

2012 WINTER/SPRING
ACTIVITIES GUIDE

CCMRD

Clear Creek Metro Recreation District

Inside:
"Hey Batter Batter"
Clear Creek Hiking Club
Kettlebell Classes
Karate



The Happy Cooker

est. 1974



"Breakfast is the most important meal of the day"

Serving the best
homemade breakfast
& lunch all day!

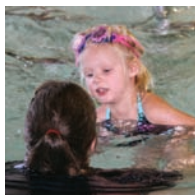
Open 7 days a week from 7a.m. to 5 p.m.

**Come dine in our Victorian Restaurant
in Historic Downtown**

412 6th Street
Georgetown, CO 80444
Bus: 303.569.3166
Fax: 303.569.2425

Great Food & Fast Friendly Service

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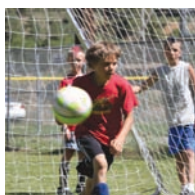
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Vision:

Unite Communities through Cooperation and Commitment to Recreational Excellence

Mission:

Empower Communities while Maintaining High-Quality Facilities to meet the District's Recreation, Leisure and Fitness needs with Sustainable Business Practices

Staff

Dane Matthew

District Director
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dmatthew@clearcreekrecreation.com

Gwen Bagby

Administrative Assistant
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gbagby@clearcreekrecreation.com

Stacey Todd

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Marc Reagon

Facilities Maintenance
Ext. 114
maint@clearcreekrecreation.com

Megan Mangum

Head Lifeguard
aquatics@clearcreekrecreation.com

Recreation Center Hours

Monday thru Friday
- 6:00am to 8:30pm
Saturday & Sunday
- 8:30am to 6:00pm

Address

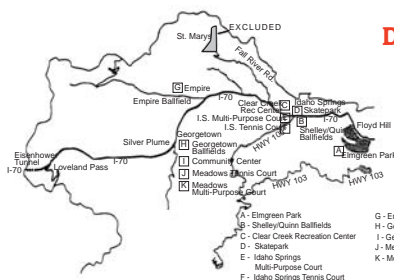
1130 Idaho Street
P. O. Box 1149
Idaho Springs, CO 80452

Phone Numbers

(303) 567-4822
Fax: (303) 567-1156

Board of Directors

Paul Dalpes - President
Nick Ragain - Vice President
Marianne Selkirk - Treasurer
Beth Luther - Secretary
Keith Everitt - Director



District Boundaries

The District operates multiple facilities designed to meet the recreation needs of many interest groups. All are welcome to use these facilities located throughout the District. Drop by to use the ballfields, tennis courts, skatepark, multi-purpose court, or outdoor basketball court and sand volleyball pit at the Recreation Center anytime they are not scheduled for an activity.

Our policy is to make District facilities available to host parties, business meetings, or other special events, in many cases for FREE! There may be a modest fee for an event where individual participants are charged or if an event will require preparation, clean up, or Recreation District staff. Simply call the Recreation Center to make your reservations.

**Recreation Center
Idaho Springs
1130 Idaho Street (exit 240)**

First Floor

- Registration Desk
- Lobby
- Free Wireless Internet
- Playstation 2
- Activities Room
- Locker Rooms/Shower
- Family Locker Room

Pool

- 6 lane, 25-yard Swimming Pool
- One-Meter Diving Board
- Tarzan Rope Swing
- Wading Pool
- Preschool Pool Slide
- Hot Tub
- Sun Deck
- Red Cross Certified Lifeguard on Duty

Second Floor

- Weight Room
- Cardiovascular Equipment
- Rowing Machine
- Multi-Purpose Room
- TV/DVD/VHS Available for use
- Heavy Bag & Speed Bag
- Indoor Climbing Wall and Bouldering Wall
- Administrative Offices



Outdoor

- Basketball Court
- Sand Volleyball Court

Idaho Springs Ballfield Complex

- Two softball/youth baseball fields. Available for league, tournament or pick-up games.
- Batting cage
- Concession stand

Adjacent to south side of I-70 at exit 241.

Idaho Springs Multi-Purpose Court

Designed for Basketball and In-line Hockey. Located at Miner St. & Colorado Blvd. intersection.

Idaho Springs Skatepark

Located at the east end of Riverside Drive.

Idaho Springs Tennis Court

Located next to the Visitor's Center on Colorado Blvd. Lights are available for use from 6:30am - 10:00pm, Memorial Day thru Labor Day.

"The Center" at Carlson

- Before and After School Program
- Summer Camp

Elmgreen Park Floyd Hill

- Playground
- Picnic Tables
- Restrooms
- Outdoor Basketball Court
- Outdoor Tennis Court
- Large Open Space

Empire

- Regulation-Size Baseball Field

Georgetown

- Tennis Court
- Multi-Purpose Court
- Aerobic Program - Community Center

Visit Us at:

www.clearcreekrecreation.com

Calendar of Events

Jan 13 Dive-in 6:30pm

Jan 14 Weight Room Orientation

Jan 20 Session 1. Dance Classes

Jan 21 Session 1. Saturday Swim Lessons

WIBIT 1-4pm

Hiking Club 10am

Jan 24 Session 1. Tue/Thu Swim Lessons

Jan 25 Board Meeting

Jan 31 Hiking Club 9am

Feb 1 Broomball League starts

Feb 7 Hiking Club 6pm

Feb 10 Love Your Heart Party 3-6pm

Dive in 6:30pm

Feb 11 Weight Room Orientation

Feb 14 Hiking Club 10am

Feb 24 Session 2. Dance Classes

Feb 18 WIBIT 1-4pm

Feb 22 Board Meeting

Feb 25 Hiking Club 10am

Feb 28 New Session 2. Tue/ Thu Swim Lessons

March 9 Dive-in 6:30pm

March 10 Weight Room Orientation

March 15 Nuggets Game

March 17 Session 2. Saturday Swim Lessons

WIBIT 1-4pm

March 28 Board Meeting

March 31 CPR/AED Class

April 6 Session 2. Dance Classes

April 7 Bunny Dip 12:30pm

April 8 CLOSED - Easter

April 9 Youth Lacrosse league begins

2nd Session of CASE begins

April 10 Session 3. Tue/Thu Swim Lessons

April 13 Dive-in 6:30pm

April 14 Weight Room Orientation

April 15 Little League evaluation day

April 21 WIBIT 1-4pm

April 25 Board Meeting

April 28 Babysitters Class

May 5 After Prom 6pm-6am

May 7 Summer Swim Team starts

May 11 Dive-in 6:30pm

May 12 Weight Room Orientation

May 13 Mothers Day- Mother's Swim Free

May 19 WIBIT 1-4pm

May 23 Board Meeting

May 28 Memorial Day Hours 8-3pm

May 29 First Day of Summer Camp

Gift Certificates

Create a gift that is sure to please. Call 303-567-4822 for more information.

