HOURS OF OPERATION
Monday-Friday
5:30 a.m.-10 p.m.
Saturday
7:30 a.m.-7 p.m.
Sunday
8:30 a.m.-8:30 p.m.

ANNUAL SHUTDOWN
August 26-September 4

HOLIDAY HOURS
Christmas Eve, December 24
8:30 a.m.-3 p.m.
New Years Eve, December 31
8:30 a.m.-3 p.m.
New Years Day, January 1
8 a.m.-4 p.m.

HOLIDAY CLOSURES
Labor Day, September 4
Thanksgiving Day, November 23
Christmas Day, December 25

Proof of Residency
1. Your current valid Colorado driver’s license or Colorado identification card with a current address; or
2. A photo ID and two of the following documents showing correct name, current date and current Thornton address.
   • Utility bill or phone bill
   • Car registration
   • Voter registration card
   • Statement from major creditor
   • Recent Adams County tax notice
   • Rental contract/mortgage statement

Follow all recreation activities on Facebook (www.facebook.com/cotcrc.) Stay on top of new classes, changes, cancelations, leave feedback or share our ideas.

Carpenter Recreation Center Family Pass An Annual Pass is computed as follows: The most expensive family member pays 100 percent of the Individual Annual Pass fee; the second-most expensive family member pays 50 percent of the Individual Annual Pass fee. The third and fourth family members pay 50 percent of the Individual Annual Pass fee if they are 18 years or older, or 25 percent of the Individual Annual Pass fee if 17 years or younger. Additional family members pay: Residents: $25 (child age 3-12) or $30 (youth age 13-17) each. Nonresidents: $30 (child) or $35 (youth) each. Each member of a household must reside at the same address, but do not need to be related.

Auto Debit For your convenience, annual passes may be paid by “auto debit." You only pay the first and last month of the annual fee and the remaining 10 payments will be automatically deducted from your savings or checking account or credit card. If the deduction is from a checking account, please provide a voided check. From a savings account, please provide verification of account number, routing number and financial institution name (must be provided in writing from your bank.) If the deduction is from a credit/debit card, the card must not expire before the last monthly installment is withdrawn. For more information please call 303-255-7800.

Reduced Rate Assistance The Recreation Division offers a Reduced Rate Assistance Plan for Thornton residents who qualify. Qualifiers receive a 50 percent discount on recreation programs, photo IDs and daily admission. For more information, please call 720-977-5912.

ADMISSION FEES
Admission fees include full use of the entire facility including racquetball, weight rooms, swimming pools, fitness classes, running track, hot tub and saunas, cardiovascular equipment and showers/lockers. Some age limitations apply in various areas of the facility. A Thornton Recreation ID is required to qualify for resident or nonresident daily admission. The IDs are valid for two years and cost $5 (resident) or $7 (nonresident).

<table>
<thead>
<tr>
<th></th>
<th>Res 0-2</th>
<th>Child 3-12</th>
<th>Youth 13-17</th>
<th>Adult 18-61</th>
<th>Senior 62+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily Drop-In</td>
<td>Resident w/Recreation ID</td>
<td>FREE</td>
<td>$2.25</td>
<td>$2.75</td>
<td>$4.00</td>
</tr>
<tr>
<td></td>
<td>Nonresident w/Recreation ID</td>
<td>FREE</td>
<td>$3.00</td>
<td>$3.75</td>
<td>$5.50</td>
</tr>
<tr>
<td></td>
<td>No Recreation ID</td>
<td>FREE</td>
<td>$4.00</td>
<td>$5.00</td>
<td>$6.50</td>
</tr>
<tr>
<td>20-Visit Punch Card</td>
<td>Resident w/Recreation ID</td>
<td>N/A</td>
<td>$36.00</td>
<td>$44.00</td>
<td>$64.00</td>
</tr>
<tr>
<td></td>
<td>Nonresident w/Recreation ID</td>
<td>N/A</td>
<td>$48.00</td>
<td>$60.00</td>
<td>$88.00</td>
</tr>
<tr>
<td>Individual 6-month Pass</td>
<td>Resident</td>
<td>N/A</td>
<td>$98.00</td>
<td>$120.00</td>
<td>$175.00</td>
</tr>
<tr>
<td></td>
<td>Nonresident</td>
<td>N/A</td>
<td>$131.00</td>
<td>$164.00</td>
<td>$241.00</td>
</tr>
<tr>
<td>Individual Annual Pass</td>
<td>Resident</td>
<td>N/A</td>
<td>$169.00</td>
<td>$207.00</td>
<td>$300.00</td>
</tr>
<tr>
<td></td>
<td>Nonresident</td>
<td>N/A</td>
<td>$225.00</td>
<td>$282.00</td>
<td>$413.00</td>
</tr>
</tbody>
</table>

For information on resident rate requirements, how to obtain a Recreation ID, Reduced Rate Assistance and auto debit options, visit our website at www.cityofthornton.net/crc or call us at 303-255-7800.

LOST OR STOLEN CARDS: Replacement cards may be purchased and will expire on the date of the original ID and cost $5 (resident) or $7 (nonresident). Thornton residents must prove their residency in order to extend expiration period to full two years.

MARGARET W. CARPENTER RECREATION CENTER (CRC)
11151 Colorado Blvd., Thornton, 80233 | 303-255-7800

HOLIDAY CLOSURES
Labor Day, September 4
Thanksgiving Day, November 23
Christmas Day, December 25

ADMISSION FEES
Admission fees include full use of the entire facility including racquetball, weight rooms, swimming pools, fitness classes, running track, hot tub and saunas, cardiovascular equipment and showers/lockers. Some age limitations apply in various areas of the facility. A Thornton Recreation ID is required to qualify for resident or nonresident daily admission. The IDs are valid for two years and cost $5 (resident) or $7 (nonresident).

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## MARGARET W. CARPENTER RECREATION CENTER (CRC) GYM SCHEDULE

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Gym All Courts (All Ages)</td>
<td>11 a.m.-6 p.m.</td>
<td>12-6:45 p.m.</td>
<td>5:30 a.m.-5 p.m.</td>
<td>12-6:45 p.m.</td>
<td>5:30 a.m.-5 p.m.</td>
<td>5:30-9 a.m. 12-6:45 p.m.</td>
<td>7:30 a.m.-7 p.m.</td>
</tr>
<tr>
<td>Adult Volleyball* /Adult Basketball (Ages 16+)</td>
<td>7-9:50 p.m. Volleyball</td>
<td>5-10 p.m. Basketball</td>
<td>7-9:50 p.m. Volleyball</td>
<td>5-10 p.m. Basketball</td>
<td>7-9:50 p.m. Volleyball</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pickleball (All Ages)</td>
<td>8:30-11 a.m. (2 courts) 6-8:30 p.m. (2 courts)</td>
<td>6-9 a.m. (2 courts) 9 a.m.-12 p.m. (3 courts)</td>
<td>6-9 a.m. (2 courts) 9 a.m.-12 p.m. (3 courts)</td>
<td>9 a.m.-12 p.m. (3 courts)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>One Court Shoot-Around Basketball (All Ages)</td>
<td>8:30 a.m.-8:30 p.m.</td>
<td>5:30-9 a.m. 12-7 p.m.</td>
<td>5:30 a.m.-10 p.m.</td>
<td>5:30-9 a.m. 12-7 p.m.</td>
<td>5:30 a.m.-10 p.m.</td>
<td>5:30-9 a.m. 12-7 p.m.</td>
<td>7:30 a.m.-7 p.m.</td>
</tr>
</tbody>
</table>

*At discretion of staff, volleyball nets will be set up beginning at 6:45 p.m. and taken down at 8:30 p.m. if fewer than four players are present.

## CRC FACILITY AMENITIES

### CHILD CARE

**AGES 6 MONTHS AND UP**
Parents must be present inside the Recreation Center at all times when their children are in the child care room. Individual visits are limited to two hours. As a health standard, courtesy to others and for the well-being of your child, **no sick children will be allowed**.

Room capacity is limited to 18 children (limit four children ages 6-18 months.) Child care is not available on holidays.

#### Child Care Annual Pass
- Unlimited use of the child care.
- First Child: $150R/NR
- Additional Children: $75R/NR

#### Fee:
- $3 per hour per child; $2.50 per hour per child for annual pass holders.
- Your second child will receive a 50 percent discount.
- Each child’s visit is restricted to a one-hour minimum and a two-hour maximum stay.

#### Child Care Hours:
- Mo-Fr ........ 8:45 a.m.-1:10 p.m.
- Mo-Th ......... 4-8 p.m.
- Sa ............ 9 a.m.-12 p.m.

(Schedule is subject to change)

### EQUIPMENT CHECK OUT

The Recreation Center has a variety of equipment available for facility guests to check out from the front desk with a valid photo ID. Some of the equipment available includes: basketballs, volleyballs, racquetball, goggles, racquets and weight belts.

**Note:** Bring your FM radio headset to tune in to the TV station of your choice while working out in the Cardio Room!

### 500-MILE CLUB

Complete 500 miles walking, jogging, swimming, bicycling, stair-stepping, or any combination thereof, during a 12-month period and receive a free fitness club T-shirt or water bottle. Keep a record of distances completed using cards available at the Conditioning Center desk; cards will be kept on file there.

- Walking or jogging 1 mile = 1 mile
- Bicycling 4 miles = 1 mile
- Swimming 1 mile* = 4 miles

All miles must be accrued within the Recreation Center.

*72 lengths in the Recreation Center pool is one mile

### RACQUETBALL COURT RESERVATIONS 303-255-7800

The Carpenter Recreation Center has three courts available to reserve on a first-come, first-served basis. Two courts are scheduled on the hour and one court on the half hour and normal drop-in, punch card or pass fees apply when you come in to use the court. Reservations are accepted beginning three days in advance of the day you wish to use the court; for example, starting Monday at 5:30 a.m. you may reserve courts through Thursday. Two, one-hour reservations will be accepted per call. Racquets and goggles are available at the front desk for check out with an ID and balls are available for purchase only. If you need to cancel, please call at least two hours prior to the reservation. We will hold the reservation for 10 minutes after the scheduled time for no-shows. After that, the court will be re-opened for reservation. Wednesday nights and Saturday mornings are typically reserved for Challenge Courts (all are welcome!) Thursday nights, we typically reserve two courts for youth and adult group lessons. Please call 303-255-7800 for more information.

### DROP SHOP

**For children ages 6 months-12 years old!**

<table>
<thead>
<tr>
<th>Code</th>
<th>Day</th>
<th>Month</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>613000-J1</td>
<td>Fr</td>
<td>Nov 24</td>
<td>4-8 p.m.</td>
<td>CRC</td>
<td>$15R/NR</td>
</tr>
<tr>
<td>613000-J2</td>
<td>Fr</td>
<td>Dec 15</td>
<td>4-8 p.m.</td>
<td>CRC</td>
<td>$15R/NR</td>
</tr>
</tbody>
</table>

Take a break! Drop your children off at the Recreation Center with our experienced staff of teachers and babysitters while you finish your holiday shopping, go out to dinner, take in a movie, etc. Children will enjoy pizza, a movie, popcorn and crafts. Pre-registration required.
CELEBRATE YOUR NEXT BIRTHDAY AT THE CARPENTER RECREATION CENTER!

No mess, no fuss, bring your party to us! We will provide a party hostess, cake, ice cream, punch, paper products and decorations. (Pizza is available for an additional fee.) The package is for up to 12 children and includes admittance to the facility. A $3 fee is charged for each additional child. Fifteen children maximum.

Parties can be held on Friday evenings* or weekends. Party prices are based on the type of party and the number of children who attend. Facility rules apply, but a facility pass or membership is not needed. Adults must pay the facility group discount fee in order to go swimming.

Reservations may be made two or more weeks in advance at the Carpenter Recreation Center front desk or by calling 303-255-7800. The full package price is due at the time the party is scheduled and is nonrefundable.

*Only year-round swimming parties at the Carpenter Recreation Center are available on Friday evening.

SWIMMING

BIRTHDAY PARTY PACKAGE • AGES 3-12

Your child and party guests will spend an hour in the party room where we’ll provide age-appropriate activities and games along with refreshments. You will also enjoy time in the pool area where you can play in the wave pool, ride the lazy-river and make a BIG SPLASH off the slides in our leisure pool. Swim time can be enjoyed until the pool closes for the day. The hosting parent/guardian must provide appropriate supervision once the party moves into the pool.

Fees: $100R/$120NR+tax
Pizza: $12+tax per pizza
Large cheese or pepperoni pizza
Limit 5 pizzas per party.

<table>
<thead>
<tr>
<th>PARTY ROOM</th>
<th>SWIMMING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>8 p.m.</td>
</tr>
<tr>
<td>Saturday</td>
<td>1 p.m.</td>
</tr>
<tr>
<td></td>
<td>2:30 p.m.</td>
</tr>
<tr>
<td>Sunday</td>
<td>11:30 a.m.</td>
</tr>
<tr>
<td></td>
<td>1 p.m.</td>
</tr>
<tr>
<td></td>
<td>2:30 p.m.</td>
</tr>
</tbody>
</table>

GYMNASTICS

BIRTHDAY PARTY PACKAGE • AGES 3-12

Hold on tight for this party because you are going to flip!

Your child and party guests will spend an hour in the party room where we’ll provide age-appropriate activities and games along with refreshments. Along with the party, you will enjoy the gymnastics studio where gymnastics staff will provide an hour of structured play utilizing the gymnastics equipment.

Fees: $100R/$120NR+tax
$30R/$36NR additional gymnastics fee
Pizza: $12+tax per pizza
Large cheese or pepperoni pizza
Limit 5 pizzas per party.

