Aug 23 – Sept 6

Lap Swim Available:
Monday – Thursday 9a-5:45p (limited lanes)
Friday 11a-6:45p (limited lanes)
Saturday & Sunday 10a-6:45p (limited lanes)

Fees:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>District</th>
<th>Non District</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth (3-12 yrs)</td>
<td>$3.00</td>
<td>$3.50</td>
</tr>
<tr>
<td>Students (13-17 yrs)</td>
<td>$3.50</td>
<td>$4.00</td>
</tr>
<tr>
<td>Adult (18-54 yrs)</td>
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<td>$4.50</td>
</tr>
<tr>
<td>Senior (55+)</td>
<td>$2.00</td>
<td>$2.00</td>
</tr>
<tr>
<td>Household (6ppl max)</td>
<td>$14.00</td>
<td>$14.50</td>
</tr>
</tbody>
</table>

Family Fridays! – Fridays after 5pm the Household get in for $10!

Children under 3 years of age are free with paid adult admission. All individuals wishing to pay District rates must show proof of residency at time of admittance. Proof can be made by showing a District ID card, driver’s license, tax statement or mail delivered to you from the utility or phone company.

Trails Recreation Center memberships are not valid at the Lookout Pool

Lookout pool will close in the event of inclement weather.

Outdoor Learn to Swim Programs 2010

- All registrations for Learn to Swim programs will take place at the Trails Recreation Center. Please see registration information on the last page of the catalog.
- Fridays will be used as make-up days for weather cancellations

Outdoor Sessions Dates & Fees

2 week sessions
Session 1: Jun 14 - 24
Session 2: Jun 28 - Jul 8
Session 3: Jul 19 - 29
Session 4: Aug 2 - 12

Weekday: Mon – Thur (8 classes)

25 Minute Classes
Toddler & Preschool Classes (4 max students)
$40 Dist ($57 N-Dist)
Parent/Tot Level 1 – Level 3 (6 max students)
$36 Dist ($52 N-Dist)

50 Minute Classes
Level 4 – Level 5 (8 max students)
$45 Dist ($64 N-Dist)

Important Rules for your next pool visit:
* Children 5 yrs & younger need to have a responsible adult in the water with them at all times. Children 6-9 yrs must be accompanied and cared for poolside by an adult (15yrs+) in the Aquatics Center.
**AQUATICS**

**Level 3—Advanced Beginner (6-12 yrs)**
Skills necessary: Fully submerge face on front float 5-10 sec.; front crawl/back crawl (recognizable) 5 yds. (arms should be out of water recovery); elementary backstroke arms 5 yds ears submerged & horizontal movement.

#614 Mon-Thur 9-9:25a

#615 Mon-Thur 10-10:25a

**Level 4—Intermediate (6-12 yrs)**
Skills necessary: Front crawl w/rotary breathing—no underwater recovery, beginning s pull; back crawl—no bent arms, beginning s pull; elementary backstroke—timing should be close; comfortable in deep water.

#616 Mon-Thur 9-9:50a

**Level 5—Advanced Skills (6-12 yrs)**
Skills necessary: Front crawl—recognizable s-pull w/rotary breathing 15 yds.; back crawl—recognizable s-pull 10 yds.; elementary backstroke—timing should be good; coordinated breaststroke—timing should be close.

#617 Mon-Thur 9-9:50

**Adult Swim Club/Conditioning (18 yrs and up)**
Come join us for an organized morning swim workout. This workout is not only for swimmers but is also great for cross-training in other sports! Excellent training for Triathletes. You should have prior experience in basic swimming. No swim team experience required. Please contact Tim Logan at 303-269-8410 for more information.

Fee per month: $32 Dist ($46 N-Dist)

#694 Tue & Thur 6:00-7:15a Jun – Aug 2010

**Summer Swim Team at Lookout Pool**

#6951 May 31 - Aug 8
Fee: $95 Dist ($135 N-Dist)
Ages 6-18 yrs, no swim team experience necessary, must be able to swim at least 50 yards non-stop using front and back strokes (recognizable) and tread water comfortably.

Practices: M-Th; 7:30 – 8:30 am & M-Th; 6:15 – 7:30 pm (at Lookout Pool).
Age and skill level will determine practice times.

Space is limited; please call 303 269-8430 for more information.

Fee includes shirt & swim cap.

*Parents meeting on Friday, May 21 at Lookout Pool at 6:00pm.*
ATHLETICS

ATHLETICS - 303 269-8408
The Gymnasium may be closed and/or areas may be restricted due to programming. Please be sure to pick up a gym schedule at the Trails Front Desk or go to www.aprd.org for an updated schedule! Private lessons or structured practices are not permitted during open gym times.

***Non marking, soft soled athletic shoes are required for all programs and activities held in the gymnasium***

BASKETBALL
Dandy Dribblers (5-7 yrs)
This program will focus on basic games to learn the proper techniques of dribbling, passing and shooting. FUN is emphasized in this program designed for both boys & girls. Classes run for 4 weeks.
Fee per session: $32 Dist ($46 N-Dist)
#501 Tue 4-5p
Session 5: Apr 13 – May 4
Session 6: May 25 – Jun 15
Session 7: Jul 6 - 27
Session 8: Aug 17 – Sep 7
#503 Tue 5-6p
Session 3: Apr 13 – May 4
Session 4: Jul 6 - 27
Slick Shooters (8-11 yrs)
This age-appropriate program will focus on individual fundamentals needed in this team game. Games will provide a fun learning experience. Classes run for 4 weeks.
Fee per session: $32 Dist ($46 N-Dist)
#502 Tue 6-7p
Session 5: Apr 13 – May 4
Session 6: May 25 – Jun 15
Session 7: Jul 6 - 27
Session 8: Aug 17 – Sep 7
#588 Tue 5-6p
Session 3: May 25 – Jun 15
Session 4: Aug 17 – Sep 7

*Look for the Smart Start Basketball Camp Coming this summer*

Metro State’s Start Smart Basketball Camp (5-12yrs)
In its 19th summer, this camp teaches kids the values of the fundamentals of basketball, while having fun in a positive atmosphere. Players will learn the importance of footwork and balance, while gaining the skills necessary for ball handling, passing, and shooting. Players will utilize all these skills in games! Kids return every year due to the quality coaching by Metro State coaches and players and all this camp has to offer.
Dates: June 21-25
Two separate camps to choose from: 9a-12p or 1-4p
$140 per camper, $100 for additional sibling
Register online at startsmartbasketball.com
For additional info, contact Coach Taylor Harris at 303.556.6262

VOLLEYBALL
Big Hitters (ages 8-11)
Recreational instruction provided to learn the proper techniques on passing, setting, and hitting. Designed for both boys and girls. Classes run for 4 weeks.
Fee per session: $32 Dist ($46 N-Dist)
#504 Mon 4-5p
Session 5: Apr 12 – May 3
Session 6: May 24 – Jun 14
Session 7: Jul 5 - 26
Session 8: Aug 16 – Sep 6

Youth Volleyball (12-16 yrs)
Recreational instruction provided to learn the proper techniques on passing, setting, and hitting. Designed for both boys and girls. Classes run for 4 weeks.
Fee per session: $32 Dist ($46 N-Dist)
#505 Mon 5-6p
Session 5: Apr 12 – May 3
Session 6: May 24 – Jun 14
Session 7: Jul 5 - 26
Session 8: Aug 16 – Sep 6

Big Hitters Volleyball League
Leagues are designed for youth of all ages and abilities. Players will be placed on teams. Leagues include qualified officiating/coaches, game t-shirts, discount coupons, giveaways and more.
Fee per session: $65 Dist ($93 N-Dist)
#5774 Sat Jul 17 – Aug 21 Coed (8-11 yrs)
Registration Deadline: Jun 18

SOCcer
PeeWee Passers (5-7 yrs)
Programs held at the Trails “back lawn”
FUN is emphasized in this age appropriate program. We will focus on the fundamentals needed in the team game of soccer: using your feet, head, chest and knees. Soccer cleats are recommended but not required. Classes run 4 weeks.
Fee per session: $32 Dist ($46 N-Dist)
#506 Wed 3:30-4:30p
Session 2: Apr 14 – May 5
Session 3: May 26 – Jun 16
Session 4: Jul 7 – 28
Session 5: Aug 18 – Sep 8

Crafty Kickers (8-11 yrs)
This age appropriate program will focus on the fundamentals needed in this team game: passing, shooting, trapping, using your head, chest & knees. Soccer cleats are recommended but not required. Classes run 4 weeks.
Fee per session: $32 Dist ($46 N-Dist)
#507 Wed 4:30-5:30p
Session 2: Apr 14 – May 5
Session 3: May 26 – Jun 16
Session 4: Jul 7 – 28
Session 5: Aug 18 – Sep 8

SKATEBOARD CLINICS (4-15 yrs)
Continuum Skate Shop and The Trails Recreation Center have teamed together to offer these 1-week clinics this summer. Learn the basics of skateboarding. These clinics will focus on: safety, balancing on the board, ollie, kickflips, heelflips, and more. Helmets are required. Pads are highly recommended. Each participant must provide their own board.
Fee per session: $36 Dist ($51 N-Dist)
#582 Mon – Thur 8:30-9:30a
Session 1: Jun 14 – 17
Session 2: Jun 21 – 24
Session 3: Jun 28 – Jul 1
Session 4: Jul 5 – Jul 8
Session 5: July 12 – 15
Session 6: Jul 19 – 22
Session 7: Jul 26 – 29
Session 8: Aug 2 – 5
Session 9: Aug 9 – 12
ATHLETICS

Youth Group Golf Lessons at Saddle Rock Golf Course (6-13 yrs)
These programs will welcome all skill levels to the game of golf. Held at Saddle Rock Golf Course (21705 E Arapahoe Road) and taught by their instructors, participants will learn the basic fundamentals of this sport (putting, chipping, and using various irons and woods). Clubs will be provided but participants are highly encouraged to bring their own. At the conclusion of the program, participants will receive give-a-ways including coupons to Dick’s Sporting Goods, day passes to the Trails, and more. Please visit our website for additional golf programs this spring and summer! Class runs for 4 weeks.
Fee per session: $82 Dist ($92 N-Dist)
#584  Sun  Coed (6-9yrs)  1:15-2:15p
Session 1:  Apr 11 - May 2
Session 2:  Aug 8 - 29
#589  Sun  Coed (10-13yrs)  1:15-2:15p
Session 1:  July 11 - Aug 1

CLIMBING TOWER
Reaching New Heights-Intro to Youth Climbing (8-11 yrs)
Learn the basic techniques of climbing. This hands-on class will also focus on safety, belaying, knot tying and more. All equipment is provided. Sneakers required.
Fee per session: $24 Dist ($35 N-Dist)
#508  Mon  4:30-6p
Session 7:  Apr 12, 19  (2 weeks)
Session 8:  Jun 14, 21  (2 weeks)
Session 9:  Aug 9, 16  (2 weeks)

Reaching New Heights—Intro to Youth Climbing (12-17 yrs)
Learn the basic techniques of climbing. This hands-on class will also focus on safety, belaying, knot tying and more. All equipment is provided. Sneakers required.
Fee per session: $24 Dist ($35 N-Dist)
#509  Tue  4:30-6p
Session 7:  May 11, 18  (2 weeks)
Session 8:  Jul 13, 20  (2 weeks)
Session 9:  Sep 14, 21  (2 weeks)