Refund/Credit/Transfer

If for any reason you are not completely satisfied with one of our programs, we will be happy to issue credit, transfer you to a different class or program or refund your money. No refunds after second class. Credits and transfers are usually processed within one business day.

Fees

Residents are those people residing within the CCMRD boundaries (St. Mary's and Upper Bear residents are not within CCMRD boundaries). Non-district residents are welcome at an out-of-district fee.

We may take your picture...

Please be advised that participants involved in CCMRD programs or using our facilities are subject to being photographed and the photographs may be used to publicize the CCMRD programs.

Holiday Hours

Easter, April 8th - CLOSED

Memorial Day, May 28th - 8am to 3pm

July 4th - CLOSED

Labor Day, September 3rd - 8am to 3pm

Lost and Found Policy

Lost and found items are kept for 30 days.

Facility Rental

The pool, activities room and multi-purpose room are available to rent for birthday parties, meetings and other special occasions. Please call (303) 567-4822 for more information. Special packages are available for birthdays, see page 30.

Supervision

All children 5 years and under must be accompanied in the water by somebody 16 years or older.

- ☛ Children who are 6 years old may perform a swimming test administered by the lifeguard and pass to swim unaccompanied. Swimming Test: Swim 25 yards without stopping (1 length).
- ☛ Children 6 years old who are not able to pass the swimming test must be accompanied by somebody 16 years or older on the deck supervising them at all times.

Locker Rentals

It is strongly advised to lock personal items in a locker while at the Recreation Center. Unless lockers are rented annually, all items MUST be removed daily. Individual locks may be rented for 25¢. You may bring your own lock, but items must be removed daily. CCMRD will remove items left overnight. Locker contents are kept a maximum of 30 days.

ANNUAL RENTAL: Half locker-\$30.

Full Locker \$45.

CCMRD is not responsible for lost or stolen items.

Patron Safety

Your safety is our greatest concern. All of our staff members are First Aid and CPR/AED trained. Oxygen and an Automatic External Defibrillator are available. Please follow all safety rules, they are for your protection.

Emergency

In case of an injury, 911 will be called at the discretion of CCMRD staff. Any charges for emergency services will be the participant's responsibility.

ADA (Americans with Disabilities Act)

The Clear Creek Metropolitan Recreation District welcomes and encourages persons with special challenges and needs to participate in any of our programs. Potential participants are invited to contact us to discuss any special accommodations or adaptations that may be necessary for participation in our programs and services. A lift chair is available in the pool. Call 303-567-4822 for more information.

Handicapped Access

An elevator is available at the Recreation Center. If you need assistance using the elevator, please notify the front desk.

Weight & Cardio Guidelines

8 and under are not allowed on weight or cardio machines. 9-13 must be under direct supervision by someone 18 and older. 14 to 16 may use the weight and cardio equipment alone only after completing a weightroom orientation. All equipment must be properly used and in a safe manner or privileges to use the equipment will be revoked.

GENERAL ADMISSION

Swim & Weight Room

	District	Non-District
Infant (2 yrs and under)	Free	Free
Youth (3 to 17 yrs)	\$2.00	\$3.25
Adult (18 to 64)	\$3.25	\$4.75
Seniors (65 yrs+)	Free	\$4.50
Discount Sundays (3yrs & up)	\$1.75	
Saturday Family Swim	\$6.00	\$8.00

Swim & Weight Room Punch Cards

Expiration is one year from the purchase date. Allows 24 times to swim and/or use of the weight room during public use hours. Towel & Lock are included. Buy your Punch Card Online at www.clearcreekrecreation.com

	District	Non-District
Youth (3 to 17 yrs)	\$44	\$67
Adult (18 to 64)	\$67	\$100
Seniors (65 yrs+)	Free	\$100

Registration and Payment

Register at www.clearcreekrecreation.com or at the Recreation Center. Registration for all classes may be done at any time prior to the deadline. Full payment is due at the time of registration. Payment may be made with cash, check or credit card and must be received prior to participation.

Changes in hours or classes may occur. Please call to confirm. CCMRD reserves the right to cancel any classes due to minimal enrollment, weather or other reasons. Registered participants will be notified by phone if a class or program is cancelled.

**Buy Your Punch Card and Passes Online at:
www.clearcreekrecreation.com**



March Madness
Buy 1 Group Fitness
Punch Card
and get the second for
1/2 price during the
month of March
Limit 1 per customer

PASSES

All passes include swimming, weight room, climbing wall, lock, towel, speed bag gloves, belts, and balls. Programs and special events not included.

Three Month Pass

	District	Non-District
Youth (3 to 17 yrs)	\$47	\$71
Adult (18 to 64)	\$65	\$97
Seniors (65 yrs+)	Free	\$97
Household Pass	\$90	\$136
\$10 each additional district youth		
\$15 each additional non-district youth		

Annual Pass

	District	Non-District
Youth (3 to 17 yrs)	\$149	\$225
Adult (18 to 64)	\$199	\$299
Seniors (65 yrs+)	Free	\$299
Household Pass	\$321	\$483
\$30 each additional district youth		
\$48 each additional non-district youth		

Household Pass

A Household pass is available only to people living at the same physical address. This pass is good for a maximum of four people with a maximum of two adults. Additional youths may be added for an additional fee. Businesses may not purchase Household passes.

Business Punch Card

Businesses located within the District may purchase a discounted punch card for \$60. A minimum of two punch cards **MUST** be purchased at a time with a company check and a list of eligible employees must be furnished at the time of purchase. If an employee is questioned about their employment or is not on the current list provided, they must show a current paycheck stub or business photo ID. It is the businesses responsibility to make sure that their employee list is current at all times with CCMRD.