<table>
<thead>
<tr>
<th>PARTY ROOM</th>
<th>GYMNASTICS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>2:30 p.m.</td>
</tr>
<tr>
<td>Sunday</td>
<td>10:30 a.m.</td>
</tr>
<tr>
<td></td>
<td>12 p.m.</td>
</tr>
<tr>
<td></td>
<td>1:30 p.m.</td>
</tr>
</tbody>
</table>

Time in the party room follows the gymnastics session on Sundays.
### CRC Fitness Schedule

#### Time Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:40-6:40 a.m.</td>
<td><strong>Bodypump/Endurance</strong>&lt;br&gt;(5:40-7:10 a.m.)&lt;br&gt;Kim Street</td>
<td>Basic Cycle&lt;br&gt;Sherry Roberts</td>
<td><strong>Bodypump</strong>&lt;br&gt;Kim Street</td>
<td>Basic Cycle&lt;br&gt;Gail Cardinal</td>
<td><strong>Bodypump/Cardio</strong>&lt;br&gt;(5:40-7:10 a.m.)&lt;br&gt;Kim Street</td>
<td>Childcare Available&lt;br&gt;9 A.M.-12 P.M.</td>
</tr>
<tr>
<td>6-7 a.m.</td>
<td>Morning Yoga&lt;br&gt;Vincent Gerbino</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8-9 a.m.</td>
<td><strong>Basic Cycle</strong>&lt;br&gt;Kim Street</td>
<td><strong>Intervals</strong>&lt;br&gt;Sherry Roberts</td>
<td><strong>Interval Cycle</strong>&lt;br&gt;Kim Street</td>
<td><strong>Power Combo</strong>&lt;br&gt;(8-9:15 a.m.)</td>
<td><strong>Power Intervals</strong>&lt;br&gt;Rebecka Guerin</td>
<td><strong>Bodypump</strong>&lt;br&gt;(7:45-8:45 a.m.)&lt;br&gt;Matt Murphy&lt;br&gt;<strong>Challenge Cycle</strong>&lt;br&gt;(7:45-8:45 a.m.)&lt;br&gt;Kim Street</td>
</tr>
<tr>
<td>9-10:15 a.m.</td>
<td>Power Combo&lt;br&gt;Kim Street</td>
<td><strong>Bodypump</strong>&lt;br&gt;(9-10 a.m.)&lt;br&gt;Danielle Shaw</td>
<td>Tai Chi&lt;br&gt;Better Balance&lt;br&gt;(9:15-10:25 a.m.)&lt;br&gt;Elaine Wagner</td>
<td>Variety Pack&lt;br&gt;Danielle Shaw</td>
<td><strong>Bodypump</strong>&lt;br&gt;(9-10 a.m.)&lt;br&gt;Danielle Shaw</td>
<td><strong>Bodypump</strong>&lt;br&gt;(9-10 a.m.)&lt;br&gt;Danielle Shaw</td>
</tr>
<tr>
<td>10:30-11:30 a.m.</td>
<td><strong>SilverSneakers</strong>&lt;br&gt;Classic&lt;br&gt;Cher Babkiewich</td>
<td><strong>SilverSneakers</strong>&lt;br&gt;Cardio&lt;br&gt;Tracy Smith</td>
<td><strong>SilverSneakers</strong>&lt;br&gt;Classic&lt;br&gt;Annette Melton</td>
<td><strong>SilverSneakers</strong>&lt;br&gt;Cardio&lt;br&gt;Sheri Clair</td>
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<td>12-1 p.m.</td>
<td><strong>Bodypump</strong>&lt;br&gt;Muttiara Hobbs</td>
<td>Power Flow Yoga&lt;br&gt;Zumba®&lt;br&gt;Cindy Cohen&lt;br&gt;<strong>Zumba® Gold</strong>&lt;br&gt;(1:30-2:30 p.m.)&lt;br&gt;<strong>Annette Melton</strong></td>
<td><strong>Bodypump</strong>&lt;br&gt;Danielle Shaw</td>
<td><strong>Pilates</strong>&lt;br&gt;<strong>Basic Yoga</strong>&lt;br&gt;(12:15-1:15 p.m.)&lt;br&gt;<strong>Rebecka Guerin</strong></td>
<td><strong>Bodypump</strong>&lt;br&gt;Colleen Salgado</td>
<td><strong>Basic Yoga</strong>&lt;br&gt;(11:30 a.m.-12:30 p.m.)&lt;br&gt;Vincent Gerbino</td>
</tr>
<tr>
<td>4:30-5:30 p.m.</td>
<td>Incredible Abs&lt;br&gt;(5-5:20 p.m.)&lt;br&gt;Danielle Shaw</td>
<td><strong>Bodypump</strong>&lt;br&gt;Matt Murphy</td>
<td><strong>Bodypump</strong>&lt;br&gt;Matt Murphy</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30-6:30 p.m.</td>
<td><strong>Int. Conditioning</strong>&lt;br&gt;(5:25-6:25 p.m.)&lt;br&gt;Danielle Shaw&lt;br&gt;<strong>Basic Cycle</strong>&lt;br&gt;Sherry Roberts</td>
<td><strong>Zumba®</strong>&lt;br&gt;(5:45-6:45 p.m.)&lt;br&gt;Cindy Cohen</td>
<td>Basic Cycle&lt;br&gt;<strong>Ultimate Intervals</strong>&lt;br&gt;(5:25-6:25 p.m.)&lt;br&gt;Vanessa Campbell</td>
<td><strong>Zumba® Tone</strong>&lt;br&gt;(5:45-6:45 p.m.)&lt;br&gt;Cindy Cohen</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30-7:30 p.m.</td>
<td><strong>Bodypump</strong>&lt;br&gt;Belia Straushein</td>
<td><strong>Challenge Cycle</strong>&lt;br&gt;(6-7 p.m.)&lt;br&gt;Sherry Roberts</td>
<td><strong>Bodypump</strong>&lt;br&gt;Belia Straushein</td>
<td>Basic Cycle&lt;br&gt;(6-7 p.m.)&lt;br&gt;Matt Murphy</td>
<td></td>
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</tr>
<tr>
<td>7-8 p.m.</td>
<td><strong>Zumba®</strong>&lt;br&gt;(7:45-8:45 p.m.)&lt;br&gt;Kerri McLarney</td>
<td><strong>Basic Yoga</strong>&lt;br&gt;Vincent Gerbino</td>
<td><strong>Zumba®</strong>&lt;br&gt;(7:45-8:45 p.m.)&lt;br&gt;Kerri McLarney</td>
<td>Power Flow Yoga&lt;br&gt;TDB</td>
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**Basic/Intermediate Cycle** Learn the basics of spin through a low-intensity workout. These classes are for beginner and intermediate riders.

**Basic Yoga** Express the art of yoga through body and mind, while reducing everyday stress.

**Bodypump/Cardio** 45 minutes Bodypump integrated with 45 minutes of cardio work.

**Bodypump/Hardcore** 60 minutes Bodypump followed by 30 minutes of core and ab work.

**Chair Yoga** Restores vitality to the body, mind and soul by expanding them through stretching and breathing. Class can be modified for all ages, levels and conditions.

**Challenge Cycle** Challenge yourself with this very intense alternative spinning class workout targeted to very conditioned riders.

**Interval Conditioning** This class fuses strength training, moderate/high-intensity aerobic, bench stepping circuit training and occasional outside cardio (weather permitting).

**Interval Cycle** This intermediate spinning class takes you on and off the bike utilizing the track and handheld weights in an interval format. Class is recommended for intermediate and advanced riders.

**Les Mills Bodypump®** This 60-minute strength endurance workout challenges all your major muscle groups by using the best weight-room exercises. Great music and your choice of weight inspires you to get the results you came for—and fast!

**Morning Yoga** Join us early as we open, expand and prepare our mind for the day.

**Pilates** Pilates will strengthen and tone muscles, improve posture, flexibility and balance.

**PISO®** Pilates + yoga + non-stop movement. Strengthen, stretch and sweat using your own body weight.

**Power Combo** This class will challenge you with a variety of high-low, step, sports conditioning, jump rope, and power moves.

**Power Flow Yoga** For the continuing yoga student who has an understanding of basic young postures.

**Power Intervals with Cardio** This class combines weights, resistance training, jump ropes, plyometrics, sports conditioning and endurance cardio training.

**SilverSneakers® Cardio** The workout includes easy to follow low-intensity movement and upper body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. Floor option is available in this class.

**SilverSneakers® Classic** Have fun and move to the music through a variety of exercises designed to increase muscular strength, stamina and movement and activity for daily living skills. Handheld weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seated and/or standing support.

**Tai Chi - Better Balance** Balance is key to living a confident, active and independent life. Tai Chi Better Balance is a perfect program for anyone. You will learn balance skills through flowing easy-to-learn Tai Chi movements. Feel stronger, have better balance, greater flexibility and build your confidence.

**Ultimate Intervals** This class will combine intense cardio with strength training and a core workout. Every week will be a different combination of exercises. All fitness levels welcome.

**Variety Pack** Class changes week-to-week. Sometimes we use the step, Bosu®, kickboxing, free weights, bands and stability ball. All fitness levels are welcome.

**Zumba®** Are you ready to party yourself into shape? That’s exactly what the Zumba® program is all about. It’s an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that’s moving millions of people toward joy and health.

**Zumba® Gold** Perfect for active older adults who are looking for a modified Zumba class the recreates the original moves you love at a lower intensity.

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**WE WILL NOT BE HOLDING CLASSES ON THE FOLLOWING DAYS:**

- **ANNUAL SHUTDOWN** August 26-September 4
- **Thanksgiving** Thursday, November 23 (Modified Schedule: Friday, November 24)
- **Christmas & New Years Holiday** Monday, December 25 Monday, January 1

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Please see the CRC Specialty Health & Fitness Class section on page 20 for information on other specialty fitness and nutrition class options. (Registration and class fees apply.)
CRC CONDITIONING CENTER & SPECIALTY TRAINING

MEET OUR PERSONAL TRAINERS...

Stacy Burke  Stacy Burke is an ACE certified personal trainer, has a bachelor’s degree in Health and exercise and holds a coaching certification from the American Sport Education Program. **Specialization:** Cardio, sport specific and weightless workouts and youth fitness.

Arius Norris  Arius Norris is an NSCA certified personal trainer, has a bachelor’s degree in Exercise and Sports Science and holds an USA Weight Lifting certification. Arius has been training for five years. **Specialization:** Weight loss, toning, meal planning, physiology and sports performance.

Paul Riccardi  is an ACE-certified group fitness instructor and an ACE-certified personal trainer. Paul is also a SilverSneakers® fitness program instructor and is a Weight Watchers leader and ambassador. **Specialization:** Weight management, senior fitness and cardiorespiratory fitness.

Kim Street  is an Aerobics and Fitness Association of America (AFAA)-certified trainer focusing on personal training, group fitness, and indoor cycling. Kim has been instructing at health facilities for over 27 years. **Specialization:** Nutrition counseling, youth fitness, body sculpting and aerobic training.

Diana Wiles  is an ACE-certified trainer, a Nautilus Equipment Trainer, and a Nautilus aerobics instructor with over 30 years of experience in the fitness industry. She is a swim coach for the city of Thornton as well as a USA Triathlon Level 1 coach. **Specialization:** Sport-specific strength and conditioning, nutrition and overall health and fitness.

MEET OUR NUTRITIONIST...

Laura Brieser-Smith  has been a Registered Dietitian (RD) for over 20 years. Laura received a BS in Dietetics from the University of Illinois, a Masters of Public Health (MPH) in Community Health Education from the University of Northern Colorado and an Associate of Science (AS) in Sports and Fitness Technology from Denver Technical College. She is the owner of Healthy Designs, LLC and is an adjunct faculty member at both Johnson & Wales University and Front Range Community College.

PERSONAL TRAINER PROGRAM
Your exercise program should be as unique as you are. Schedule a one-on-one session with a certified personal trainer who will develop an individualized exercise program based on your current fitness level, needs and goals. Visit our website or the Recreation Center front desk to obtain a Personal Trainer Request Form.

- 1-hr. session single...........$40R/$46NR
- 1-hr. session couple..........$50R/$58NR
- 4 (4) 1-hr. single sessions .... $138R/$160NR
- 4 (4) 1-hr. couple sessions ... $170R/$198NR

NUTRITION CONSULTATION
Schedule a one-on-one session with a registered dietician. Develop a healthy eating plan to stay fit, age well and prevent disease. Available by appointment only. Call Laura Breiser-Smith at 303-635-1131 to schedule your consultation.

- 1-hr. session single...........$40R/$46NR
- 1-hr. session couple..........$50R/$58NR
- 4 (4) 1-hr. single sessions .... $138R/$160NR
- 4 (4) 1-hr. couple sessions ... $170R/$198NR

CALORIES & KILOGRAMS COMBO PACK

Personalize your package to fit your individual fitness needs and goals. Calories and Kilograms gets you (4) 1-hour sessions that you can customize with nutrition consultation and personal training. We all understand calories in and calories out, but let our professionals guide you to help you make lifestyle changes so you can meet your health and fitness goals as well as maintain them for years to come.

- (4) 1-hr. single sessions .............................................$138R/$160NR
- (4) 1-hr. couple sessions ...........................................$170R/$198NR

YOUTH WEIGHT ROOM ORIENTATION & ID POLICY AGES 13-15
We provide a special orientation for 13-15 year-olds to safely enjoy our weight and fitness equipment. This class, along with a Weight Room ID, is offered with your daily admission. Prior to scheduling an orientation, 13-15 year old participants must fill out an application and have a staff member verify their date of birth using their birth certificate, state issued ID or passport. Parental approval is MANDATORY.

WALKING & RUNNING
The indoor track is located on the third level and is accessible by stairs or elevator. Walkers and slow joggers to the inside, runners to the outside. Children under age 12 must be supervised on the track at all times. One mile equals 12 laps in the outside lane.
A variety of walking trails are available in Carpenter Park. Several signs are located throughout the park that contain a list of color-coded trails and their lengths.

BODY FAT ANALYSIS
This analysis accurately measures lean body mass by use of the Lange Skinfold Caliper and the Microsoft Fitness Assessment System. For more information, call Jan van der Sanden at 720-977-5915. Fees: $10R/$12NR

3 FREE PUNCHES!
WITH THE PURCHASE OF A 20 VISIT PUNCH CARD.
OCTOBER 1-31
For every 20-visit punch card you buy, you will be entered in a drawing for a free 20-visit punch card!
LITTLE MEDICAL SCHOOL
Kids love to dress up and play doctor! At Little Medical School our programs encourage children to explore the exciting world of medicine and different careers in healthcare. Using interactive demonstrations, role-playing, crafts and games, kids learn how the body and organs work and how to perform tasks that real medical professionals do. Parents are invited to attend a mini graduation ceremony at the end of each program.

