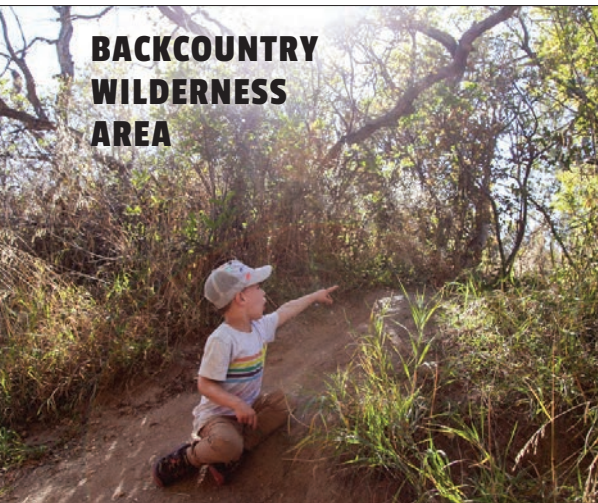




AQUATICS



ART



**BACKCOUNTRY
WILDERNESS
AREA**



EDUCATION



EVENTS



FITNESS



SPORTS



THERAPEUTIC RECREATION



**HIGHLANDS
RANCH**
COMMUNITY ASSOCIATION

ACTIVITY

GUIDE
JANUARY - APRIL
2024



SPECIALTY SERVICES TO
KEEP THE NEIGHBORHOOD
HAPPY AND HEALTHY.

UCHealth Highlands Ranch Hospital features:

- Orthopedics
- Cancer care
- Birth center
- Emergency care



Highlands Ranch Hospital
1500 Park Central Drive
Highlands Ranch, CO 80129
uchealth.org/hrh

uchealth
LIVE EXTRAORDINARY

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



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



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



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

AQUATICS 9

Infant Swim Resource Program(12)
Pool Parties (8)
Private Swim Lessons (11)
Scuba and Snorkel (12)
Swim Lessons (11)
Swim Clinics (11)
Coached Swim Programs (9)

ART 13

Art (13-14)
Camps (see Camps)
Cooking (15)
Drawing (14-15)
Dance (16-18)
Drama/Theatre (19)
Music (19-20)
Pottery (20)

BACKCOUNTRY WILDERNESS AREA 21

Birthday Parties (8)
Camps (see Camps)
Community Programs:
Adult and Family(21)
Community Programs:
Youth(22)
Horse Programs (23-25)
Early Childhood Programs (22)
Social Media (21)

BIRTHDAY PARTIES 8

Aquatics (8)
Backcountry (8)
Batting Cages (8)
General (8)
Gymnastics/Tumbling (8)
Tae Kwon Do (8)

CAMPS

Art (13)
Basketball (41)
Camp Backcountry (21)
Cooking (15)
Creative Kids (26)
Multimedia (18)
STEM Camps (30)
Therapeutic Recreation (54)

EDUCATION 26

Camps (see Camps)
College Prep (27)
Kreative Kids (27)
Financial Seminars (27-28)
Health and Safety Skills (29)
Preschool (31)
STEM (30)
Snapology (30)

EMPLOYMENT OPPORTUNITIES

General (8)

EVENTS 32

Cultural and Community Events
(32-34)
Race Series (33,51)

FACILITIES 4

Batting Cages (5)
Birthday Parties (8)
Climbing Wall (5)
Golf Simulator (5)
Guest Policies and Fees (4)
Information (4)
Membership (4)
Refund and Transfer Policy (5)
Registration (4)
Room Rentals (6-7)
Rules and Regulations (4)

FITNESS 35

Drop-in Fitness Classes (36)
Group Fitness Classes (36-37)
Personal Training (35)
Senior Fitness (39)
The Zone (36)

SENIORS 38

Club (38)
Senior Fitness (39-40)
Senior Fitness Events (39)
Senior Personal Training (40)
Senior Tennis (40)

SPORTS 41

Basketball (41-42)
Camps (see Camps)
Dodgeball (42)
Fencing (42)
Football (42)
Golf (42)
Gymnastics (42-44)
Lacrosse (44)
Martial Arts (44-45)
Pickleball (45)
Race Series (33,51)
Racquetball (45-46)
Soccer (46-47)
Tennis (47-49)
Volleyball (49)
Volunteers (4,52)

THERAPEUTIC RECREATION 53

Classes (53-54)
Camps (see Camps)
Volunteers (4,52)

VOLUNTEER

General (4)
Sports (4,52)
Therapeutic Recreation (4,52)

GENERAL INFORMATION

303-791-2500

HRCAonline.org

The HRCA website provides up-to-date information on the HRCA and community news including responsible governance policies, special events, board and committee meetings, gym, fitness and pool schedules, find it all at HRCAonline.org.

HRCA News

The HRCA Newsletter has the latest community information and announcements, covenant compliance tips, upcoming events, and new programs. You may opt to receive it via mail or email by going to HRCAonline.org.

e-ME

Subscribe to the e-Me, a free monthly email update to receive the latest HRCA happenings and exclusive coupons! Sign up at HRCAonline.org. Click on the **Join Mailing Lists** icon at the bottom of the homepage.

Social Media

Follow us on Facebook and Instagram and share your favorite images of our community. Find us: @intheranch

Event Online Line

To purchase tickets for any ticketed event, or for details, visit HRCAonline.org/Tickets. Tickets are non-refundable.

Event/Weather Hotline

303-471-8888

Information on upcoming community and special events. It will also announce cancellations of an HRCA or Cultural Affairs Association event due to severe weather.

Volunteer Opportunities

Whether you have a desire to support our community events, have a voice in Association matters, want to preserve our Backcountry trails and open space, or assist with programs dedicated to special needs children, HRCA has a variety of ways for you to get involved. For a complete description of our volunteer opportunities, go to HRCAonline.org/Volunteer.



RULES & REGULATIONS

Please read the Recreation Center Rules and Regulations that are available on the HRCA website at HRCAonline.org.

Notice

By enrolling or participating in any program and recreational activity provided or sponsored by the Highlands Ranch Community Association, Inc. (HRCA), members and guests acknowledge and agree that there are certain risks inherent in the programs and activities conducted at the HRCA's recreation centers or off-site programs which the members and guests assume. And by doing so, members and guests agree to waive any claim of liability against the HRCA and its members, directors, officers, agents, employees, contractors, related entities and affiliates, and their agents, arising out of any loss, injury, or death attributed to such risks and the use of the HRCA's recreation facilities or off-site programs. Members and guests also agree that the HRCA or any sponsor may subsequently use photos of them for publicity and/or promotional materials such as websites, posters, or other merchandise. **Ages listed in the Activity Guide are suggested age ranges only.**

FACILITY INFORMATION

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

Member Services/Registration

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

MEMBERSHIP

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

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

Membership or Replacement Card Fee

\$8 per card (Age 9+). Children age eight and younger do not need a membership card, but are required to be directly supervised within any HRCA recreation center by a responsible party age 12 or older at all times. **Expired card replacement fee - \$2.00.** Renters of homes in Highlands Ranch may use the HRCA recreation facilities (and receive a membership card) if the homeowner completes a Consent to Tenant Form relinquishing their rights to use the facilities to the tenants.

GUEST POLICY & FEES

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

Guest Fees

\$6 for ages 2-11

\$7 for ages 12-17

\$8 for ages 18-54

\$7 for ages 55+

Punch Pass 10 visits - \$65*

* Expires one year from date of purchase. No charge for infants less than 2-years. No refunds will be given for unused pass visits.

REGISTRATION

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

Three Ways to Register

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

1. Online Registration

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

2. Phone

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

3. Walk-in

Visit Member Services at any HRCA Recreation Center.

Accepted Payment

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

Minimum Enrollment

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

Therapeutic Recreation

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



REFUND & TRANSFER POLICY

To Cancel a Class

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

Refunds Generated by the HRCA

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

CLIMBING WALL OPEN CLIMB (AGES 7+)

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

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

Price; FREE

Visit HRCAonline.org to schedule. You can also contact Tanner Pauley at 303-471-7029 or email at tanner.pauley@hrcaonline.org for details or to schedule.

Private Instruction:

During a one-hour private lesson, participants learn rope skills, climbing technique, movement, and hand and foot skills. Lessons must be scheduled in advance: 303-471-7029.

Member/Guest

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



BATTING CAGES

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

Hours:

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

Pitch Structure:

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

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



GOLF AND MULTI SPORT SIMULATOR

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

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

Member/Guest

(2 hour max reservations)

Off-Season Unlimited Pass Prices

June - August

30-minutes	\$5/\$7.50
Unlimited Monthly Pass	\$35/\$45

Peak Season Unlimited Pass Prices

September - May

30-minutes	\$10/\$15
Unlimited Monthly Pass	\$85/\$100
Annual Pass	\$500 (Members Only)

Reservations

Visit HRCAonline.org/Golf or call:

Northridge Member Services 303-471-8950

Southridge Member Services 303-471-7020.

Club rentals available or bring your own clubs!



EASTRIDGE RECREATION CENTER

9568 University Blvd, Highlands Ranch
Phone 303-471-8858



Facility Hours:

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

Membership Services/ Registration Hours:

- M-F: 6:00 a.m. - 7:00 p.m.
- Sa-Su: 9:00 a.m. - 1:00 p.m.

Administrative Offices:

(Assessments & Community Improvement Services)

- M-F: 8:00 a.m. - 5:00 p.m.

AMENITIES:

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

ROOM RENTALS

The HRCA rents rooms to members on a space-available basis. Reservations must be made in-person at the recreation facility in which room you are booking. Reservations are confirmed when contract is completed and payment is received.

For more information, visit
HRCAonline.org/RoomRentals

- Sand Volleyball Court \$80/hr

NORTHRIDGE RECREATION CENTER

8800 Broadway, Highlands Ranch
Phone 303-471-8950



Facility Hours:

- M-F: 5:00 a.m. - 9:00 p.m.
- Sa-Su: 7:00 a.m. - 6:00 p.m.

Membership Services/ Registration Hours:

- M-F: 7:00 a.m. - 7:00 p.m.
- Sa-Su: 8:00 a.m. - 1:00 p.m.

Tennis Pavilion:

Phone: 303-471-8996

- M-F: 7:30 a.m. - 9:00 p.m.
- Sa-Su: 7:30 a.m. - 6:00 p.m.

AMENITIES:

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

ROOM RENTALS

The HRCA rents rooms to members on a space-available basis. Reservations must be made in-person at the recreation facility in which room you are booking. Reservations are confirmed when contract is completed and payment is received.

For more information, visit
HRCAonline.org/RoomRentals

- Wetterhorn Peak (capacity 42) \$45/hr
- Crestone Peak (capacity 41) \$40/hr
- Elbert Conference Room (capacity 21) \$35/hr

SOUTHRIDGE RECREATION CENTER

4800 McArthur Ranch Rd, Highlands Ranch
Phone 303-471-7020



Facility Hours:

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

Membership Services/ Registration Hours:

- M-F: 6:00 a.m. - 7:00 p.m.
- Saturday: 7:00 a.m. - 5:00 p.m.
- Sunday: 9:00 a.m. - 2:00 p.m.

AMENITIES:

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

ROOM RENTALS

The HRCA rents rooms to members on a space-available basis. Reservations must be made in-person at the recreation facility in which room you are booking. Reservations are confirmed when contract is completed and payment is received.

For more information, visit
HRCAonline.org/RoomRentals

- | | | |
|-------------------------------|---------------------|-------------------------|
| • Arapahoe Dry Crafts | (capacity 30) | \$40/hr |
| • Arrowhead Conference Room | (capacity 20) | \$35/hr |
| • Backcountry | (capacity 110) | \$135/hr |
| • Butte | (capacity 50) | \$70/hr |
| • Cliffs | (capacity 50) | \$70/hr |
| • Wildcat Mountain Auditorium | (call 303-471-8860) | (capacity 325) \$255/hr |

WESTRIDGE RECREATION CENTER

9650 Foothills Canyon Blvd, Highlands Ranch
Phone 720-348-8202



Facility Hours:

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

Membership Services/ Registration Hours:

- M-F: 6:00 a.m. - 7:00 p.m.
- Saturday: 8:00 a.m. - 1:00 p.m.