Why Should I Buy a Pass?

First decide how many times you will visit the facility:

1. Individuals using the facility twice a week or more. Best value is the Three Month or Annual Pass.
2. Individuals using the facility twice a month over the course of a year. Best value is the 24 visit Swim & Weight Room Punch Card.
3. Families using the facility twice a week or more – Best value is the Household Annual Pass.

Our Instructors Are Certified by:**As Water Safety Instructors**

Clear Creek's Learn to Swim Program (Levels 1-6), based on Red Cross standards, is designed to be a comprehensive and effective program to serve our swimming community. If you have any questions about placement, please ask our instructors as we seek to have every student in the appropriate level for the benefit of all our students.

Parent Tot **(Ages: 6 months to 3 years)**

One parent per child in the water. This class is designed to educate parents on how to teach basic water adjustment for their infants or toddlers who have no water experience. This class does not teach children to be accomplished swimmers or to survive in the water. Diapers are NOT allowed. Infants should wear swim diapers or plastic pants under swimsuits. T-shirts are allowed for warmth.

Starfish-Preschool **Beginners (Ages 3-5)**

This class teaches basic water adjustment. Emphasis is on holding breath, submerging, and comfort with instructor. Introduces concept of propelling body through water using motor skills.

Sea Turtles-Preschool **Intermediate (Ages 3-5)**

This class builds and improves skills from the previous level. New skills are introduced that require students to be comfortable with submerging their head and pushing off the wall independently for a short distance. Most skills are semi-supported.

Dolphins-Preschool **Advanced (Ages 3-5)**

This final level of preschool will review and expand on all previous levels' skills. This class will challenge students to swim independently for longer distances using a semi-developed stroke.

Levels below are for ages 6 & up**Level 1**

This class teaches basic swimming skills and strokes. This class expands skills previously learned in the preschool swim classes turning them into more developed skills. Skills emphasized: Submerge independently, unsupported kicks and streamline on front and back, independent swimming basic front crawl while blowing bubbles.

Level 2

This class enhances all strokes already learned and encourages more independence and distance. Skills emphasized: Front crawl with proper breathing technique (bubbles-breather) to an intermediate level.

Level 3

This class focuses on improving technique and endurance on front crawl, backstroke, and elementary backstroke. Skills emphasized: Introducing sidestroke kick, treading water, and diving.

Level 4 & 5

This class focuses on increasing skill endurance and deepwater work. Skills emphasized: Sidestroke, deepwater surface dive, dives off block and swimming start off deck.

Level 6

This class teaches butterfly and focuses on increasing endurance and speed with proper technique. Skills emphasized: Butterfly, continuous swimming with flip turns, swimming underwater and deepwater retrieval of brick.

Badge Certification

If your Scout Troop is looking for pool time to accomplish a certification towards a swimming merit badge, we can help! However, the Scout Troop needs to provide instructors. The cost is \$2.50 per person. For more information and scheduling, please call Laura at 303-567-4822.

\$25 District \$35 Non-District	Tues / Thurs 4wks - 8 Lessons 1. Jan 24 - Feb 16 2. Feb 28 - Mar 22 3. April 10 - May 3	Saturday 8wks - 8 Lessons 1. Jan 21 - Mar 10 2. Mar 17 - May 12 No lessons March 31st
	Parent Tot	9:00am - 9:30am
Starfish	4:30pm - 5:00pm	9:30am - 10:00am
Sea Turtles	5:00pm - 5:30pm	
Dolphin	5:30pm - 6:00pm	
Level 1	6:00pm - 6:30pm	10:00am - 10:30am
Level 2	6:30pm - 7:00pm	10:30am - 11:00am
Level 3		11:00am - 11:30am
Level 4 & 5		11:30am - 12:00pm

Private Swim Lessons

Any age or ability can be accommodated in this individualized format.

Private: \$18/half-hour lesson \$28/hour lesson
 Semi-Private Lessons (2 people): \$25/half-hour lesson
 \$40/hour lesson

Group Lessons

We can provide swim lessons to your organization at group rates.
 Call the Recreation Center for more information.
 303-567-4822.



Day	Open Swim	Lap Swim	Programs
Monday	10:00am 8:30pm	2 Lanes 6am-8:30pm Additional lanes may be added	Aquacise 8:45am - 9:45am Sharks 4:30 - 6:00pm
Tuesday	10:00am 8:30pm	2 Lanes 6am-7:00pm Additional lanes may be added	Master Swim 6:00am - 7:15am 8:15am - 9:30am Swim Lessons 4:30pm - 7:00pm Deep Water Aquacise 6:00pm - 7:00pm Kayak Lessons 6:00pm - 7:00pm Open Kayak 7:00pm - 8:15pm
Wednesday	10:00am 8:30pm	2 Lanes 6am-8:30pm Additional lanes may be added	Aquacise 8:45am - 9:45am Sharks 4:30 - 6:00pm
Thursday	10:00am 8:30pm	2 Lanes 6am-8:30pm Additional lanes may be added	Swim Lessons 4:30pm - 7:00pm Deep Water Aquacise 6:00pm - 7:00pm Open Kayak - Starts Mar 15 7:00pm - 8:15pm
Friday	10:00am 8:30pm	2 Lanes 6am-8:30pm Additional lanes may be added	Aquacise 8:45am - 9:45am
Saturday	12:00pm 6:00pm	2 Lanes 8:30am-6pm Additional lanes may be added	Swim Lessons 9:00am - 12:00pm Family Swim 12:00pm - 6:00pm
Sunday	8:30am 6:00pm	2 Lanes 8:30am-6pm Additional lanes may be added	Sunday Discount Days \$1.75 for Everyone

- * The pool may be closed at any time to accommodate classes and lessons.
- * Schedules may change without advance notice due to program demand.
- * Lap Swim - No age requirements to swim laps, but must swim laps continuously.



American Red Cross

CPR/AED

Red Cross skills are a must in case of an emergency, and are great certifications for anyone to have. Flexible days and times are available. Re-certification and challenges also available. Call Megan Mangum (certified instructor) at the recreation center. 303-567-4822

Date: March 31
Time: 12 to 4:00pm
Fee: \$65

Includes: Pocket resuscitation mask, CPR/AED for the Professional Rescuer Certification (Valid for 2 years).