Fees: $22R/NR; $162R/NR eight classes

Tu 6-7:30 p.m. CRC

FUTURE DOCTOR SERIES AGES 6-10

613800-A Tu Sep 5 Medical Instruments & Exam
All About the Heart & Lungs
613800-B Tu Sep 19 Digesting Digestion & Muscles
613800-C Tu Oct 3 Is there a Surgeon in the House?
613800-D Tu Oct 17 Your Spine is Fine & Broken Bones
613800-E Tu Nov 7 The Wonderful Brain & Exciting Eye
613800-F Tu Nov 28 Anatomy of Blood & How Do Shots Work?
613800-H Tu Dec 5 Pharmacy & Drug Safety
613800-I Tu Dec 12

FUTURE PEDIATRICIANS/EXPECTANT SIBLINGS AGES 4-8

613711-A Th Sep 11-Oct 19 6-7 p.m. $89R/NR
613712-A Th Sep 10-Oct 30 5:30-6:15 p.m. $79R/NR

NIFTY NURSES AGES 6-10

613804-A Th Nov 2-Dec 14 No class November 23.

6-7 p.m. $89R/NR

Little Medical School and Little Veterinarian School are taught by a contractual instructor who plans the program based upon the number of students registered 48 hours prior to the start of the program. Therefore, we cannot grant refund, credit or transfer requests after 48 hours prior to the start of the class. Thank you for understanding.

JUMPBUNCH® SPORTS PARENT-TOT CLASS AGES 1½-3

Enjoy hands-on interaction with your child as they learn and grow with this highly-acclaimed program created for toddlers! Our movement-based curriculum is specially-designed to help toddlers develop fine and gross motor skills, hand-eye coordination, balance and self-confidence. This class is great for the busy parent who is looking to spend some quality time with their child, as well as, the stay-at-home parent who wants to get their child out of the house and into an educational, social environment. Grandparents, nannies and all other adult mentors welcome.

617900-A We 5:25-5:55 p.m. CRC
Sep 6-Oct 11 $60R/$72NR
Ball Bonanza, Field Discs, Polo, Lacrosse, Field Day, Horseshoes

617900-B We 5:25-5:55 p.m. CRC
Oct 18-Nov 15 $50R/$60NR
Popcorn, Javelins & Chinese Jump Ropes, Koosh Ball, Field Hockey, Fishing

JumpBunch® is taught by a contractual instructor who plans the program based upon the number of students registered 48 hours prior to the start of the program. Therefore, we cannot grant refund, credit or transfer requests after 48 hours prior to the start of the class. Thank you for understanding.

LITTLE VETERINARIAN SCHOOL AGES 6-10

Little Veterinarian School encourages elementary school children to role play and explore the exciting world of veterinarians. Using interactive demonstrations, crafts and games, the kids learn how to take care of a pet and perform tasks that real veterinarians do. Each child will take home their stuffed furry friend used throughout the program and a diploma as a graduate of the Little Veterinarian School. Fee: $89R/NR

613801-A Mo-Tu Nov 20-21 CRC 9 a.m.-12 p.m.

Part 1 is not a prerequisite to the program.

IMMERSION-BASED LANGUAGE CLASSES FOR CHILDREN AGES 6-10

Language World offers immersion-based language classes. Our native-speaking and bilingual teachers lead the kids through adventure-filled lessons that combines storytelling, music, movement, art and dramatic play, to teach kids to understand and ultimately speak new languages.

SPANISH FOR CHILDREN 3-5 years

613711-A Mo Sep 11-Oct 2
613711-B Mo Oct 23-Nov 13
6-8 years

613712-A Mo/We Sep 11-Oct 4
613712-B Mo/We Oct 23-Nov 15

6-6:30 p.m.

617902-A We 6-6:30 p.m. CRC
617902-B We 6-6:30 p.m. CRC

Ball Bonanza, Flying Discs, Polo, Lacrosse, Field Day, Horseshoes

$90R/NR

$50R/$60NR Popcorn, Javelins & Chinese Jump Ropes, Koosh Ball, Field Hockey, Fishing

Registration Line: 720-977-5901 WWW.CITYOFTHORNTON.NET/RECREATION SEPTEMBER-DECEMBER 19
CRC SPECIALTY HEALTH & FITNESS CLASSES

NUTRITION SERIES
Register for all four classes and receive a 10 percent discount.

FROZEN FOOD HACKS
Walk into the frozen food section of your grocery store and you are bombarded with choices—many of which are not very healthy for us. This class will provide you with shopping advice and some tasty ideas for making quick and healthy meals from frozen foods.
Fees: $10R/$12NR
616904-A Fr Sep 8 9-10 a.m. CRC

WHAT TO EAT WHEN YOU HAVE DIABETES
Are you having difficulty controlling your diabetes? Learn how different types of foods affect your blood sugar levels, as well as strategies for planning healthy meals and snacks.
Fees: $10R/$12NR
616904-B We Oct 18 6-7 p.m. CRC

NAVIGATING NUTRITION LABELS
The nutrition facts panel on food labels provide a wealth of information about the nutrients in foods we eat, but understanding this information and applying it to your own dietary needs can be challenging. Learn strategies for reading nutrition labels and information about ingredients. Bring labels from foods you eat to look at in class.
Fees: $10R/$12NR
616904-C Fr Nov 10 9-10 a.m. CRC

TAMING TUMMY TROUBLES
Gas, bloating, constipation, heartburn: None of these problems are any fun, especially when they happen frequently. While there are many prescription and over-the-counter medications to treat these problems, there are also many ways we can treat these problems with dietary and other lifestyle changes.
Fees: $10R/$12NR
616904-D We Dec 13 6-7 p.m. CRC

PRENATAL YOGA
Help improve sleep, reduce stress and prepare the body for childbirth. Deep breathing and gentle stretching exercises will help dissolve the common discomforts associated with pregnancy.
This class is safe for women in all trimesters of pregnancy. 4:15-5:15 p.m.
Location: CRC Fees: $27R/$33NR
616700-A We Sep 13-Oct 15
616700-B We Oct 25-Dec 6
No class November 22.

NEW! FAMILY YOGA AGES 5+
This parent-child fitness class is a great way to connect your mind and body while connecting with the adult or child in your life. This fun, warm and welcoming practice will focus on strength building, lengthening muscles, increasing balance, work on sequencing and learning to listen to breath. One adult is required for every two children. Fees are a per person rate.
618210-A Su Sep 17-Oct 15 2:45-3:45 p.m. $12R/$15NR CRC
618210-B Su Oct 22-Nov 19 2:45-3:45 p.m. $12R/$15NR CRC
Can’t make all five weeks? No problem! You can register for each week individually.
$3R/$4NR per person

FAMILY ZUMBA
Let’s have fun and burn some energy and calories as a family! Zumba is a mix of body sculpting movements with easy to follow dance steps in a party atmosphere. Zumba means “to move fast and have fun” and that is exactly what this class is all about! One adult is required for every two children. Fees are a per person rate.
Location: CRC Fees: $10R/$12NR
618200-A Su Sep 17-Oct 15 4-5 p.m. 618200-B Su Oct 22-Nov 19 4-5 p.m.
Can’t make all five weeks? No problem! You can register for each week separately.
$3R/$4NR per person

See page 65 for registration information.
The Carpenter Park sprayground, carousel, boathouse will close for the season Sunday, September 24 at the end of the day. The remainder of the park is open to the public throughout the year from 6 a.m. to 11 p.m. daily. We will begin taking 2018 season pavilion, amphitheater and party room reservations on January 2, 2018.

Carpenter Park amenities include:
- pedal boat rentals
- bocce ball
- birthday party facility
- lighted tennis courts
- skatepark
- sand volleyball courts
- outdoor amphitheater
- shuffleboard
- playground
- trails
- indoor carousel
- horseshoe pits
- sprayground
- picnic area
- basketball courts

For complete details of any city of Thornton park please use our interactive Park and Recreation Facility Finder at: https://gis.cityofthornton.net/parkfinder. If you are interested in reserving a park pavilion for an upcoming event, please visit https://webtrac.cityofthornton.net.

OUTSIDE YOUTH SPORTS ORGANIZATIONS
The city of Thornton supports a variety of youth athletic programs in cooperation with community-based service organizations. Below is a list of sports offered within the community, the organization, phone number and email address.

THORNTON BASEBALL ASSOCIATION
303-452-1245 or thorntonbaseball.com

NORTHERN LIGHTS LITTLE LEAGUE
303-452-4333 or eteamz.com/northernlightslittleleague/

NORTH THORNTON BASEBALL AND SOFTBALL ASSOCIATION
720-263-6387 or nlbsa.us

YMCA BASEBALL, BASKETBALL, SOCCER, FLAG FOOTBALL, VOLLEYBALL
Mary Brennan, 303-452-9622 or denverymca.org/adamscounty

THORNTON DEVELOPMENTAL BASKETBALL LEAGUE
720-288-8712 or thorntondevball.com

THORNTON BOXING CLUB
Lou Silva, 303-993-2291/720-560-3427

THORNTON JUNIOR FOOTBALL & CHEERLEADING
303-648-5186 or tjfl.org

NORTH METRO JUNIOR FOOTBALL, INC.
720-289-0410 or northmetrofootball.net

NORTH DENVER RUSH SOCCER
303-280-6272 or northarearush.com

COLORADO STORM NORTH SOCCER
720-929-8159 or sports.bluesombrero.com/costormnorth/

NORTHSIDE YOUTH RUGBY
Erik Sober, 720-273-2522

OUTSIDE ADULT SPORTS ORGANIZATION
THORNTON TENNIS ASSOCIATION
303-731-7678 or thorntontennis.org
CRC POOL SCHEDULE EFFECTIVE SEPTEMBER 5, 2017

The Carpenter Recreation Center Leisure Aquatics Complex provides swimmers of all ages with adequate facilities for both leisure and fitness swimming pursuits. The two pools located in the area combine a 6-lane, 25-yard lap pool with several aquatic amenities that are sure to be fun for the whole family. *Schedule is subject to change on holidays, Christmas break and Spring break.

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**ADULT LAP** 5:30-8:50 A.M. Individuals 18 and older, six lap lanes available. Exceptions may be made on an individual basis.

**LESSONS**: No open swim. Pool closed to individuals not in lessons.

**ADULT LAP/LESSONS/AQUA FITNESS**: No open swim, one to two lap lanes available based on programming.

**MODIFIED OPEN/ADULT-YOUTH LAP**
SU, 8:30-11:30 A.M./TU & TH, 7-8:30 P.M.: No waves, two lap lanes, slide available upon request. Designated time for approved youth lap swimmers. May include Aqua Fitness. Schedule changes with lesson breaks.

**OPEN SWIM**: All leisure functions in operation, no lap lanes available.

While swim lessons are in session, we allow adult water walkers to share the lazy river from 4:30-6:30 p.m. When swim lessons are not in session these hours become Modified Open. The lazy river will be reserved for adult water walkers Monday-Thursday, 4:30-6:30 p.m. Youth Lap swim for ages 10-18 years is available Sunday, 10-11:30 a.m. and Tuesday/Thursday, 7-8:30 p.m. Patrons under the age of 18 wanting to swim during Adult Lap time may apply for approval by calling 720-977-5919.

Pool closes at 8:30 p.m. on weeknights.

Pool closes at 6:30 p.m. on Saturdays.

See page 65 for registration information.
AQUATIC RULES FOR YOUR SAFETY

1. All swimmers must shower before entering the pool area.
2. Children 5 years and younger must be accompanied into the water by a paying parent or an adult 18 years or over. Children 6-8 years must be accompanied by someone 12 years or older into the pool area.
3. Diving is allowed in designated areas only. No diving is allowed in water less than five feet deep.
4. No running, dunking or excessive horseplay. No spins, flips or going backwards from the side of the pool.
5. No glass is allowed in the pool area (including locker rooms, steam room and sauna.)
6. No smoking, alcoholic beverages/beverages, food, gum, or candy allowed in the pool area or locker rooms.
7. Instructions of the lifeguards must be obeyed.
8. For the safety of yourself and other please do NOT swim if you have a cold, diarrhea, excessive sunburn or unhealed abrasions.
9. All swimmers must wear appropriate swim attire. Plastic pants or swim diapers are required for all toddlers and must be checked and changed often. Inappropriate swimwear such as thong bathing suits will not be permitted.
10. No underwater breath-holding is allowed at any time.
11. Children 5 years and younger are NOT allowed in the hot tub.
12. Adult Lap is for individuals 18 and older. However, exceptions may be made for serious younger swimmers on an individual basis. Please call the Aquatic Specialist 720-977-5919.
13. Children using the slide must be able to swim the width of the pool. Adults may not use the slide with their children or catch children at the bottom of the slide.
14. Only those people 18 years and older are permitted to use the steam room and sauna, except on Tuesday and Thursday nights from 8:30-9:50 p.m. children ages 12-17 will be permitted in the steam room and sauna only if accompanied by a parent or legal guardian. The sauna and steam room will close 10 minutes prior to the closure of the building.

SWIM LESSONS
Fall/Winter 2017 Swim Lesson
Walk-In and Online Registration
Residents: Monday, August 7 at 7 p.m.
Nonresidents: Tuesday, August 8 at 7 a.m. (See page 65 for registration options)
Fees: $35R/$41NR

When registering for any lessons please add session letter/number to the activity number to indicate the session you are registering for. Parents are responsible for signing up their child(ren) in the appropriate level each session. Your child will not automatically be put into the next level if he/she passes. Sessions available A, B, C, D, G, H, I, J, K, L, M, N, O, P, Q, R, S, T, U, V, W, X, Y, Z.

Fall/Winter Session Dates
Monday & Wednesday
Session A: September 11-October 11
Session B: October 16-November 15
Tuesday & Thursday
Session C: September 12-October 12
Session D: October 17-November 21
No classes October 31.
Saturday
Session G: September 16-November 18
Sunday Evening
Session H: September 17-November 19

PUBLIC POOL RULES FOR YOUR SAFETY

1. No running, dunking or excessive horseplay.
2. Children must be accompanied by an adult 18 years or older.
3. Food and drinks are allowed in the pool area. Those who choose to do so must be careful not to splash or make waves that can disturb those swimming.
4. No glass is allowed in the pool area (including locker rooms, steam room and sauna.)
5. No smoking, alcoholic beverages/beverages, food, gum, or candy allowed in the pool area or locker rooms.
6. All swimmers must wear appropriate swim attire. Plastic pants or swim diapers are required for all toddlers and must be checked and changed often. Inappropriate swimwear such as thong bathing suits will not be permitted.
7. No underwater breath-holding is allowed at any time.
8. Children 5 years and younger are NOT allowed in the hot tub.
9. Adult Lap is for individuals 18 and older. However, exceptions may be made for serious younger swimmers on an individual basis. Please call the Aquatic Specialist 720-977-5919.
10. Children using the slide must be able to swim the width of the pool. Adults may not use the slide with their children or catch children at the bottom of the slide.
11. Only those people 18 years and older are permitted to use the steam room and sauna, except on Tuesday and Thursday nights from 8:30-9:50 p.m. children ages 12-17 will be permitted in the steam room and sauna only if accompanied by a parent or legal guardian. The sauna and steam room will close 10 minutes prior to the closure of the building.