AMENITIES:

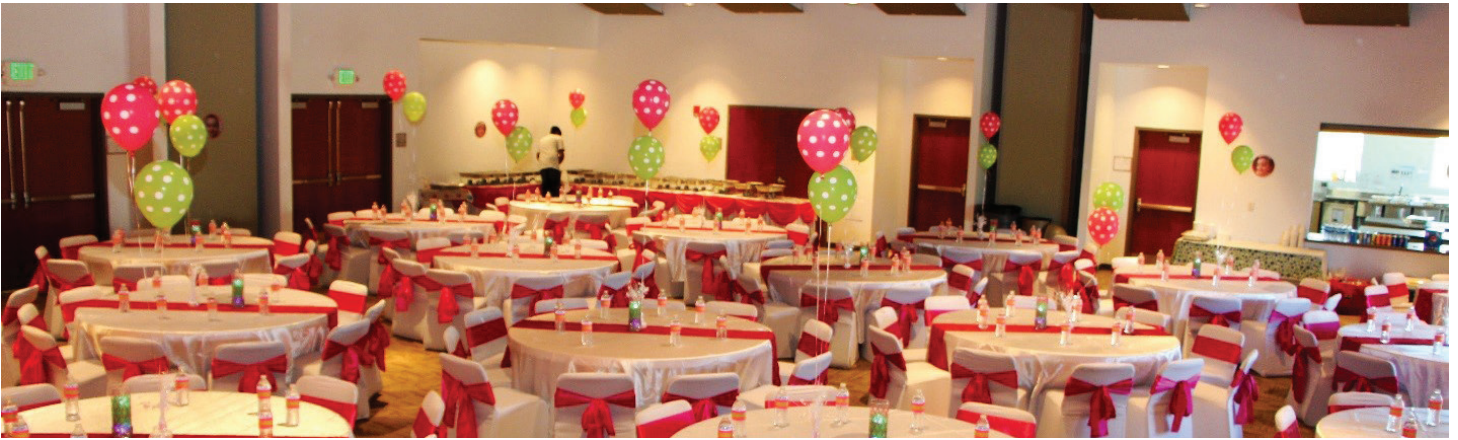
- Cardiovascular Area
- Member Services
- Variable Resistance Machine Area
- Running Track
- Free Weight Area
- Vending Area
- Fitness/Dance Studio
- Locker Rooms
- Family Changing Rooms
- 5 Outdoor Batting Cages
- Tiny Tees Ballpark
- Camp HRCA (summer only)
- Preschool
- Indoor Turf soccer/ turf field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

ROOM RENTALS

The HRCA rents rooms to members on a space-available basis. Reservations must be made in-person at the recreation facility in which room you are booking. Reservations are confirmed when contract is completed and payment is received.

For more information, visit
HRCAonline.org/RoomRentals

- | | | |
|-------------------|---------------------|----------|
| • Full Hawk | (capacity 78) | \$75/hr |
| • Cooper's Hawk | (capacity 45) | \$45/hr |
| • Red Tailed Hawk | (capacity 33) | \$40/hr |
| • Falcon | (capacity 100) | \$40/hr |
| • Osprey | (capacity 27) | \$35/hr |
| • Golden Eagle | (capacity 24) | \$35/hr |
| • Indoor Turf | (call 303-471-8846) | |
| | Full turf: | \$140/hr |
| | 2/3 turf: | \$100/hr |
| | 1/3 turf: | \$70/hr |



PARTIES & CELEBRATIONS

Parties and celebrations aren't just for kids! We offer many options for kids, teens, and adults. From traditional birthday parties to customized celebrations and get-togethers designed just for you, we will help you create special memories the fun, hassle-free way!

ARTS, GYMNASTICS, AND SPECIALTY PARTIES:

303-471-8818

- Snapology (Ages 2+):
 - Star Wars
 - Princess
 - Frozen
 - Disney Cars
 - Robotics - Motorized Hand Grabber or Swing
- Magic Party (Ages 6+)
- Science Matters (Ages 5-11):
 - Chemistry Magic
 - Perfume Science
 - Fantastic Flight
- Nature's Educators (Ages 6+):
 - Your Wild Backyard
 - Super Snakes
 - Talon Talk
- Active Athletics Parties (Ages 3-15)

303-471-8853

- Cooking Party (Ages 5+)
- Dance Party (Ages 3+)
- Pottery Party (Ages 5+)
- Paint on Canvas Party (Ages 7+)
- Crocodile Rock Party (Ages 18 mos-3)

BACKCOUNTRY WILDERNESS AREA OUTDOOR PARTIES

Parties are held outdoors at the Backcountry Outdoor Center, 6005 Ron King Trail, 80125 303-471-7053

BATTING CAGES, INDOOR TURF, AND CUSTOMIZED PARTIES

303-471-8846

- **Touchdown! Turf Party (Ages 3+)**
60-minutes of turf time, and 60-minutes of party room time.
- **"Extra Point" Touchdown Option (Ages 3+)**
40-minutes of batting cages, 40-minutes of turf time, and 40-minutes of party room time.
- **Triple Play Party (Ages 6+)**
40-minutes of batting cages, 40-minutes of turf time, 40-minutes of party room time.

Each party room is decorated to the theme of your child's choice! If availability permits.

PARTIES FOR ADULTS

Arts & Crafts Parties 303-471-8853
(Paint on Canvas, hand-build a clay lantern or candle holder)

Backcountry Parties 303-471-7054
Cooking Parties 303-471-8853

POOL PARTIES (AGES 4+)

Available at Southridge and Eastridge only
Southridge 303-471-7055
contact breauna.hartman@hrcaonline.org
Eastridge 303-471-8877
or contact jackson.crichton@hrcaonline.org
• Large Pool Party (Max 15)

SOUTHRIDGE GOLF AND MULTI-SPORT SIMULATOR PARTY (AGES 7+)

Come play golf, soccer, baseball, hockey, football, dodgeball, carnival games and more!
Contact Ned Pirotte at ned.pirotte@hrcaonline.org or 303-471-8860

TAEKWONDO BIRTHDAY PARTIES (AGES 4+)

303-471-8838
Northridge; Price \$120 for 10 kids; \$10 each additional kid.
The Party includes 45-minute Taekwondo class and 45-minutes in a party room.
For more information, please contact patrick.gojan@hrcaonline.org or call 303-471-8869.



 **HIGHLANDS RANCH**
COMMUNITY ASSOCIATION



WE ARE HIRING!

JOIN OUR TEAM



[HRCaonline.org/Jobs](https://hrcaonline.org/jobs)



STAFF

Aquatics Operations and Programs Manager

Tyler Kurapkat
303-471-7036
tyler.kurapkat@hrcaonline.org

Swim Lesson Coordinator

Mindy Polete
303-471-8867
mindy.polete@hrcaonline.org

Coached/Competitive Swimming Coordinator

Kerri McGrath
303-471-8942
kerri.mcgrath@hrcaonline.org

Private Lessons -

Learn to Swim or Coach Aquatics
720-348-8220
HRCAonline.org/SwimPrivates

Find us on Facebook:

f/HighlandsRanchCommunityAssociation

24/7 Online

HRCAonline.org/Classes-Camps-Activites

ADULT COACHED SWIM PROGRAMS

Coached Adult Programs offer workouts that improved endurance and stroke technique for all skill levels from basic lap swimming to advanced competitive levels. Swimmers are divided into lanes by ability. Swimmers may drop-in or purchase an Adult Coached Swim Program Pass which is valid for 6 months. Membership in USMS is NOT required to attend workout groups. For more information, visit HRCAonline.org/swim or please call 303-471-8942.

Advanced registration is required for ALL adult programs. Purchase a punch pass online at hrcaonline.org/swim. Then, register by 6:00 p.m. the night before your desired class. Classes that do not reach minimums may be canceled. Check the website for current class times.

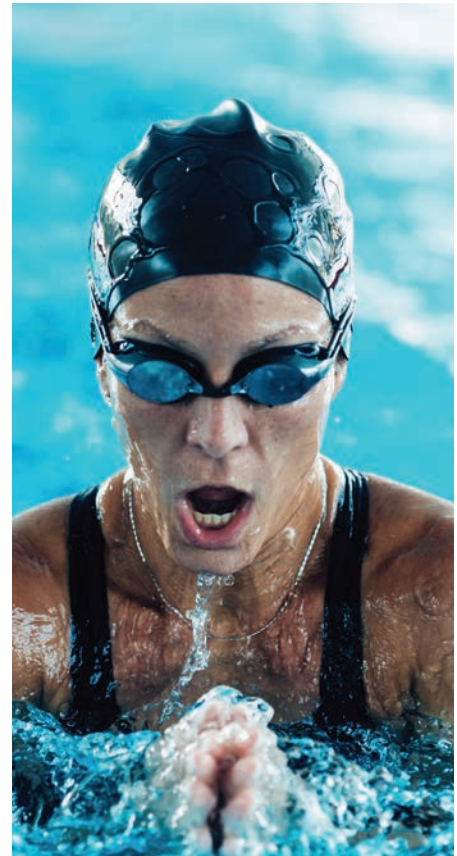
Northridge, Pool Adult Coached Swim Session Information

Digital Coached Aquatics Punch Passes:
Expires six months from date of purchase.
10 Punch Card (Adult) \$75/\$95
20 Punch Card (Adult) \$130/\$156
30 Punch Card (Adult) \$189/\$226

Daily Drop-In Fee:
Daily Drop-In Fee (Adult) \$11/\$13

Ranch H2O (Adult)
Introduction to lap swimming for intermediate to advanced level swimmers looking to gain swimming fitness, make friends, or prepare to swim in a USMS Masters level workout. A swimsuit and goggles are required, fins are encouraged.

Northridge, Pool
Tu, Th 6:30 - 7:30 a.m.



USMS Masters workout groups (Adult)

Highlands Ranch Masters Swim is registered with both COMSA and US Masters Swim. This gives the ability for the program to be recognized and for swimmers to compete (if they wish) on a local and national scale. Swimmers do not have to be members of USMS to participate in HRCA Coached Aquatics classes. Please check the website at HRCAonline.org/swim for most current workout information.

Northridge, Pool
Morning Masters M, W, F 6:15 - 7:30 a.m.
Lunch Masters T, Th 11:00 - 12:00 p.m.
Lunch Masters M, F 12:00 - 1:00 p.m.

PEAKS SPRING Swim Challenge (Ages 16+)

For all adults who can swim a minimum of 25 yards freestyle and backstroke and are looking to start a swim fitness program. Each week, coaches will work with swimmers on Performance, Endurance, Aerobic fitness (breathing), Kicking, and Strokes. Workouts are designed for beginners to reach their PEAK swim ability but will challenge all levels. The goal is 15 miles in 8 weeks! The eight-week program includes two coached workout sessions per week, PEAKS t-shirt, distance tracker, and e-mailed workouts. Advanced registration is required. Swimsuit and goggles are required, fins recommended. (Not a punch pass program - registered participants attend as many or as few classes as desired.)

PEAKS Swim Session Information
Session 1 02/05/24 - 03/29/24

Eastridge, Indoor Pool; Price \$112/\$144
Mon 12:00 - 1:00 p.m.
Wed 10:00 - 11:00 a.m.

AQUATICS/SWIMMING

SWIM PROGRESSIONS AT-A-GLANCE

LEARN TO SWIM (Ages 9 months - Adult)

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

Infant | Toddler (Ages 9 months - 3 years)

Star Tots

Enroll: Beginner level for adult caregiver and child. Children not yet potty trained must wear a swim diaper.

Focus: Parent and child explore in the water together learning water safety and basic skills to help child develop comfort and confidence.

Preschool Swim School (Ages 3 - 5)

Pre-K Swim I - White and Red (formerly Tadpole or Beginner Minnow)

Enroll: Beginner level, comfortable in water without parent.

Focus: Develop water safety skills, submersion, front and back floating positions, air exchange, rollover floats, and kicking.

Pre-K Swim II - Yellow, Blue, and Green (formerly Advanced Minnow or Frog)

Enroll: Complete Pre-K Swim I level or able to fully submerge unassisted, front and backfloat unassisted, roll front to back and back to front float.

Focus: Water safety skills, front and back streamline with kick, rollover float and return to wall, kick and pull-on front and back, intro to side breathing.

School Age Swim School (Ages 6 - 12)

Youth Swim I - White and Red (formerly Beginner Turtle)

Enroll: Beginner level, comfortable in three feet of water without parent.

Focus: Develop water safety skills, submersion, front and back floating positions, air exchange, rollover floats, and kicking.

Youth Swim II - Yellow, Blue, and Green (formerly Advanced Turtle or Beginner Sea Horse)

Enroll: Complete Swim I level or able to fully submerge, front and back float unassisted, roll front to back and back to front unassisted.

Focus: Front and back streamline with kick, rollover floats and return to wall, beg. Freestyle and backstroke, intro to side breathing, treading water.

School Age Stroke School (Ages 6 - 12)

Youth Stroke I - White and Red (formerly Advanced Sea Horse or Otter)

Enroll: Complete Swim II level or able to slide glide, swim beginner freestyle with side breathing 10-yards, and tread water for 30-seconds.

Focus: Freestyle and backstroke development technique to competently swim both strokes with consistent form.

Youth Stroke II - Yellow, Blue, and Green (formerly Sting Ray, Shark, or Dolphin)

Enroll: Complete Stroke I level or able to swim freestyle and backstroke 10-yards with consistent form.

Focus: Introduction and competency in butterfly and breaststroke, continue technique and endurance all strokes, open and flip turns, treading water.

Teen | Adult (Ages 13 - Adult)

Enroll: Must be comfortable in the lap pool in water 4-feet or deeper with face in the water.

Focus: Learn basic water safety skills, floating; kicking, and gliding on front and back; beginner freestyle with side breathing and backstroke.