This class needs a minimum of 3 participants to run.



Clear Creek Sharks CARA Swim Team



This swim program has a recreational format where participation in meets and practices by all swimmers is emphasized. Swimmers will develop a strong sense of sportsmanship & fair play, learn the basics and become competent in the skills of swimming, and Have Fun.

Ages: 5 - 18
Dates: May 7
Day: Monday and Wednesday
Time: 4:30pm - 6:00pm
Fees: \$115 if paid by May 11
\$120 if paid late
\$85 fee for additional family members

This includes:
Swimming Instruction, Meet fees & Swimsuit.

Meets: June 16 - Englewood
June 23 - HOME
July 1 - JCC
July 14 - Parkview

In Our Pool

WIBIT

The Wibit's regular schedule will be the 3rd Saturdays of the month

Time: 1:00pm - 4:00pm

Family Swim

Day: Saturday
Time: 12:00pm - 6:00pm
Fee: \$6 District
\$8 Non-District

Masters Program

Designed to help adult swimmers prepare for competition, improve their training and stroke technique.

Instructor: Megan Mangum
Days: Tuesday
Time: 6:00am - 7:15am
8:15am - 9:30am
Fee: Drop-in: \$6.50
Punch Card: 10 visits for \$60

Mothers Swim FREE

May 13th Mother's Day





\$5 per person
5 and under Free

Movie Dates

January 13th 🐠 February 10th 🐠 March 9th 🐠
April 13th 🐠 May 11th

Open Kayaking

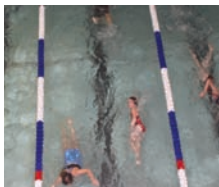
Practice basic maneuvers in the warmth of our pool. Kayaks must be cleaned prior to entering the pool.

Days: Tuesday
Thursday Starting March 15
Time: 7:00 - 8:15pm
Fee: \$5.00 session

Kayak Lessons

Instructor: Dale Frank
Days: Tuesday
Time: 6:00 - 7:00pm
Fee: \$50

Advertise with CCMRD and Reap Rewards
Contact 303-567-4822 for more details.



“Hey Batter, Batter, Batter...”

We need your help to revitalize the Idaho Springs ballfield complex. Order your personalized paver and have it displayed as part of the new patio “mall” area at the Idaho Springs Ballfield Complex.



Project Scope:

- Replace the unsafe lighting system
- Revitalize the turf/irrigation system
- Replace infield fencing and dugouts
- Construct a pavillion / amphitheater
- Improve landscape / appearance
- Make the Facility accessible to all

Project Vision:

Create a uniquely modern ballfield and park facility that captures the essence of our mountain environment and the context of our community

**STEP UP TO THE PLATE ... LET'S BUILD OUR FUTURE
ONE BRICK AT A TIME!**

The Clear Creek Metropolitan Recreation District is revitalizing the Idaho Springs Ballfield Complex. Be a part of this project by donating funds to purchase brick pavers with an engraved personal message. Our goal is to have the community donate 500 bricks. The more bricks we get donated, the more work we can do to make the complex a great community asset for years to come. Pavers will be installed in the Spring 2012 and the project is scheduled for completion in June 2012.

Paver Order Form (Please write legibly in block letters)

Small Paver: \$35.00 5 1/2" x 5 1/2"											

Medium Paver: \$60.00 8" x 5 1/2"													

Contact Information:
 Name: _____
 Phone: _____ E-mail: _____

Total Donated: \$ _____
 Your donations to this project may be tax deductible! Contact your tax preparer to find out if you qualify for this tax deduction.
 Please return your order form by Feb 9th to the CCMRD Rec Center at PO Box 1149, 1130 Idaho St, Idaho Springs, CO 80452; or you can order on-line at [Http://www.clearcreekrecreation.com](http://www.clearcreekrecreation.com)

Love Your Heart Valentine Party

KIDSFirst is a free health activities and education program for children and families sponsored by Clear Creek Public and Environmental Health. Join KIDSFirst and CCMRD for the Love Your Heart Valentine Party. Listen to your heart on a special machine, make a valentine craft, eat a heart-healthy snack and measure your heart fitness with your friends. Free fun and informative activities for kids of all ages. Parents and Grandparents – talk to a nurse and make an appointment for your free risk assessment including cholesterol check and blood sugar screening. For more information, please call 303-567-3144.

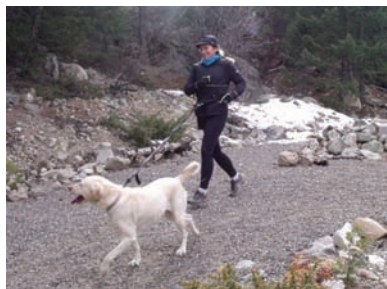
Date: Friday, February 10
 Time: 3-6 pm
 Where: Clear Creek Recreation Center
 Cost: FREE!

Canine on the Creek 5K

New this spring, CCMRD and Friend's of Charlie's Place are teaming up to offer the Canine on the Creek 5K. Grab Fido and your running (or walking) shoes and head over to Charlie's Place to raise funds and awareness for the Clear Creek and Gilpin County Animal Shelter. Dogs must be non-aggressive and leashed at all times to participate! May 2012 - Date to be Announced

Cost: \$25 pre-registered (Adult)
 \$15 pre-registered (Youth)
 \$5 additional to register
 race day

Includes t-shirt, and post race refreshments for humans, and a gift for Fido.



CCMRD Hiking and Out and About Club

Join the Clear Creek Metro Recreation District and get out and explore this great place we call home. Meet new people, get outside. Most activities are free. If we take the CCMRD van, we ask for a \$5 donation to help off-set transportation costs. We are always looking for ideas and suggestions on places to hike/snowshoe and to go explore. Please contact Stacey for more information.