PARENTS MUST WATCH THEIR CHILDREN AT ALL TIMES

LEVEL I - WATER EXPLORATION
This class will orient kids to water and teach them basic swimming skills.

Ages 3-5 years
614111-6 Mo/We AB 4:45-5:15 p.m.
614111-4 Tu/Th CD 10:30-11 a.m.
614111-2 Sa G 9:45-10:15 a.m.
614111-7 Su H 5:30-6 p.m.
614111-8 Mo/We AB 6:15-6:45 p.m.
614111-7 Tu/Th CD 5:30-6 p.m.
614111-5 Sa G 11:15-11:45 a.m.
614111-8 Su H 6:15-6:45 p.m.
614111-6 Tu/Th CD 4:45-5:15 p.m.

Ages 6+ years
614121-7 Mo/We AB 5:30-6:10 p.m.
614121-8 Tu/Th CD 6:15-6:55 p.m.
614121-4 Sa G 10:30-11:10 a.m.
614121-9 Su H 7-7:40 p.m.
614121-6 Tu/Th CD 4:45-5:25 p.m.

LEVEL II - PRIMARY SKILLS
Must have passed or show competency in Level 1 skills. Skills taught include underwater swimming, front/back glides, deep water skills, breathing, combined stroke and safety.

Ages 3-5 years
614121-6 Mo/We AB 4:45-5:15 p.m.
614121-7 Tu/Th CD 5:30-6 p.m.
614121-2 Sa G 9:45-10:15 a.m.
614121-8 Su H 6:15-6:45 p.m.
614121-7 Tu/Th CD 6:15-6:45 p.m.
614121-4 Sa G 10:30-11 a.m.
614121-9 Su H 7-7:30 p.m.
614121-6 Tu/Th CD 4:45-5:15 p.m.
614121-1 Tu/Th CD 9:30-10 a.m.

Ages 6+ years
614121-6 Mo/We AB 4:45-5:25 p.m.
614121-7 Tu/Th CD 5:30-6:10 p.m.
614121-2 Sa G 9:45-10:25 a.m.
614121-8 Su H 6:15-6:55 p.m.
614121-5 Sa G 11:15-11:55 a.m.
LEVEL III - STROKE READINESS
Must have passed or show competency in Level II skills. Skills taught include components of front/back crawl, elementary backstroke, dive from poolside, bobbing, basic rules of safe diving.

Ages 3-5 years
614311-7 Mo/We A,B 5:30-6 p.m.
614311-7 Tu/Th C,D 5:30-6 p.m.
614311-4 Sa G 10:30-11 a.m.
614311-7 Su H 5:30-6 p.m.
614311-8 Mo/We A,B 6:15-6:45 p.m.
614311-8 Tu/Th C,D 6:15-6:45 p.m.
614311-5 Sa G 11:15-11:45 a.m.

Ages 6+ years
614311-9 Mo/We A,B 4:45-5:25 p.m.
614421-7 Tu/Th C,D 5:30-6:10 p.m.
614421-2 Sa G 9:45-10:25 a.m.
614421-7 Su H 5:30-6:10 p.m.
614421-8 Mo/We A,B 6:15-6:55 p.m.
614421-5 Sa G 11:15-11:55 a.m.
614421-6 Tu/Th C,D 4:45-5:25 p.m.

LEVEL IV - STROKE DEVELOPMENT
Must have passed or show competency in Level III skills. Skills taught include endurance in elementary backstroke, front/back crawl, rotary breathing, as well as introduction to breaststroke kick and turns.

Ages 6+ years
614421-6 Mo/We A,B 4:45-5:25 p.m.
614421-7 Tu/Th C,D 5:30-6:10 p.m.
614421-2 Sa G 9:45-10:25 a.m.
614421-7 Su H 5:30-6:10 p.m.
614421-8 Mo/We A,B 6:15-6:55 p.m.
614421-5 Sa G 11:15-11:55 a.m.
614421-6 Tu/Th C,D 4:45-5:25 p.m.

LEVEL V - STROKE REFINEMENT
Must have passed or show competency in Level IV skills. Skills taught include endurance in elementary backstroke, front/back crawl, sidestroke, and breaststroke kick. Also covered are breathing, diving and treading water.

Ages 6+ years
614421-7 Mo/We A,B 5:30-6:10 p.m.
614521-6 Tu/Th C,D 4:45-5:25 p.m.

LEVEL VI - STROKE PROFICIENCY
Must have passed or show competency in Level V skills. Skills taught include diving, front crawl 100 yards, back crawl 100 yards, breaststroke 25 yards, sidestroke 25 yards, butterfly, speed turn for breaststroke and flip turn for front crawl.

Ages 6+ years
614621-6 Mo/We A,B 4:45-5:25 p.m.
614621-7 Tu/Th C,D 5:30-6:10 p.m.
614621-2 Sa G 9:45-10:25 a.m.
614621-9 Su H 7-7:40 p.m.

LEVEL VII - ADVANCED SKILLS
Must have passed or show competency in Level VI skills. Skills taught include fundamentals of competitive swimming and training, swim continuously for 500 yards, front crawl 200 yards, underwater swimming 10 yards, back crawl 100 yards, breaststroke 50 yards, sidestroke 25 yards, butterfly 25 yards, backstroke flip turn, retrieve diving brick from deepest area of pool, and treading water for two minutes, legs only.

Ages 6+ years
614721-8 Mo/We A,B 6:15-6:55 p.m.
614721-8 Tu/Th C,D 6:15-6:55 p.m.
614721-5 Sa G 11:15-11:55 a.m.

* Satisfies precourse requirement for lifeguard certification programs.

YEAR-ROUND CARA SWIM TEAM!
Our recreational swim team, affiliated with the Colorado Parks and Recreation Association, is an excellent opportunity to introduce youth, ages 6-18, to the fun and excitement of competitive swimming. Our coaches work hard to teach skills and technique that will improve efficiency in the water. They strive to promote competition as well as sportsmanship. Tryouts are held on an individual basis. Passing the tryout does not guarantee a spot on the team.

We have recently transitioned to a year-round swim team. Our 2017 summer participants were given priority to keep their spots into the fall session by signing up by July 28 for the year round team.

During fall registration on August 9, we will open up any remaining spots on the team. If spots are full, we encourage you to put your name on the waitlist. As openings occur, we will contact individuals on the waitlist. If your child is 12 and under and gets called off the waitlist, individual tryouts will be held at that time.

• MONTHLY PAYMENT OPTION* To make monthly payments of $26 per month, you will be required to register in person and set up an automatic monthly withdrawal. The first payment will be due at time of registration. Monthly payments will be withdrawn on the third of every month.

NO REFUNDS two weeks after the program begins.

*Parents will be required to volunteer for at least one home meet per session or an additional $25 fee will be added to your account.

REGISTRATION
Wednesday, August 9, 7 a.m.
Fee: $104 per session
(or $26 per month for 12 months*)

FALL SESSION/WINTER-SPRING SESSION
Practices: Mondays/Tuesdays/Thursdays
Veterans Memorial Aquatic Center
Green Team (10 and under)
5:30-6:15 p.m.
White Team (11-12 year olds)
6:15-7 p.m.
Black Team (13-18 year olds)
7-7:45 p.m.

SUMMER SESSION
Practices: Monday-Thursday
Park Village Pool
Black Team (13-18 years old)
6:30-7:45 a.m.
White Team (11-12 year olds)
7:45-8:45 a.m.
Green Team (10 and under)
8:45-9:30 a.m.

* Practices are subject to change due to Adams 12 high school swimming.

Frogs Invitational: Jul 30-Aug 11, 2018

See page 65 for registration information.
AQUA FITNESS CLASSES AT CRC

AQUA FITNESS
Moderate- to high-intensity low-impact water exercise for all levels of fitness. Water shoes recommended.
Monday-Friday: 9-10 a.m.
Tuesday and Thursday: 5:20-6:20 p.m.

AQUA ZUMBA
Aqua Zumba® is a low-impact, high-energy aquatic exercise that blends the Zumba® philosophy with water resistance, for one pool party you shouldn’t miss!
Tuesday and Thursday 8-9 a.m.

AQUA TONE & STRETCH
A workout involving full range of motion movements with minimal impact.
Monday and Wednesday: 5:30-6:30 p.m.

DEEP WATER AQUA FITNESS
Slip on a flotation belt and join us in the deepend for a workout designed to improve cardiovascular fitness, flexibility, strength, muscle tone, increase fat burning and combat stress. Flotation devices provide stability, however you should feel comfortable in deep water. All levels welcome.
Monday and Wednesday: 4:30-5:30 p.m.
Saturday: 7:45-8:45 a.m.

SILVER SNEAKERS® SPLASH
SilverSneakers® Splash is a total body aqua conditioning class in a pool. The class focuses on increasing agility, range of movement and cardiovascular conditioning. Resistance choreography is done with a specially-designed SilverSneakers® kickboard. No swimming ability is required.
Monday, Wednesday & Friday: 10-11 a.m.

ADULT LEARN-TO-SWIM PROGRAM
Swimming lessons are geared-toward-adults with a variety of skill levels. Whether you have never had the opportunity to learn to swim or you are trying to improve on your skills the instructor will work with you at your level. We offer lessons Monday and Wednesday, 8:35-9:15 p.m., in a discreet environment in which adults may learn to swim when the pool is closed to the general public. Fees: $35R/$41NR
Registration: August 7, 7 p.m.
Session A
September 11-October 11
614950-0A
Mo/We, 8:35-9:15 p.m.
Session B
October 16-November 15
614950-0B
Mo/We, 8:35-9:15 p.m.

PRIVATE SWIM LESSONS
Private swim lessons are available at the Recreation Center and are designed to address the specific needs of the swimmer. Sessions are 30 minutes, one-on-one with the instructor, and class days and times are arranged between the student and the instructor. Participants of all ages and ability levels are welcome. Call the Carpenter Recreation Center at 303-255-7800 for information.
Fees: $20R/$23NR per 30-minute session
$54R/$65NR three 30-minute sessions

MERIT BADGE TESTING FOR SCOUTS
Is your scouting organization in need of a swimming pool in order to complete your merit badge testing? We offer a group discount as well as the help of certified instructors to assist you with requirements and testing. Groups are also invited to enjoy a “fun swim” prior to or immediately following their badge testing. Please call the Aquatics Specialist office, 720-977-5919 for available days and times.

THORNTON MASTERS SWIM TEAM
The city of Thornton is proud to bring you a top-notch Masters Swimming and Fitness program. This swim fitness program is for individuals age 18 and older who enjoy swimming in a structured program. The program benefits those who swim for fun and fitness, and those who swim for competition.
Join coaches Brian Hoyt, Carol Craft and Eduardo Cruz for a program that will improve your physical fitness and refine your competitive swimming technique. The price of admission to the facility is the only fee for participation. However, those wishing to compete in Colorado Masters Swimming Association meets must pay all costs in doing so, including annual dues.

Adams 12 Veterans Memorial Aquatic Center
5310 E. 136th Ave., Thornton
Mo/We/Fr, 5:30-7 a.m.
Tu/Th, 7-8:30 p.m.
Practices are subject to cancellation due to school district holidays and closures.
Three- and six-month passes and 20-visit punch cards are available for purchase at the Carpenter Recreation Center. You must bring your punch cards/passes with you to practice in order to participate. No admittance will be given if you do not have your card. If you are new to the program and would like to try the program out before purchasing a monthly pass, the cost for a daily pass is $6 for adults (18 to 61 years) and $5 for seniors (62+).

ADULT PUNCH CARDS & PASSES (18-61 YEARS)
20-Visit Punch Card ........................................... $120
3-Month Pass ................................................................ $135
6-Month Pass ................................................................ $225

SENIOR PUNCH CARDS & PASSES (62+)
20-Visit Punch Card ........................................... $100
3-Month Pass ................................................................ $115
6-Month Pass ................................................................ $195

Park Village Pool (Jun-Aug)
10 Visit Punch Card: $35
Daily Pass: $3.50 per person

6 “PLEAS” FOR PROTECTION AGAINST RECREATIONAL WATER ILLNESSES (RWIS)

PLEASE do not swim when you have diarrhea. This is especially important for kids in diapers.
PLEASE do not swallow the pool water.
PLEASE practice good hygiene. Shower before swimming and wash your hands after using the toilet or changing diapers.
PLEASE take your kids on bathroom breaks or check diapers often.
PLEASE change diapers in a bathroom and not poolside.
PLEASE wash your child (especially the rear end) thoroughly with soap and water before swimming.
For more information, go to www.healthyswimming.org.

Registration Line: 720-977-5901
WWW.CITYOFTHORNTON.NET/RECREATION
SEPTEMBER-DECEMBER 25
CRC GYMNASTICS PROGRAM

GYMNASTICS
Carpenter Recreation Center
303-255-7800
Susan Ludwig, Gymnastics Specialist
susan.ludwig@cityofthornton.net
720-977-5935

Registration
August 9: Residents
August 10: Nonresidents
(See page 65 for registration options)

Tumbletots I-Pre-Team (12 weeks)
Mo Sep 18-Dec 11
Tu Sep 19-Dec 12
We Sep 20-Dec 13
Th Sep 21-Dec 14
Fr Sep 22-Dec 15
Sa Sep 23-Dec 16
No classes November 20-25 due to the Thanksgiving holiday.

Fees
- Wee Ones and Little Explorers
  Session 1: $29R/$35NR
  Session 2: $29R/$35NR
- Tumbletots I and II
  $63R/$76NR
- Pre-Beginner, Beginner and Advanced Beg. (girls and boys)
  $76R/$88NR
- Intermediate, Pre-Team
  $101R/$118NR
- Homeschool
  $38R/$44NR (per 6-week session)
- Private Lessons $20R/$23NR per 30-minute session OR $54R/$65NR for three 30-minute sessions.

GYMNASTICS ROOM RENTAL
Do you teach a cheerleading, karate or self-defense class but you need somewhere to practice safely? The Carpenter Recreation Center has the perfect solution. Rent our gymnastics room where you will have full use of our spring floor and soft landing mats. For more information, call Jenny Dowdell at 720-977-5934.

PARENT-TOT GYMNASTICS
Based on age, not ability.
Parents are required to participate in both of the below-mentioned classes. Please make separate arrangements for infants and other children. Infants allowed on the floor in papoose holders only.