YOUTH COACHED AQUATICS (Ages 6 - 18)

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

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

Enroll: Complete Stroke II Blue level or able to swim 25-yards freestyle, 50-yards backstroke, and 10-yards intro breaststroke and butterfly.

Focus: Competitive stroke development, terminology, lane etiquette, circle swimming, and open turns and dive starts.

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

Enroll: Complete Stroke II Green or Intro or swim 50-yards free in 1:15, 50-yards backstroke, 15-yards butterfly and breaststroke, and dive from deck.

Focus: Endurance and stroke development for all four strokes, flip turns, and dive starts with introduction to timed freestyle drills.

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

Enroll: Complete Intermediates or able to swim timed 100-yards free in 2:00, 75-yards legal, backstroke, 25-yards breaststroke and butterfly.

Focus: Developing competency in 100-yards IM, dive starts from block, legal flip turns for freestyle & overall endurance.

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

Enroll: Complete Juniors or able to swim legally four competitive strokes with legal turns, block start, 100-yards freestyle in 1:50, and 100 yard IM.

Focus: Mastery of all four strokes, conditioning, swim 200-yard IM.

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

Enroll: Complete Seniors or able to swim a legal freestyle 10x100's on a 1:50 interval. Swim legally all four strokes, and 200-yard IM.

Focus: Mastery of all four strokes, conditioning, and endurance. Off-season for team swimmers.

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

Enroll: Complete Intro or able to swim 50-yards freestyle, 75-yards backstroke, 15-yards butterfly and breaststroke.

Focus: Practices four days a week to focus on conditioning, stroke development, race technique, timed intervals with intra-squad swim meets.

LEARN TO SWIM PROGRAMS

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

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

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

All classes are held at Eastridge pool, and separated by age and skill level:
 Infant/Toddler (Ages 9 months-2 years)
 Preschool (Ages 3-5)
 School Age (Ages 6-12)
 Teen/Adult (Ages 13+)

LEARN TO SWIM SESSION INFORMATION

Eastridge, Indoor Pool	
M, W	3 weeks (6 lessons) (30 Min.) Price \$108/\$132
Tu, Th	3 weeks (6 lessons) (30 Min.) Price \$108/\$132
Sa	4 weeks (4 lessons) (30 Min.) Price \$78/\$94
Session 1	01/06/24 - 01/27/24
Session 2	02/03/24 - 02/24/24
Session 3	03/02/24 - 03/28/24
Session 4	03/30/24 - 04/20/24
(No Classes 3/18/24 - 3/21/24)	



PRIVATE LESSONS

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

YOUTH COACHED SWIM PROGRAMS

For more information, visit HRCAonline.org/swim or please call 303-471-8942.

YOUTH COACHED SWIM PROGRAMS

Coached youth programs challenge and encourage swimmers to improve competitive stroke technique and speed in a swim team practice setting. Students new to competitive swimming are encouraged to enroll in Seahawks Intro and Intermediates while more experienced swimmers will benefit from Seahawks Juniors, Seniors, and Elites. Program Focus: Competitive stroke development, terminology, lane etiquette, circle swimming, turns, and dive starts.

Minimum to enroll in Seahawks: Complete Swim Stroke School II (Blue Level) or be able to swim 25 yards freestyle, then 50 yards backstroke comfortably without stopping & demonstrate 10 yards intro breaststroke and butterfly.

Refer to the HRCA Swim Progression Chart or visit the Youth Coached Programs Page at HRCAonline.org/swim for program information. For more info contact Kerri McGrath at 303-471-8942 or kerri.mcgrath@hrcaonline.org. Please check online at HRCAonline.org/swim for current class times and dates.

Westridge, Indoor Pool	
Youth Coached Year-Round Session Information	
M/W or T/Th	4 weeks (8 practices) Price \$138/\$162
M/W/F	4 weeks (12 practices) Price \$171/\$201
Session 1	01/08/24 - 02/02/24
Session 2	02/05/24 - 03/01/24
Session 3	03/04/24 - 03/29/24
Session 4	04/08/24 - 05/03/24
(No Classes 03/18/24 - 03/22/24)	

1 - Seahawks Intro (Ages 6-14)

Tu, Th 4:45 - 5:30 p.m. (session 1-4)

2 - Seahawks Intermediates (Ages 6-14)

Tu, Th 5:30 - 6:30 p.m. (session 1-4)

3 - Seahawks Juniors (Ages 8-14)

Tu, Th 6:30 - 7:30 p.m. (session 1-4)
 M, W 6:30 - 7:30 p.m. (session 1,2)

4 - Seahawks Seniors (Ages 9-18)

M, W, F 5:00 - 6:30 p.m. (session 1,2)
 M, W 6:00 - 7:30 p.m. (session 3,4)

5 - Seahawks Elites (Ages 12-18)

M, W, F 5:00 - 6:30 p.m. (session 1,2)
 M, W, F 4:30 - 6:00 p.m. (session 3,4)

Starts and Race Clinics (Ages 6-18)

To Enroll: Swimmers must be able to swim 50-yards freestyle with side breathing and 75-yards backstroke.

Program Focus: For swimmers seeking extra help diving from the block, freestyle and backstroke flip turns, and open turns/transitions. For swimmers to practice race technique and relay swims.

Northridge, Indoor Pool; Price \$52/\$62

F 02/16/24 10:00 a.m. - 11:00 a.m.
 F 04/26/24 10:00 a.m. - 11:00 a.m.

Intra-squad Swim Meets (Ages 6-18)

Register for intra-squad swim meets online. For additional information please contact Kerri McGrath seahawksteam@hrcaonline.org or call 303-471-8942.

Northridge, Indoor Pool; Price \$36/\$42

Sun 02/11/24 1:00 p.m. - 4:00 p.m.
 Sun 03/10/24 1:00 p.m. - 4:00 p.m.

Summer Seahawks Swim Team Parent Meeting and Swimmer evaluations (Ages 6-18)

Parent meeting and team evaluations for new swimmers.

Northridge, Meeting Rooms & Indoor Pool

Sat 04/13/24 12:30 p.m. - 3:30 p.m.

Pool Evaluation Times

*(Groups arrive by last names)

Last Name Begins With:		
Registration/Parent Meeting To Pool		
A-L	12:30 - 1:30 p.m.	1:00 p.m.
M-Z	1:30 - 2:30 p.m.	2:00 p.m.
Open	2:30 - 3:00 p.m.	3:00 p.m.



SCUBA & SNORKEL PROGRAMS

For more information, visit HRCAnonline.org/swim or please call 303-471-8867.

Learn to Snorkel (Ages 7+)

Some of the prettiest marine life and most colorful reefs are located within 20 feet of the surface! Learn the proper techniques involved with snorkeling both on the surface and underwater with a certified PADI instructor. This class is perfect for the entire family and will make your snorkeling trip a more pleasurable and rewarding experience. All equipment is provided for the class.

Eastridge, Pool; Price \$40/\$48

Su	01/07/24	12:30 - 2:30 p.m.
Su	02/18/24	12:30 - 2:30 p.m.
Su	03/17/24	12:30 - 2:30 p.m.
Su	04/14/24	12:30 - 2:30 p.m.

Try Scuba (Ages 10+)

Curious about scuba diving, but not quite ready for open water or certification? Take the plunge and experience the thrill of scuba diving in a safe pool environment. Your certified PADI instructor will guide you through your first experience with the scuba equipment and how to breath underwater!

This is an introduction to scuba diving, not a certification class. All gear is provided for this class.

Eastridge, Pool; Price \$50/\$60

Su	01/07/24	2:30 - 4:30 p.m.
Su	02/18/24	2:30 - 4:30 p.m.
Su	03/17/24	2:30 - 4:30 p.m.
Su	04/14/24	2:30 - 4:30 p.m.

INFANT SWIMMING RESOURCE PROGRAM

Infant Swimming Resource (Ages 6 months-3 years)

Infant Swimming Resource (ISR) lesson experience is a comprehensive four-to-six-week program where each lesson is customized for the infant or child as they are safely guided through the learning process. Lessons are booked and paid for through the individual instructor not through HRCA. All lessons are conducted at the Southridge indoor pool. For details and links to individual instructors visit HRCAnonline.org/swim or please call 303-471-8867.



The SANDWICH OF SANDWICHES



9567 S UNIVERSITY BLVD ★ 303.862.5221

alphagraphics®

GET NOTICED.
GET BUSINESS.



PRINT



MARKETING



SIGNS



TECHNOLOGY

6905 S. Broadway, Suite 103
Littleton, CO 80122

us116@alphagraphics.com

us116.alphagraphics.com

303.797.2522

Hello,
CAREER
GROWTH.



Hello,
AMAZING
TEAM.



Hello, OPPORTUNITY!

We're looking for talented people to join our Wind Crest® community, where we help people live better lives and strive to be the most trusted and respected leader in senior living! Check out our current job openings at EricksonJobs.com.



Visit EricksonJobs.com
for current openings.



Wind Crest

BY ERICKSON SENIOR LIVING®





STAFF

Arts & Education Supervisor

Meredith Parker
303-471-8880
meredith.parker@hrcaonline.org

Arts Enrichment Coordinator

Alecia Hindman
303-471-8853
alecia.hindman@hrcaonline.org

Find us on Facebook:

f/HighlandsRanchCommunityAssociation

*Ages listed in the Guide are suggested age ranges only

24/7 online

HRCOnline.org/Classes-Camps-Activities

ART

Private Art Lessons (Ages 10+)

If you have a busy schedule, need individual instruction, or group art classes are not for you, try private lessons with an experienced instructor. To schedule lessons, call 303-471-8853 or email alecia.hindman@hrcaonline.org.

Southridge, Arapahoe; Price \$125/\$143

01/08/24 - 01/31/24
02/01/24 - 02/28/24
03/01/24 - 03/31/24
04/01/24 - 04/30/24

ART CAMPS



Art for Life (Ages 5-12)

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

Jewelry Camp (Ages 5-12)

Get ready for people to ask you 'Where'd you get that bracelet?' Create beautiful beads, make necklaces, learn weaving patterns and create unique jewelry to wear yourself or give as gifts! Design your own jewelry box! This class isn't just for girls, boys will love it, too. The last day, we do a fashion and art show!

Southridge, Arapahoe Studio Price \$250/\$287

M-F 03/18/24 - 03/22/24 9:00 a.m. - Noon

Painting & Sculpting Your Pets Camp (Ages 5-12)

Come paint & sculpt pets of all kinds- dogs, cats, birds, famous cartoon, and movie pets! We will make wonderful paintings using watercolors and acrylics. We will even sculpt pets using polymer and other types of clay. We will even make some pet-based crafts! Finally, if you have a pet of your own, we will paint a painting of your very own pet!

Southridge, Arapahoe: Price \$50/\$57

M 01/15/24 9:00 a.m. - Noon
M 02/19/24 9:00 a.m. - Noon

ART SPECIALTY

Modern Calligraphy (Adult)

Modern Calligraphy is fun, decorative, and sometimes whimsical. Learn how to form letters, put them together for words, and develop your own style. Good handwriting is NOT a requirement. We will be exploring calligraphy with a pencil, markers, brush pen, and watercolor pen. Have fun while learning how to turn 26 letters into works of art!

Southridge, Arapahoe Studio; Price \$46/\$53

M 01/08/24 - 01/29/24 10:00 - 11:30 a.m.
M 02/05/24 - 02/26/24 10:00 - 11:30 a.m.
M 03/04/24 - 03/25/24 10:00 - 11:30 a.m.



Modern Calligraphy Part 2 (Adult)

Once you have learned to create modern calligraphy letters in Part 1, this class will show you all the possibilities of using your new skill. We'll be making cards, creating signs and decor, addressing envelopes, and more.

Southridge, Arapahoe Studio; Price \$46/\$53

Th 01/04/24 - 01/25/24 1:00 - 2:30 p.m.
Th 02/01/24 - 02/29/24 1:00 - 2:30 p.m.*
Th 03/07/24 - 03/28/24 1:00 - 2:30 p.m.

*Adjusted price \$57/\$66

Knitting (Adult)

Beginning Knitting: Learn how to knit, purl, cast on, bind off, increase, and decrease. Once you have accomplished these concepts, learn how to read a simple pattern, and make a beanie hat. Yarn will be provided for practice knitting. Needles may be purchased in class (NOTE: We only use circular needles and will be working on Chai Goo Needles Size 8-16".) Students will provide yarn and needles for beanie hat after 2nd class.

Northridge, Elbert Conference Room;

Price \$47/\$54

Th 01/04/24 - 01/25/24 2:30 - 4:30 p.m.
Th 02/01/24 - 02/29/24 2:30 - 4:30 p.m.*
Th 03/07/24 - 03/28/24 2:30 - 4:30 p.m.
Th 04/04/24 - 04/25/24 2:30 - 4:30 p.m.

*Adjusted price \$57/\$66

Advance Beginning Knitting: Once you have accomplished learning to knit, purl, cast on, bind off, increasing and decreasing and have the approval of the instructor, students may sign up for the Advance Beginning Knitting class. Students will learn advanced stitches and techniques and will start knitting projects of their choice. Students will provide own needles and yarn.