Upcoming Adventures:

January:

Tuesday, 10th

Hike/Snowshoe - Hefferman Gulch, 10:00 am

Saturday, 21st

Hike/Snowshoe
 TBA, 10:00 am

Tuesday, 31st

Trip to Breckenridge, short snow shoe, view International Snow Sculptures, lunch on own, leave rec center 9:00 am

February:

Tuesday, 7th

Full Moon Snowshoe
 Pavillion Point
 6:00 pm

Tuesday, 14th

Hike/Snowshoe
 Empire Area, 10:00 am

Saturday, 25th

Hike/Snowshoe, To be Announced
 10:00 am

March/Apri/May To Be Announced



Yoga Fees:

Yoga Punch Card
10 punches expires 1 year from date of purchase.

Individual: \$55 District
\$60 Non-District
Drop-In: \$6.00 District
\$6.50 Non-District

SilverSneakers
10 Punches - \$25
Drop-in \$3.00

Yoga with Ruth

Get in touch with your body, improve flexibility, overcome stress, and promote an overall feeling of well-being. Learn techniques of relaxation and stress management. Improve circulation and posture, tone and strengthen muscles, energize yourself, and have an internal sense of peace by using the gentle practice of yoga postures.

Clear Creek Recreation Center Yoga Classes

Monday	Continuing Yoga	9:00-10:15am	Ruth Bennett
Wednesday	Continuing Yoga	9:00-10:15am	
	Beginning Yoga	10:30 - 11:30am	

Group Personal Training with Ricky

If being fit is important to you and you want it at an affordable price, you need to know about group personal training. Group personal training is more focused than a group aerobics class and less expensive than 1-1 personal training. It's not a boot camp either - its more than that. More attention, more variety, more interaction and more value. This class is designed to benefit participants

of all skill levels and capabilities. You will develop a stronger, more flexible, better balanced body through progressions of strength, cardiovascular, flexibility and stability training.

Instructor: Ricky Lowry
Fee: \$40 monthly
\$8.00 Drop-in

One month sign-up is required. Attend as many classes as you desire.

Clear Creek Recreation Center Group Personal Training Classes

Mon & Wed Mornings	8:30am to 9:30am	Ricky Lowry
Mon & Thur Nights	6:00pm to 7:00pm	

Bus. 303-475-5933



Relieving Touch Massage
Susie Filkins CMT

2401 Colorado Blvd. - Suite D
Idaho Springs, CO 80452

Clear Creek Supply Co.

2448 Colorado Blvd.
Idaho Springs, CO 80452
303-567-2693

Outdoor Supply



No classes:

Memorial Day - May 28th

July 4th

Labor Day - September 3rd

Fitness Punch Card

10 punches – Expires 1 year from purchase

Individual: \$34 District \$44 Non-District

Drop-In: \$4.00 District \$5.00 Non-District

Parental consent is needed for Group Fitness participants 13 years and younger.

Seniors Participating in Group Fitness Classes

Resident Seniors with annual incomes less than \$17,720 are eligible for a 50% discount for group fitness classes. General admission to the Recreation Center is free to District residents age 65 years and older.

*See if You qualify for SilverSneakers!



Unlock the door to greater independence and a healthier life with SilverSneakers. SilverSneakers provides a membership to CCMRD if you are eligible for Medicare or are a group retiree and belong to one of the following plans:

- AARP MedicareComplete® from SecureHorizons
- AARP® Medicare Supplement Insurance Plan
- Anthem Blue Cross and Blue Shield
- Humana
- Kaiser Permanente of CO

The SilverSneakers Fitness program is offered in partnership with the above health plans at no additional cost to Medicare eligible members. Each member is entitled to a basic membership at the Clear Creek Metropolitan Recreation Center. The basic membership includes the SilverSneakers classes, other classes on your Recreation Center's schedule, guidance from qualified fitness instructors, a Senior Advisor, and the use of recreation Center amenities: the swimming pool, hot tub, and weight room.

Deep Water Aquacise

This class will give you a total body workout while your feet never touch the floor! Exercises are specialized to raise cardio endurance levels while improving strength, flexibility, and muscle tone in a deep water environment with ZERO impact! A variety of flotation devices and equipment are used in each class. Swim skills are not required, but being comfortable in deep water is recommended.

Instructors: Erica Ferris

Shallow Water Aquacise

We invite you to come and try our revised morning Aquafit class! Our classes are taught by instructors who are motivated and excited about helping you reach your personal fitness goals. All fitness levels are encouraged to attend these fun and exciting classes. Instructors are able to work to individual needs so stop by and get hydrocised!

Instructors: Juli Nadeau
Pat Bennett

Sit and Fit

This class is specifically designed for our senior community. Join us at the Idaho Springs Senior Center.

Instructors: Cheryl Holmberg

SilverSneakers® Muscular Strength & Range of Movement (MSROM)

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Instructors: Juli Nadeau
Cheryl Holmberg

Body Sculpture

This class combines moves from yoga, pilates and traditional strength exercises. It is geared for anyone from beginners to advanced. This class is great for everyone.

Instructor: Juli Nadeau

ZUMBA

Zumba is a Latin inspired, cardio-based workout with sculpting exercises designed to tone the entire body from top to bottom. This program is not limited, anyone can start a Zumba class and have fun!

Instructors: Juli Nadeau
April Oberholser

Moaners and Groaners

Basic strength and stretch class designed for the older adult as well as a great entry-level class. This class is held at the Georgetown Community Center.

Instructor: Cheryl Holmberg

Nia

Nia classes offer total-body cardiovascular conditioning and cross-training for any sport or activity. All Nia movements are adaptable and can be personalized for any level of fitness and agility. No prior training is necessary.

Instructor: Annie Waesche

Pilates

Students learn to incorporate all Pilates Principles (Concentration, Centering, Control, Breathing, Flow and Precision) through movement; creating a longer, stronger, more flexible, more efficient body. Other benefits include: Increased Body Awareness, Decreased Back Pain, Improved Bone Density, Improved Pelvic Control.

Instructor: Dana Inman

Cardio Pump

Endurance weight training with cardio. This fun 60 minute workout challenges your body using bar bells, Bosu balls, Kettlebells, dumb bells, resistant bands and even the new TRX bands. All fitness levels welcome.

Instructor: Amy Maynard

Kettlebells

Come join in the revolution! Kettlebells are unrivaled as training tools, due to their ability to simultaneously develop strength, flexibility, stability, endurance and cardiovascular capacity. When kettlebells are incorporated all of the body's main muscles are used in a routine. In one word Kettlebells are AMAZING! Gym experience recommended.