Session 1 (6 weeks)
September 18-October 28 $29R/$35NR
*Session 2 (6 weeks)
October 30-December 16 $29R/$35NR
*No classes November 20-25.

WEE ONES
AGES WALKING-24 MONTHS
This class provides 30 minutes of structured activity and 15 minutes of free time.
617100-E We 9-9:45 a.m.
617100-I Fr 9-9:45 a.m.

LITTLE EXPLORERS
24 MONTHS-3½ YEARS
This class prepares your child to attend a gymnastics class on his or her own. It provides 40 minutes of structured activity and five minutes of free time.
617105-E Tu 5:05-5:50 p.m.
617105-E We 10-10:45 a.m.
617105-G Th 10-10:45 a.m.
617105-K Sa 9-9:45 a.m.

PARENT VIEWING WEEKS
Parents of participants will be allowed inside the gymnastics studio to observe their child’s class during the following weeks only.

Week 1 Sep 18-23
Week 4 Oct 9-14
Week 9 Nov 13-18

OPEN GYMNASTICS
This is free time to practice skills or just play on the equipment. Bring your neighbors and friends! You do NOT need to be enrolled in a gymnastics class to participate. Sign-up online, by phone or walk-in starting at 7 a.m. the day before. Space is limited and there are NO REFUNDS.

TUMBLING-N-TOTS Ages 5 and under Monday and Wednesday, 11 a.m.-12 p.m.
Parents are required to participate with their child. One adult per every three children is required. Please make other arrangements for children over the age of five.
617190 Fees: $3R/$4NR

FUN LEARNING INDEPENDENT PRACTICE Ages 6 and up Saturdays, 4:45-6:45 p.m.
No parents will be allowed on the gym floor.
617195 Fees: $6R/$7NR

TUMBLETOTS I AGES 3-4½
Based on age, not ability.
Children will learn the basics of gymnastics without the assistance of their parents.
617110-A Mo 9-9:45 a.m.
617110-C Tu 9-9:45 a.m.
617110-O Tu 11-11:45 a.m.
617110-D Tu 4-4:45 p.m.
617110-E We 4-4:45 p.m.
617110-G Th 9-9:45 a.m.
617110-S Th 11-11:45 a.m.
617110-H Th 4-4:45 p.m.
617110-I Fr 10-10:45 a.m.
617110-J Fr 4-4:45 p.m.
617110-K Sa 10-10:45 a.m.
617110-L Sa 11-11:45 a.m.

TUMBLETOTS II AGES 4-5½
Based on age, not ability.
This is a slightly more challenging class because expectations to perform skills correctly are higher than in Tumbletots I.
617120-A Mo 10-10:50 a.m.
617120-C Tu 9-9:50 a.m.
617120-O Tu 11-11:50 a.m.
617120-D Tu 4-4:50 p.m.
617120-E We 4-4:50 p.m.
617120-G Th 9-9:50 a.m.
617120-S Th 11-11:50 a.m.
617120-H Th 4-4:50 p.m.
617120-I Fr 4-4:50 p.m.
617120-K Sa 10-10:50 a.m.
617120-L Sa 11-11:50 a.m.

PRE-BEGINNER AGES 5-6½
Based on age, not ability.
This class is to prepare your young gymnast for a “big boys and girls” class. Larger and/or no mats are used making the skill progressions more challenging.
617125-C Tu 4-4:55 p.m.
617125-E We 4-4:55 p.m.
617125-G Th 4-4:55 p.m.
617125-I Fr 11-11:55 a.m.
617125-J Fr 4-4:55 p.m.
617125-K Sa 10-10:55 a.m.
617125-L Sa 11-11:55 a.m.
**GIRLS GYMNASTICS AGES 6-18**
All gymnasts start in the Beginner level and must pass testing to advance to the next level. *Participants will be tested in the tenth week of the session, December 4-9.*

**BEGINNER**
- 617130-A Mo 4-5 p.m.
- 617130-C Tu 5-6 p.m.
- 617130-E We 5-6 p.m.
- 617130-G Th 5-6 p.m.
- 617130-I Fr 5-6 p.m.
- 617130-K Sa 12-1 p.m.
- 617130-L Sa 1-2 p.m.

**ADVANCED BEGINNER**
- 617140-A Mo 4-5 p.m.
- 617140-C Tu 5-6 p.m.
- 617140-E We 5-6 p.m.
- 617140-G Th 5-6 p.m.
- 617140-I Fr 5-6 p.m.
- 617140-K Sa 12-1 p.m.

The following class will open ONLY if the 12 p.m. (617140-K) class fills:
- 617140-L Sa 1-2 p.m.

**BOYS GYMNASTICS AGES 6-18**
These classes teach progressive skills on vault, parallel bars, high bar, floor, and pommel horse.

**BEGINNER**
- 617135-G Th 5-6 p.m.
- 617135-K Sa 12-1 p.m.

**ADVANCED BEGINNER**
- 617145-C Tu 5-6 p.m.

**INTERMEDIATE**
- 617155-C Tu 6-7:30 p.m.

Register for two days per week in the same session for either of the classes below and receive a 10 percent discount at the time of registration.

**INTERMEDIATE**
Gymnasts at this level should consider attending two times per week.
**Leotard REQUIRED.**
- 617150-A Mo 5:45-7:15 p.m.
- 617150-G Th 5:30-7 p.m.
- 617150-I Fr 5:25-6:55 p.m.
- 617150-K Sa 1-2:30 p.m.

**PRE-TEAM**
This 1½-hour class concentrates on the skills necessary to compete with the CARA team. Pre-Team gymnasts are strongly encouraged to attend two times per week in preparation for team hours.
**Leotard REQUIRED.**
- 617160-A Mo 5:45-7:15 p.m.
- 617160-E We 5:25-6:55 p.m.
- 617160-I Fr 5:25-6:55 p.m.

**TEAM GYMNASTICS Ages 7-18**
The city of Thornton participates with the Colorado Association of Recreational Athletics (CARA) which offers a recreational based competitive gymnastics league. The training and skill development is a year-round program, and gymnasts will compete with others from around the state during the competitive season (May through July). This is an ongoing program through out the year. Payments are due monthly and are based on two seasons: Competitive and Practice.

**LATE FEE:** Fees need to be paid by the third of each month. A late fee of $15 will be assessed if your fees have not been paid by the fifth of the month.

**Practice Season: September-April**
- Compulsory and Boys per month: $73R/$87NR
- Optionals per month: $113R/$137NR

**Competitive Season: May-July**
- Compulsory and Boys per month: $85R/$102NR
- Optionals per month: $145R/$174NR

<table>
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<tr>
<th>LEVEL</th>
<th>DAYS &amp; TIMES</th>
<th>ACTIVITY #</th>
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<tr>
<td>Compulsory 3</td>
<td>Mo/We, 6-8 p.m.</td>
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<td>Compulsory 4</td>
<td>Mo/We, 7-9 p.m.</td>
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<td>Optionals</td>
<td>Tu/Th, 6-9 p.m.</td>
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<td>Boys (Level 4, Ages 7-9)</td>
<td>Tu/Th, 5-7 p.m.</td>
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<td>Boys (Level 5+, Ages 10+)</td>
<td>Tu/Th, 6-8 p.m.</td>
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**SPECIALTY CLASSES**
Call Gymnastics Specialist, Susan Ludwig at 720-977-5935, for more information.

**HOMESCHOOL** This class is designed for kids who are homeschooled. It is an opportunity to learn some gymnastics skills and stay fit. This class is semi-structured. A minimum of five participants must be enrolled to run the class. Ages 5-12 Fees: $38R/$44NR per session “No classes Nov 20-25 for the Thanksgiving holiday.”
- 617175-I2 October 30-December 15 Day and time to be determined.
- 617175-I1 September 18-October 27 Day and time to be determined.

**PRIVATE LESSONS** Private gymnastics lessons are available at the Recreation Center and are designed to address the specific needs of the gymnast. Sessions are 30 minutes, one-on-one with the instructor. Private lesson day and times are arranged between the gymnast and the instructor. Participants of all ages and abilities are welcome.

Fees: $20R/$23NR per 30 minute session
- $54R/$65NR three 30 minute sessions

**REGULAR PRIVATE LESSONS (30-minute sessions)**
- $20R/$23NR for 1 session
- $54R/$65NR for 3 sessions

**CHOREOGRAPHY PRIVATE LESSONS (90-minute session)**
- $54R/$65NR for 1 session

**TEAM PRIVATE LESSONS (60-minute sessions)**
- $40R/$48NR for 1 session
- $108R/$130NR for 3 sessions
THORNTON ACTIVITIES GUIDE

PRESCHOOL
Carpenter Recreation Center (CRC)
& Child Care Room (CRC-CC)
11151 Colorado Blvd.
303-255-7800
Thornton Community Center (TCC)
2211 Eppinger Blvd.
303-255-7830

All classes are based on social, emotional, and cognitive development with a focus on skills, routines, procedures and education. Children will learn letters and sounds, sight words, shapes, colors and numbers to prepare for kindergarten.

2017-18 School Year
September 11, 2017-May 18, 2018
The city of Thornton Preschool program is a continuous program. Registration for the preschool year began in March. Please call 720-977-5942 or email sharon.juel@cityofthornton.net for openings.

September 6: Mandatory TCC Open House, 3:30-5 p.m. or 6-7:30 p.m.
September 7: Mandatory CRC Open House, 3:30-5 p.m. or 6-7:30 p.m.
September 11/12: First day of classes.

PRESCHOOL PROGRAM FEES:
• Beginner Preschool • 3-3½ Years
  1½ hour class $69R/$83NR
  2-hour class $92R/$110NR
• Little Learners • 3½-4 Years
  2-hour class, two days per week $92R/$110NR
  2-hour class, three days per week $137R/$164NR
• Leap to Kinder • 3½-5 Years
  2-hour Combo Class: $92R/$110NR
• Kinder Readiness • 4-5 Years
  2-hour class, two days per week $92R/$110NR
  3-hour class, three days per week $205R/$246NR
  2-hour class, three days per week $137R/$164NR
  2-hour class, four days per week $184R/$221NR

LEAP TO KINDER AGES 3½-5
This is a combined 3½-5-year old Little Learner and Kinder Readiness class designed for children who may or may not attend kindergarten next year. In addition to classroom routine and social skills through play, it goes into more depth with sight words, letter sounds, sentence structure, projects and activities aligned with the ELDG.
Must be 4 years old by October 1, 2017.

Two-Day Option:
913320-A Tu/Th 8:30-9:30 a.m.
913320-B Mo/We/Fr 10:45 a.m.-12:15 p.m.
913320-C Mo/We/Fr 12-3 p.m.

Three-Day Option:
913330-A Tu/Th 8:30-10:30 a.m.
913330-B Tu/Th 10:45 a.m.-12:45 p.m.
913330-C Mo/We/Fr 10:45 a.m.-12:45 p.m.
913330-D Mo/We/Fr 12:45-2:45 p.m.
913330-E Tu/Th 10:45 a.m.-12:45 p.m.

Four-Day Option:
913340-A Mo/We/Fr 8:30-10:30 a.m.
913340-B Mo/We/Fr 10:45 a.m.-12:45 p.m.
913340-C Mo/We/Fr 12:45-2:45 p.m.
913340-D Mo/We/Fr 2:45-4:45 p.m.

KINDER READINESS AGES 4-5
This class is designed for children who are entering kindergarten next year. In addition to classroom routine and social skills through play, it goes into depth with sight words, letter sounds and sentence structure, skills practice (like cutting and gluing), and projects and activities aligned with the ELDG.

Two-Day Option:
913320-A Tu/Th 8:30-10:30 a.m.

Three-Day Option:
913330-A Mo/We/Fr 8:30-11:30 a.m.
913330-B Mo/We/Fr 11:30 a.m.-2:30 p.m.
913330-C Mo/We/Fr 12-3 p.m.
913330-D Mo/We/Fr 2:30-4:30 p.m.
913330-E Mo/We/Fr 8:30-10:30 a.m.
913330-F Mo/We/Fr 10:30-12:30 p.m.
913330-G Mo/We/Fr 12:30-2:30 p.m.
913330-H Mo/We/Fr 2:30-4:30 p.m.

Four-Day Option:
913340-A Mo/We/Fr 8:30-10:30 a.m.
913340-B Mo/We/Fr 10:30-12:30 p.m.
913340-C Mo/We/Fr 12-2 p.m.
913340-D Mo/We/Fr 2:30-4:30 p.m.

The city of Thornton Preschool Program is a state licensed program. Completed registration packets, including up-to-date physicals and immunization records from the child’s physician, are required before your child can start classes.
ALL CHILDREN MUST MEET AGE REQUIREMENT AND BE POTTY-TRAINED BEFORE THE FIRST DAY OF THE SESSION. For additional information, parent handbook or enrollment forms please visit www.cityofthornton.net/preschool.

For inquiries on available openings, please call 720-977-5942.
THORNTON COMMUNITY CENTER (TCC)
2211 Eppinger Blvd., Thornton, 80229 | 303-255-7830

HOURS OF OPERATION
Monday, Wednesday, Friday
6 a.m.-8 p.m.
Tuesday, Thursday
8 a.m.-8 p.m.
Saturday
9 a.m.-3 p.m.
Sunday
CLOSED

ANNUAL SHUTDOWN
August 20-27

CLOSURES
Labor Day, September 4
Thanksgiving, November 23
Christmas Day, December 25
New Years Day, January 1

ADMISSION FEES
Admission fees include use of the weight room and gymnasium. Some age limitations apply in various areas of the facility. See below for information on using the Thornton Teen Center. A current recreation center photo ID is required to qualify for resident or nonresident daily admission. The IDs are valid for two years and cost $5 (resident) or $7 (nonresident).

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Thornton Community Center (TCC) Gym Schedule
OPEN GYM (ALL COURTS) ALL AGES
Mo/We/Fr 6 a.m.-8 p.m.
Tu/Th 8 a.m.-6 p.m.
Sa 9 a.m.-3 p.m.
Su CLOSED

Proof of Residency
1. Your current valid Colorado driver’s license or Colorado identification card with a current address; or
2. A photo ID and two of the following documents showing correct name, current date and current Thornton address.
   • Utility bill or phone bill
   • Car registration
   • Voter registration card
   • Statement from major creditor
   • Recent Adams County tax notice
   • Rental contract/mortgage statement

MEET OUR PERSONAL TRAINER...
Joe Pittman is a trainer that loves challenges. The struggles that he overcame as a child, motivated him to be a leader and a positive role model. Joe has been a high school basketball coach for three years and he specializes in sports development, cardio strength training and muscle building.