Northridge, Elbert Conference Room;

Price \$47/\$54

Th 01/04/24 - 01/25/24 9:45 - 11:45 a.m.
Th 02/01/24 - 02/29/24 9:45 - 11:45 a.m.*
Th 03/07/24 - 03/28/24 9:45 - 11:45 a.m.
Th 04/04/24 - 04/25/24 9:45 - 11:45 a.m.

*Adjusted price \$57/\$66

Intermediate Knitting: Students must have completed Beginning Knitting and Advanced Beginning Knitting and must get approval to advance to this class. Students will learn advanced patterns and incorporate them into individual projects. The instructor will work individually with each student on their knitting projects. Students will provide their own yarn and knitting needles.

Northridge, Elbert Conference Room;

Price \$47/\$54

Th 01/04/24 - 01/25/24 12:15 - 2:15 p.m.
Th 02/01/24 - 02/29/24 12:15 - 2:15 p.m.*
Th 03/07/24 - 03/28/24 12:15 - 2:15 p.m.
Th 04/04/24 - 04/25/24 12:15 - 2:15 p.m.

*Adjusted price \$57/\$66



Story time and Art Class (Ages 3-5)

Does your little one love getting up to their elbows in creativity? Join us for story time and Pre-K Joy of art class! We will discover the joy of art and investigate different materials, colors, techniques, collage and story time! Each week we will work on our motor skills, meeting new friends and creating wonderful works of art! Projects will be taught from our Lil'Peeps Project Book, written for Montessori Way Preschool. Parents or caregivers may drop off children 4 or older OR stay to observe from a parent table. Ages 3-3.5 year olds may attend with adult assistance)

Westridge, Cooper Hawks; Price \$50/\$58

Tu 01/09/24 - 01/30/24 10:00 - 11:15 a.m.
 Tu 02/06/24 - 02/27/24 10:00 - 11:15 a.m.
 Tu 03/05/24 - 03/26/24 10:00 - 11:15 a.m.
 Tu 04/09/24 - 04/30/24 10:00 - 11:15 a.m.



Kids After School Art Club (Ages K - 5th)

Join us for the After School Art Club where we discover different art mediums each week! Each project will be adjusted to fit different age groups and artistic skills. This class is centered around a chosen base project where children will learn art concepts and design elements, learn how to use different materials, and have fun while creating! Main bases include: Canvas, Cardboard boxes, Cardboard shapes, Wood Crafts
 Embellishments: buttons, jewels, pompoms and more!

January	Pet Parade
February	Harry Potter
March	Fantastic Food
April	#Trending

Westridge, Cooper Hawks; Price \$50/\$58

Tu 01/09/24 - 01/30/24 4:30 - 5:45 p.m.
 Tu 02/06/24 - 02/27/24 4:30 - 5:45 p.m.
 Tu 03/05/24 - 03/26/24 4:30 - 5:45 p.m.
 Tu 04/09/24 - 04/30/24 4:30 - 5:45 p.m.

Adult Whimsy Wood: Seasonal Sign (Adult)

Join us for a Whimsy Woodcraft painting kit event where we will paint a seasonal sign. Don't worry, no art smarts are needed! We will teach you step by step to help you create your masterpiece! Twelve-inch kit includes all materials, supplies and instruction included.

Southridge, Arapahoe; Price \$66/\$77

Th 01/25/24 10:00 a.m. - Noon
 Th 02/08/24 1:00 - 3:00 p.m.

Adult Whimsy Wood: Seasonal Door Decor (Adult)

Join us for a Whimsy Woodcraft painting event where we will paint a seasonal sign. Don't worry, no art smarts are needed! We will teach you step by step to help you create your masterpiece! Eighteen-inch kit includes all materials, supplies and instruction included.

Southridge, Arapahoe; Price \$36/\$41

Sa 03/02/24 10:00 a.m. - Noon
 Sa 03/16/24 10:00 a.m. - Noon



DRAWING, PAINTING AND SCULPTURE

Drawing, Painting & Sculpture (Ages 6-11)

Learn how to draw, paint, and sculpt while having fun! We use traditional fine art media (pencil, marker, paints, and sculpting materials) to make fun new modern themes. In this class, we do a little bit of everything to make our students fluent in the use of any art media they'll find in school or elsewhere.

Southridge, Arapahoe; Price \$70/\$80; No class 3/18

M 01/08/24 - 01/29/24 5:30 - 6:30 p.m.
 M 02/05/24 - 02/26/24 5:30 - 6:30 p.m.
 M 03/04/24 - 03/25/24 5:30 - 6:30 p.m.*
 M 04/01/24 - 04/29/24 5:30 - 6:30 p.m.**

*Adjusted price \$52/\$60

**Adjusted price \$87\$100

Teen Drawing and Painting (Ages 12-18)

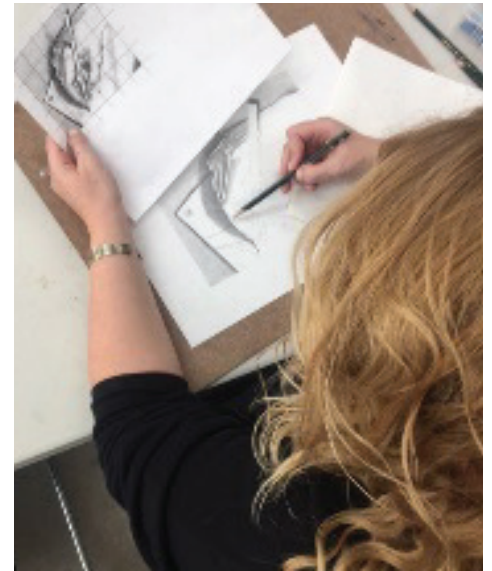
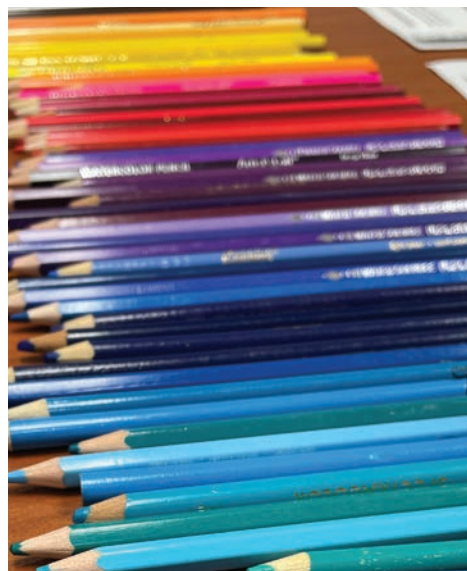
Learn how to draw, paint, and sculpt while having fun in a class designed for teens! We use traditional fine art media (pencil, marker, paints, and sculpting materials) to make fun new modern themes. In this class, we do a little bit of everything to make our students fluent in the use of any art media they'll find in school or elsewhere.

Southridge, Arapahoe; Price \$70/\$80; No class 3/18

M 01/08/24 - 01/29/24 6:45 - 7:45 p.m.
 M 02/05/24 - 02/26/24 6:45 - 7:45 p.m.
 M 03/04/24 - 03/25/24 6:45 - 7:45 p.m.*
 M 04/01/24 - 04/29/24 6:45 - 7:45 p.m.**

*Adjusted price \$52/\$60

**Adjusted price \$87\$100



Drawing 101 (Adult)

Learn how to draw by observation. This class is great for beginners and will address fundamental drawing methods. Discover how to copy and record an accurate drawing from sight. Explore shading and texture as you advance in technique. Bring a sketch book and pencils to class. Older teens are welcome with attending parent. Please email Alecia Hindman alecia.hindman@hrcaonline.org for more details.

Southridge, Arrowhead; Price \$70/\$80

M 01/08/24 - 01/29/24 5:30 - 6:30 p.m.
 M 02/05/24 - 02/26/24 6:45 - 7:45 p.m.
 M 03/04/24 - 03/25/24 6:45 - 7:45 p.m.
 M 04/01/24 - 04/29/24 6:45 - 7:45 p.m.*

*Adjusted price \$87\$100

Beginning Painting (Adult)

Let's start painting! Using acrylic paint, we will learn about composition, color mixing, and various paint application techniques, such as wet-on-wet, dry brush and using salt. Basic drawing skills will help in the layout of our subject matter, which may include a still life, animals, landscapes, and flowers. You're sure to learn a lot all while having fun!

Southridge, Arapahoe; Price \$78/\$90; No class 3/20

W 01/10/24 - 01/31/24 10:00 - 11:30 a.m.
 W 01/10/24 - 01/31/24 1:00 - 2:30 p.m.
 W 02/07/24 - 02/28/24 10:00 - 11:30 a.m.
 W 02/07/24 - 02/28/24 1:00 - 2:30 p.m.
 W 03/06/24 - 03/27/24 10:00 - 11:30 a.m.*
 W 03/06/24 - 03/27/24 1:00 - 2:30 p.m.*
 W 04/03/24 - 04/24/24 10:00 - 11:30 a.m.
 W 04/03/24 - 04/24/24 1:00 - 2:30 p.m.

*Adjusted price \$58/\$67

Watercolor (Adult)

Explore painting with watercolor! Learn to utilize this unique medium. Discover the subtleties of proper control and technique. A supply list will be given out in the first class.

Southridge, Arapahoe; Price \$78/\$90

W 01/10/24 - 01/31/24 6:00 - 8:00 p.m.
 W 02/07/24 - 02/28/24 6:00 - 8:00 p.m.
 W 03/06/24 - 03/27/24 6:00 - 8:00 p.m.
 W 04/03/24 - 04/24/24 6:00 - 8:00 p.m.

Art Journaling (Adult)

Art journaling is an open-ended form of art that focuses on creativity using media such as watercolors, markers, colored pencils, gouache and stamping. You'll be following creative ideas while exploring your preferences for art forms.

Southridge, Arapahoe; Price \$46/\$53

M 01/08/24 - 01/29/24 1:00 - 2:30 p.m.
 M 02/05/24 - 02/26/24 1:00 - 2:30 p.m.
 M 03/04/24 - 03/25/24 1:00 - 2:30 p.m.

Zen Doodling (Adult)

Zen doodling is a calming kind of doodling using simple, repetitive patterns to create art. It is an incredibly relaxing activity that produces lovely result even if you don't think you are artistic. As you draw, you boost concentration, creating a positive mood, and external distraction become less important.

Southridge, Arapahoe; Price \$46/\$53

Tu 01/09/24 - 01/30/24 1:00 - 2:30 p.m.

Tu 02/06/24 - 02/27/24 1:00 - 2:30 p.m.

Tu 03/05/24 - 03/26/24 1:00 - 2:30 p.m.

COOKING CAMPS

Spring Break Chef's Camp (Ages 7-11)

Bring your chefs in for super tasty fun! Kids will have a blast learning new recipes every day! Our culinary chef will emphasize safety, nutrition, teamwork, and following directions sequentially.

Southridge, Kitchen; Price \$97/\$111

Globe Trotting - Discover dishes from around the world. Explore new spices textures and more!

M-F 03/18/24 - 03/22/24 10:00 a.m. - Noon

M-F 03/18/24 - 03/22/24 1:30 - 3:30 p.m.

"Chef's Special" Camp (Ages 7-11)

Bring your chefs in for this "one day camp" for some super tasty fun! Our culinary chef will emphasize safety, nutrition, teamwork, and following directions sequentially. Price includes all food supplies.

Southridge, Kitchen; Price \$41/\$47

Breads and Spreads - Learn the techniques to making breads and of all types: quick breads and yeast breads make different kinds of creative spreads to complement each one.

M 01/15/24 10:00 a.m. - Noon

M 02/19/24 10:00 a.m. - Noon

F 04/26/24 10:00 a.m. - Noon

COOKING PARENT - TOT

Chef in Training (Ages 2-5)

Create fun snacks using kid-friendly ingredients based on the theme of the month. Children must be accompanied by an adult. Price includes all food supplies.

Southridge, Kitchen; Price \$66/\$76; No class 03/22

Cooking 101

F 01/05/24 - 01/26/24 10:00 - 11:00 a.m.

Valentine Treats

F 02/02/24 - 02/23/24 10:00 - 11:00 a.m.

March Munchies

F 03/01/24 - 03/29/24 10:00 - 11:00 a.m.

What's for Lunch

F 04/05/24 - 04/26/24 10:00 - 11:00 a.m.



GENERAL COOKING

Kids Rule the Kitchen (Ages 5-7)

This class will expose kids to new ingredients while they learn to create appetizers, main courses and desserts based on the theme of the month. Price includes all food supplies.

Southridge, Kitchen; Price \$66/\$76; No class 03/18

Mystery Basket

M 01/08/24 - 01/29/24 5:00 - 6:00 p.m.

Sweetheart Treats

M 02/05/24 - 02/26/24 5:00 - 6:00 p.m.