Parent-Tot Climbing (5-7 yrs)
Climb with your child! This class will focus on the basics of climbing. All equipment is provided. Sneakers required.
Fee per session: $24 Dist ($35 N-Dist)
#510  Wed  4:30-6p
Session 4:  Apr 14, 21  (2 weeks)
Session 5:  Jun 16, 23  (2 weeks)
Session 6:  Aug 11, 18  (2 weeks)

GYMNASTICS
Parent-Tot (1 1/2 - 3 yrs)
Offers parents a chance to interact & play to enhance motor development in a fun & safe environment. Classes run for 4 weeks.
Fee per session: $32 Dist ($46 N-Dist)
#530  Mon  9-9:45a
Session 5:  Apr 12 – May 3
Session 6:  May 24 – Jun 14
Session 7:  Jul 5 - 26
Session 8:  Aug 16 – Sep 6
#511  Mon  10-10:45a
Session 5:  Apr 12 – May 3
Session 6:  May 24 – Jun 14
Session 7:  Jul 5 - 26
Session 8:  Aug 16 – Sep 6

Itty Bitty Gymnastics (3-5 yrs)
This basic, yet creative class will feature techniques which teach balance and coordination. Classes run for 4 weeks.
Fee per session: $32 Dist ($46 N-Dist)
#513  Mon  3:30-4:30p
Session 5:  Apr 12 – May 3
Session 6:  May 24 – Jun 14
Session 7:  Jul 5 - 26
Session 8:  Aug 16 – Sep 6
#512  Wed  3:30-4:30p
Session 5:  Apr 14 – May 5
Session 6:  May 26 – Jun 16
Session 7:  July 7 - 28
Session 8:  Aug 18 – Sep 8

Itty Bitty Gymnastics Too
Must complete Itty Bitty Gymnastics (#513 or #512) prior to enrolling for this class. This class will feature new techniques and games that will allow children to develop their personal balance and coordination. Classes run for 4 weeks.
Fee per session: $32 Dist ($46 N-Dist)
#529  Wed  4:30-5:30p
Session 5:  Apr 14 – May 5
Session 6:  May 26 – Jun 16
Session 7:  July 7 - 28
Session 8:  Aug 18 – Sep 8

Program Highlight
Lookout Pool Summer Swim Team
The Arapahoe Hurricanes Swim Team formed in 2005 offers Fun in the Sun! and is an excellent opportunity for kids to learn about teamwork and leadership. Our swim team is part of the Colorado Association of Recreational Athletics (CARA) which puts an emphasis on stroke technique and team building. Swim meets are held throughout the summer at local area pools. A Hurricane t-shirt, swim cap and trophy are all included to show off your success.
Sound like fun? All kids who are interested in being a part of the sport of swimming or just looking for some summer fun are encouraged to come and check out the Arapahoe Hurricanes Swim Team! Practice times are dependent on age and/or ability and are held at Lookout Pool, our outdoor pool located at 5455 S Riviera Wy. Contact 303-269-8430 for more information.
ATHLETICS

Multi-Sport Program at the Park (8-11yrs)
This fun-filled program will be held at the Peakview Elementary School Athletic Fields (19451 E Progress Cir – just off of Himalaya St) and include all the big-kid outdoor favorites: Kickball, Dodgeball, Whiffleball, Volleyball, and more. This program will include prizes, give-a-ways, and more.
Fee $32 Dis ($46 N-Dist)
#598 Mon 10:30-11:30a
Session 1: July 12 – Aug 2*

*Make up Aug 4th if needed

ADULT ATHLETICS

CLIMBING TOWER
Reaching New Heights
Intro to Climbing (18 yrs and up)
Learn the basic techniques to climb. This hands-on class will also focus on safety, belaying, knot tying and more. All equipment is provided. Sneakers required.
Fee per session: $24 Dist ($35 N-Dist)
#514 Tue 6-7:30p
Session 7: May 11, 18 (2 weeks)
Session 8: Jul 13, 20 (2 weeks)
Session 9: Sep 14, 21 (2 weeks)

Women on the Wall (18 yrs and up)
Along with learning the basics of climbing, receive a workout that will put all your muscles to use. This hands-on class will focus on safety, belaying, knot tying and more. All equipment is provided. Sneakers required.
Fee per session: $24 Dist ($35 N-Dist)
#550 Wed 6-7:30p
Session 4: Apr 14, 21 (2 weeks)
Session 5: Jun 16, 23 (2 weeks)
Session 6: Aug 11, 18 (2 weeks)

BASKETBALL LEAGUES

5 ON 5
Recreational and competitive leagues. Format includes one game a night for eight weeks on designated evenings. Teams must provide own matching jerseys.
Fee per session: $330 Dist team fee ($472 N-Dist)
#520 Wed 6:30-9:30p Men’s Comp; Full Court
Session 3: Jun 9 – July 28 (8 weeks)
Session 4: Sep 15 – Nov 3 (8 weeks)
Registration Deadlines: Session 3: May 31
Session 4: Sep 6

VOLLEYBALL LEAGUES

4 ON 4
“Bump and Spike” your team into the Trails Recreation Center’s Indoor Volleyball Leagues. Non-marking, soft-soled sneakers are required.
Fee per session: $100 Dist team fee ($143 N-Dist)
#525 Sat 3:30-6:30p Co-Rec
Session 3: Apr 17 – Jun 5 (8 weeks)
Session 4: Jul 17 – Sep 4 (8 weeks)
Registration Deadlines: Session 3: Apr 9
Session 4: Jul 9

Women’s 6 ON 6
“Bump and Spike” your team into the Trails Recreation Center’s Indoor Volleyball Leagues.
Fee per session: $250 Dist ($358 N-Dist)
#551 Thur 6-9p
Session 3: May 6 – Jun 24 (8 weeks)
Session 4: Aug 5 – Sep 23 (8 weeks)
Registration Deadlines: Session 3: Apr 29
Session 4: July 29

Co-ed Outdoor Volleyball
“Bump & Spike” your team into one of the Trails Recreation Center’s Outdoor Volleyball Leagues. Held at the Center’s “back lawn,” two 4 person and two 2 person Co-Rec leagues will be offered. (Beginner-B) and Comp (BB-A).
Fee per session:
4 on 4: $100 Dist team fee ($143 N-Dist)
2 on 2: $50 Dist team fee ($72 N-Dist)
#538 Tue 6:30-8:30p Co-Rec 4x4
#539 Tue 6:30-8:30p Co-Rec Comp 4x4
#540 Thu 5:30-8:30p Co-Rec 2x2
#541 Thu 5:30-8:30p Co-Rec Comp 4x4
Session 1: May 11 – Jun 17 (6 weeks)
Session 2: Aug 3 – Sept 9 (6 weeks)
Registration Deadlines: Session 1: May 4
Session 2: Jul 27

Adult Group Golf Lessons at Saddle Rock Golf Course (18yrs & up)
These programs will welcome all skill levels to the game of golf. Held at Saddle Rock Golf Course (21705 E Arapahoe Road) and taught by their instructors, participants will learn the basic fundamentals of this sport (putting, chipping, and using various irons and woods). Clubs will be provided but participants are highly encouraged to bring their own. At the conclusion of the program, participants will receive give-a-ways including coupons to Dick’s Sporting Goods, day passes to the Trails, and more. Please visit our website for additional golf programs this spring and summer!
Fee per session: $82 District ($92 Non District)
#587 Sun 1:15-2:15p
Session 1: May 9 – 30 Women only
Session 2: Jun 6 – 27 Coed
Session 2: Sep 5 – 26 Coed

Look for more info on our Inaugural 4-person Golf Tournament at Saddle Rock Golf Course held in October of 2010! Proceeds will benefit the Arapahoe Park and Recreation District and Trails Recreation Center’s Youth and Adult Sports Programs.
ATHLETICS

Parents Guide to College Athletic Recruiting Workshop
This workshop is intended to educate parents on ways of helping their children gain a greater insight on college athletic recruiting. Subjects discussed: marketing, recruiting services, scholarships, exposure, camps, and utilizing the internet. Course is instructed by Trails Athletic personnel who have experience in athletic recruiting and coaching multiple sports at the high school level. Fee: $5/family Dist ($7/family Non) 
#5901 Sat May 15 9-11a

ADULT LEAGUES:
Please sign up as a team. If you do not have a team, please contact the Athletics Supervisor (303 269-8408) to be placed on the free agent list. Although we do not form teams, this list will be used if established teams are looking for additional players.

ADULT DROP-IN PROGRAMS
Drop-In Basketball (18 yrs & up)
Play pick-up games with fellow residents. Balls will be provided. IDs will be checked to verify ages.
Tue 7-9:45p
Sun 7-9a

Drop-In Volleyball (18 yrs & up)
Bump, Set, Spike! The nets are up looking for players. Balls will be provided.
Sun 4-7:45p (one net)

Doubles Drop-In Racquetball
Enjoy recreational racquetball play with your peers. One court will be slightly more competitive than the other.
Mon 6-9p

Drop-In Wallyball (16 yrs & up)
Volleyball with walls! Come play this action-packed game. Equipment is provided.
Wed 6-9p (2 courts)

For a complete listing of Racquetball Court and Climbing Wall Rules & Regulations please visit our website at www.aprd.org

Climbing Tower Hours (Youth & Adult)
See the view of the Center from the heights of a 37-foot climbing tower. Youth/Adult Supervised Climbing available 6 days a week:
Sun 9a-12p
Mon – Thurs 6-8:30p
Sat 3:30-6:30p

TRAILS RECREATION CENTER GYMNASIUM
CODE OF CONDUCT
In order to provide a safe and pleasant family environment for all patrons, the Arapahoe Park and Recreation District has established a Code of Conduct for gym users. Please note that the Trails Recreation Staff will be enforcing a ZERO TOLERANCE policy when dealing with any conduct concerns in the gymnasium.

- Foul language is not acceptable under any circumstances
- Facility rules must be learned and abided by at all times
- Food and drink is prohibited
- No pushing, shoving or aggressive play is permitted
- No “trash talking,” taunting or verbal intimidation will be allowed
- Fighting may result in disciplinary action up to and including a one year suspension or permanent expulsion from the Trails Recreation Center
- “Open Gym” and pick up game rules are posted and strictly enforced
- No dunking or hanging on rims and/or nets
- Appropriate athletic attire must be worn. Soft soled, non-marking athletic shoes are required. Large or dangling jewelry is not recommended
- All personal belongings should be secured in a locker
- Soccer, baseball, football, Frisbee, Lacrosse and other activities deemed unsafe in a gymnasium environment are prohibited.
- Do not lean, sit or pull on the divider curtain
- Scheduled APRD programs may take priority over open recreation. Do not disrupt classes, events or leagues
- Participants must follow age requirements to participate in adult drop-in programs
- No full court basketball games when gym is crowded
- Structured team practices or private lessons by outside groups are not allowed in the center
- Gym schedule may change without notice
- Actions interfering with staff’s ability to provide a safe environment will be cause for ejection
- Additional rules and regulations may be implemented without notice at the discretion of the Arapahoe Park and Recreation District Staff and any other guidelines deemed necessary for the safety and comfort of our patrons will be strictly enforced

Violations of the preceding rules or any other conduct that may endanger the safety of patrons and/or staff may be cause for permanent expulsion from the Recreation Center at the discretion of Arapahoe Park and Recreation District Staff.

Have you been taking care of yourself? Check out the fitness and wellness classes we offer on page 21.