PERSONAL TRAINER PROGRAM
Schedule a one-on-one session with Joe and he will develop an individualized exercise program based on your current fitness level, needs and goals. Visit our front desk to obtain a request form.

1-hr. single session. .......... $40R/$46NR
1-hr. couple session ........... $50R/$58/NR
(4) 1-hr. single sessions .... $138R/$160NR
(4) 1-hr. couple sessions ... $170R/$198NR

Registration Line: 720-977-5901
WWW.CITYOFTHORNTON.NET/RECREATION SEPTEMBER-DECEMBER 29
THORNTON ACTIVITIES GUIDE
Located inside the Thornton Community Center: 2211 Eppinger Blvd., Thornton, 80229 | 303-255-7830

FALL/WINTER HOURS OF OPERATION
Monday-Friday
2-8 p.m.
Saturday
9 a.m.-3 p.m.
Sunday
CLOSED

ANNUAL SHUTDOWN
August 20-27

HOLIDAY HOURS
November 10, 10 a.m.-8 p.m.
November 20-22, 10 a.m.-8 p.m.
November 24, 10 a.m.-8 p.m.
December 22, 10 a.m.-8 p.m.
December 26-29, 10 a.m.-8 p.m.
January 15, 10 a.m.-8 p.m.

CLOSURES
Labor Day, September 4
Thanksgiving, November 23
Christmas, December 25
New Years Day, January 1

ADMISSION FEES
Admission fees include full use of the Youth & Teen Center for 5th-12th graders (10-17 years) including:
- air hockey tables
- pool tables
- computer lab
- Wii U™, Xbox One and PS3™
- ping pong
- large screen TVs
- large lounge area

A current Youth & Teen Center photo ID is required to qualify for resident or nonresident daily admission. The IDs are valid for one year from date of purchase. For more information, please call 720-977-5916. Annual Fees: $3R/$5NR

YOUTH & TEEN CENTER HAPPENINGS
All activities begin at the Thornton Teen Center at 4 p.m., unless otherwise noted.

SEPTEMBER HAPPENINGS
14 Back to School Pizza Party & DIY Book Covers
28 Bingo & Hot Dogs

OCTOBER HAPPENINGS
12 Fall Food & Stained Glass Leaves
26 Potion Punch & Sugar Skulls
31 Costume Contest & Candy

NOVEMBER HAPPENINGS
9 Trivia & Rootbeer Floats
21 Turkey Cookies & Thankful Pumpkins

DECEMBER HAPPENINGS
7 Holiday Cookies & Photo Booth
14 Hot Cocoa & Goodies

MOVIE & POPCORN EVERY FRIDAY!
*Schedule may change without notice. All activities are free of charge.

FALL/WINTER YOUTH & TEEN NIGHTS
JACOB’S LADDER .......................... September 16
CASINO NIGHT & COSTUME CONTEST ............. October 28
WIPE OUT! .............................. November 18

6:30-10 p.m. • $2.50 Admission
Thornton Youth & Teen Center • 2211 Eppinger Blvd.

See page 65 for registration information.
THORNTON TEEN ADVISORY COUNCIL
Do you have ideas for youth and teen activities and volunteering? Would you like to be a leader in your community? The Teen Advisory Council is looking for new members for the 2017-18 school year.

Meetings are at 4:45 p.m. on the first Wednesday of the month at the Youth & Teen Center, 2211 Eppinger Blvd. You must be in middle school or high school, live in Thornton, maintain a 2.0 or higher GPA, and be drug and alcohol free. Contact Jennie Christoffel at 720-977-5916 or jennie.christoffel@cityofthornton.net for more information or an application. Information is also available at www.cityofthornton.net/recreation.

YOUTH & TEEN MUSIC INSTRUCTION Ages 10-18
Henry Sherman has been playing and teaching music for over 35 years and has written two music teaching books. He uses an inspiring teaching method based on students’ interests and abilities.

THE “AMAZING” PIANO/KEYBOARD CLASS
This is an exciting way to learn to have fun playing piano with both hands together. Avoid bad habits by learning fingering skills. Learn the basic chords (harmony), rhythmic awareness, how to play along with others, read musical notations, count rhythms, using a variety of familiar songs.

Students need to bring their own 61-key piano keyboard to class. Low-cost rental piano keyboards are available by calling 720-290-5854 to reserve one. If you are going to buy a piano or keyboard, please call to discuss what to look for to create the most encouraging situation. No refunds after the second class meeting of this independently contracted class.

BEGINNER PIANO/KEYBOARD Carpenter Recreation Center, 11151 Colorado Blvd.
620110-A Tu Sep 5-Oct 3 4:45-5:45 CRC $60R/$72NR
620110-B* Tu Oct 10-Nov 7 4:45-5:45 CRC $48R/$58NR
620110-C Tu Nov 28-Dec 19 4:45-5:45 CRC $48R/$58NR
*No class October 31.

THE “AMAZING” GUITAR CLASS
Have fun while learning great habits and skills. Avoid the common pitfalls that might slow you down. You’ll learn the most effective postures, chords (harmony), scales (melody), play your own “solo lead”, read staff and tablature notations, count rhythms and play popular through classical songs.

Students need to bring their own guitar to class. Low-cost rental guitars are available by calling 720-290-5854 to reserve one. If you are going to buy a guitar, please call to discuss what to look for to create the most encouraging situation. Parents are strongly encouraged to have their guitars examined for FREE by the instructor to check that they are in “easy-to-play” condition. Please call the instructor at least a week before the class. No refunds after the second class meeting of this independently contracted class.

BEGINNER GUITAR Thornton Community Center, 2211 Eppinger Blvd.
620010-A We Sep 6-Oct 4 4:45-5:45 p.m. TCC $60R/$72BR
620010-B We Oct 11-Nov 8 4:45-5:45 p.m. TCC $60R/$72NR
620010-C** We Nov 15-Dec 20 4:45-5:45 p.m. TCC $60R/$72NR
**No class November 22.

For questions, instrument rentals, information or private lessons, please call Henry Sherman at 720-290-5854.

THORNTON TEEN ADVISORY COUNCIL'S
ANTI-GRINCH PROJECT!
Providing Christmas Decorations for Those in Need.
We will be accepting decoration donations November 24-December 12!
Please visit www.cityofthornton.net or call 720-977-5916 for complete details!
City of Thornton
TCC DANCE PROGRAM

September 5-December 16

Registration
August 9: Residents
August 10: Nonresidents
(See page 65 for registration options)

Fees (includes recital costume)
• 40-minute classes
  $125R/$150NR
• 55-minute classes
  $135R/$162NR
• Moving & Music
  See description for dates and fees.

Winter Recital Session
September 5-December 16

The Winter Recitals will take place the second or third weekend of December with stage rehearsals the week prior. All students will participate in one of three recitals approximately 90 minutes long. Recital tickets are $5 per ticket. All audience members will need a ticket. Dancers will not need a ticket. There will be an end of the year party the week following recital. Details TBA.

No classes October 31 and the week of November 20-25.

NEW DANCE PROGRAMS

MOVING & MUSIC AGES WALKING-2
This class will focus on basic motor skills and interacting with others in a casual play-like environment while introducing parents and tots to the fundamentals of dance. This class will prepare your child to attend a dance class by themselves. Parent participation is required. This class is offered in two 5-week sessions and does not participate in the Winter Recital.

Session 1: September 5-October 5
Session 2: October 9-November 9

Fees: $30R/$36NR per session

WALKING - Age 2
627500-AMo11-11:30 a.m.
627500-GTh10:15-10:45 a.m.

AGES 2-3
627505-CTu10:15-10:55 a.m.
627505-ETu11-11:40 a.m.

PRESCHOOL COMBO LEVELS I, II & III AGES 3-5
An introduction to ballet, jazz, and tap designed for preschool ages without the assistance of their parents. Each class will focus on ballet and jazz for 20 minutes, as well as 15 minutes of tap, and five minutes of free time. All combo students should start at level I and will progress to higher levels at the instructor’s discretion. Students will continue to learn proper technique and form while advancing to Levels II and III.

627510-AMo9:30-10:10 a.m.
627510-BMo2:30-3:10 p.m.
627510-CTu9:30-10:10 a.m.
627510-DTu2:45-3:25 p.m.
627510-ETu9:30-10:10 a.m.
627510-GTh10:50-11:30 a.m.
627510-IFr11-11:40 a.m.
627510-JFr4:15-4:55 p.m.
627510-KSa10:45-11:25 a.m.
627510-LSa11:30 a.m.-12:10 p.m.
627511-AMo3:15-3:55 p.m.
627511-BSa9:30-10:10 a.m.
627511-CTSa9:30-10:10 a.m.
627511-KSa12:15-12:55 p.m.
627512-GSTh2:45-3:25 p.m.
627512-ISa12:15-12:55 p.m.

PRESCHOOL BALLET AGES 3-5
An introduction to ballet for preschool ages without the assistance of their parents. The Friday 3:30 p.m. class is held in the Carpenter Recreation Center fitness room.

627520-AMo10:15-10:55 a.m.
627520-CTu11-11:40 a.m.
627520-GTh11:35 a.m.-12:15 p.m.
627520-JFr3:30-4:10 p.m. (CRC)

CHEER/POM AGES 6-12
A fun class geared toward learning the basics of cheerleading and poms such as cheers, stunts, kick lines and dancing. Pom-poms will be provided. This class is held at the Carpenter Recreation Center in the fitness room.

627597-AMo3:30-4:45 p.m. (CRC)

DANCE COMBO LEVELS I, II AGES 6-16
A combo class studying ballet, jazz, and tap while focusing on correct technique and terminology. All combo students should start at level I and will progress to higher levels at the instructor’s discretion. Dancers will continue to improve their technique, dance form and terminology as they progress.

YOUTH AGES 6-8
627530-IGTh5:30-6:25 p.m.
627530-KIGSa1-1:55 p.m.
627530-EIGWe3-3:55 p.m.
627530-ILIGFr5-5:55 p.m.
627530-LIGSa2-2:55 p.m.

JUNIOR AGES 9-12
627535-IFr6-6:55 p.m.

TEEN AGES 13-16
627537-JFr7-7:55 p.m.

FAQs

• WHAT SHOES DO I NEED?
  BALLET: Ballet shoes
  COMBO: Ballet (girls), jazz (boys) and tap (girls and boys) shoes
  HIP-HOP/CHEER: Sneakers and socks
  Lyrical: Lyrical sandals or bare feet

• MOVING & MUSIC: Ballet shoes, sneakers, no-slip socks or bare feet

• WHAT SHOULD I WEAR?
  ALL CHILDREN’S COMBO OR BALLET:
  Girls should wear a leotard and tights (skirt optional) and boys should wear sweats or shorts and a t-shirt;
  HIP-HOP/CHEER: Athletic/workout attire

• CAN I REGISTER FOR A DANCE CLASS IN THE MIDDLE OF A SESSION?
  After three weeks into the session, enrollment must be approved.
  Please contact Kendra Keefe at 720-977-5937 for more information.

See page 65 for registration information.
**HIP-HOP AGES 3-16**
An age-appropriate funky hip-hop class introducing students to different elements of hip-hop, such as: breaking, popping, freezing, tricks and choreography. The Wee Ones class (ages 3-5) is taught without the assistance of parents. As the student progresses, they will engage in advancing their basic hip-hop skills as well as learn more complex movement and choreography. The Wednesday 3:20 p.m., Friday 4:15, 5:45 and Saturday 3:30 p.m. and Sunday 3:30 p.m. classes will be held at the Carpenter Recreation Center in the fitness room.

**PRE-SCHOOL AGES 3-5**
627540-A Mo 11:30 a.m.-12:10 p.m.
627540-E We 11:45 a.m.-12:25 p.m.
627540-I Fr 10:15-10:55 a.m.

**YOUTH AGES 6-8**
627544-C Tu 4:15-4:55 p.m.
627544-E We 3:20-4 p.m. (CRC)
627544-I Fr 6:30-7:10 p.m. (CRC)

**JUNIOR AGES 9-12**
627548-I Fr 4:15-4:55 p.m. (CRC)
627548-K Sa 3:30-4:10 p.m. (CRC)

**TEEN AGES 13-16**
627549-I Fr 5:45-6:25 p.m (CRC)

**BALLET AGES 6-12**
Ballet classes will focus on learning proper technique and terminology with an emphasis on the correct placement of the arms, legs, and body while dancing. Classes will include barre work, centre work and movement across the floor.
627550-C 6-8 Tu 3:30-4:10 p.m.
627555-G 9-12 Th 3:30-4:10 p.m.

**LYRICAL JAZZ AGES 6-16**
Students will learn jazz and contemporary ballet styles while engaging in proper technique and complex footwork. Class will include centre work, across the floor combinations and fun choreography. All levels of dancers are welcome. **All Lyrical are held at the Carpenter Recreation Center in the fitness room.**

627580-E 6-8 We 2-2:40 p.m.
627585-F 9-12 We 2:40-3:20 p.m.
627585-I 9-12 Fr 5-5:40 p.m.
627586-K 13-16 Sa 4:15-4:55 p.m.

**FATHER/Daughter Waltz**
**Family Hip-Hop AGES 3+**
Perform on-stage at the Winter Recital with your family member. We will hold approximately three to five rehearsals to prepare you for this performance. Registration information regarding classes offered, dates and fees will be available in October. Contact Kendra at 720-977-5937 to be added to the information list.

**PRIVATE LESSONS ALL AGES**
Does your child dream of being a star on stage? Well, here’s his or her chance. We offer solo, duet or trio classes with the opportunity to perform at the Winter Dance Recital in December. We also offer private lessons for those students who are looking for an extra challenge, a little bit of extra help or who are preparing for a special event.

Fees: $30R/$36NR per session
Pricing is for a maximum of five participants. Contact Kendra Keefe at 720-977-5937 for information or to register.
ADULT GROUP RACQUETBALL LESSONS Ages 16+
This coed class is a great way for beginner to intermediate players to improve their skills and learn the fundamentals of the game. Class size is limited to 2-4 students who meet once per week for four weeks.
Instructor: Andrew Rodriguez
Location: Carpenter Recreation Center
Fees: $28R/$34NR
617310-A1 Th Sep 7-28 5:30-6:30 p.m.
617310-A2 Th Oct 5-26 5:30-6:30 p.m.
617310-A3 Th Nov 2-30* 5:30-6:30 p.m.
*No class November 23.