Instructor: Amy Maynard



Clear Creek Recreation Center Morning Classes

Day	Class	Time	Instructor
Monday	Zumba	6:00 to 7:00am	April Oberholser
	SilverSneakers®MSROM	7:30 to 8:30am	Cheryl Holmberg
	Shallow Water	8:45 to 9:45am	Pat Bennett
Tuesday	Body Sculpture	8:45 to 9:45am	Juli Nadeau
	SilverSneakers®MSROM	10:00 to 11:00am	Juli Nadeau
	Kettlebells	12:00 to 12:40pm	Amy Maynard
Wednesday	Zumba	6:00 to 7:00am	April Oberholser
	SilverSneakers®MSROM	7:30 to 8:30am	Cheryl Holmberg
	Shallow Water	8:45 to 9:45 am	Juli Nadeau
Thursday	Body Sculpture	8:45 to 9:45am	Juli Nadeau
	SilverSneakers®MSROM	10:00 to 11:00am	Juli Nadeau
	Kettlebells	12:00 to 12:40pm	Amy Maynard
Friday	Zumba	6:00 to 7:00am	April Oberholser
	SilverSneakers®MSROM	8:00 to 8:55am	Cheryl Holmberg
	Shallow Water	8:45 to 9:45am	Juli Nadeau
Saturday	Zumba	10:15 to 11:15am	Juli Nadeau
	Cardio Pump	8:45 to 9:45am	Amy Maynard

Clear Creek Recreation Center Evening Classes

Day	Class	Time	Instructor
Monday	Pilates	4:30 to 5:30pm	Dana Inman
	Zumba	5:00 to 6:00pm	Juli Nadeau
Tuesday	Nia	6:00 to 7:00pm	Annie Waesche
	Deep Water Aquacise	6:00 to 7:00pm	Erica Ferris
Wednesday	Pilates	4:30 to 5:30pm	Dana Inman
	Zumba	5:00 to 6:00pm	Juli Nadeau
	Nia	6:00 to 7:00pm	Annie Waesche
Thursday	Deep Water Aquacise	6:00 to 7:00pm	Erica Ferris

Georgetown Community Center Morning Classes

Day	Class	Time	Instructor
Tue/Thurs	Women's Moaners Groaners	8:00 to 9:00am	Cheryl Holmberg
	Men's Moaners & Groaners	9:00 to 10:00am	

Weightroom Orientation

Do you need to know how to use the weight room equipment?

Personal Trainer Amy Maynard will give an overview of equipment and familiarize you with our weight room!

When: Every 2nd Saturday

Time: 10:00am

Youth 14 to 16 must complete an orientation before they can use the equipment without a parent.

Fee: General Admission

25/100 Mile Swim or 100/250/500 Run/Walk Club

Stop by the front desk today and fill out a membership card. At the end of each workout, the front desk staff will mark off your mileage. When you reach the 25/100 swim or 100/250 walk/run you will receive a FREE Recreation Center T-shirt.



Jerry Siegel

1514 Miner St.

P. O. Box 1959

Idaho Springs, CO 80452

(303)567-4666

bikegull@aol.com

Personal Fitness Training

Take your workout to the next level with a personalized workout created by our professional staff. Learn safe and effective techniques to get the result you want. Days and times are arranged between the student and the availability of the instructor.

Fee: \$40/hr. District

\$55/hr. Non-District

YOU MUST GIVE 24 HOUR CANCELLATION NOTICE OR YOU WILL BE CHARGED!

Personal Trainers

📞 Amy L. Maynard ACE

Are you ready to feel amazing and look fantastic? Call today and schedule a personal training session. Each session is highly customized to meet your individual needs and desires. A comprehensive approach will be taken, addressing your dietary and cardiovascular needs as well as strength training. Make a commitment to yourself! For an appointment call 303-567-4822

📞 Ricky Lowry American College of Sports Medicine, CPT

Ricky would like to share his extensive knowledge on health and fitness with the residents of our county. For the past 15 years he has been involved in fitness training in one form or another. Ricky is here to supply our community with the tools it takes to become stronger mentally and physically, while helping achieve more flexibility and overall balance throughout. Clients will benefit from program design, nutritional counseling, encouragement, and proper guidance from someone who truly cares and wants to help. Regardless if you are a couch potato or a fitness buff, Ricky's services will benefit you in one form or another. For more information call CCMRD or 706-405-9820.

Social Skiing/Riding Club

Do your New Year's resolutions include skiing/riding and meeting new people? Well if not, they should, and if they do, you are in luck! Join CCMRD for weekly trips to Loveland Ski Area. You are responsible for equipment and lift tickets, and we'll do the driving! Discounted rentals and lift tickets available at Exit 240 Ski and Raft rentals in Idaho Springs. What a great way to meet new people and spend some time on the snow! Pick-ups and drop offs in Idaho Springs and Georgetown.

Dates: ongoing through the end of April

Days: Thursdays

Times: 11 am - 2:00 pm

Location: CCMRD van will leave the rec center in Idaho Springs at 11:00, and pick up in Georgetown at the visitors center at 11:15.

Cost: FREE!

Broomball League

broom • ball
brum, bol, brum - [broom-bawl, broo m-
noun

a game similar to ice hockey, usually played on a rink, in which the players, not wearing skates, use brooms instead of hockey sticks to shoot a ball into the opponent's goal.

outcome

tons of fun and laughs.

Ages: 18+

Dates: Feb 1 - Mar 7

Days: Wednesdays

Times: Games at 6:00, 7:00, and 8:00 pm

Location: Ice Rink, Werlin Park, Georgetown

Fee: \$60

Details: 4v4 - Coed - at least 2 females on the ice at all times.

Helmets are required and you must bring your own. Rules available at the rec center.

For more information, please call Stacey at 303-567-4822

Adult Drop- In Sports

Drop-In sports are on-going, free and open to ages 16+

Volleyball

Day: Mondays

Time: 6:30 - 8:00 pm

Location: Carlson Elementary School Gym

Basketball

Day: Wednesdays

Time: 6:30 - 9:00 pm

Where: School District Admin Building Gym (former CCMS)

Open Wall Climb

Staff will be available to belay for all, but if parents are belay certified they are welcome to belay for their children.