Private one on one lessons are available for the following:
- Basketball
- Racquetball
- Volleyball
- Gymnastics
- Climbing

Please call 303 269-8408 to make an appointment.
CULTURAL ARTS & LEISURE PROGRAMS
CULTURAL ARTS & LEISURE PROGRAMS
303 269-8402

POTTERY CLASSES
Session 4: Apr 18 – May 29
Session 5: Jun 13 – Jul 25*
Session 6: Aug 2 – Aug 22 (3 weeks)
Session 7: Sep 13 – Oct 24
Registration Deadlines: Session 4: Apr 14
Session 5: Jun 9
Session 6: Jul 28
Session 7: Sep 8

*No class July 4
All Supplies included unless otherwise indicated

Family Clay Time (2-5 yrs & parent)
This class is designed for parents and their children to play in the clay. Parents must attend class with their child, dress for a mess, & closed toed shoes are required.
Fee per session: $35 Dist ($50 N-Dist) per child
Fee for session 6: $17.50 Dist ($25 N-Dist) per child
#301 Tue 9-9:45a
#306 Sat 10-10:45a
*No session 6

Story Time Clay (4-6 yrs)
This class is designed to enhance your child’s creativity. We will be reading exciting stories and creating characters in clay.
Fee per session: $35 Dist ($50 N-Dist)
#308 Tue 5-6p
*No session 6

Clay Creations (7-12 yrs)
In this class you will learn how to build and create three dimensional sculptures using clay. Dress for a mess.
Fee per session: $50 Dist ($72 N-Dist)
#309 Thur 5-6:30p
*No session 6

Youth Pottery (10-15 yrs)
This class is designed to explore wheel throwing and hand building techniques along with glazing and decorating pottery pieces. Attendance is required in first class for new students.
Fee per session: $60 Dist ($86 N-Dist)
#310 Mon 4-4:45p
*No session 6

All Levels Pottery (16 yrs & up)
Use the potter’s wheel and hand build as you learn this ancient art of function and design. Wear comfortable clothing and plan on getting messy. Clay and tools for purchase during class hours. A flat firing fee is assessed to each bag of clay. Attendance IS REQUIRED in first class for NEW students. All levels welcome.
Fee per session: $75 Dist ($107 N-Dist)
#302 Tue 6:30-9:30p
#303 Thurs 10a-1p
#304 Thurs 6:30-9:30p
*Session 6 dates: Aug 2 – Sep 9 (6 weeks)

Fundamentals of Sculpting (16 yrs & up)
Learn the secrets of creating beautiful statues, your favorite animal or even your hand.
Fee per session: $75 Dist ($107 N-Dist)
#305
Session 3: M/W Apr 19 – May 5 6:30-9:30p
Session 4: M/W Sep 13 - 29 6:30-9:30p

ART CLASSES
Session 4: Apr 18 – May 29
Session 5: Jun 13 – Jul 25*
Session 6: Aug 2 – Aug 22 (3 weeks)
Session 7: Sep 13 – Oct 24
Registration Deadlines: Session 4: Apr 14
Session 5: Jun 9
Session 6: Jul 28
Session 7: Sep 8
*No class July 4

Parent Tot Art (2-5 yrs & parent)
You and your preschooler will have fun creating messes and masterpieces. Explore the world of art together using a variety of mediums. Parents must attend class with their child. Dress for a mess.
Fee per session: $42 Dist ($60 N-Dist)
Fee for session 6: $21 Dist ($30 N-Dist)
#315 Wed 10-10:45a

Art Fun 101 (5-7 yrs)
This class explores a variety of mediums from clay to watercolor. They will learn bits of art vocabulary, theory and history while making lots of messes and masterpieces!
Fee per session: $42 Dist ($60 N-Dist)
Fee for session 6: $21 Dist ($30 N-Dist)
#317 Mon 4-4:45p

Painting & Drawing (11-15 yrs)
This class teaches basic drawing skills, which become the foundation for painting. Students will explore a variety of mediums.
Fee per session: $50 Dist ($72 N-Dist)
Fee for session 6: $25 Dist ($36 N-Dist)
#313 Wed 4:30-5:30p

Exploring Art (8-12 yrs)
Children will be introduced to a variety of mediums including clay, drawing, watercolor and acrylic paint. Dress for a mess.
Fee per session: $50 Dist ($72 N-Dist)
Fee for session 6: $25 Dist ($36 N-Dist)
#310 Tue 4-5p
ADULT ART PROGRAMS

Painting 101 (15 yrs & up)
Learn to paint for the first time or improve your technique in this fun, personalized setting. Choose your medium; water colors, acrylics or oils. A complete supply list is available to students upon registration.
Fee per session: $60 Dist ($86 N-Dist)
#311 Thu 6:30-8:30p
#314 Tue 10-12p
*Session 6 dates: Aug 6 – Sep 9 (6 weeks) • *No session 5

Drawing
In this class you will gain a historical overview of the craft and learn basic drawing techniques. We will cover different materials and subjects including perspective, shading, still-life, and the human form.
Fee per session: $60 Dist ($86 N-Dist)
#318 Wed 6:30-8:30p
*Session 6 dates: Aug 2 – Sep 9 (6 weeks) • *No session 5

Digital Photography
Get your photos out of your computer and into your life! This class is for amateur photographers who would like to learn more about their cameras and take better photos. Bring your digital camera and questions.
Fee per session: $35 Dist ($50 N-Dist)
#394 Thu 6-8p
Session 4: May 13 – 27
Session 5: June 17 – July 1
Session 6: Aug 5 – 19
Session 7: Sept 16 – 30

DRAMA
*Donations of costumes and props are greatly appreciated!
Session 4: Apr 18 – May 29
Session 5: Jun 13 – Jul 25*
Session 6: Aug 2 – Aug 22 (3 weeks)
Session 7: Sep 13 – Oct 24
Registration Deadlines: Session 4: Apr 14
Session 5: Jun 9
Session 6: Jul 28
Session 7: Sep 8
* No class July 4

Acting Fun (7-10 yrs)
The goal of this program is to provide a fun learning environment that will instill positive risk taking, confidence, self-esteem, and problem solving skills. No acting experience necessary. Come dressed in comfortable clothing.
Fee per session: $40 Dist ($57 N-Dist)
#325 Fri 6-7p
Session 4: Apr 30 – Jun 4
Session 7: Sep 17 – Oct 22
*No session 5 or 6

Children’s Theater (9-14 yrs)
In this class, you will take a journey through auditions to performing a play. This class is not just for actors, but for crew members too! All parents are welcome to come to the parents meeting on the first day of class and to see the final performance on the last day of class.
Fee per session: $65 Dist ($93 N-Dist)
#323 Fri 5:30-7:00p (10 weeks)
Session 2: Jun 18 – Aug 27
Registration Deadline: Jun 11
*No class Jul 30
****Performance: Aug 27

**ART & POTTERY SALE**
SATURDAY, April 24th
9AM – 4PM
Come and see the works of art created by our art and pottery students and staff. This is a great place to get that perfect gift!
Any artist that is enrolled in session 3 or 4 may display and sell pieces in the Spring Sale.
For more information contact 303 269-8402.

**MUSIC**
Session 4: Apr 18 – May 29
Session 5: Jun 13 – Jul 25*
Session 6: Aug 2 – Aug 22 (3 weeks)
Session 7: Sep 13 – Oct 24
Registration Deadlines: Session 4: Apr 14
Session 5: Jun 9
Session 6: Jul 28
Session 7: Sep 8
* No class July 4

**EMPLOYEE HIGHLIGHT!**

Bob Allison
Bob and his family moved to Colorado 6 years ago from Columbia, SC and currently live in Centennial. His family includes his wife Crystal, daughter Chris, and son Nathan, all who also currently work at The Trails.
Bob has been “playing” with clay since he was six and became a professional at 41. He is in the process of finishing two life-size pieces for the town of Bishopville, SC. One of the pieces is shown here.
Prior to the facility opening Bob was so excited about the prospect of teaching here that he approached staff about the teaching of sculpting classes; something he has regularly done in South Carolina and at the foothills Recreation District. He was hired on as soon as we opened as has continued with us all 5 years.
In his adult sculpting class he concentrates on the properties of clay, how to sculpt a figure or animal, and the finishing process. For the kids he tries to get the kids to relax and enjoy themselves after a long school day. “If they learn how to make and attach legs, or about the properties of clay, all the better. But my goals are not to teach them how to make the perfect horse or dolphin. My goals are to get them to have fun and use their imagination.” He says teaching at the Trails is a wonderful opportunity that the whole family has enjoyed. So come and join a sculpting class and see what amazing things Bob has to teach you! You won’t be disappointed!

**CULTURAL ARTS & LEISURE PROGRAMS**
CULTURAL ARTS & LEISURE PROGRAMS

Vocal Techniques (8-12 yrs)
Have fun singing while you explore posture, breathing, pitch, tone, range and diction. Students will develop poise and self confidence.
Fee per session: $35 Dist ($50 N-Dist)
#332 Fri 5-5:45p
"No session 5 or 6"

Singing Fun (3-7yrs)
Your child will enjoy learning simple children's songs to develop the basics of singing.
Fee per session: $30 Dist ($43 N-Dist)
Fee for session 6: $15 Dist ($21.50 N-Dist)
#331 Fri 4-4:30p 3-4 yrs
#336 Fri 4:30-5p 5-7 yrs

Guitar (7-14 yrs)
This class is for students with little to no experience. You will learn guitar tuning, open position chords, basic strumming, and reading music. Bring your own guitar. Picks, capo, and electric tuner preferred.
Fee per session: $45 Dist ($64 N-Dist)
Fee for session 6: $22.50 Dist ($32.50 N-Dist)
#333 Mon 6-6:45p 7-10 yrs
#334 Mon 7-8p 11-14 yrs

Advanced Guitar (11-14 yrs)
This class is for students with some previous guitar experience. Students must have basic chords memorized, an understanding of barre chords and tablature.
Fee per session: $45 Dist ($64 N-Dist)
Fee for session 6: $22.50 Dist ($32 N-Dist)
#339 Mon 8-9p

Adult Guitar (15yrs & up)
You will learn guitar tuning, open position chords, basic strumming, and reading music. Bring your own guitar. Picks, capo, and electric tuner preferred.
Fee per session: $45 Dist ($64 N-Dist)
Fee for session 6: $22.50 Dist ($32 N-Dist)
#335 Tue 7-8p

Private Guitar Lessons
Private Guitar lessons are available at the Trails Recreation Center. Call 303 269-8402 for more information.
Fee: 30 min. $20 Dist ($29 N-Dist)
45 min. $30 Dist ($43 N-Dist)
60 min. $40 Dist ($57 N-Dist)

Kindermusik Village (newborns-18 mos)
Through a unique blend of multi-level activities including creative movement, vocal play, object and instrument exploration; your baby’s growth and development are stimulated and all of their senses engaged. Parental participation required.
Fee per session: $96 Dist ($138 N-Dist)
#326 Tues 11:15a-12p
#373 Sat 9-9:45a
Session 3: Apr 6 – May 29 (8 weeks)
Session 4: Jun 8 – Jul 31 (8 weeks)
Session 5: Aug 10 – Oct 1 (8 weeks)

Kindermusik Our Time (18 mos-3 yrs)
Our time encourages your child to uncover an engaging musical world while building confidence, self-control, rhyming and object identification. Creative movement to various musical “moods” develops a sense of balance, time and spatial awareness. Parental participation required.
Fee per session: $131 Dist ($188 N-Dist)
#327 Thur 11-12p
#329 Sat 10-11a
Session 3: Apr 8 – Jun 12 (10 weeks)
Session 4: Jun 24 – Aug 28 (10 weeks)