PRIVATE RACQUETBALL LESSONS Ages 5+
One-on-one instruction is available at the Recreation Center on an instructor/court-available basis for students of all ages and skill levels. Forms are available at the front desk, or call 303-255-7800 for more information.
Andrew Rodriguez, Instructor.
Location: Carpenter Recreation Center.
Fees: $25/60-min. session, $60/three sessions Semi-private Fee (2-3 people): $30 per 60-minute session, $75 for three sessions

DROP-IN RACQUETBALL CHALLENGE COURTS Ages 16+
Three courts are reserved on Wednesday nights, 7-10 p.m. and Saturday mornings, 8:45 a.m. on Saturdays. Participants pay appropriate drop-in fee.

JUNIOR GROUP RACQUETBALL LESSONS Ages 8-15
Students are taught the fundamentals of this exciting, fast-paced sport which focuses on getting a great workout while having a fun time!
Instructor: Mitch Dean
Location: Carpenter Recreation Center.
Fees: $28R/$34NR
617320-A1 Th Sep 7-28 5:30-6:30 p.m.
617320-A2 Th Oct 5-26 5:30-6:30 p.m.
617320-A3 Th Nov 2-30* 5:30-6:30 p.m.
617320-B1 Th Sep 7-28 6:30-7:30 p.m.
617320-B2 Th Oct 5-26 6:30-7:30 p.m.
617320-B3 Th Nov 2-30* 6:30-7:30 p.m.
*No class November 23.

ADULT SOFTBALL LEAGUES Ages 16+
Games will be played at the Thornton Sports Complex, 104th Avenue & McKay Road, on Tuesday (Mens D) or Thursday (Coed D) nights, August 22-October 26. The Mens and Coed “D” Divisions are for teams with average skills and typically some prior experience in leagues. Registration begins August 2 at Carpenter Recreation Center and team fee is $375 up until August 18. After that, if there is space available, team fee is $400. Deadline to register is August 20 or until leagues fill (maximum nine teams each.) There are no player’s fees. For more information, go to quickscores.com/thornton or email mike.coulter@cityofthornton.net.
Location: Thornton Sports Complex
607210-A1 Men’s D Tu 6-10 p.m. Aug 22-Oct 24
607210-B2 Coed D Th 6-10 p.m. Aug 24-Oct 26

CARA CROSS COUNTRY TEAM Ages 5-14
Participants in this program will meet twice per week for practices at the Carpenter Park Fields (108th Avenue & Colorado Boulevard.) There will be five meets scheduled for weekends along the Front Range (schedule TBA.) For more information please contact mike.coulter@cityofthornton.net or call 720-977-5914.
Dates: August 23-October 7
Practice Location: Carpenter Park Fields
Fees: $60R/$72NR
617780-A1 Tu/Th 5:30-6:30 p.m.

TAEKWON-DO Ages 8+
This class is a great way to instill self-confidence. Students are taught the five tenets of courtesy, integrity, perseverance, self-control and indomitable spirit. Instructors are class “B” & “C” certified through the International and United States Tae kwon-Do Federation. Instructors: Fran Buschkoetter (IV Dan), Dan Fitch (IV Dan), Martin Rodriguez-Limas (III Dan) and Caitlyn Fitch (III Dan).
Location: Thornton Community Center.
Day and Time: Tu/Th, 7-8:30 p.m.
627400-A1 Sep 5-28 $26R/$31NR
627400-A2 Oct 3-26 $26R/$31NR
627400-A3 Nov 2-30* $26R/$31NR
627400-A4 Dec 5-14 $13R/$16NR
*No class November 23.

CITY OF THORNTON YOUTH SPORTS PROGRAMS
The city of Thornton coordinates a variety of youth athletic programs. Below is a list of the sports offered, contact person and general information.

• THORNTON GYMNASTICS (pages 26-27)
  Jenny Dowdell, 720-977-5934 or Susan Ludwig, 720-977-5935 or www.cityofthornton.net/recreation
Instructional (ages 5-14, August 30-October 15)
Jenny Dowdell, 720-977-5934
  or Susan Ludwig, 720-977-5935 or www.cityofthornton.net/recreation

• THORNTON GIRLS SOFTBALL
  (ages 7-16, May-July)
  Mike Coulter, 720-977-5914 or www.cityofthornton.net/recreation
  or Susan Ludwig, 720-977-5935 or www.cityofthornton.net/recreation

• CARA TRACK
  (ages 5-16, June-July)
  Mike Coulter, 720-977-5914 or www.cityofthornton.net/recreation

• CARA CROSS COUNTRY
  (ages 5-14, August 30-October 15)
  Mike Coulter, 720-977-5914 or www.cityofthornton.net/recreation
YOUTH & TEEN ENRICHMENT CLASSES

It’s the “Art of Socializing,” we bring the fun to you! You will be guided through easy step-by-step instructions for you to paint on canvas, a simple, yet fun-themed piece of original artwork that you’ll be proud to show all of your friends!

We’re in the business of helping you Create Colorful Memories! All art supplies are included. NO art smarts are needed. Only requirement is you come ready to have a good time. All classes are held at the Carpenter Recreation Center.

KIDS ‘N CANVAS
AGES 7-14
A sack dinner is encouraged. Light refreshments provided.
Fees: $22R/$26NR
616902-A We Sep 20 6-8 p.m.
616902-B We Oct 25 6-8 p.m.
616902-C We Nov 15 6-8 p.m.
616902-D We Dec 13 6-8 p.m.

TEENS ‘N CANVAS
AGES 13-15
A sack dinner is encouraged. Light refreshments provided.
Fees: $22R/$26NR
616903-A We Sep 6 6-8 p.m.
616903-B We Oct 4 6-8 p.m.
616903-C We Nov 1 6-8 p.m.
616903-D We Dec 6 6-8 p.m.

HUNTER SAFETY INTERNET CONCLUSION COURSE
Students complete a portion of the course online at their convenience. This MUST be completed BEFORE the classroom portion. Spend five hours in the classroom followed by live firing exercise (off-site). We will cover Colorado laws and regulations, have hands-on exercises and end with a written test. Fees: $10R/NR
Su Sep 17 1-6 p.m. CRC
Su Oct 15 1-6 p.m. CRC
Su Nov 19 1-6 p.m. CRC
Su Dec 17 1-6 p.m. CRC

ALIVE AT 25
Alive at 25 is a 4½ hour driver’s awareness course designed by the National Safety Council for young drivers ages 15-24 which includes:
▸ Defensive driving classroom curriculum
▸ Gain awareness and develop strategies to keep safe on the road.
▸ Decision-making and responsibility-taking
▸ Learn through interactive media, workbook exercises, role-playing, and class discussions.
Tu Sep 12 5-9:30 p.m. CRC
Tu Sep 26 5-9:30 p.m. CRC
Tu Oct 10 5-9:30 p.m. CRC
Th Nov 16 5-9:30 p.m. CRC
Th Dec 7 5-9:30 p.m. CRC
To register or for class details, go to www.aliveat25.us or call 720-269-4046.
ADULT ENRICHMENT CLASSES

**Arts & Crafts**

**ADULT/CHILD POTTERY WORKSHOP**

**CHILDREN AGES 5-12; ADULTS AGES 18+**

This class is designed for an adult and a child to take together. Each participant will create pottery projects. The pieces will be fired and ready for pickup two weeks after the class has completed. Both attendees must be registered. Fees: $15R/$18NR

- 636209-A We Nov 22 1-2:30 p.m. AAC

**BEGINNING POTTERY**

An introduction to the techniques of hand-building and wheel throwing. Surface design and glazing techniques will also be covered in order for students to create functional pieces of pottery or decorative sculptures. Classes are designed to be repeated in order for students to firmly grasp the concepts that make working with clay so exciting yet challenging. All levels welcome. Class fee includes instruction, glazes and kiln firing. Clay available for purchase at first class, prices range from $10-$11 per 25lb. bag. Fees: $75R/$78NR (per 6-week session)

- 636231-A Mo Sep 25-Oct 30 6-9 p.m. AAC
- 636231-B Mo Nov 13-Dec 18 6-9 p.m. AAC

**SWEET OR SASSY CROSS STITCH**

Cross stitch is a fun and inexpensive craft that you can learn in an afternoon! Students will receive a starter kit with all the tools needed to create a sweet (or sassy) project. Learn how to set up your fabric, pick your pattern and get started on a personalized project you’ll have the skills to finish at home. Fees: $27R/$30NR

- 636206-A Tu Sep 12 6-8 p.m. AAC
- 636206-B Sa Oct 7 10 a.m.-12 p.m. AAC
- 636206-C Tu Nov 7 6-8 p.m. AAC
- 636206-D Sa Dec 2 10 a.m.-12 p.m. AAC

**PALETTE & PAINT PARTY**

Enjoy a fun and relaxing night of painting. The instructor will take you through step-by-step instructions. No experience required and all the materials are provided. Fees: $35R/$38NR

- 636207-A Mo Sep 25 6:30-8:30 p.m. AAC
- 636207-B Mo Oct 23 6:30-8:30 p.m. AAC
- 636207-C Mo Nov 20 6:30-8:30 p.m. AAC
- 636207-D Mo Dec 11 6:30-8:30 p.m. AAC

**WATERCOLORS FOR BEGINNERS**

Explore the world of watercolor. This class is designed to introduce you to the basics of watercolor painting. No experience necessary and all skill levels are welcome. All materials included. Fees: $63R/$65NR

- 636208-A We Sep 13, 20 6:30-9 p.m. AAD
- 636208-B We Oct 11, 18 6:30-9 p.m. AAD
- 636208-C We Nov 8, 15 6:30-9 p.m. AAD

**ZENTANGLE**

Zentangle is an easy-to-learn relaxing process of drawing beautiful images using structured patterns. No previous skills required. You will leave the class with two original tiles of your own creation! All supplies included. Fees: $15R/$18NR

- 636209-A Tu Oct 3 6-8 p.m. AAC
- 636209-B Tu Nov 14 6-8 p.m. AAC

**CROCHET SERIES**

**BEGINNING CROCHET**

Learn the fundamentals of crochet and receive hands-on attention while producing functional pieces. Lessons will feature easy patterns without abbreviations or technical terms. Materials fee of $5 is to be paid to instructor at first class. Fees: $30R/$33NR (per 4-week session)

- 636250-A Tu Sep 5-26 6-8 p.m.
- 636250-B Tu Oct 10-31 6-8 p.m.
- 636250-C Tu Nov 14-Dec 5 6-8 p.m.

**BABY SERIES**

Are you expecting a new baby, grandbaby or would just like the opportunity to produce items to donate during the holidays? This is the class for you! Bring a skein of #3 or #4 weight soft yarn and a matching size hook to the first class. Beginner to advanced crochet skills welcome! Fees: $30R/$33NR (per 4-week session)

- 636251-A We Sep 7-30 6-8 p.m.
- 636251-B We Oct 11-31 6-8 p.m.
- 636251-C We Nov 15-Dec 6 6-8 p.m.

**INTERMEDIATE CROCHET**

Expand your current expertise by learning more advanced crochet skills and techniques. This class will explain how to read patterns and diagrams. Bring two skeins of worsted weight #4 yarn in coordinating colors and a size H hook to the first class. Fees: $30R/$33NR (per 4-week session)

- 636252-A We Sep 6-27 6-8 p.m.

**FACILITY ADDRESSES**

- Carpenter Recreation Center (CRC) 12151 Colorado Blvd., 80233
- Thornton Active Adult Center (AAC) 9471 Dorothy Blvd., 80229
- Thornton Community Building (TCB) 2242 E. 95th Ave., 80229
- Thornton Community Center (TCC) 2211 Eppinger Blvd., 80229
- Thornton Arts & Culture Center (TACC) 9209 Dorothy Blvd., 80229

**ONGOING REGISTRATION**

You may register for classes with this symbol as soon as your Thornton Activities Guide arrives.

See page 65 for registration information.
BELLY DANCING
This class will focus on the fundamentals of belly dancing. Body isolations, flexibility and coordination will be worked on while learning basic hip, chest and footwork patterns. All sizes, shapes and ages are both welcome and encouraged. Location: TACC
Fees: $42R/$45NR
636705-B Tu Sep 5-Oct 10 7:15-8:15 p.m.
636705-A Tu Nov 7-Dec 12 7:15-8:15 p.m.

INTERMEDIATE BELLY DANCING
This class will build upon the moves from the Belly Dancing class which will make combinations and layering moves more comfortable and fluid. Simple choreography will be taught and performance opportunities will be discussed for those interested.
Prerequisite: Belly Dancing Location: TACC
Fees: $25R/$28NR
636311-A Th Sep 7-Oct 12 7:15-8:15 p.m.
636311-B Th Oct 26-Dec 14 7:15-8:15 p.m.

BEGINNING LINE DANCING
This class is designed for those without prior experience or who want to experience a slower pace of line dance. It will start with very basic steps and move at a slower but progressive pace. You will gain an understanding of the sequence of the steps, the etiquette of line dance and learn new dances each week. Location: TACC
Fees: $20R/$23NR
636309-A Th Sep 7-Oct 12 6-7 p.m.
636309-B Th Oct 26-Dec 14 6-7 p.m.
No class November 2 or 23.

COUNTRY LINE DANCING DROP-IN CLASS
Country line dancing is available as a drop-in format every Monday from 1-2 p.m.
Location: TACC
Fees: $55+ per person.
636309-A Tu Sep 5-Oct 10 6-7 p.m.
636309-B Tu Nov 7-Dec 12 6-7 p.m.

INTERMEDIATE LINE DANCE
Take your existing line dance skills to the next level! Continue to improve your line dancing by learning new steps and more challenging dances.
Fees: $25R/$28NR
Location: TACC
636309-B No class November 2 or 23.
636309-C Th Sep 7-Oct 12 7:15-8:15 p.m.
636309-D Th Oct 26-Dec 14 7:15-8:15 p.m.

LINE DANCE WORKSHOP AND POTLUCK
All ages and dance abilities welcome! Punch will be provided. Please bring a side or salad to share.
Fees: $10R/NR Location: AAC
Registration: Closes October 27 at 12 p.m.
636310-A We Oct 25-Dec 14 6-7 p.m.
636310-B Tu Sep 5-Oct 10 7:15-8:15 p.m.
636310-C Tu Nov 7-Dec 19 5:30-6:30 p.m.
636310-D Th Oct 5-26 6-7 p.m.
No class November 22.