Kid Classics

M 03/04/24 - 03/25/24 5:00 - 6:00 p.m.*

Bread and Spreads

M 04/01/24 - 04/22/24 5:00 - 6:00 p.m.

*Adjusted price \$49/\$56

Young Chefs (Ages 7-9)

Aspiring chefs will get a realistic introduction to the world of culinary arts. Learn many different cooking methods while creating unique and yummy recipes. Price includes all food supplies.

Southridge, Kitchen; Price \$66/\$76;

No class on 01/24, 03/20, 03/27

Mystery Basket

W 01/10/24 - 01/31/24 5:30 - 6:30 p.m.**

Sweetheart Treats

W 02/07/24 - 02/28/24 5:30 - 6:30 p.m.

Globe Trotting

W 03/06/24 - 03/13/24 5:30 - 6:30 p.m.*

Breads and Spreads

W 04/03/24 - 04/24/24 5:30 - 6:30 p.m.

*Adjusted price \$33/\$37

**Adjusted price \$49/\$57

Creative Cooks (Ages 9-12)

This series of classes will instill the young chef with confidence in and out of the kitchen. Each week the student will learn skills like baking, sautéing, chopping, dicing, grating, and kneading. Price includes all food supplies.

Southridge, Kitchen; Price \$66/\$76;

No class on 1/24, 3/20, 3/27

Culinary Boot Camp

W 01/10/24 - 01/31/24 6:30 - 7:30 p.m.**

Sweetheart Treats

W 02/07/24 - 02/28/24 6:30 - 7:30 p.m.

Globe Trotting

W 03/06/24 - 03/13/24 6:30 - 7:30 p.m.*

Breads and Spreads

W 04/03/24 - 04/24/24 6:30 - 7:30 p.m.

*Adjusted price \$33/\$37

**Adjusted price \$49/\$57

Teen Cuisine (Ages 12-18)

Teens will explore the delicious world of cooking. Come learn the basics of cooking and develop your skills in the kitchen. This class is designed for teens who love to cook! Learn about different foods and how to prepare them to make scrumptious recipes for home. Price includes all food supplies.

Southridge, Kitchen; Price \$36/\$41

Flavorful Cooking for Teens

Th 01/11/24 - 01/18/24 6:00 - 7:30 p.m.

The Best of International Cooking

Th 02/08/24 - 02/15/24 6:00 - 7:30 p.m.

Grated Expectations

Th 03/07/24 - 03/14/24 6:00 - 7:30 p.m.

Globe Trotting

Th 04/11/24 - 04/18/24 6:00 - 7:30 p.m.

Cooking with your Kids! (Ages 7+)

Come enjoy time in the kitchen with your kids in this parent and child class! Have fun learning new recipes and how to prepare them together! Price includes all food supplies.

Southridge, Kitchen; Price \$36/\$41 per person

Hometown Favorites

M 01/22/24 - 01/29/24 6:00 - 7:30 p.m.

What's for Dinner

M 02/05/24 - 02/12/24 6:00 - 7:30 p.m.

American Cuisine

M 03/04/24 - 03/11/24 6:00 - 7:30 p.m.

Grated Expectations

M 04/01/24 - 04/08/24 6:00 - 7:30 p.m.

American Classics (Adult)

Come play in our kitchen and find out how to make All American favorites. Southwest gringo, Midwest comfort, and Southern sweets, we'll travel America to find delectable treats to make and eat! Price includes all food supplies.

Southridge, Kitchen; Price \$53/\$55

F 02/16/24 6:00 - 8:00 p.m.

F 04/19/24 6:00 - 8:00 p.m.

Dance Program Policies

- Each child must be the appropriate age for the class at the start of the session or become the appropriate age within the first week of the session.
- No refunds or prorates will be given after the start of a session.
- No late registrations allowed after the third week of the session.
- All students are required to wear all leather ballet slippers and proper dance attire to class.



BALLET

Itty-Bitty Ballet (Ages 2½-3)

This class introduces your child to basic ballet techniques as well as songs, dance, and creative play. Note: Parents do not attend class and students are not eligible for the recital.

Eastridge, Dance Studio; Price \$93/\$107;

No class 03/18 - 03/23

M	01/08/24 - 02/26/24	10:00 - 10:40 a.m.
M	03/04/24 - 04/15/24	10:00 - 10:40 a.m.**
Tu	01/09/24 - 02/27/24	10:00 - 10:40 a.m.
Tu	03/05/24 - 04/16/24	10:00 - 10:40 a.m.**
W	01/10/24 - 02/28/24	10:15 - 10:55 a.m.
W	03/06/24 - 04/17/24	10:15 - 10:55 a.m.**
Sa	01/13/24 - 03/02/24	9:30 - 10:10 a.m.
Sa	03/09/24 - 04/13/24	9:30 - 10:10 a.m.*

*Adjusted price \$58/\$67

**Adjusted price \$70/\$80

Ballet I (Ages 3-5)

Barre and center exercises are used to teach steps and positions of ballet. Classes are designed to aid in the development of flexibility, coordination, balance, body awareness, listening, discipline, and self-esteem. All Ballet students are encouraged to participate in the dance recital.

Eastridge, Dance Studio; Price \$163/\$187;

No class 03/18 - 03/23

M	01/08/24 - 04/15/24	10:45 - 11:25 a.m.
M	01/08/24 - 04/15/24	6:00 - 6:40 p.m.
Tu	01/09/24 - 04/16/24	10:45 - 11:25 a.m.
W	01/10/24 - 04/17/24	11:00 - 11:40 a.m.
Sa	01/13/24 - 04/13/24	10:15 - 10:55 a.m.*

*Adjusted price \$151/\$174

Ballet II (Ages 4-6)

Barre and center exercises are used to teach steps and positions of ballet. Classes are designed to aid in the development of flexibility, coordination, balance, body awareness, listening, discipline, and self-esteem. All Ballet students are encouraged to participate in the dance recital.

Eastridge, Dance Studio; Price \$163/\$187;

No class 03/18 - 03/23

M	01/08/24 - 04/15/24	11:30 a.m. - 12:10 p.m.
Tu	01/09/24 - 04/16/24	11:30 a.m. - 12:10 p.m.
Tu	01/09/24 - 04/16/24	5:00 - 5:40 p.m.
M	01/08/24 - 04/15/24	6:45 - 7:25 p.m.
W	01/10/24 - 04/17/24	11:45 a.m. - 12:25 p.m.
Sa	01/13/24 - 04/13/24	11:00 - 11:40 a.m.*

*Adjusted price \$151/\$174

Ballet III (Ages 5-8)

Barre and center exercises are used to teach steps and positions of ballet. Classes are designed to aid in the development of flexibility, coordination, balance, body awareness, listening, discipline, and self-esteem. All Ballet students are encouraged to participate in the dance recital.

Eastridge, Dance Studio; Price \$163/\$187;

No class 03/18 - 03/23

Tu	01/09/24 - 04/16/24	5:45 - 6:25 p.m.
Th	01/11/24 - 04/18/24	6:45 - 7:25 p.m.
Sa	01/13/24 - 04/13/24	11:45 a.m. - 12:25 p.m.*

*Adjusted price \$151/\$174



Ballet III/IV (Ages 6-8)

Barre and center exercises are used to teach steps and positions of ballet. Classes are designed to aid in the development of flexibility, coordination, balance, body awareness, listening, discipline, and self-esteem. All Ballet students are encouraged to participate in the dance recital.

Eastridge, Dance Studio; Price \$163/\$187;

No class 03/18 - 03/23

W	01/10/24 - 04/17/24	6:30 - 7:15 p.m.
---	---------------------	------------------

Dance Beats (Ages 5-8)

An upbeat dance class where you will find the fun of hip hop, the technique from ballet, and the style of Jazz. You'll have the best time fan-kicking, pirouetting, and more to some of the high energy dance songs you love. All students are encouraged to participate in the dance recital.

Eastridge, Dance Studio; Price \$163/\$187;

No class 03/18 - 03/23

Tu	01/09/24 - 04/16/24	6:30 - 7:10 p.m.
Th	01/11/24 - 04/18/24	6:00 - 6:40 p.m.
Sa	01/13/24 - 04/13/24	12:30 - 1:10 p.m.*

*Adjusted price \$151/\$174

HIP HOP

Hip Hop Contemporary (Ages 7-13)

This is an upbeat class set to popular music. Hip Hop, Jazz, and Contemporary dance are covered. Learn funky dance moves in an encouraging environment. Students are encouraged to participate in the dance recital.

Eastridge, Dance Studio; Price \$163/\$187;

No classes 03/18 - 03/23

Ages 7-9

W	01/10/24 - 04/17/24	4:45 - 5:30 p.m.
---	---------------------	------------------

Ages 10-12

W	01/10/24 - 04/17/24	5:30 - 6:15 p.m.
---	---------------------	------------------

K-Pop (Ages 7-13)

Students will be able to learn Korean Pop Dances by the most popular music groups including BTS, Twice, Seventeen, New Jeans, NCT, and many more! Each week we would learn a new dance from a different artist! Dances are a fusion Hip Hop focusing on musicality and performance. Students are encouraged to perform in the recital.

Eastridge, Dance Studio; Price \$163/\$187;

No class 03/18 - 03/23

M	01/08/24 - 04/15/24	7:30 - 8:15 p.m.
---	---------------------	------------------

Pip Hop (Ages 3-6)

This hip-hop class for little ones is full of rhythm, body awareness, simple choreography and high energy craziness all set to cool Disney music! Students are encouraged to participate in the dance recital. Note: Students must attend both sessions to be eligible for recital.

Eastridge, Dance Studio; Price \$93/\$107; No class 03/18 - 03/23

Tu	01/09/24 - 02/27/24	12:15 - 12:55 p.m.
Tu	03/05/24 - 04/16/24	12:15 - 12:55 p.m.*
W	01/10/24 - 02/28/24	12:30 - 1:10 p.m.
W	03/06/24 - 04/17/24	12:30 - 1:10 p.m.*

*Adjusted price \$70/\$80

BELLY DANCE

Belly Dance (Adult)

All levels welcome in this fun class dedicated to teaching and practicing the ancient art of belly dance. Learn classic Egyptian Style, American Cabaret/Vintage, Oriental, and Tribal Fusion technique. Learn historic facts about the dance. No matter what your dance experience from the true beginner to the professional, this class will challenge and inspire you.

Southridge, Dance Studio; Price \$42/\$46;

No class on 03/21

Th	01/04/24 - 01/25/24	7:00 - 8:00 p.m.
Th	02/01/24 - 02/29/24	7:00 - 8:00 p.m.**
Th	03/07/24 - 03/28/24	7:00 - 8:00 p.m.*
Th	04/04/24 - 04/25/24	7:00 - 8:00 p.m.

*Adjusted price \$31/\$34

**Adjusted price \$52/\$57

LINE AND COUPLES DANCE

COUPLES DANCE (Adult)

Enjoy a night out with your friends and significant other while learning something new. These dances will have your confidence on the dance floor soaring to new heights!

New Millennium Cowboy Cha Cha

Everyone is doing this on dance floors everywhere! Four weeks of doing the prettiest and most favorite country dance to come along ever! Can be done solo or with a partner we will learn how to dance it both ways.

Westridge, Dance Studio; Price \$42/\$48

Tu	01/02/24 - 01/30/24	6:45 - 7:45 p.m.*
----	---------------------	-------------------

*Adjusted price \$52/\$60

County and Western Three Dance Sampler

It's a dance party every week in this class! You will learn the basics and some turns and twirls for 2 Step, Country Swing, AND Waltz!

No matter what the band plays, you'll be able to stay out there dancing! It also gives you a taste of each dance so you can take a full, 4 week class of the one you like the best.

Westridge, Dance Studio; Price \$42/\$48

Tu	01/02/24 - 01/30/24	7:45 - 8:45 p.m.*
----	---------------------	-------------------

*Adjusted price \$52/\$60

Hold on to your Hat County Swing

Yee Haw, Country, Swing! The easiest swing dance of all, and you can dance to all styles of music! Tons of turns and twirls!

Westridge, Dance Studio; Price \$42/\$48

Tu	02/06/24 - 02/27/24	6:45 - 7:45 p.m.
----	---------------------	------------------





New Millennium Cowboy Cha Cha Level Two

You learned the dance basics and some turns in January's Beginning class. You're ready to really get Flashy! There are so many pretty turns and twirls in this dance that you can learn more and more or if you have taken this class before, you can even sign up for a review.

Westridge, Dance Studio; Price \$42/\$48

Tu 02/06/24 - 02/27/24 7:45 - 8:45 p.m.

Level Two Country Swing

Here is the class you've been asking for! More turns and twirls and combinations for more fun on the dance floor with your Country Swing! Don't miss this one! It's going to be a blast.

Westridge, Dance Studio; Price \$42/\$48

Tu 03/05/24 - 03/26/24 6:45 - 7:45 p.m.

Line Dance Booty Bash

This class is all the rage! It's Line Dancerobics! Work off some of the holiday calories! Dance is the winner for best overall exercise! Great for coordination and balance! Get your "steps" (5,000 average), and it's so much fun! We'll learn the most popular Line Dances for parties and more starting at the beginning. Sign up now! This class fills up early!