Day: Saturday

Time: 2:30pm to 5:00pm

Pick up Your Spirits at Clear Creek Liquors

303-567-2525

Located Next to Safeway



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Idaho Springs, CO 80452

303-567-2696

Lobby: 8am to 5pm M-F
9am to 12pm- Saturday

Drive-Up:
7:30am to 6:00pm M-F
9am to 12pm- Saturday

Member FDIC

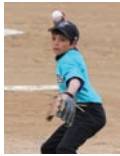
Youth Basketball League

What's the best thing about going back to school after the long winter break? It's basketball season! This fun, recreational league stresses teamwork, sportsmanship, and learning the fundamentals of the game. Teams will practice once a week (starting week of January 23) and play games once a week (beginning week of February 6.) League is open to boys and girls in grades 3-6. Registration is open through Wednesday, January 18, so sign up early! Parent coaches and referees are needed - if you have the time and knowledge, please help out!

Age: Grades 3-6

Dates: Registration is open through Wednesday, January 18. Practices will begin the last week of January. Season will go through the end of March.

Cost: \$45 / player (includes reversible jersey)
\$60 if registered after 1/18 and if space is available



Join Rocky Mountain Little League

Rocky Mountain Little League is open to any child who is between the ages of 5 and 18. Little

League teaches the children the values of teamwork, leadership, fair play, loyalty, and discipline. After all, it is only a game. We will adhere to the specific rules of Little League Baseball. Your child's participation in Rocky Mountain Little League is intended to be a beneficial and positive one.

T-Ball, Machine Pitch, Minors, Majors, Juniors and Seniors.

Fee: Before April 1, 2012
\$50 T-Ball/Machine Pitch
\$60 Minors, Majors, Juniors, Seniors, and Bigs

Evaluation Day

Day: Sunday

Date: April 15th

Time: 11:00am - 1:00pm

Youth Lacrosse:

Come see why lacrosse is the fastest growing sport in the nation. Offered as a CASE (after school) program for grades 2-6. The younger kids, grades 2 and 3 will meet once a week, the older kids, grades 4-6 will meet twice a week. Equipment is available to rent from Lacrosse Outreach for \$30 per child for the session. Participants will learn the fundamentals of the game and have a scrimmage or two against other programs in the region during the 6-week session. Cost includes reversible practice jersey. For more information, please call Stacey at 303-567-4822.

Ages: Grades 2 - 6

Dates: April 9 - May 18

Times: To Be Announced

Location: To Be Announced

Fee: \$35 grades 2/3
\$55 grades 4-6

Lacrosse Coaches Needed!
Call Stacey if Interested



Start Smart Sports (ages 3-5)

Parents! Keep an eye out for the upcoming Start Smart Sports Programs this spring and summer! Start Smart Programs, created by the National Alliance for Youth Sports, help kids get ready for sports and succeed in life. Start Smart Sports Development Programs are parent taught, for kids ages 3-5, and prepare children for organized sports, in a fun non-threatening environment. Parents are required to attend.



Tae Kwon Do

This is a Korean Martial Art. You will be taught the tenets of Tae Kwon Do which include: courtesy, integrity, self-control, perseverance and indomitable spirit. Tae Kwon Do emphasizes increased coordination, mental awareness, confidence, balance and overall fitness.

Instructors:

Imy Rich - 3rd Degree Black Belt

Jim Beasley - 3rd Degree Black Belt

Kinder Kix (4-6 years old)

Days: Tuesday

Time: 4:30pm - 5:15pm

Fee: \$20.00 per month

Drop-in \$6.00 per class

Tae Kwon Do (7 & older)

Days: Tuesday and Thursday

Time: 4:30pm - 6:00pm

Fee: \$50 per month

Drop-in \$7.00 per class

Karate

Okinawan Shorin-Ryu Karate is for people of all ages, sizes and physical abilities. Study of karate develops a person's body, coordination, as well as improving mental focus. Students learn self-discipline, perseverance, respect and anger management in a non-violent setting. Students learn the basics of traditional karate with emphasis on technique and beginner forms. Self defense for kids increases young people's abilities to recognize and avoid danger. Children have fun and enjoy participating in real oriental martial art classes. They look forward to working hard, developing karate skills, cooperating as part of a group effort, and playing a few short karate games.

Instructor:

Sensei Doug Schad - 4th Degree Black Belt

Ages 6 & older

Days: Mondays & Wednesday

Time: 3:35pm -4:35pm

Where: Clear Creek Rec Center

Fee: \$50.00 - 1 month

\$7.00 - Drop-in

(Multifamily discounts available)



VS



CLEAR CREEK METRO REC NIGHT

Ride with us to the Nuggets game and the 1st 50 kids will be welcome onto the court at the start of the game! They will also be able to watch the player's warm-up from courtside! Our group will also do a fan tunnel and welcome the teams!

Vans will leave the Recreation

Center at 4:30pm!

Day: Thursday

Date: March 15

Game begins at 7:00pm



Scholarship Program

Clear Creek Metropolitan Recreation District (CCMRD) has multiple scholarship programs available funded by its charitable partner, Slacker Half Marathon and the Slackers Committee. CCMRD believes that residents should have access to recreation services regardless of ability to pay.

CCMRD's Scholarship programs provide financial assistance to residents for access to youth programs.

Scholarship Requests must be submitted no later than 2 weeks before the program or event starts.

For scholarship questions, contact Laura Allen, at 303-567-4822 or at lallen@clearcreekrecreation.com

Youth Dance Classes

A Dynamic and Energetic Dance Class With Kelly Russell from Integrated Rhythms Dance Studio.

Beginning Ballet & Creative Dance

For Kids, ages 3-5 years

Creative Dance is a fun way for young children to develop their physical skills, channel their energy, stimulate their imagination, and promote their creativity in a safe and open environment! We will also begin introducing and focusing on very Beginner Ballet Steps and Terminology, by mixing it in with songs, props, and fun!