Kindermusik ABC Music & Me Parent’s Day Out (2-6 yrs)
Need a few guilt free hours to yourself? Pack a snack for your child and let the fun begin. You get some time to yourself and your child gets the benefit of musical learning and playgroup all rolled into one. Each month has a new and different theme.
Fee per session: $80 Dist ($114 N-Dist)
#328 Tue 9-11a (2-4 yrs)
Session 5: Apr 6 - 27 (4 weeks)
Session 6: May 11 – Jun 1 (4 weeks)
Session 7: Jun 15 – Jul 6 (4 weeks)
Session 8: Jul 20 – Aug 10 (4 weeks)
Session 9: Aug 24 – Sep 14 (4 weeks)

Imagine That! (3-5 yrs)
Using the power of music, Kindermusik’s Imagine That! taps into your pre-schooler’s creative spirit & boundless energy while focusing on developing learning strengths and self confidence. Parents join in the class for the last 10-15 min.
Fee per session: $131 Dist ($188 N-Dist)
#354 Thur 9:45-10:45a
Session 10: Apr 8 – Jun 10 (10 weeks)
Session 11: Jun 24 – Aug 26 (10 weeks)

Registration deadline for Kindermusik class is 10 days prior to start date
CULTURAL ARTS & LEISURE PROGRAMS

Kindermusik Family Time (Ages 0-7 yrs)
Music class for families with multiple children. You’ll play instruments together, dance together, share and take turns while seeing how music can bring you closer as a family. Favorite Kindermusik songs and activities are rolled into a fun, family class where family “together time” is celebrated and cherished. Fee per session: $175/family Dist ($250/family N-Dist)
#374 Thu 12:15-1p
Session 3: Apr 6 – Jun 8 (10 weeks)
Session 4: Jun 22 – Aug 24 (10 weeks)

ARAPAHOE ACADEMY OF DANCE

Session 4: Apr 18 – May 29
Session 5: Jun 13 – Jul 25*
Session 6: Aug 2 – Aug 22 (3 weeks)
Session 7: Sep 13 – Oct 24
Registration Deadlines:
Session 4: Apr 14
Session 5: Jun 9
Session 6: Jul 28
Session 7: Sep 8
* No class July 4

Parent Tot Dance (walking–3 yrs)
Parents and children enjoy exploring movement through dance and song. Parents must attend class with their child. Mommies & Daddies welcome!
Fee per session: $35 Dist ($50 N-Dist)
Fee per session 6: $17.50 Dist ($25 N-Dist)
#355 Tue 10-10:30a

Creative Movement (3-4 yrs)
Enjoy dance, song, and movement, designed to increase body awareness and build confidence.
Fee per session: $35 Dist ($50 N-Dist)
Fee per session 6: $17.50 Dist ($25 N-Dist)
#356 Tues 10:30- 11:00a

Pre-Ballet (3-5 yrs)
This class introduces young dancers to the fundamentals of ballet technique and terminology. Ballet shoes, leotard, and tights are required.
Fee per session: $35 Dist ($50 N-Dist)
Fee per session 6: $17.50 Dist ($25 N-Dist)
#360 Mon 5-5:45p 3-4 yrs
#361 Mon 6-6:45 3-4 yrs
#364 Thur 10-10:45a 3-5 yrs
#366 Fri 10-10:45a 3-5 yrs
#367 Fri 11-11:45a 4-5 yrs

Ballet (5-12 yrs)
Explore the fundamentals of ballet technique and terminology. Ballet shoes, leotard, and tights are required.
Fee per session: $35 Dist ($50 N-Dist)
Fee per session 6: $17.50 Dist ($25 N-Dist)
#344 Thur 4-4:45p 5-6 yrs
#345 Mon 7-8p 7-12 yrs
#359 Sat 11-11:45a 5-6 yrs

Cheer (5-9 yrs)
Each week you will learn new cheers, jumps, and even a few short dances to do during those intense timeouts. Students must wear tennis shoes and are encouraged to bring bottled water.
Fee per session: $40 Dist ($57 N-Dist)
Fee per session 6: $20 Dist ($28.50 N-Dist)
#383 Thur 5-5:45p

Hip Hop (10-14 yrs)
Come learn some fun Hip Hop moves and routines to today’s hottest Hip Hop music. Wear loose clothing and get ready to move!
Fee per session: $40 Dist ($57 N-Dist)
Fee per session 6: $20 Dist ($28.50 N-Dist)
#349 Thur 6-6:55p

Advanced Hip Hop (13-17 yrs)
Come learn some fun hip hop moves and routines to today’s hottest hip hop music. This class will move at a faster pace so previous dance experience is preferred. Wear loose clothing and get ready to move!
Fee per session: $40 Dist ($57 N-Dist)
Fee per session 6: $20 Dist ($28.50 N-Dist)
#348 Thur 7-7:55p

Summer Dance Workshop (6-12 yrs)
Our Summer Dance Workshop is for anyone who LOVES dance! Each week will focus on two different styles of dance, including Hip Hop, Pom, Jazz, Ballet, Tap and Creative Dance. Ballet and tap shoes recommended during week 2 but not required. Bring a snack and water!
Fee: $35 Dist ($50 N-Dist)
#3426 Tues 11a-1p Aug 3 – 17 (3 weeks)
CULTURAL ARTS & LEISURE PROGRAMS

ADULT DANCE PROGRAMS

Tap (15 yrs & up)
All skill levels are welcome to enjoy this fun, high-energy dance style. Comfortable clothes and tap shoes are required.
Fee per session: $40 Dist ($57 N-Dist)
Fee per session 6: $20 Dist ($28.50 N-Dist)
#347 Tue 7:30-8:30p

Ballet Fit (15 yrs & up)
This class is a beginning approach to ballet as a fitness class. We will emphasize muscle toning, posture, body alignment, balance, flexibility, endurance and strength through simple combinations.
Fee per session: $40 Dist ($57 N-Dist)
Fee per session 6: $20 Dist ($28.50 N-Dist)
#357 Sun 6-7p

Hip Hop (18 yrs & up)
All levels of dancers are welcome for this great workout. Dance shoes or tennis shoes are perfect for this class. Wear loose comfortable clothing.
Fee per session: $40 Dist ($57 N-Dist)
Fee per session 6: $20 Dist ($28.50 N-Dist)
#350 Thur 8-8:55p

FAMILY & LEISURE PROGRAMS

Session 4: Apr 18 – May 29
Session 5: Jun 13 – Jul 25*
Session 6: Aug 2 – Aug 22 (3 weeks)
Session 7: Sep 13 – Oct 24
Registration Deadlines: Session 4: Apr 14
Session 5: Jun 9
Session 6: Jul 28
Session 7: Jul 28
* No class July 4

HOBBIES & CRAFTS

SPANISH CLASSES

Spanish For Kids (3-5 yrs)
Children will learn Spanish from a native speaking teacher in the fun environment with songs, games and interactive exercises. Vocabulary including alphabet, numbers, colors, greetings, seasons and animals will be part of this exciting Spanish adventure. $6 material fee is payable to instructor the first day of class.
Fee per session: $59 Dist ($84 N-Dist)
#384 Wed 9:30-10:10a
*No session 6

Spanish Adventure (5-6 yrs)
Your kindie will love this wonderful Spanish class with interactive exercises, songs to sing and games to play, all fully bilingual with a native Spanish speaking instructor. Colors, numbers, greetings, days of the week, months of the year will be taught in this bilingual class. $7 material will be paid to the instructor the first day of class.
Fee per session: $64 Dist ($92 N-Dist)
#382 Sat 10:30-11:15a
*No session 6

Practical Spanish For Adults (14 yrs & up)
This introductory fast-paced Spanish class focuses on vocabulary, pronunciation and communication basics. A bilingual workbook fee of $20 is payable to the instructor the first day of class.
Fee per session: $70 Dist ($100 N-Dist)
#385 Thur 6:30-7:20p
*No session 6

Practical Spanish For Adults II (14 yrs & up)
This intermediate, fast-paced Spanish class will focus on enhancing your knowledge base of the Spanish language in the areas of vocabulary, pronunciation and accentuation as well as introduction to the conjugation of verbs (present, past and future). A bilingual workbook fee of $20 is payable to the instructor if you have not taken level 1.
Fee per session: $70 Dist ($100 N-Dist)
#386 Thur 7:30-8:20p
*No session 6

BEGINNER CHESS (8-12 yrs)
Are you interested in learning how to play chess? Learn the basics of chess, the pieces and how they move.
Fee: $20 Dist ($28.50 N-Dist)
#3516 Thurs 4-4:45p Aug 5 – 19 (3 weeks)

CHESS CLUB (10-14 yrs)
Sign up for chess club to learn techniques and sharpen your skills. We will have fun playing each other leisurely and tournament style.
Fee: $20 Dist ($28.50 N-Dist)
#3526 Thurs 5-5:45p Aug 2 – 19 (3 weeks)

Papercrafting for Teens (12-16 yrs)
Learn to make cards for friends, stationary, photo holders, a decorative cork board to hang in your room and much more.
Fee: $30 Dist ($43 N-Dist)
#3196 Thurs 4-5p Aug 2 – 19 (3 weeks)

All About Girls (6-12 yrs)
Come learn to make a variety of projects from jewelry to gifts for friends to lip gloss. You won’t believe what kind of things you can make from simple products you have at home.
Fee: $12 Dist ($17 N-Dist)
#375
Session 7: Sat May 15 9-9:45a
Session 8: Tues Jun 29 11-11:45a
Session 9: Tues Jul 13 11-11:45a
Session 10: Sat Sep 18 9-9:45a

FAMILY PROGRAMMING

Becoming A Love & Logic Parent®
This class will provide you with practical tools & techniques to help achieve respectful healthy relationships with kids 18 mo. through teens. In this class we will learn about consequences and their enforcement, completion of chores and/or homework, making good choices, reducing sibling rivalry and bickering, morning & bedtime routines and much more.
Fee per session: Individual: $75 Dist ($107 N-Dist)
Couple: $105 Dist ($150 N-Dist)
#389 Wed 6-8p
*No session 6
Becoming a Love & Logic Parent: Early Childhood Parenting Made Fun
This Love & Logic class focuses on ages 8 mos. through 6 yrs. We will discuss consequences of whining, misbehavior in public, morning & bedtime routines, reducing sibling rivalry and bickering, making potty training fun, teaching respect, responsibility, self discipline and much more. Session start dates correspond with Family and Leisure Program session dates. Class runs 5 weeks.
Fee per session: Individual: $60 Dist ($86 N-Dist) 
Couple: $90 Dist ($129 N-Dist)
#392  Tue 6-8p (5 weeks)  *No session 6

NEW! Fact, Fiction and Financial Aid – Truth in Navigating the College Process
In this workshop presented by College Assistance Plus you will learn truths about college preparation, common misconceptions, types and sources of funds, cost benefit of student loans, comparison of financial aid packages and timelines. Bring your high school student and your questions!
Fee per session: FREE
#368
Session 6: Wed Apr 21 7-8p
Session 7: Wed May 19 7-8p
Session 8: Wed Aug 18 7-8p