Westridge, Dance Studio; Price \$42/\$48

Tu 03/05/24 - 03/26/24 7:45 - 8:45 p.m.

Swing into Spring

Learn 2 different swing dance steps and double your fun! Loads of spins, turns, and twirls so you can really jazz it up on the dance floor.

Westridge, Dance Studio; Price \$42/\$48

Tu 04/09/24 - 04/30/24 6:45 - 7:45 p.m.

Line Dance Booty Bash Level Two

You've learned the basic steps and several dances. You're ready to get into some of the Intermediate dances that are a little more complicated and a lot of fun! Sign up now for a Level 2 class! If you liked the first class, you're going to love this one.

Westridge, Dance Studio; Price \$42/\$48

Tu 04/09/24 - 04/30/24 7:45 - 8:45pm

Swedish Folk Dance Club (Adult)

Bring your partner and enjoy lively dances in easy classes designed for beginners. Soar with enchanting Swedish melodies as you master these traditional dances: Waltz, Schottis, Mazurka and Hambo, in addition to Swedish set dances.

Eastridge, Dance Studio Price \$12/\$14

W 01/03/24 - 01/31/24 7:45 - 8:45 p.m.*

W 02/07/24 - 02/28/24 7:45 - 8:45 p.m.

W 03/06/24 - 03/27/24 7:45 - 8:45 p.m.

W 04/03/24 - 04/24/24 7:45 - 8:45 p.m.

*Adjusted price \$15/\$17

Couples - Private Ballroom Dance (Adult)

If you're looking to get your dances perfect for your wedding or special event, this is a great way to get the individualized attention you desire to look and feel confident on the dance floor. Lessons take place on Sunday afternoons at the Eastridge facility. The cost is \$85 per couple for an hour of instruction. To schedule a lesson call at 303-471-8853 or email alecia.hindman@hrcaonline.org.

Line Dancing (Ages 55+)

"Get dancin'! Come join our great line dancing class for seniors! In this Beginning class, you will learn great steps so you can dance the latest line dances plus the old favorites. Come make new friends in this fun and energizing class designed especially for you! No partners are necessary!

Northridge, Fitness Studio; Price \$42/\$48

Tu 01/02/24 - 01/30/24 1:00 - 2:00 p.m.*

Tu 02/06/24 - 02/27/24 1:00 - 2:00 p.m.

Tu 03/05/24 - 03/26/24 1:00 - 2:00 p.m.

Tu 04/02/24 - 04/30/24 1:00 - 2:00 p.m.*

*Price Adjustment \$52/\$60

Line Dancing for Seniors Level 2 (Ages 55+)

You're not Beginners anymore. This is the class you've been asking for. Level 2 is designed for those of you who have been in the Level 1 (Beginner) classes and are ready to learn more advanced steps and dances. We will review what we learned in Level 1 (Beginner) class and move on. Sign-up now to keep on going with the fun and exercise. Great all-around fitness class.

Northridge, Fitness Studio; Price \$42/\$48

Tu 01/02/24 - 01/30/24 2:00 - 3:00 p.m.*

Tu 02/06/24 - 02/27/24 2:00 - 3:00 p.m.

Tu 03/05/24 - 03/26/24 2:00 - 3:00 p.m.

Tu 04/02/24 - 04/30/24 2:00 - 3:00 p.m.*

*Price Adjustment \$52/\$60

Line Dance Sunday Afternoon Getaway (Adult)

Dance for exercise and fun! Get out of the house and do something fun for yourself! In this class you will learn all the latest line dances! You can even join the Line Dance Team!

Eastridge, Dance Studio; Price \$42/\$48

Su 01/07/24 - 01/28/24 2:30 - 3:30 p.m.

Su 02/04/24 - 02/25/24 2:30 - 3:30 p.m.

Su 03/03/24 - 03/31/24 2:30 - 3:30 p.m.*

Su 04/07/24 - 04/28/24 2:30 - 3:30 p.m.

*Price Adjustment \$52/\$60



DANCE RECITAL

"In the Garden" Dance Recital (Ages 3-12)

Dance Recital for Ballet, Tap, Jazz, and Hip Hop Dance Classes. Recital routines are choreographed by instructors and taught in the child's class. This performance gives your child the experience of performing for an audience. Every family who signs up for the recital will receive a photo, no need to register. Note: All students who register for January - April dance classes are eligible for the dance recital unless otherwise stated in the class description. The dance recital is a separate registration fee from registered classes and includes a costume and photo. The registration deadline for recital is March 6. NO refunds will be granted after costumes have been ordered. Performance time for your child's class will be determined by the instructor after the registration cut-off date.

Southridge, Wildcat Mountain Auditorium; Price \$85/\$98

"In the Garden" Dance Recital (Registration Deadline March 9)

Sa 04/20/24 9:00 a.m. - 2:00 p.m.

Flower Bouquet; Price: \$8

(Registration Deadline April 4)

Sa 04/23/24

JAZZ DANCE

Broadway/Jazz (Ages 25+)

This class is tailored to the older adult who loves Broadway style dances. We work on basic steps, balance and strength while also learning choreographed dances. Jazz shoes are recommended but street shoes may be ok depending on the sole. No black soles, please. Come join the fun in this no stress class!

Westridge, Fitness Studio; Price \$42/\$48

No class 04/05

F 01/05/24 - 01/26/24 6:00 - 7:00 p.m.

F 02/02/24 - 02/23/24 6:00 - 7:00 p.m.

F 03/01/24 - 03/29/24 6:00 - 7:00 p.m.**

F 04/12/24 - 04/26/24 6:00 - 7:00 p.m.*

*Adjusted price \$31/\$36

**Adjusted price \$52/\$60

TAP

YOUTH TAP

Tap (Ages 7-13)

Learn rhythm and musicality through tapping your feet! An upbeat class blending technique, style and fun! All students are encouraged to participate in the dance recital.

Eastridge, Dance Studio; Price \$163/\$187;

No classes 03/18 - 03/23

Tu 01/09/24 - 04/16/24 7:15 - 7:55 p.m.



ADULT TAP

Nighttime Tap (Ages 25+)

Get your heart pumping and your feet tapping in this energizing and fun class! Learn tap techniques that will be integrated into a dance. A year of tap is strongly suggested. This class is taught by Laura.

Westridge, Fitness Studio; Price \$84/\$97;

No class 04/01

M 01/08/24 - 02/26/24 7:00 - 8:00 p.m.
M 03/04/24 - 04/29/24 7:00 - 8:00 p.m.

Nighttime Tap for All Levels (Ages 25+)

This no performances, no stress adult only tap class caters to all levels! You will learn basics of tap through fun choreography and rhythm tap! This class is taught by Laura.

Westridge, Fitness Studio; Price \$42/\$48

F 01/05/24 - 01/26/24 5:00 - 5:45 p.m.
F 02/02/24 - 02/23/24 5:00 - 5:45 p.m.
F 03/01/24 - 03/29/24 5:00 - 5:45 p.m.**
F 04/12/24 - 04/26/24 5:00 - 5:45 p.m. *

*Adjusted price \$31/\$36

**Adjusted price \$52/\$60

Beginner Tap with YaYa (Ages 25+)

This class is for the "rusty" and "had tap as a kid". Emphasis will be on progressing tap techniques; from the basics already learned (guide sheet provided), advancing barre work, incorporating additional across the floor and center floor work. Phrases and beginner dance routines will be learned, practiced, and possibly performed. Fun making music with our feet! Class is taught by YaYa.

Westridge, Fitness Studio; Price \$84/\$97;

No class 04/01, 04/04

M 01/08/24 - 02/26/24 12:30 - 1:30 p.m.
M 03/04/24 - 04/29/24 12:30 - 1:30 p.m.
Th 01/04/24 - 02/22/24 1:45 - 2:45 p.m.
Th 02/29/24 - 04/25/24 1:45 - 2:45 p.m.

Continuing Tap (Ages 25+)

In this class we will work on technique of basic steps and integrate them into fun choreography with and without music. Class is taught by Laura.

Westridge, Fitness Studio; Price \$84/\$97;

No class 04/02

Tu 01/02/24 - 02/27/24 12:30 - 1:30 p.m.*
Tu 03/05/24 - 04/30/24 12:30 - 1:30 p.m.

*Adjusted price \$94/\$108

Intermediate Tap (Ages 25+)

This class is for the tapper who knows the basics and is ready for more! We will be exploring harder steps while reviewing the basics and learning choreographed dances. Class is taught by Laura.

Westridge, Fitness Studio; Price \$84/\$97;

No class 04/02

Tu 01/02/24 - 02/27/24 1:45 - 2:45 p.m.*
Tu 03/05/24 - 04/30/24 1:45 - 2:45 p.m.

*Adjusted price \$94/\$108

Advanced Tap (Ages 25+)

This class is for the more advanced tapper who can execute the basics while thinking about what's for dinner or singing the alphabet! We work on technique and have fun adding sounds and speed to the basics while learning choreographed dances. Class is taught by Laura.

Westridge, Fitness Studio; Price \$84/\$97;

No class 04/03

W 01/03/24 - 02/28/24 1:45 - 2:45 p.m.**
W 03/06/24 - 04/24/24 1:45 - 2:45 p.m.*

*Adjusted price \$73/\$84

**Adjusted price \$94/\$108

Ritz Tappers (Ages 25+)

Ritz Tappers Beginning to Continuing Levels: This adult class is geared toward the very beginner to "Hey, I'm getting it!!" We warm up on technique, work combinations and put these to music, some being dances suitable for Broadway BUT there are no performances for this class. Class is taught by Laura

Eastridge, Dance Studio; Price \$84/\$97

F 01/05/24 - 02/23/24 10:30 - 11:30 a.m.
F 03/01/24 - 04/26/24 10:30 - 11:30 a.m.*

*Adjusted price \$94/\$108

Ritz Tappers Continuing to Intermediate Levels:

This adult class is for the tapper who knows the basics and is ready to go at a faster tempo and learn harder steps. We work on various time steps, combinations, acapella shorts and learn dances that will only be performed in the comfort of your home as this is a non-performing class. Class is taught by Laura

Eastridge, Dance Studio; Price \$84/\$97

F 01/05/24 - 02/23/24 11:30 a.m. - 12:30 p.m.
F 03/01/24 - 04/26/24 11:30 a.m. - 12:30 p.m.*

*Adjusted price \$94/\$108

Ritz Tappers Intermediate to Advanced Levels: This non-performing adult class is for the tapper who can execute all of the basics at all tempos. You should have knowledge of Stomp and Traveling Time Steps (up through triple) - Cincinnati's, Grab-offs...just to name a few. We work technique through acapella shorts and choreographed dances. Class is taught by Laura

Eastridge, Dance Studio; Price \$84/\$97

F 01/05/24 - 02/23/24 12:30 - 1:30 p.m.
F 03/01/24 - 04/26/24 12:30 - 1:30 p.m.*

*Adjusted price \$94/\$108



MULTIMEDIA CAMPS



Harry Potter Movie Magic Camp (Ages 6-11)

Wands, Wizards and Magical Creatures abound. In this movie adaptation, young filmmakers work together, using a Project Based Learning approach to make a movie! Students actively engage in all aspects of a professional film set. They become directors, film crew and actors-- honing their craft, building their critical thinking skills, and gaining a sense of ownership. *Kids will receive their professionally edited movie a few weeks after the final camp date.

Northridge, Crestone; Price \$250/\$285

M-F 03/18/24 - 03/22/24 9:00 a.m. - Noon

YouthTuber (Ages 6-11)

Kids have a BLAST in YOUTH TUBER, learning on-camera presence and content creation in a hands-on collaborative environment! Our YOUTH TUBER kids develop their storytelling style and build social communication skills using a STEAM-based learning approach, students develop their digital well-being with an awareness for online safety. *We do not set up YouTube Channels during this camp. Devices are not mandatory to take this camp. *A few weeks after the last day of camp, kids will receive one professionally edited video.

Northridge, Crestone; Price \$250/\$285

M-F 03/18/24 - 03/22/24 1:00 - 4:00 p.m.

YouthTuber (Ages 7-11)

Kids have a BLAST in YOUTH TUBER, learning on-camera presence and content creation in a hands-on collaborative environment! Our YOUTH TUBER kids develop their storytelling style and build social communication skills using a STEAM-based learning approach, students develop their digital well-being with an awareness for online safety.

*We do not set up YouTube Channels during this class. Devices are not mandatory to take this class.

*A few weeks after the last class, kids will receive one professionally edited video.

Northridge, Crestone; Price \$150/\$172

Th 01/04/24 - 01/25/24 5:00 - 6:00 p.m.
Th 02/01/24 - 02/29/24 5:00 - 6:00 p.m.*
Th 03/07/24 - 03/28/24 5:00 - 6:00 p.m.
Th 04/04/24 - 04/25/24 5:00 - 6:00 p.m.