Things we focus on in Creative Dance Classes:

- Using Creative Dance as a way to develop a strong, flexible and healthy body by increasing balance, coordination and body awareness.
- Creative Dance as a way to encourage social interaction between children, where they can share space as they explore movement together but in their own way!
- Using Creative Dance and Music as ways of building confidence and self esteem, developing self-respect and respect for others, and inspiring a lifelong foundation for well-being.
- Creative Dance as a way to foster musicality and dramatic play!
- Creative Expression in an Open, Safe, and FUN atmosphere!

Day: Friday

Session Dates:

Jan 20 - Feb 17

Feb 24 - Mar 23

April 6 - May 4

Fee: \$35 per session

Time: 3:00pm - 3:45pm



'So You Think You Can Dance?!'

1st- 5th Grades

Throughout the session, we will focus on several styles of movement and dance, including: Ballet, Jazz, Hip-Hop and a bit of Musical Theater! This class will be a diverse mix of movement, with 30 minutes of Ballet technique, followed by 30 minutes of Hip-Hop and Jazz! There is sure to be something for EVERYONE!

We will touch on proper Dance Terminology, Ballet Stretching Technique, Jumps and Turns, Partner Work, Free-Style, and Dance Performance, including: Staging, Costuming, and Props!

Our session will end with a Demonstration and Performance for Parents and Friends!

Day: Friday

Session Dates:

Jan 20 - Feb 17

Feb 24 - Mar 23

April 6 - May 4

Fee: \$35 per session

Time: 4:00pm - 5:00pm



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Before & After School Program

We are a licensed Daycare Service! Activities include:

swimming, field trips, arts & crafts, chess, playhouse, fun, games, and playground. To pick up a registration packet please call Ron Heath at 303-549-2129

Ages: 5 - 13

Before School 6:00am - 8:00am

After School 3:15pm - 6:30pm

The Center Fees:

AM Punch Card \$70 - 10 Visits

PM Punch Card \$80 - 10 Visits

Georgetown \$110 - 10 Visits

Mini-Days \$20

No School \$30

CASE

CASE is a community effort to provide extra curricular after school activities!

Giving students in Clear Creek County the opportunity for additional study in the arts, languages, sciences, music, and athletics that will challenge and excite their drive to learn.

**Instructors Needed!
Call Laura at:
303-567-4822**

2012 Summer Camp

The Clear Creek Recreation Center will be hosting a fun and exciting Summer Camp for children ages 5-12. For 10 weeks, the camp meets at Carlson Elementary for games, swimming, activities and more. Various field trips to fun attractions will be scheduled throughout the summer. This program is licensed through the State of Colorado, Division of Child Care and adheres to the established guidelines for counselor-child ratios, curriculum, nutrition and staff qualifications. A snack will be provided twice daily, but a sack lunch **MUST** be brought every day. Join us for a summer of "something fun" camp.

Summer camp will begin May 29 - August 10. There is no camp the week of July 4th.

Times: 6:30am-5:30pm

Fees: \$30 per day if a \$10 deposit is paid before April 15th
\$32 per day if deposit is not paid

The balance per day is due 2 weeks in advance. Registration forms, registration deposit fees and the completed Child's Summer Camp Information Packets are due by April 15 and they may be picked up at the Center from Ron Heath.

Babysitters Training

This course is designed for 11-15 year olds and helps prepare them for those first babysitting opportunities. Instruction includes parent and sitter responsibilities; how to perform routine care such as feeding, bathing, and diapering; major elements of home and sitter safety; basic infant/child growth and development along with appropriate activities; fire hazards and escape; and how to provide minor injury treatment or handle an emergency. Includes certificate.

Instructor: Dwight Stevenson

Days: Saturday

Date: April 28

Time: 9:00am - 4:00pm

Where: CCMRD Rec Center

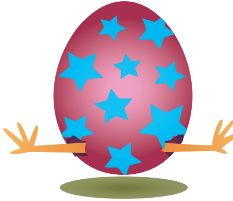
Fee: \$65

Bring a lunch

FREE BUNNY DIP

Hop on over to the Recreation Center for the FREE Bunny Dip!
All ages welcome. Dive into the pool and hunt for prize-filled eggs!
Day: Saturday
Date: April 7, 2012
Time: 12:30pm

(This hunt will follow the ELKS Lodge BPOE #60 Easter Celebration)



Mothers Swim
Free  May 13th
Mothers Day

Salewski & Rogers

Tax Accounting

303-567-4406

Fax 303-567-0313

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CCMRD now Offers: Equipment Rental

For Both Private Parties and
Community Events



Bounce House Rental
15' x 15' Commercial
Bounce House
Fee: \$150 per Day



Obstacle Course:
32 Feet of Fun and Laughs
Fee: \$150 per Day
Deposit Required

Inflatable can only be used within
the CCMRD boundaries.
Inflatable will be delivered at no
additional charge.

For more information about
Inflatable rentals, please contact the
Recreation Center at
303-567-4822

Birthday Blasts Pool Parties

Celebrate your birthday in the pool!
Parties will be arranged during
Open Swim hours at the Rec Center.
Add Dance Dance Revolution
for \$10

Each party includes:

- 🍷 1 hour of room time
 - 🍷 Room Set-Up
 - 🍷 Decorations
 - 🍷 Plates & Utensils
 - 🍷 1 hour in the pool
- 1 -10 Children \$55
11-20 Children \$65
Add additional pool time - \$15/hr

Dive-In Movie Parties

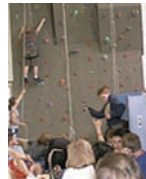
Have a private Dive-In-Movie
Birthday Party!

Party includes:

- 🍷 1 hour of room time
 - 🍷 Room Set-Up
 - 🍷 Decorations
 - 🍷 Plates & Utensils
 - 🍷 Dive-In Movie of
your choice
 - 🍷 All parties must be held
in the evening.
- 1-10 children \$90
11-20 children
\$125

Climbing Wall Parties

Celebrate your
birthday on the
climbing wall.
Parties will be
arranged at your convenience,
pending availability of staff. To
ensure availability, please make
your reservation at least two weeks
in advance.



- 🍷 One hour Room Rental
- 🍷 Room Set-up
- 🍷 Decorations
- 🍷 Plates & Utensils
- 🍷 1 hour on the wall

Fee:

- 1-10 Children \$55
(Includes 1 belay staff)
11-20 Children \$75
(Includes 2 belay staff)



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