Simply Financial
Do you have a high school student planning to go to college and wondering about financial aid? What is it? Who qualifies and how do I apply? This workshop is designed to answer these questions and more.
Fee per session: $20/Family Dist ($29/Family N-Dist)
#369
Session 3: Wed Jul 21 7-8p
Session 4: Tue Sep 28 7-8p

Retirement Planning Today
Don’t let retirement planning overwhelm you. This is a comprehensive retirement planning course designed to answer questions about retiring early, new tax laws, insurance coverage, retirement plan distribution choices, investment strategies, and preserving your standard of living. A workbook will be provided to all students.
Fee per session: $49 Dist ($70 N-Dist).
#358
Session 3: Thur Apr 29 – May 6 6:30-9:30p
Session 4: Wed May 5 – 12 6:30-9:30p

“Fizz”ical Phenomenon and Crazy Che-Mystery (6-12 yrs)
Whip up potions, find out how different chemicals react when mixed together, and use your skills as a chemist to discover the answers to secrets you’ve always wondered about. Become a Mad Science detective and use your new found skills to solve a Mad Science mystery.
Fee:  $207 Dist ($296 N-Dist)
#3911  Mon - Fri  Aug 2-6  9a-12p

Silly Science (7-10 yrs)
You’ll love getting your hands dirty with these fun hands-on science projects. Create slimy concoctions and make your own special treats.
Fee per session: $40 Dist ($57 N-Dist)
#379  Thur  4-5p  *No session 6

Play-Well TEKnologies
Pre-Engineering with LEGO® (ages 5-7yrs)
Create, Play, and Learn. Build a town, city, or star base with houses, buildings, pyramids, bridges, tunnels, towers, and more. Build motorized cars, trains, buses, and trucks; race them; crash them; repair them. Explore the many possibilities of LEGO® building systems while learning useful construction techniques.
Fee: $169 Dist ($242 N-Dist)
#3961  Mon - Fri  June 21-25  9a-12p
#3962  Mon - Fri  July 26-30  9a-12p

Engineering FUNdamentals with LEGO® (ages 7-11yrs)
Design and build motorized machines, catapults, pyramids, demolition derby cars, truss and suspension bridges, buildings, and other constructions. Explore concepts in physics, mechanical engineering, structural engineering, and architecture while playing with your favorite creations. This is a hands-on and minds-on class suitable for LEGO® building system novices to “maniacs.” Returning students will work on new projects and challenges.
Fee: $169 Dist ($242 N-Dist)
#3971  Mon - Fri  June 21-25  1-4p
#3972  Mon - Fri  July 26-30  1-4p

COOKING CLASSES
Session 4: Apr 18 – May 29
Session 5: Jun 13 – Jul 25
Session 6: Aug 2 – Aug 22  (3 weeks)
Session 7: Sep 13 – Oct 24
Registration Deadlines:  Session 4: Apr 14
Session 5: Jun 9
Session 6: Jul 28
Session 7: Sep 8
  *No class July 4

Kids Cooking (9-14 yrs)
Basic nutrition and cooking skills will be covered, including healthy after school snack alternatives and meal planning for themselves and the family.
Fee per session: $50 Dist ($72 N-Dist)
Fee for session 6: $25 Dist ($36 N-Dist)
#398  Fri  4:30-5:30p
CULTURAL ARTS & LEISURE PROGRAMS

SPECIAL EVENTS
Registration is required for all special events.

Egg Decorating Eggstravaganza (families of all ages)
You and your family are invited to join in a fun time of egg decorating. Dress for a mess. Parent participation required
Fee: $5 Dist ($7 N-Dist)/family
#30031 Fri Apr 2 5-6p
Registration deadline: March 29

Mother’s Day Tea (5-10 yrs)
We love our Moms! And we want to show them just how special they are by sharing time with them. We'll have fun playing games, making crafts and sharing snacks.
#30012 Sat May 8 10:30a-12p
Registration Deadline: May 5

4th of July Picnic Fun (Families of all ages)
Join in on all kinds of fun family activities at Lookout Pool. We’ll play games and have food for the family; then enjoy free swimming. All pool rules apply. The fun begins at 11 am.
Fee: $25 Dist Family of 4 ($36 N-Dist Family of 4) Additional Family Members: $7 Dist/person ($10 N-Dist/person)
#30032 Sat Jul 3
Registration Deadline: Jun 30

Kite Flying (4-8 yrs)
First design your own kite. Then we’ll see how high they fly! Class will be held at Lookout Pool Park.
Fee: $10 Dist ($15 N-Dist)
#30051 Tue Aug 10 10:30-11:30
Registration Deadline: Aug 6

HEALTH & SAFETY
Red Cross Babysitting Training (11-15 yrs)
This class will provide youth with the information and skills necessary to provide safe and responsible care for children in the absence of parents and guardians. This training will help participants develop skills in leadership and professionalism, basic care, safety and safe play and first aid. Please bring a snack.
Fee: $50 Dist ($72 N-Dist)
#3887 Sat Apr 10 1-6:30p
#3888 Sat May 1 1-6:30p
#3889 Sat Jun 12 1-6:30p
#38810 Sat Jul 10 1-6:30p
#38811 Sat Aug 14 1-6:30p
#38812 Sat Sep 1 1-6:30p

Community First Aid/CPR (14 yrs & Up)
This class is a Red Cross certified course that includes Adult, Infant and Child CPR and First Aid Basics. Books and certification cards included. You must attend the full course. Passing a skills and written test is required in order to pass the course.
Fee per session: $50 Dist ($72 N-Dist)
#387 Tue & Wed 5-10p
Session 3: Jun 22, 23
Session 4: Sep 7, 8

OFF TRACK/SCHOOL BREAK PROGRAMS (6-11 yrs)
The Trails is offering morning and afternoon programming in conjunction with the Cherry Creek School District calendar. This program includes many great activities the Trails has to offer!
Fee per session: $40 Dist ($57 N-Dist)

**This price is for morning or afternoon class. If you would like to sign up for both classes you must sign up for them individually.

#700 Mon – Fri 9:30a – 11:30a
#703 Mon – Fri 1:00p – 3:00p
Session 11: Apr 12 - 16
Session 12: Apr 26 - 30
Session 13: May 17 - 21
Session 14: Jun 28 – Jul 2
Session 15: Jul 12 - 16
Session 16: Aug 23 - 27
Session 17: Sep 13 - 17

(700) Morning Class
9:30–11:30a
Mon: Gymnasium and Martial Arts
Tue: Art and Fitness
Wed: Martial Arts and Pool
Thur: Climbing Wall and Gymnasium
Fri: Pool

OR

(703) Afternoon Class
1:00–3:00p
Mon: Climbing Wall and Gymnasium
Tue: Fitness and Pool
Wed: Art and Gymnasium
Thur: Fitness and Pool
Fri: Pool

**This is a tentative agenda and is subject to change. Please wear comfortable clothing and tennis shoes every day!**
FITNESS & WELLNESS  303 269-8409
The mission of the Fitness and Wellness Department is to offer comprehensive, quality programs and services that will enhance healthy lifestyles and enable our community to achieve a healthy mind, body and spirit.

SAFETY TIPS
KNOW YOUR LIMITS
Classes have been carefully structured for your safety. It is still your responsibility to go at your own pace and keep your personal safety in mind.

The Trails Recreation Center offers a wide variety of Birthday Parties to make your child’s day very special. Check out all the information beginning on page 28.

EXERCISE GUIDELINES
It is strongly recommended that you consult your physician before beginning any exercise program, or if you exhibit any of the following risk factors:
- History of high blood pressure
- Elevated cholesterol
- Cigarette smoking
- Abnormal resting ECG
- Diabetes
- Family history of heart disease prior to age 50
- Sedentary lifestyle
- Frequently experienced chest pains
- Obesity
- If you are pregnant please consult your physician before beginning any exercise program.

GROUP FITNESS CLASSES
Please Remember:
All classes requiring a pass are first come, first served 45 minutes, prior to the start of class. There are a limited number of spaces dependent upon the type of equipment used in each class. Doors are locked 5 min. after class begins to eliminate potential injury due to missing warm-up, getting out equipment once class is in progress and distraction to other patrons & the instructor teaching the class. Trails staff reserve the right to cancel any classes based on our subjective discretion.
Your class pass must be presented for admittance to Pilates, Muscle Madness, Blood Sweat & Tears, Zumba, Cycling and Yoga classes. Children are not allowed to attend a fitness class unless they are of age to participate. Youth 13 and 14 must be accompanied by an adult 18 years or older.
A full fitness class schedule can be found on our website at www.aprd.org or a hardcopy may be picked up at the front desk of The Trails Recreation Center.

Group Fitness Class Descriptions
Amazing Abs & Core
A 30-minute fusion of complete conditioning for your core. Tone the abdominal muscles while strengthening the lower back.

Basic Step
This is a beginning level class focusing on basic step aerobics principles. All levels are always welcome.

Blood, Sweat & Tears
Anything goes in this class-weights, cardio, circuit, etc. Challenge yourself with this intense dynamic total body conditioning class. This is an intermediate to advanced class.

Cardio Blast
This is a fun, high energy, power interval class that involves high impact cardiovascular training with energy sprints. Each interval is taught at different levels, so whether you are a beginner or an athlete, this class is for you.

Fast Trac & Fast Trac with Abs
Great fat burning workout in a short amount of time. Treadmill training for walkers and runners at YOUR pace. The Fast Trac with Abs includes 15 min of abdominal work at the end of treadmill work.

Fusion
This class will give you a complete workout. It starts with 20 min. of cardio, followed by 20 min. of strength, finishing with abdominal work and stretching.

Interval Training
Interval training is simply alternating bursts of intense activity with intervals of lighter activity using cardio & weights.

Kickboxing
Burn fat and build muscle! This program is designed to tone the body and improve cardiovascular fitness using kickboxing training techniques and principles.

Mommies-To-Be
Your fitness instructor will guide you through a safe and effective full body workout appropriate for pre and post natal moms. Each class includes cardio, functional strength training, and flexibility. Mommies-to-be, plus new moms with babies up to 3 months old are welcome.

Muscle Madness
Revolutionary weight training workout that strengthens, tones, and defines every muscle in your body. This non-impact class works all the major muscle groups using primarily weights with some band work.

No Limits Circuit
This high-energy class combines athletic aerobic movements with strength and stabilization exercises using multiple stations.

Simply Step
This step class offers choreography that will be easy to follow but challenges your coordination skills and gives you a great workout.

Simply Strength
Try this 45 min. weight training class that will work every muscle except abs. This non-impact class uses weights, bands and your own body weight to strengthen every muscle.

Step & Sculpt
Maximize your workout with 30 min. of step followed by 30 min. of strength training using weights, bands, balls and abdominal work.

Step It Up
This class will put your stepping skills to the test. More advanced choreography will be incorporated into this class for those that are bored with the basics.

Step Surprise
The formats vary from single step, multi-step, step and weight intervals and power step. This class will always be a surprise.

Zumba
Zumba fuses Latin and other rhythms in easy to follow moves while providing a great workout for your entire body. You’ll have a blast while burning calories.
FITNESS AND WELLNESS

INDOOR CYCLING
Class size is limited to 22. Classes require a cycling pass to be picked up from the front desk no sooner than 45 min. prior to class starting. **Water Bottles and Towels are encouraged!**

Cycling Class Descriptions
Cycling
This class will give you the new dimension of cardiovascular fitness that you are looking for. Drills, imagery, and music will help motivate you through intervals, speed play, jumps, and hills.