* Adjusted price \$187/\$215

DRAMATIC THEATRE



Oz! By KidStage (Ages 6-12)

Put on your ruby slippers because we're not in Kansas anymore! Dorothy and her beloved dog Toto find themselves journeying along the yellow brick road after meeting the Munchkins and Glenda the Good Witch upon their very dramatic arrival in Oz! On her journey to see the Wizard (and hopefully return home to Kansas) she meets the Scarecrow, the Lion, and the Tin Man who are all on quests of their own to get to the Wizard to fulfill their dreams. The Tuesday performance will take place on March 12th at 6:30. The Thursday production will take place on March 14th at 6:30.

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

Tu 01/23/24 - 03/12/24 4:30 - 6:00 p.m.

Production: 03/12/24 6:30 p.m.

Th 01/25/24 - 03/14/24 4:30 - 6:00 p.m.

Production: 03/24/24 6:30 p.m.

Trolls by KidStage (Ages 6-12)

Trolls are the happiest creatures on earth. They love to dance and sing and hug. The Bergens, on the other hand, are the most miserable creatures imaginable. They are incapable of creating their own happiness. One day, a Bergen invades the Troll Village and capture a handful of Trolls in hopes taking their happiness. Princess Poppy and the overly cautious Branch set off on a journey to rescue their friends. Their mission is to tolerate each other long enough to get the job done. Take part in this epic adventure on a quest to find true happiness and friendship.

The Tuesday performance will take place on May 14th at 6:30. The Thursday production will take place on May 16th at 6:30.

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

Tu 03/26/24 - 05/14/24 4:30 - 6:00 p.m.

Performance 05/14/24 6:30 p.m.

Th 03/28/24 - 05/16/24 4:30 - 6:00 p.m.

Performance 05/16/24 6:30 p.m.



GROUP MUSIC

Young Voices (Ages 5-6)

This class is for Kindergarten and First Grade boys and girls. Explore the fun of singing in a group and prepare for a lifetime of singing in choirs. In 12 weeks, your child will develop their ear and music skills in an active and playful group class which incorporates folk songs, rhymes, singing games, stories, puppets, movement, listening, and music literacy. Materials and songs are different each semester, so repeating the class is beneficial. Children will receive a weekly handout explaining the curriculum and reviewing the materials, songs, and games to enable parents to experience the lessons, as well. At the end of the semester, your child is invited to participate in a major choral concert at the Newman Center for the Performing Arts at the University of Denver. Concert ticket is an additional expense. More information will be sent home.

Westridge, Cooper's Hawk; Price \$200/\$230;

No class 02/19, 03/18, 04/01

M 01/29/24 - 05/06/24 4:15 - 5:00 p.m.

Northridge, Crestone; Price \$200/\$230;

No class 02/21, 03/20

W 01/31/24 - 05/01/24 4:15 - 5:00 p.m.

Music Together

Music Academy
of the Rockies

Music Together - Parent Tot (Ages 0-5)

Music Together® is an internationally recognized early childhood music program offering 45 minutes of pure musical fun for you and your child each week. Our classes are mixed age for children birth through age 5 and their parent(s) or caregivers. The Music Together® award-winning curriculum is used in a fun, developmentally appropriate environment which utilizes singing, moving, playing instruments, and making music. You'll receive access to our Music Together app, along with a CD and songbook tied to each session's unique experiences for use at home. The national program's e-newsletter, web resources and online store provide additional support for enriching your child's and your family's musical growth and enjoyment. This class is for caregivers and children ages 1 month to 5 years. Siblings 9 months and under are free but must be registered to attend. Any siblings 10 months and older can register for an additional session fee of \$100 dollars for the Winter and Spring Session. To take advantage of this offer please email alecia.hindman@hrcaonline.org.

Southridge, Butte; Price \$210/\$240;

No class on 04/30, 05/04

BELLS Session

Tu 01/09/24 - 03/12/24 9:15 - 10:00 a.m.

Tu 01/09/24 - 03/12/24 10:15 - 11:00 a.m.

Tu 01/09/24 - 03/12/24 11:15 a.m. - Noon

Sa 01/13/24 - 03/16/24 8:30 - 9:15 a.m.

Sa 01/13/24 - 03/16/24 9:30 - 10:15 a.m.

Sa 01/13/24 - 03/16/24 10:30 - 11:15 a.m.

Southridge, Butte, Price \$195/\$224

TRIANGLE Session

Tu 03/26/24 - 05/28/24 9:15 - 10:00 a.m.

Tu 03/26/24 - 05/28/24 10:15 - 11:00 a.m.

Tu 03/26/24 - 05/28/24 11:15 a.m. - Noon

Sa 03/30/24 - 06/01/24 8:30 - 9:15 a.m.

Sa 03/30/24 - 06/01/24 9:30 - 10:15 a.m.

Sa 03/30/24 - 06/01/24 10:30 - 11:15 a.m.



MUSIC PARENT - TOT



Crocodile Rock - Parent Tot (Ages 18 mos-3)

Have fun with your child singing, dancing, and playing music with a folk guitarist. Songs have age-appropriate visuals and props to stimulate learning. Each month new songs and activities are introduced, along with familiar favorites requested by the children.

Northridge, Crestone; Price \$45/\$52

F 01/05/24 - 01/26/24 9:15 - 10:00 a.m.

F 02/02/24 - 02/23/24 9:15 - 10:00 a.m.

F 03/01/24 - 03/15/24 9:15 - 10:00 a.m. *

F 04/05/24 - 04/26/24 9:15 - 10:00 a.m.

*Adjusted price \$34/\$39



ART

INSTRUMENTS



CAROLYN BALDASSARE'S
TEACHING KEYBOARDS



Fun Keys Semiprivate Piano Lessons

"Fun Keys" semiprivate piano lessons present popular piano teaching methods with catchy rhythms, melodies, and chord progressions that students love to practice. Ms. Carolyn teaches students how to practice with level arms and curved fingers while strengthening muscle memory by playing the repeating patterns. Note: A \$5 material fee is due at the first class.

Westridge, Ospery; Price \$111/\$128;

No class 03/20, 04/03

Ages 6-7

W 01/10/24 - 02/28/24 4:00 - 4:30 p.m.

W 03/06/24 - 04/24/24 4:00 - 4:30 p.m.*

*Adjusted price \$83/\$95

Ages 7-8

W 01/10/24 - 02/28/24 4:30 - 5:00 p.m.

W 03/06/24 - 04/24/24 4:30 - 5:00 p.m.*

*Adjusted price \$83/\$95

Ages 8-9

W 01/10/24 - 02/28/24 5:00 - 5:30 p.m.

W 03/06/24 - 04/24/24 5:00 - 5:30 p.m.*

*Adjusted price \$83/\$95

HAND BUILDING

Hand Building (Adult)

Learn how to create pottery using three basic hand building techniques: pinch, slab, and coil. Items you may make are cups, bowls, and plates, and other things like holiday decorations, a birdhouse, and useful boxes! Surface decoration will be explored as well as glaze techniques.

Southridge, Cheyenne; Price \$77/\$88;

No classes 04/29-05/04

M 01/08/24 - 01/29/24 9:00 a.m. - Noon

M 02/05/24 - 02/26/24 9:00 a.m. - Noon

M 03/04/24 - 03/25/24 9:00 a.m. - Noon

M 04/01/24 - 04/22/24 9:00 a.m. - Noon

M 01/08/24 - 01/29/24 12:30 - 3:30 p.m.

M 02/05/24 - 02/26/24 12:30 - 3:30 p.m.

M 03/04/24 - 03/25/24 12:30 - 3:30 p.m.

M 04/01/24 - 04/22/24 12:30 - 3:30 p.m.

YOUTH HAND BUILDING

Kids-n-Clay (Ages 5-7)

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

Southridge, Arapahoe Studio; Price \$55/\$63;

No classes 04/29-05/04

Th 01/04/24 - 01/25/24 5:00 - 6:00 p.m.

Th 02/01/24 - 02/29/24 5:00 - 6:00 p.m.*

Th 03/07/24 - 03/28/24 5:00 - 6:00 p.m.

Th 04/04/24 - 04/25/24 5:00 - 6:00 p.m.

* Adjusted price \$69/\$79



Hand Building for Kids (Ages 8-12)

Learn to build and finish clay pieces while building hand strength needed for wheel throwing. Materials provided.

Southridge, Arapahoe; Price \$65/\$75;

No classes 04/29-05/04

M 01/08/24 - 01/29/24 4:00 - 5:00 p.m.

M 02/05/24 - 02/26/24 4:00 - 5:00 p.m.

M 03/04/24 - 03/25/24 4:00 - 5:00 p.m.

M 04/01/24 - 04/22/24 4:00 - 5:00 p.m.

WHEEL

Continuing Wheel Pottery (Adult)

Level I

For students who have completed our beginning wheel pottery class.

Southridge, Cheyenne; Price \$77/\$88;

No classes 04/29-05/04

Tu 01/09/24 - 01/30/24 4:30 - 7:30 p.m.

Tu 02/06/24 - 02/27/24 4:30 - 7:30 p.m.

Tu 03/05/24 - 03/26/24 4:30 - 7:30 p.m.

Tu 04/02/24 - 04/23/24 4:30 - 7:30 p.m.

Level II

Southridge, Cheyenne; Price \$77/\$88;

No classes 01/10, 01/11, 04/29-05/04

For students who have completed our beginning and level one-wheel.

classes or who have equivalent experience.

M 01/08/24 - 01/29/24 4:30 - 7:30 p.m.

M 02/05/24 - 02/26/24 4:30 - 7:30 p.m.

M 03/04/24 - 03/25/24 4:30 - 7:30 p.m.

M 04/01/24 - 04/22/24 4:30 - 7:30 p.m.

Tu 01/09/24 - 01/30/24 1:00 - 4:00 p.m.

Tu 02/06/24 - 02/27/24 1:00 - 4:00 p.m.

Tu 03/05/24 - 03/26/24 1:00 - 4:00 p.m.

Tu 04/02/24 - 04/23/24 1:00 - 4:00 p.m.

W 01/03/24 - 01/31/24 12:30 - 3:30 p.m.

W 02/07/24 - 02/28/24 12:30 - 3:30 p.m.

W 03/06/24 - 03/27/24 12:30 - 3:30 p.m.

W 04/03/24 - 04/24/24 12:30 - 3:30 p.m.

Th 01/04/24 - 01/25/24 9:00 a.m. - Noon*

Th 02/01/24 - 02/29/24 9:00 a.m. - Noon**

Th 03/07/24 - 03/28/24 9:00 a.m. - Noon

Th 04/04/24 - 04/25/24 9:00 a.m. - Noon

* Adjusted price \$58/\$67

** Adjusted price \$96/\$110

Level III

Southridge, Cheyenne; Price \$77/\$88;

No classes 01/10, 01/11, 04/29-05/04

For intermediate to advanced students or who have equivalent experience.

W 01/03/24 - 01/31/24 9:00 a.m. - Noon

W 02/07/24 - 02/28/24 9:00 a.m. - Noon

W 03/06/24 - 03/27/24 9:00 a.m. - Noon

W 04/03/24 - 04/24/24 9:00 a.m. - Noon

W 01/03/24 - 01/31/24 4:30 - 7:30 p.m.**

W 02/07/24 - 02/28/24 4:30 - 7:30 p.m.

W 03/06/24 - 03/27/24 4:30 - 7:30 p.m.

W 04/03/24 - 04/24/24 4:30 - 7:30 p.m.

Th 01/04/24 - 01/25/24 12:30 - 3:30 p.m.*

Th 02/01/24 - 02/29/24 12:30 - 3:30 p.m.**

Th 03/07/24 - 03/28/24 12:30 - 3:30 p.m.

Th 04/04/24 - 04/25/24 12:30 - 3:30 p.m.

Th 01/04/24 - 01/25/24 4:30 - 7:30 p.m.*

Th 02/01/24 - 02/29/24 4:30 - 7:30 p.m.**

Th 03/07/24 - 03/28/24 4:30 - 7:30 p.m.

Th 04/04/24 - 04/25/24 4:30 - 7:30 p.m.

* Adjusted price \$58/\$67

** Adjusted price \$96/\$110

Teen Wheel Pottery (Ages 12-17)

Learn the basics of wheel throwing, trimming, and glazing. Clay is not included and must be purchased in the studio before class, tools are provided. Bring an apron and old towel.

Southridge, Cheyenne; Price \$66/\$76;

No classes 04/29-05/04

F 01/05/24 - 01/26/24 4:00 - 6:30 p.m.

F 02/02/24 - 02/23/24 4:00 - 6:30 p.m.

F 03/01/24 - 03/29/24 4:00 - 6:30 p.m.*

F 04/05/24 - 04/26/24 4:00 - 6:30 p.m.

* Adjusted price \$82/\$94

Private Pottery Lessons (All Ages)

If you have a busy schedule, need individual instruction or group pottery classes are not for you, try private lessons with an experienced instructor. To schedule lessons, call 303-471-8853 or email alecia.hindman@hrcaonline.org.

Southridge, Cheyenne; Price \$150/\$173

includes four hours of instruction.