PARTNER LINE DANCING
Also known as pattern dancing, partner line dancing is a great way for you and your partner to learn dance at a beginners level. The unison and repeated movements make this sort of dancing easy for couples to learn and enjoy together. Must register with a partner.
Location: AAC
Fees: $20R/NR per person.
636312-A We Oct 25-Dec 13 6-7 p.m.
No class November 1 or 22.

WE’RE LOOKING FOR INSTRUCTORS
Do you have knowledge of a particular subject, skills you would love to share with others, or perhaps a hobby that you would like to talk about? Please call Kate Doherty at 720-977-5853 or email at kate.doherty@cityofthornton.net to find out more about teaching a class or classes.

Registration for adult program classes held at the Thornton Active Adult Center (AAC), Thornton Community Building (TCB) and Thornton Arts & Culture Center (TACC) are ongoing unless otherwise noted. In order to be eligible for a refund, you must cancel three business days/72 hours prior to the class. For registration options and policies, see pages 65-66.

PRENATAL YOGA
Help improve sleep, reduce stress and prepare the body for childbirth. Deep breathing and gentle stretching exercises will help dissolve the common discomforts associated with pregnancy. This class is safe for women in all trimesters of pregnancy.
Location: CRC
Fees: $27R/$33NR
616700-A We Sep 13-Oct 18 4:15-5:15 p.m.
616700-B We Oct 25-Dec 6 4:15-5:15 p.m.
No class November 22.

MAT PILATES
Controlled exercises that engage the mind and strengthen/tone core muscles to support the spine, reduce back pain, improve athletic performance and everyday balance. All ability levels welcome. Bring your own mat.
Location: AAC
Fees: $20R/$23NR per 4-week session
636702-B Tu Sep 5-26 5:30-6:30 p.m.
636702-A Tu Oct 5-24 5:30-6:30 p.m.
636702-C Tu Nov 7-Dec 19 5:30-6:30 p.m.
No class November 22.

VINYASA YOGA
Enjoy Hatha Yoga poses presented in a flowing Vinyasa-style to enhance your mind-body connection. This class is designed for all levels and abilities.
Location: AAC
Fees: $19.50R/$21.50NR per 4-week session/$25R/$27.50NR per 5-week session
636701-A Th Sep 7-28 6-7:30 p.m.
636701-B Th Oct 5-26 6-7:30 p.m.
636701-C Th Nov 2-30 6-7:30 p.m.
636701-D Th Dec 7-28 6-7:30 p.m.
No class November 23.

ADULT ENRICHMENT CLASSES

Dance

Health, Fitness & Wellness

Registration Line: 720-977-5901 WWW.CITYOFTHORNTON.NET/RECREATION SEPTEMBER-DECEMBER 37
Adult Enrichment Classes

Financial

Willmaker Legal Seminar
In a single easy session, you’ll complete a will, financial power of attorney and combined medical directive which includes a living will, medical power of attorney and organ donation with the help of attorney Rebecca L. Bennetti and her staff. Includes all materials, witnessing, notarizing, individual review and plenty of time for discussion and questions. Fees: $125R/$150NR
616900-A Sa Sep 16 1-4 p.m. CRC
616900-B Mo Oct 30 6-9 p.m. CRC
616900-C Fr Nov 10 6-9 p.m. CRC
616900-D We Dec 6 6-9 p.m. CRC

Alternatives to Traditional Real Estate Investing
Look at real estate investing from an angle other than single family homes, duplexes or condos. There’s a world of options out there: commercial property, assisted living homes, partnerships and more! Learn how to create a business plan for your investment, including financing options, management and the formulas you need to measure your ROI. While this class is aimed at people who have already discovered the advantages of investing in real estate, it can also be suitable for those who simply are ready to diversify into investments other than the stock market. A personalized meeting is included. Instructor, Jim Flint, CRS, has 30 years experience with real estate in five states. If you have questions, please call Jim Flint at 303-759-2222. There is a $20 material fee due to the instructor at time of class. Fees: $5R/$6NR
616915-A Tu Sep 5 5:45-9 p.m. CRC
616915-B Tu Nov 7 5:45-9 p.m. CRC

How to Get Out of Debt in 5-7 Years, Including Your Mortgage
Discover how to pay off all debts (including mortgage) in about 5-7 years with the money you currently make. Bring a list of your debts and a calculator to the workshop. Course fee includes a 200+ page textbook and a 16-page workbook ($44 value). Fees: $70R/$73NR individuals; $100R/$106NR couples.
636905-A Th Sep 21 6-9 p.m. AAC

Cash Flow
Join this hands-on ‘cash-flow’ workshop and learn the importance of making a plan for you. Bring a list of your monthly bills, due dates and paycheck amounts. Walk away with a cash-flow plan to put in place right away! Fees: $57R/$60NR
636907-A Mo Sep 18 6-8:30 p.m. AAC
636907-B Mo Nov 6 6-8:30 p.m. AAC

Managing Your Rental Properties
Learn How to Avoid Trouble & Vacancies
This class is taught by Jason Meyer, a 10-year veteran property manager that currently manages over 400 units. Learn how to screen your prospective tenants and keep the bad ones out. Be aware of “dos and don’ts” when dealing with tenants. If you must evict, how? Have a pool of qualified service people that respond quickly. We’ll explain how to keep your property rented when others have vacancies. We also review the Fair Housing Laws. Is professional property management for you? It will eliminate your landlord headaches. Included is a copy of a lease used in over 400 housing units. If you have questions, please call Jim Flint at 303-759-2222. There is a $20 material fee due to the at time of class. Fees: $5R/$6NR
616914-A Th Sep 7 5:45-9 p.m. CRC
616914-B Th Nov 9 5:45-9 p.m. CRC

Student Loan Relief
If you’re paying off students loans, you need to attend this workshop! You will learn the advantages and “how to” of consolidating government loans, reducing your monthly payments as well as rapidly paying off crushing long term debt. Loan forgiveness information is also reviewed. The workshop includes a workbook and a textbook. Fees: $70R/$73NR individuals; $100R/$106NR couples.
636906-A Th Sep 14 6-9 p.m. AAC

Profit Studio Workshop
Learn how to make income with your hobby or interest with an online business. Develop your business plan, prepare your product for internet sales, register a domain/trade name, research competition and create a DIY website that receives orders and funds, and marketing tips. $10 fee for workbook. The instructor is a business entrepreneur and teacher of 40+ years. Fees: $57R/$60NR
636502-A Sa Sep 30 12:30-4:30 p.m.
636502-B Sa Oct 21 12:30-4:30 p.m.
636502-C Sa Nov 18 12:30-4:30 p.m.
**Culinary**

**FLAVORS OF INDIA**

Lose yourself in the exotic flavors of India throughout this truly unique cuisine experience. Learn to prepare and experience a full course menu which includes: Papad relish, aloo paratha, peas pulav and kheer.

Fees: $36R/$38NR
636844-B Wed Sep 6 6-8:30 p.m. TCB

**GREEN CHILE**

Join us for a day discovering the joys of buying, roasting and cooking your own green chile. Our day will begin with a trip to the chile roaster for a lesson in chile styles and flavors and then to purchase your own roasted peppers. Afterward we will return to the kitchen to whip up a delicious batch for ourselves, which we will enjoy served over our homemade burritos. You will leave with recipes to recreate it at home, and some green chile to enjoy later.

Fees: $7R/$9NR
636896-A Sat Sep 30 10 a.m.-2 p.m. TCB

**BEAUTIFUL BREAD BAKING**

Spend an evening learning how to make your own delicious artisanal loaves. You’ll learn to make crusty ciabatta, chewy baguettes and hearty whole grain boules in your own kitchen at a fraction of the price of bread from the bakery.

Fees: $32R/$34NR
636852-A Wed Oct 25 6-9:30 p.m. TCB

**CHOCOLATE TRUFFLES**

Join us to taste your way through a night of chocolate, learning about how chocolate is grown and produced, how the percentage of chocolate in the bar affects the flavor, and how to technically taste and enjoy chocolate. Then you will use your new found knowledge to create your own decadent truffles to take and enjoy.

Fees: $32R/$34NR
636855-A Wed Nov 15 6-8:30 p.m. TCB

**TAMALES: FOUR WAYS**

Join us for a fun evening learning the finer points of making tamales. In this hands-on class, you will prepare, and of course, eat four kinds of tamales - pork, chicken, vegetarian, and a sweet dessert.

Fees: $32R/$34NR
636853-A Wed Dec 13 6-8:30 p.m. TCB

**CHILE RELLENOS**

The mark of a great Mexican restaurant is the quality of their chile rellenos but you can make some of the best yourself! We’ll learn about chiles, fillings and the all important red and green chile to top them.

Fees: $32R/$34NR
636854-A Wed Sep 27 6-9 p.m. TCB

**Technology**

**INTRO TO WINDOWS 10**

Take a look into maneuvering around Windows 10 and setting it up to do what you want it to do. Learn to use the new features such as: Cortana voice-activated search, using or turning off notifications, built-in virus protection, choose your search engine, remove or hide unnecessary programs and more!

Fees: $18R/$21NR
636147-A Thu Dec 14 6-8:30 p.m. AAC

**MOVE YOUR PHONE PHOTOS TO YOUR COMPUTER**

Back-up those precious photos! Choose which photos to keep and delete. Learn to name, enhance and crop your photo. Bring your phone, its power cable and your laptop or you can use one of ours.

Fees: $18R/$20NR
636155-A Thu Oct 26 6-8:30 p.m. AAC

**PHOTO EDITING**

This class will teach you to take your photo editing skills to the next level! Learn to use Adobe Photoshop Elements to improve the color, clarity and light of your photos. Learn how to clean up blemishes, take out antique photo damage, make that bad background go away and remove/add parts of images.

Fees: $18R/$20NR
636155-A Thu Oct 26 6-8:30 p.m. AAC

**CPR, AED & FIRST AID TRAINING**

Learn the latest techniques for CPR and the use of an AED, plus standard first aid. This course is taught by EMT Wayne Smart. This course satisfies OSHA and Colorado fish and wildlife certification requirements for two years. Bring a sack lunch.

Fees: $41R/$43NR
636327-A Sat Sep 30 9 a.m.-5:30 p.m. AAC
636327-B Sat Nov 18 9 a.m.-5:30 p.m. AAC

**Miscellaneous**

**INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE**

You don’t need years of weekly lessons to learn piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn all the chords you’ll need to play any song in one session. If you can find middle C and know the meaning of *Every Good Boy Does Fine*, you know enough to enroll in this workshop.

Fees: $54R/$56NR (includes book and practice CD)
636405-A Thu Oct 24 7-9:30 p.m. AAC

**RETIREMENT! AN EXCITING ADVENTURE**

Congratulations – you’ve retired, or perhaps you’re looking forward to retiring in the near future. Most individuals do not address the non-financial challenges awaiting them as they transition to an exciting and energizing time in their life. Retirement is more than focusing finances. Some of the issues discussed include: Finding new meaning, living dreams, psychological issues, health and more.

Fees: $20R/$23NR individuals; $30R/$33NR couples
636334-A Sat Oct 21 10-11 a.m. AAC
636334-B Wed Nov 8 6:30-7:30 p.m. AAC
636334-C Wed Dec 6 6:30-7:30 p.m. AAC

**ADVENTURE**

Join our fun course taught by Wayne Smart, EMT that teaches you how to respond to a medical emergency in a remote or wilderness location. This class will satisfy OSHA and Fish and Wildlife Division certification requirements for two years and covers CPR, choking and use of tourniquets.

Fees: $61R/$63NR
636327-A Sat Sep 30 9 a.m.-5:30 p.m. AAC
636327-B Sat Nov 18 9 a.m.-5:30 p.m. AAC

**WILDERNESS & REMOTE FIRST AID & CPR**

Far Out First Aid is a two-part, hands-on, fun course taught by Wayne Smart, EMT that teaches you how to respond to a medical emergency in a remote or wilderness location. This class will satisfy OSHA and Fish and Wildlife Division certification requirements for two years and covers CPR, choking and use of tourniquets. There will be a half hour break for lunch.

Fees: $61R/$63NR
636327-A Sat Sep 30 9 a.m.-5:30 p.m. AAC
636327-B Sat Nov 18 9 a.m.-5:30 p.m. AAC

**AARP DRIVER SAFETY PROGRAM**

SEE PAGE 49 FOR DETAILS

**NUTRITION SERIES AT CRC**

SEE PAGE 20 FOR DETAILS

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Registration Line: 720-977-5901  WWW.CITYOFTHORNTON.NET/RECREATION  SEPTEMBER-DECEMBER  39
OUTDOOR RECREATION & PHOTOGRAPHY TRIPS

PHOENIX GOLD MINE  
Take a journey back to the late-1800s when gold mining was flourishing in Colorado. Tour the mine and try your luck at panning for gold. Afterward, we will head into Idaho Springs for lunch (on your own.) Van departs from Carpenter Recreation Center at 9:30 a.m. Fees: $20R/$23NR  
636607-A  Tu  Sep 26

HIKE & WINERY AGES 21+  
Come take the two mile trek and enjoy beautiful Maxwell Falls Trail. Reward yourself afterward as we travel further into Evergreen to sample a few wines and enjoy lunch (on your own) on the deck of Creekside Cellars Winery. Van departs from Carpenter Recreation Center at 8 a.m. Fees: $12R/$15NR  
636608-A  Tu  Oct 3

PHOTOGRAPHY WITH BRUCE  
You do not need to be an expert to take amazing photos or even need an expensive camera! Our Outdoor Recreation Leader, Bruce will guide you through how to determine your subject, lighting, focus and other various pointers to take beautiful photos. Don’t have a camera? No problem! You can even use your cellphone camera! Please pack water for these outings. Be prepared to photograph for about 1½ hours. These trips will depart from the Carpenter Recreation Center on Fridays at various times. Fees: $11R/$14NR  
636609-A  Tu  Nov 14

PHOENIX GOLD MINE  
Take a journey back to the late-1800s when gold mining was flourishing in Colorado. Tour the mine and try your luck at panning for gold. Afterward, we will head into Idaho Springs for lunch (on your own.) Van departs from Carpenter Recreation Center at 9:30 a.m. Fees: $20R/$23NR  
636607-A  Tu  Sep 26

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636609-A  Tu  Nov 14

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636609-A  Tu  Nov 14

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636609-A  Tu  Nov 14

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636609-A  Tu  Nov 14

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636609-A  Tu  Nov 14

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636609-A  Tu  Nov 14

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636609-A  Tu  Nov 14