Cycle & Sculpt
Maximize your workout by combining 30 min of cycling for your cardio training and 30 min of weights & ab work.

Hard Core Cycling
This 90 min. class is designed to challenge the experienced spinner. Experience the varied terrain that our leaders will take you through in the fun and exciting ride. This is an advanced class.

Ready, Set, Cycle
New to the world of cycling? This class is for you. This class offers a slower-paced cycling experience covering the basics of group cycling. Modification will be provided for more experienced riders.

AQUA AEROBICS
Use the resistance of the water and a variety of toning and conditioning exercises to increase flexibility and ease joint stress. Some aqua classes may require a class pass up to 45 min. before class so please check our fitness schedule.

Aqua Aerobics Class Descriptions
Splash
Give your water workout a new twist, pull or push. This fun aqua exercise class will teach you how to use noodles, weights and the resistance of the water to get a powerful aerobics workout. It is so much fun you will forget it's exercise.

Water Walking
These 30-45 min. classes will give you some variety in how to walk in the water for great exercise. All levels welcome.

MIND & BODY
Some class sizes are limited and require a pass to be picked up from the front desk no sooner than 45 min. prior to class starting.

Mind/Body Class Descriptions
Beginning Yoga
Great class for those looking for a relaxing, gentle yoga as well as those who have never taken yoga before. You will learn proper breathing techniques while practicing yoga asanas (postures) for a soothing workout.

Hatha Yoga
Hatha Yoga is an ancient style of yoga encompassing all of the asanas (postures) encouraging increased fitness levels in combination with stress relieving meditation.

Pilates
This class is 60 min. of flexibility and strengthening the core muscles of the abdominals and back. Pilates conditions the body from head to toe with a no-to low-impact approach.

Prenatal Stretch/Pilates
Prenatal stretch/pilates will assist you in all the changes that take place during pregnancy. Postures and breathing will help to strengthen the uterus and pelvic muscles, keep the body flexible throughout the pregnancy.

Power Yoga
This is yoga for the weight trainer yet all levels are welcome. You will be given many options for your current level. You will get your heart rate up and will definitely get a muscle workout in this class.

Stretched & Balanced
Rejuvenate your body with this active stretch class. Improve your flexibility and lengthen tight muscles with a variety of effective exercises.

Tai-Chi Yoga
Tai-Chi Yoga is a healing and meditative art form derived from blending principles of the two disciplines of Tai Chi and Vinyasa Yoga.

Vinyasa Yoga
A flow of postures linked with the breath. This style of yoga provides a physical workout while improving flexibility, strength, balance and mental concentration.

Private Pilates Mat/Reformer Lessons
Achieve core strength, flexibility, balance and coordination with a private Pilates session. Enjoy the benefits of the Pilates Reformer by working one-on-one with a certified Pilates instructor. Each session will be personalized to your physical needs and goals. 24-hour cancellation policy with be enforced. For any of these services, please pick up a packet from our front desk. Youth and Senior rates available.

Fees:

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<th>Service</th>
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<tr>
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<td>Reformer Session</td>
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<tr>
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<td>Semi Private</td>
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<tr>
<td>Mat session</td>
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Private/Semi Private Yoga Lessons
These private lessons will introduce you to basics of yoga practices, Asanas & breathing techniques. Each session will be personalized to your physical needs and goals. 24-hour cancellation policy with be enforced.

Fees:

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<th>Service</th>
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FITNESS AND WELLNESS

SILVER SNEAKERS/SENIOR CLASSES

Basic Step
This is a beginning level class focusing on basic step aerobics principles. All levels are always welcome.

Silver Sneakers® 1 MSROM
Increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing and a ball are offered for resistance; a chair is used for seated and/or standing support.

Silver Sneakers® Cardio Circuit
Increase your cardiovascular and muscular endurance power with a standing workout. This class includes upper body strength work with weights and bands paired with non-impact aerobic choreography. A chair is offered for support during this class.

Silver Sneakers® Yoga Stretch
Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Silver Sneakers® Silver Splash
Silver Splash offers lots of fun with shallow water movement to improve agility, flexibility and cardiovascular endurance. No swimming ability is required.

Silver Sneakers® – Orientations
A general overview of the weight training equipment and cardiovascular machines will be held the 2nd Tuesday of every month from 12:15-1:15 pm. All Silversneakers members are welcome to attend these orientations. No registration is required.

Silver Sneakers classes can be found on our full fitness class schedule on our website at www.aprd.org or a hardcopy may be picked up at the Trails Recreation Center.

FITNESS AND WELLNESS REGISTRATION CLASSES
Deadline for registration is the 30th of the month prior to the first day of class. There is a 4 person minimum for all classes unless otherwise noted.

Session 7: Apr  Session 10: Jul
Session 8: May  Session 11: Aug
Session 9: Jun  Session 12: Sep

Cross Trainer
This 6-week class features a variety of techniques to train your body in different ways to help avoid injuries, break fitness plateaus, and give you a well-rounded fitness routine. The class format will be different each week and may include interval training, strength training, kickboxing, cycling, pilates, and more. Fee per session:
#431 Tue 7:30 – 8:30p
Session 7: Apr 6 – May 11
Session 8: Jun 1 – Jul 6
Session 9: Aug 3 – Sep 7

Early Morning Boot Camp
Start your day off with this intermediate to advanced workout which includes weight training, cardiovascular training, and interval training for a great workout. Class is limited to 10 to ensure you receive a personalized workout.
#430 T/Th 5:30-6:30a

Boot Camp
This four week class is designed to work every muscle in your body at a high intensity using cardiovascular, strength, and interval training. Get ready to work harder than you ever have and reach a new level of fitness. Class is limited to 10 to ensure you receive a personalized workout.
Fee per session: $64 Dist ($92 N-Dist)
#433 T/Th 7:30-8:30p

Kettlebell Training
Kettlebells are an ancient exercise tool adapted for modern day workouts. Whether you want to lose weight, tone up, improve your fitness or get stronger; kettlebell training can help you achieve your overall fitness. This unique form of exercise is fun, fast, and will give you great results. Class is limited to 15 to ensure you receive a personalized workout.
Fee per session: $85 Dist ($122 N-Dist)
#424 M/W 8-9p
Fee per session: $35 Dist ($50 N-Dist)
#425 Sat 12-1p

Women on Weights
Learn how to safely execute proper weight training techniques. With the guidance of one of our personal trainers you will learn how to use free weights, cardio and circuit machines to develop a well-rounded weight training routine. Class is limited to 10 to ensure you receive a personalized workout.
Fee per session: $64 Dist ($92 N-Dist)
#408 M/W 10-11a
#409 M/W 6-7p

Fit at 50+
Becoming Fit at 50+ can require special considerations. A personal trainer will assist you in reaching your fitness goals by discussing the risk factors of aging, injury prevention, how to rate exercise intensity levels, the benefits of strength training, and guide you to a healthy lifestyle at any age.
Fee per session: $36 Dist ($51 N-Dist)
#420 Wed 10-11a

On the Trail to Fitness (18 yrs & up)
Join us for this fun 8-week walking club. Each walk will include a warm-up stretching, walking segment and cool-down. Toning segments using your own body and exercise bands will also be incorporated. In case of inclement weather, the class will be held on our indoor track. Minimum of 6 participants.
Fee per session: $36 Dist ($51 N-Dist)
#428 Sat 8a
Session 1: May 1 – Jun 26*

*No Class May 22
FITNESS AND WELLNESS

Triathlon Training (16 yrs & up)
Do you want to learn, train and compete in the sport of triathlon? From the “never done one” to the “experienced” triathlete; learn the basics and training techniques that will help you excel.
Fee per session:  $85 Dist ($122 N-Dist)
#426  Mon  7p
Session 1:  Apr 5 – May 10

Indoor Mini-Triathlon (16 yrs & up)
Our indoor triathlon will help you to prepare for future triathlons. This event will consist of a 1/4 mile swim, 6.5 mile biking, and 1.5 mile run all held inside of the Trails. Event minimum is 10.
Fee per session:  $25 Dist ($36 N-Dist)
#427  Sat  May 15  8:30a

Marathon Training (16 yrs & up)
This 8-week training will help you to build your strength and endurance safely to complete in a marathon.
Fee per session:  $85 Dist ($122 N-Dist)
#437  Sat  8a
Session 1:  Apr 3 – May 29*
  *No class May 22

Trails 1st Annual 4.5K Walk/Run (5 yrs & up)
Join us for our first annual 4.5K run. All participants will receive a t-shirt and sweat towel. Prizes will be awarded to the top finishers. Event minimum is 10. Maximum of 115 participants.
Fee per session:  $20 Dist ($25 race day)
#439  Sun  Aug 15  9a  Runners & Walkers

Splash-N-Dash
This event is wonderful for first-time competitors who are looking for a challenge. You will have 30 min to swim as many laps as possible in our indoor pool followed by 30 min to run/walk as many laps as possible on our indoor track. Prizes will be awarded to top finishers in each age group. Event min is 10.
Fee per session:  $25 Dist ($36 N-Dist)
#444  Sat  Jul 24  8:30a

Couples Yoga
Celebrate your relationship with this yoga class done with your partner. Discover unique yoga poses where you can assist each other with deeper stretching and flexibility while experiencing the many benefits of yoga.
Fee per session:  $50 Dist ($72 N-Dist) per couple
#436  Sun  12-1p
#446  Fri  7-8p

Family Yoga (4yrs & up)
Yoga practice promotes good coordination and balance; it develops strength, agility and flexibility. Yoga can also improve concentration and encourage clarity of mental focus. What a fun way to enjoy a day with the family by getting the best of both worlds – exercising and playing!
Fee per session:  $30 Dist ($43 N-Dist) per family
#419  Sun  11-12p

Belly Dancing
Belly Dancing offers both mental and physical benefits including a cardiovascular workout, increasing flexibility and strength while also building your self confidence.
Fee per session:  $60 Dist ($85 N-Dist)
#423  Sun  5:30-6:30p
Session 5:  Apr 11- May 23*
Session 6:  Jun 6 – Jul 25**
Session 7:  Aug 15 – Sep 26***
  *No class May 2
  ** No class Jun 13 and Jul 4
  ***No class Sep 5

Stroller Motion
Stroller Motion is a fitness class that incorporates cardiovascular training, strength conditioning, and flexibility for a total body workout. In 60 min. you will receive a complete workout while using your stroller in the great outdoors. Times and location may vary depending on the weather.
Fee per session:  $14 Dist ($20 N-Dist)
#411  Fri  9:30-10:30a

Weight Room Orientation
A general overview of the components of fitness with a brief orientation in the proper use of circuit and cardiovascular machines.
Fee per session:  $10 Dist ($14 N-Dist)
#415  Sat  10-11a
Session 4:  Apr 17
Session 5:  Jun 19
Session 6:  Aug 21

PERSONAL FITNESS

Body Fat Composition Analysis
Our trainers will use body fat calipers to educate you on your body fat percentage. Included in this assessment is a brief interpretation of your results. This baseline information will help get you on the right track to achieve your personal goals.
Fee:  $18 Dist ($26 N-Dist)

Personal Training (18 yrs & up)
Our knowledgeable certified personal trainers can help teach you new techniques and guide you step by step towards achieving the results you want. Keep coming back to fine tune your program, assess your improvement and stay motivated.
Fees:
  Single Session  $40 Dist  ($59 N-Dist)
  Three Sessions  $109 Dist  ($156 N-Dist)
  Five Sessions  $176 Dist  ($255 N-Dist)
  Ten Sessions  $345 Dist  ($493 N-Dist)
  Twenty Sessions  $667 Dist  ($953 N-Dist)
  Thirty Sessions  $966 Dist  ($1345 N-Dist)
  Forty Sessions  $1242 Dist  ($1748 N-Dist)
  Fifty Sessions  $1495 Dist  ($2127 N-Dist)
  Sixty Sessions  $1725 Dist  ($2484 N-Dist)
  Forty Sessions  $1242 Dist  ($1748 N-Dist)
  Fifty Sessions  $1495 Dist  ($2127 N-Dist)
  Sixty Sessions  $1725 Dist  ($2484 N-Dist)
FITTNESS AND WELLNESS

Youth Personal Training (13–17 yrs)
A personal trainer can help your teen increase activity levels, learn proper weight lifting techniques and excellent health habits. Also, recommended for sport specific training.
Fees:
- Single Session $32 Dist ($47 N-Dist)
- Three Sessions $87 Dist ($125 N-Dist)
- Five Sessions $143 Dist ($203 N-Dist)
- Ten Sessions $274 Dist ($391 N-Dist)
- Twenty Sessions $529 Dist ($757 N-Dist)

Buddy Training
You and a buddy can experience personal training together. Meet in groups of 2 with a certified personal trainer and work together towards individual and combined goals.
Fees:
- Single Session $69 Dist ($99 N-Dist)
- Three Sessions $200 Dist ($286 N-Dist)
- Five Sessions $328 Dist ($469 N-Dist)
- Ten Sessions $644 Dist ($921 N-Dist)

Senior Training
Our personal trainers can develop a safe workout program teaching you how to properly use cardiovascular & strength equipment to meet your specific needs.
Fees:
- Single Session $34 Dist ($49 N-Dist)
- Three Sessions $92 Dist ($131 N-Dist)
- Five Sessions $152 Dist ($217 N-Dist)
- Ten Sessions $293 Dist ($420 N-Dist)
- Twenty Sessions $567 Dist ($811 N-Dist)

Kettlebell Personal Training
Work with a certified kettlebell instructor to learn how to safely and effectively use kettlebells to reach your fitness goals. Studies have shown, you can burn up to 270 calories every 20 minutes.
Fees:
- Single Session $45 Dist ($64 N-Dist)
- Three Sessions $122 Dist ($175 N-Dist)
- Five Sessions $198 Dist ($283 N-Dist)
- Buddy Training $77 Dist ($110 N-Dist)

Youth and Senior rates available

YOUTH AND TEEN FITNESS

Youth Fitness Class (10-12 yrs)
The goal of this class is to provide 10 – 12 year olds with the knowledge of proper fitness skills through the use of cardiovascular equipment, circuit weight machines, free weights, bands, exercise balls, etc. Upon successful completion of this class students will be able to use the facility with direct parental supervision.
Fees per session: $32 Dist ($46 N-Dist)
#413 Sat 12-1p

Teen Fitness Class (13-15 yrs)
The goal of this class is to provide 13 – 15 year olds with the knowledge of proper fitness skills through the use of cardiovascular equipment, circuit weight machines, free weights, bands, exercise balls, etc. Upon completion, students will be able to use the facility without adult supervision.
Fees per session: $32 Dist ($46 N-Dist)
#414 Sat 1-2p

Catch Kids Club (Grades 2nd through 8th)
The Catch Kids Club is a program designed to promote behaviors that assist in developing and maintaining health and fitness for youth. The primary goals are to promote healthy physical activity behaviors, give guidance on healthy eating, and to teach kids the fun of fitness. This program is taught by one of our personal trainers certified in Catch Fit Club.
Fee per session: $32 Dist ($46 N-Dist)
#412 M/Th 4:30-5p (2nd - 5th Grade)
#416 M/Th 4:30-5p (6th - 8th Grade)

Youth Yoga Classes (ages 10 & up)
This class will use the natural flexibility of our kids to teach them the basics of yoga. Yoga provides many benefits to all ages and is excellent training for young athletes as well.
Fees per session: $32 Dist ($46 N-Dist)
#441 Sat 12p

Youth Sport and Speed Conditioning Clinics (10-18yrs)
These clinics provide speed techniques, plyometric training, agility training, and explosive pool training. The program is run by a personal trainer/strength coach and an experienced speed, conditioning and agility coach. By attending one of these dynamic clinics, each participant will develop all the techniques and skills required to get to the next level in any sport. Clinics available for individual teams by contacting Gina at 303.269-8409.
Fees per session: $96 Dist ($137 N-Dist)
#442 M/W/F 5-6p

Session 7: Apr 5 - 16
Session 8: May 3 - 14
Session 9: Jun 7 - 18
Session 10: Jul 5 - 16
Session 11: Aug 2 - 13
Session 12: Sep 13 - 24

Session 7: Apr Session 10: Jul
Session 8: May Session 11: Aug
Session 9: Jun Session 12: Sep
FITNESS AND WELLNESS

Teen Boot Camp (13-18 yrs)
This boot camp is designed for teenagers to help them look and feel their best in preparation for all those parties, dances and summer months. The class will be a fun workout from head to toe using cardio, weights, and interval training.
Fee per session: $35 Dist ($50 N-Dist)
#443 Fri 10:30-11:30a
Session 1: Jun 11 – Jul 2
Session 2: Jul 9 – Jul 30

WELLNESS

Lifestyle Breakthrough (18 yrs & up)
This class, taught in a small group setting, will help you identify and develop effective tools to deal with your personal obstacles to weight loss. This behavior modification program will help you lose weight through behavior, attitude, and lifestyle change. Our program will help you develop a sense of self-control and confidence in your ability to succeed and achieve a permanent healthy lifestyle. Pair this with the Trails Biggest Loser Incentive Program and finally achieve life long results.
Fee per session: $85 Dist/$122 Non-Dist
#432 Wed 7:30-8:30 p
Session 3: Apr 7 – Jun 23 (12 weeks)
Session 4: Jul 7 – Sep 22 (12 weeks)

Trails Biggest Loser Incentive Program (18 yrs & up)
Gather friends, family or just bring yourself and take the challenge to lose weight and inches. This class is taught by one of our personal trainers who will meet with you as a group to educate, motivate, and guide you on your fitness journey. Each participant will be privately measured and weighed at the beginning and end of the program. Prizes will be given at the end of the program based on results.
Fee per session: $85 Dist/$122 Non-Dist
#421 Thur 7:30-8:30 p
Session 4: Apr 8 – May 27 (8weeks)
Session 5: Jun 10 – Jul 29 (8weeks)
Session 6: Aug 4 – Sep 30 (8weeks)

Trails Biggest Loser Incentive Plus Program (18 yrs & up)
This program is an extension for those who have already participated in the Trails Biggest Loser Incentive Program. Continue the progress you have already made with 6 more weeks of guidance and goals from a personal trainer.
Fee per session: $45 Dist ($65 N-Dist)
#445 Wed 7:30-8:30 pm
Session 4: Apr 7 – May 12 (6weeks)
Session 5: Jun 2 – Jul 7 (6weeks)
Session 6: Aug 4 – Sep 8 (6weeks)

Stress Management Series
This series will help bring awareness to your physical, psychological, emotional and behavioral reactions to stress. We will uncover patterns and learn skills/tools to empower you to cope with stress in a more positive way.
#450 Fri 6-7p

Z-Health (16 yrs & up)
Z-Health is a cutting-edge exercise system that helps people improve their health, alleviate their pain, and maximize their athletic performance. Most training systems focus on muscles via resistance training and flexibility exercises or on the heart and lungs through aerobic-work. Z-Health focuses on the nervous system: the ultra-high speed network that controls muscles, heart and lungs. Clients of all ages will benefit from Z-Health.
Fee per session: $36 Dist ($51 N-Dist)
#451 Sat 2-3pm

Did you know The Trails Recreation Center offers a 10 week Tai Chi class? Check out page 5 for details!

Summit Cancer Program
This is a six month exercise program designed for all cancer survivors that aids in the recovery and general fitness during and after cancer treatment. The program provides one-on-one guidance, fitness classes, support and fun with other survivors. Please contact Gina at 303 269-8409 for more information on this program.

Nutrition Counseling (16 yrs & up)
Develop a healthy, new eating plan with a registered dietician. Includes a nutrition assessment, diet analysis and personal counseling for your nutrition and wellness needs. Please pick up a packet from our front desk for these services.
Fees:
1 Session: $78 Dist ($112 N-Dist)
3 Sessions: $199 Dist ($285 N-Dist)

Personal Training/Nutrition Counseling (16 yrs & up)
This combination gives you 1 session with a personal trainer & 1 session with the Nutritionist.
Fees:
1 Session: $108 Dist ($154 N-Dist)
3 Sessions: $275 Dist ($393 N-Dist)
Nutrition Series (16 yrs & up)
Do you realize how important proper nutrition is in attaining fitness goals? Attend one or all of these informative nutrition classes taught by our Registered Nutritionist to learn valuable facts about nutrition and how to make it work for you.
Fee per class: $20 Dist ($29 N-Dist)
Fee for all four classes: $64 Dist ($92 N-Dist)
Thur 7-8p
#460 Nutrition 101 Apr 8
#461 Diet Myths & Facts May 6
#462 Metabolism Facts Jun 3
#463 Reading Food Labels Aug 5
#464 All four classes

Goal Setting Workshops (18 yrs & up)
Having a defined plan leads to improved motivation and results. During this 2 session workshop, a personal trainer will discuss how planning and preparing for each workout will increase your fitness level safely and effectively. We will discuss different modalities of cardio training, weight training, interval training and how to organize your workouts for maximum efficiency.
Fee per session: $18 Dist ($26 N-Dist)
#422 Sat 1-2 pm
Session 7: Apr 10, 17
Session 8: May 8, 15
Session 9: Jun 12, 19
Session 10: Jul 17, 24
Session 11: Aug 14, 21
Session 12: Sep 18, 25

Watch for Upcoming Wellness Seminars!

Cardiovascular & Strength Area Regulations
For the safety and enjoyment of all patrons, please adhere to the following guidelines
• Patrons using equipment in these areas do so at their own risk
• Proper work out attire is required (T-shirts, shorts, sweatpants, gym shoes) - Please no swimwear, jeans or street shoes
• Shirts and/or supportive athletic apparel and closed-toe athletic shoes must be worn at all times
• Children 13 & 14 yrs of age must be accompanied by an adult, at arms length
• Children under 15 yrs of age are not allowed in the free weight areas on the upper section of the 1st floor.
• Observe proper weight room etiquette and demonstrate courtesy, dignity and respect towards others at all times
• Please allow others to work in on circuit weight equipment between sets
• Patrons are asked to adhere to a 30-minute time limit for each piece of cardio equipment while people are waiting
• Please wipe down each piece of equipment after use
• Do not bang or drop weight stacks and please return free weights to rack after use
• Water in closed, re-sealable plastic containers is encouraged. All other food and drink should be consumed in the lobby
• Personal belongings should be secured in lockers
• Equipment orientations and personal trainings are available and encouraged for all first time users

Fun Fitness Facts
• You would need to drink a quart of milk every day for 3 to 4 months to drink as much blood as your heart pumps in one hour.
• Your tongue is the only muscle in your body that is attached at only one end.
• If all 600 muscles in your body pulled in one direction, you could lift 25 tons.
• The human nervous system can relay messages to the brain at speeds of up to 200 miles per hour.
• Your brain receives 100 million nerve messages each second from your senses.
• The human body has 45 miles of nerves.
• A person breathes 7 quarts of air every minute.
BIRTHDAY PARTIES 303 269-8401

The Trails Recreation Staff is inviting you to celebrate your birthday with us! We offer a wide variety of parties including Pool, Gymnastics, Climbing Wall, Sports, Ballet/Dance, Martial Arts and Art parties. District residents can sign up three months prior to the party date and Non residents can sign up one month prior to the party date.

All parties include.....

- A party room, a Cold Stone Creamery cake, Coke products, paper products, the activity and staff member. Non-dairy cakes can also be provided from Cold Stone Creamery. Pizza available upon request for an additional fee of $9.50/pizza.
- A $50.00 non refundable credit card deposit is required at the time of booking and is applied to the grand total. All parties are 1 1/2 - 2 hours in length depending on the party. There’s a minimum of 6 and the Birthday Girl/Boy is FREE.
- For availability and scheduling or for more information on any of the parties contact Kenny Wilson at 303 269-8401 or at kennywil@the-trails.org.

Note: your personal party host will assist with the overall safety of the group but adult supervision of the group is required. There is a group rate charge of $3 or $4.50 per child to stay after the party is done.

POOL PARTY!
Enjoy a session of swimming for your party in the Trails Aquatic Center

- Parties are held Friday nights, Saturdays and Sundays and are designed for kids 5 years or older. There is a maximum of 24.
- Parties will be supervised by your own trained, friendly lifeguard.
- Parties will venture to the pool after a brief introduction of safety rules for 1 – 1.5 hours and commence with the opening of presents and cake for the remaining time.
- Children will be able to explore and play in the aquatics area (according to age and abilities). Organized games can be set up by your lifeguard if requested.
- 5 year olds will require direct adult supervision while in the water.
- Slides may only be used by children over 48” tall. A swim test may be required for deep water activities.
- The cost for residents is $13 per child. Non resident cost is $19 per child. There is a $15 charge for parties of more than 12 due to the requirement of an extra guard.

Climbing Tower Party! Come and celebrate your party on our 37 foot high climbing tower.

- Parties are held Fridays, Saturdays & Sundays and are designed for kids 5 years of age and up. There is a maximum of 12.
- Parties will be supervised by your own personal certified climbing attendant
- The first 1.5 hours you will enjoy your own private session of rock climbing and bouldering. Look for treats hidden on the rock as you climb and be the winner of the “timed to the top” races. The party will commence with the opening of presents and cake.
- Children must be at least 25lbs due to the climbing wall harness. Also, each child must have a climbing waiver signed by their parent or guardian PRIOR to the party. Waivers will be given to the party host.
- A Trails climbing t-shirt is provided for the birthday boy or girl
- The cost for residents is $18 per child. Non resident cost is $26 per child.

Gymnastics Party! Jump, roll, climb, slide and swing on your special day.

- Parties are held Saturdays and Sundays and are designed for kids 1 1/2 - 5 years of age. There is a maximum of 12.
- Parties will be supervised by your own private Trails gymnastics attendant.
- The first 45 minutes will be spent playing games, enjoying the obstacle course, playing with the parachute and other gymnastics activities that will also enhance balance & coordination. The party will commence with the opening of presents and cake.
- The cost for residents is $14 per child. Non resident cost is $20 per child.

Art Party! Have the most unique party of all, an ART party.

- Parties are held on Saturdays and Sunday and are designed for kids 5-12 years of age. There is a maximum of 12.
- Parties are instructed by your own personal Cultural Arts Instructor and include one of the following 4 art project choices: Wooden bird houses, Design your own backpack, Bucket hats or small handbags.
- The first 1.25 hours are spent creating your art project. The party will commence with the opening of presents and cakes.
- The cost for residents is $14 per child. Non resident cost is $20 per child.
Sports Party! Swish, Dodge, Kick or Volley your way into a great party with your choice of sports games

- Parties are held on Saturdays and Sundays and are designed for kids 5-12 years of age. There is a maximum of 20.
- Parties will be supervised by your own personal Trails staff member.
- The first 1.25 hours will be spent in your activity and will include various games. The party will commence with the opening of presents and cake.
- The cost for residents is $13 per child. Non resident cost is $19 per child. There is an additional charge of $15 for parties of more than 12 due to the requirement of another attendant.

Ballet/Dance Party! Ballet or Hip Hop parties are perfect for the dancer!

- Parties are held on Saturdays and Sundays and are designed for kids 2-14 years of age. There is a maximum of 12.
- Parties are instructed by your own personal Arapahoe Academy of Dance instructors.
- Parties will incorporate the fundamentals of dance in a fun and exciting way.
- The first 45 minutes will be spent in the Wagon Wheel room dancing away. The party will commence with the opening of presents and cake.
- The cost for residents is $14 per child. Non resident cost is $20 per child.

Martial Arts Birthday Party! (NEW)

- Parties are held on Saturdays and Sundays and are designed for kids 5-12 years of age. There is a maximum of 15.
- Parties are instructed by your own personal Kenpo Karate instructor.
- Parties will incorporate the fundamentals of Karate in a fun and exciting way.
- The first hour will be spent in the Wagon Wheel room with karate relay races, bear crawl, obstacle course and Judo Bulldog tag. The party will commence with the opening of presents and cake.
- The cost for residents is $14/child. Non resident cost is $20/child.

You pick the party! Trails combination party packages are now available. Contact Kenny Wilson at 303 269-8401 for more information.

Parents! Plan a night out while your child attends Kids’ Nite Out at the Trails. The Kids’ Nite Out youth program provides a safe, social and recreational atmosphere for youth ages 8 – 13. Supervision is provided. Activities vary weekly including dancing to a D.J., various contests, games, basketball, swimming, wallyball, dodge ball, giant inflatable’s and rock wall climbing. Gym activities require proper court shoes and swimwear is required for the swimming pool. A dress code is enforced. An Arapahoe County Sheriff’s Deputy will be on premises during each program.

Program held

Sept – May
Saturdays 7-10:30p
KNO Date
Sept 5 2009 – May 15, 2010
Fee: $15

No Program held May 22 – Sep 4, 2010
TRY ONLINE REGISTRATION – THE FASTEST, EASIEST WAY TO REGISTER FOR YOUR CLASS!

Early-registration is recommended. Remember that registering late may limit your choice of classes due to unavailability or cancellation.

Early registration: March 1, 2010 – District Residents
March 22, 2010 – Non-District Registration begins

Registration forms will be taken continuously after the early registration period for all sessions throughout this catalog. Payment must be included on/with registration form. Individual will not be registered until payment is received.

Ways to Register: On-line, drop off, mail-in or fax.

Trails Recreation Center
16799 E. Lake Ave.
Centennial, CO. 80015
Attn: Registration
Fax: 303 617-5493

Registrations will be taken on a first come/first served basis by day for all dropped-off, mailed-in or faxed registration methods and put in to classes by lottery when registration ends on that day.

Registration forms may be picked up at the Trails Recreation Center, downloaded from our website or you may use the form on the following page.

Payment may be made by:

CHECK OR MONEY ORDER—payable to the Trails Recreation Center
VISA, MASTERCARD, DISCOVER or AMERICAN EXPRESS—complete the appropriate portion of the registration form
CREDIT/REFUND—A full credit or refund will be granted when cancellation is made by the Trails staff

Registration confirmation sheets will be delivered via email. Please contact the Trails if your email address has changed or if you would like your confirmation mailed to you PRIOR to class. Refunds will not be given for missed classes due to confirmations not being received.

CUSTOMER FEEDBACK & SATISFACTION:
It is the goal of the Arapahoe Park & Recreation District and the Trails Recreation Center to produce quality fitness, cultural & leisure, athletic and aquatic programs as well as create a comfortable and safe environment for all who utilize the facilities. We are also very interested in knowing what types of program you would like to have at the center. Please fill out a comment card, which can be found at the front desk and let us know how to make your visit more enjoyable.

REFUND/CREDIT VOUCHER FOR PROGRAMS AND PASSES
Once the Trails Recreation Center begins processing payments for programs and passes, the following policy will apply:

A full credit voucher or refund check will be issued when a cancellation is made by the recreation center, a proven hardship has occurred, a documented medical/health situation arises or the participant (family member) has been relocated. Please allow two weeks for a refund check.

No cash refunds will be issued.

No administration or cancellation fees will be assessed.

Anytime a participant must withdraw from a class, a credit voucher will be issued.

Credits issued after the program has begun will be prorated.

Activities may be cancelled or consolidated if minimum enrollment figures are not met by the established deadline.
REGISTRATION INFORMATION

PROGRAM REGISTRATION FORM

Date: ____________________________ District Resident: Y ☐ N ☐

Family Name: ____________________________ Home Phone: ____________________________

Address: ____________________________ Work Phone: ____________________________Cell Phone___________________________

City, State, Zip: ___________________________________________________________________________________________

E-Mail Address: ____________________________________________________________________________________________

As a participant/parent or guardian of a child in the program, I recognize and acknowledge that there are certain risks of physical injury including, but not limited to, permanent disability or death, which may be sustained as a result of participating in any and all activities associated with Arapahoe Park and Recreation District programs. I further recognize and acknowledge that all activities involving strenuous exertion or potential body contact are hazardous recreational activities and involve substantial risk of injury.

In my absence, I authorize the employees or contractors of the Arapahoe Park and Recreation District to call for emergency services for ________________________________ should they be necessary in the event of injury or suspected injury.

I further understand that I am legally responsible for the actions of the above named individual including, but not limited to, any damage to private or public property. I am legally responsible for my own and/or my child’s welfare and actions including personal needs and medical expenses.

(Note: Trails staff does not administer any type of medications)

I hereby release and agree to indemnify the Arapahoe Park and Recreation District, its employees, agents, representatives, contractors and volunteers from all claims or liability for damages and/or injuries incurred in connection with any District event or activity.

Finally, I give my consent to the District that they may use any photographs or videotape taken of me or my child while participating in District activities in future promotional or marketing materials.

I understand the nature of the program for which I am registering and have read and fully understand this release and waiver form.

Signature (required): ____________________________ Date: __________

(If participant is under the age of 18, one custodial parent or guardian must sign)

Please be sure to fill out the registration form completely. Emails addresses are used to send confirmation receipts to participants. Birthdates are used for age specific classes. Signatures are mandatory on all forms! Please put a 1st & 2nd choice on your registration form to help us look for other classes should the participant be unable to get into first choice classes.

Trails staff is able to check into the availability of classes; however, this does not guarantee a spot as registrations are continuous daily via online and in house on a first come first served basis.

Participants Name | Sex | Birth Date | Activity Name | Activity # | Session # | Start Date | Fee
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Please note any special considerations staff should be aware of (allergies, physical limitations, etc.): Total _____________

T-Shirt Size (For select programs only): __YS __YM __YL __YXL __S __M __L __XL

Payment Information: PAYMENT DUE AT TIME OF REGISTRATION/DO NOT SEND CASH

Make checks payable to Arapahoe Park and Recreation District: Check #: ________________

Credit Card (Visa, MasterCard, Discover, Amex)

Card Number: ____________________________ Expiration Date: ________________

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Arapahoe Park & Recreation District residents receive resident rates & seven day advance tee time reservations at Saddle Rock Golf Course. Call the Golf Shop for details at 303-699-3939.

Book tee times online golfaurora.com