Semi-private Pottery Lessons (All Ages)

If you have a busy schedule, need individual instruction or group pottery classes are not for you, try private lessons with an experienced instructor. To schedule lessons, call 303-471-8853 or email alecia.hindman@hrcaonline.org.

Southridge, Cheyenne; Price \$125/\$144

includes four hours of instruction.

Baby/Toddler Hand & Footprint Keepsakes (All Ages)

Create memories that will last a lifetime with a one-of-a-kind piece of art with your child's print. You make it, paint it and our talented instructors will fire it for you. Please call for an appointment at 303-471-8853.

Southridge, Cheyenne; Price \$25/\$29 per piece

Pottery Celebrations (All Ages)

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

Pottery Sale

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

Southridge, Atrium, 4800 McArthur Ranch Blvd.

M 05/06/24 8:00 a.m. - 6:00 p.m.





STAFF

Director

Mark Giebel

303-471-8885

mark.giebel@hrcaonline.org

Environmental Education Supervisor

AnnaKate Hein

303-471-8876

annakate.hein@hrcaonline.org

Communications Manager & 501c3

Principal Officer

Lindsey McKissick

303-471-7076

lindsey.mckissick@hrcaonline.org

Equine Program Supervisor

Abby DeGroot

303-471-7046

abby.degroot@hrcaonline.org

Visit HRCAonline.org/backcountry for a full list of our staff contacts.

• Find us on Facebook:



• Find us on Instagram:



• Blog

HRCAbackcountryblog.org

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

24/7 Online

HRCAonline.org/backcountry



BACKCOUNTRY WILDERNESS AREA

Camp Backcountry

Backcountry Base Camp:
6005 Ron King Trail, Littleton, 80125
Camp Hours: 9 a.m. - 4 p.m.
www.campbackcountry.org

CAMP BACKCOUNTRY

School Break Nature Camp (Ages 7-13)

We believe that children learn, grow, and thrive best when outdoors and immersed in nature, even as the seasons change. Our full-day outdoor camps support the needs of children by using a whole-child, experiential learning approach. Our goal is to nurture their hearts and minds while strengthening their connection to, and understanding of, the natural world. Whether campers are exploring, hiking, building forts, riding horses, building a snow fort, or drinking hot chocolate around the campfire, Camp Backcountry is more than just a place to spend the day away from school. It's an experience that becomes part of who each child is.

Backcountry Wilderness Area; Base Camp;

Full-Week Price \$420/\$455;

Single Day Price \$90/\$100

Single Days

M	01/15/24	9:00 a.m. - 4:00 p.m.
M	02/19/24	9:00 a.m. - 4:00 p.m.
F	04/26/24	9:00 a.m. - 4:00 p.m.

Spring Break Camp

M-F 03/18/24 - 03/22/24 9:00 a.m. - 4:00 p.m.

School Break Horse Camp (Ages 7-13)

Camp Backcountry Horse Camp is IN for this No School Day! Come join us for a day filled with all things horses: from an arena lesson to groundwork to horse care. All participants need to bring a water bottle, snack and lunch, long pants, and close-toed shoes. This is a youth-only, drop-off program.

Backcountry Wilderness Area; Horse Corrals;

Price \$124/\$135 (Single session price)

M	01/08/24	9:00 a.m. - 4:00 p.m.
M	01/15/24	9:00 a.m. - 4:00 p.m.
F	02/16/24	9:00 a.m. - 4:00 p.m.
M	02/19/24	9:00 a.m. - 4:00 p.m.
F	04/19/24	9:00 a.m. - 4:00 p.m.
F	04/26/23	9:00 a.m. - 4:00 p.m.

Spring Break ½ Day Horse Camp (Ages 7-13)

There is no better way to spend Spring Break than with our horse friends! Kids will gain confidence in the saddle as they learn both Western and English riding! Lessons from anatomy to horse care will have the kids' experts in all things horse in no time. All participants need to bring a water bottle, snack, long pants, and close-toed shoes. This is a youth-only, drop-off program.

Backcountry Wilderness Area; Horse Corrals;

Price \$67/\$71 (Single Session Price)

M-F 03/18/24 - 03/22/24 9:00 a.m. - 12:00 p.m.



COMMUNITY PROGRAMS: ADULT AND FAMILY

Base Camp Exploration (All Ages)

Experience nature's wonders in the Backcountry Wilderness Area. Come out to Base Camp for seasonal activities, walk the Discovery Trail, hang out with the barnyard animals, and more! Activities are weather dependent. Check the website for detail.

Backcountry Wilderness Area; Base Camp;

Price \$10 per vehicle

Sa 01/06/24 - 04/27/24 Times Vary

Campfire Hike (All Ages)

Avoid cabin fever with a family hike at the Backcountry Base Camp. Depending on the weather and conditions, we'll do a short nature hike, play with the chickens, meet our goats, and relax in the fresh air. After the hike, post up next to the fire to roast marshmallows and make s'mores (the possibility of a campfire is pending conditions).

Backcountry Wilderness Area; Base Camp;

Price \$9/\$10

Sa	01/13/24	2:00 - 4:00 p.m.
Sa	02/10/24	2:00 - 4:00 p.m.
Sa	03/09/24	2:00 - 4:00 p.m.

Family Fun Day (Ages 7+)

School's out for the kids, and it's time to have some fun! Depending on the weather, we might go for a hike, sled, enjoy a cozy fireside gathering, explore the woods, meet the barnyard animals, create arts and crafts, and much more at the Backcountry Base Camp!

Backcountry Wilderness Area; Base Camp;

Price \$9/\$10

F	02/16/24	12:00 - 3:00 p.m.
F	04/19/24	12:00 - 3:00 p.m.

Family Survival Skills (Ages 7+)

Does your family have what it takes to survive the elements of the Backcountry? Come learn and test your skills in topics such as orienteering, survival shelters, and water collection in this adult and family-based survival course. Each course will teach different skills and include varied challenges that match the season.

Backcountry Wilderness Area; Base Camp;

Price \$9/\$10

Sa 04/27/24 2:00 - 4:00 p.m.

BACKCOUNTRY WILDERNESS AREA

Full Moon Hike (Ages 7+)

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

Backcountry Wilderness Area; Base Camp; Price \$9/\$10

Tu 04/23/24 7:30 - 9:00 p.m.

Goat Picnic Hike (All Ages)

Get some quality time with the Backcountry Goats on a hike and picnic with a group! Pack your own picnic lunch, grab a goat, and follow your naturalist on a guided hike to a perfect picnic spot.

Backcountry Wilderness Area; Base Camp; Price \$9/\$10

Sa 04/20/24 11:30 a.m. - 1:00 p.m.

Nature Walks (Ages 14+)

Walk the dirt roads in the reserved part of the Backcountry Wilderness Area and you'll forget you're only 15 minutes from home. Grab a coffee and bring binoculars if you want to spot local wildlife—for a relaxed, guided excursion. Fresh air and a scenic view make this jaunt to improve health and nature know-how a perfect way to spend your mid-morning. This hike is an adult-focused program at an adult pace. Young children are welcome to join if they are carried for the entirety of the hike.

Backcountry Wilderness Area; Base Camp; Price Free

Th 01/11/24	10:00 - 11:30 a.m.
Th 01/25/24	10:00 - 11:30 a.m.
Th 02/08/24	10:00 - 11:30 a.m.
Th 02/22/24	10:00 - 11:30 a.m.
Th 03/14/24	9:00 - 10:30 a.m.
Th 03/28/24	9:00 - 10:30 a.m.
Th 04/11/24	9:00 - 10:30 a.m.
Th 04/25/24	9:00 - 10:30 a.m.

COMMUNITY PROGRAMS: YOUTH

Astronomy Night (Ages 7-13)

Parents, enjoy a night out after you drop the kids off at Base Camp for a fun astronomy program! Send your kiddo with a picnic dinner and all their questions about the night sky. We'll play games, eat dinner around the campfire (pending campfire regulations), and roast s'mores before an astronomy viewing where we'll identify constellations and explore their origin stories.

Backcountry Wilderness Area; Base Camp; Price \$23/\$25

Sa 04/20/24 5:30 - 8:30 p.m.



Discovery Day (Ages 7-13)

If we want the next generation to protect wild places, they must have the opportunity to love them first. Discovery Days at Backcountry Base Camp give kids the chance to discover the wonders of nature in the Backcountry Wilderness Area! This immersive program is the perfect entryway to enjoying the wild outdoors. Our Discovery Day will include fort building and forest play in a special area of the Backcountry Wilderness Area called Fort Wild! Groups will be split up by age.

Backcountry Wilderness Area; Base Camp; Price \$5

Sa 04/06/24 1:00 - 4:00 p.m. (Fort Building)

Survival Day (Ages 7-13)

Let your child discover the skills they need to survive in a true wilderness setting. This is an immersion course in wilderness survival skills. Participants might learn to make fire with and without matches, how to identify and harvest wild edible plants, water purification, knot tying and shelter building, and create fun and practical items like tools and rope.

Backcountry Wilderness Area; Base Camp; Price \$20/\$22

Sa 04/13/24 1:00 - 4:00 p.m.

Nature Homeschool Programs (Ages 6-14)

Bring the concepts you teach at home to life! The Backcountry Wilderness Area provides a bimonthly, close-to-home opportunity for exploration and learning in a natural setting. Each quarter, we offer four lessons within a different environmental or life science theme. All of our programs emphasize exploration and have a hands-on approach to scientific inquiry. Homeschool programs run bimonthly Sept-May.

Backcountry Wilderness Area; Base Camp; Price \$18/\$20 per session or \$68/\$72 per quarter Let It Grow

F 03/08/24	9:00 a.m. - Noon
F 03/29/24	9:00 a.m. - Noon
F 04/12/24	9:00 a.m. - Noon
F 05/03/24	9:00 a.m. - Noon

EARLY CHILDHOOD PROGRAMS

Wild Roots (Ages 3-6)

Wild Roots is an alternative to preschool as you know it. Wild Roots is an outdoor-based early childhood education program for children ages 3-6. Our program offers an immersive experience in nature with a play-based approach to learning. Our flexible outdoor learning environment allows for an emergent curriculum, with teachers acting as guides, noticing each child's observations and interests.

Wild Roots is not a licensed preschool and operates under CDEC's single-skill exemption. Our curriculum is designed to focus on specific weekly single-skills related to a monthly theme that follows the seasons and rhythms of the Earth. Monthly offerings build upon one another, allowing the school community to grow and strengthen. Classes are offered in 3-week or 4-week (monthly) sessions, and the typical day runs from 9:00 a.m. until 4:00 p.m., with three registration options: Monday-Friday, Monday/Wednesday/Friday, or Tuesday/Thursday. Please visit our website for full school-year offerings. To schedule a tour, please email wildrootsnaturepreschool@hrcaonline.org

Seedlings Nature Playgroup (Ages 1-6)

Seedlings Nature Playgroup is a supportive group led by a seasoned educator coming from a play-based and Waldorf background. Seedlings Nature Playgroup allows for meaningful child-led play and celebrates seasonal shifts and the wonders of the wild. Children and parents will get to know each other and become familiar with the land, as we explore the Backcountry Wilderness Area together week after week. Children will gain independence and confidence in a supportive and open environment. The morning will consist of singing songs that celebrate the seasons, short hikes and explorations, and imaginative child-led nature play. Stories and songs are chosen to harmonize with the season and rhythm of the day. The Seedlings Nature Playgroup is a family's first step into the Backcountry Wilderness Area's vibrant community and a natural feeder into Wild Roots and Camp Backcountry.

Backcountry Wilderness Area; Base Camp; Price \$140/\$168

Tu 01/30/24 - 05/07/24	9:30 - 11:30 a.m.
F 02/02/24 - 05/10/24	9:30 - 11:30 a.m.

Crafty Critters (Ages 0-6)

Bring your child out for a morning of creative fun in the Backcountry Wilderness Area! We will start the morning by getting wiggles out playing in the Backyard natural play area. After that, the little ones will get to create a fun craft, from painting to building! An adult is required to stay on-site to supervise the registered child(ren).

Backcountry Wilderness Area; Base Camp; Price \$14/\$15

Tu 04/16/24 10:00 - 11:00 a.m.

Sunshine and Storytime (Ages 0 - 6)

Join us for a nature-themed story time in the Backcountry Wilderness Area. Stories will be different each week and will be themed based upon seasonal happenings. After the story, the Backyard will be open for nature play until 11:00 a.m. An adult is required to stay on-site to supervise the registered child(ren). The program is free, but registration is required. Donations to the Backcountry Wilderness Area Fund are encouraged.

Backcountry Wilderness Area; Base Camp; FREE

W 01/24/24	10:00 - 11:00 a.m.
W 01/31/24	10:00 - 11:00 a.m.
W 02/07/24	10:00 - 11:00 a.m.
W 02/14/24	10:00 - 11:00 a.m.
W 02/21/24	10:00 - 11:00 a.m.
W 02/28/24	10:00 - 11:00 a.m.
W 03/06/24	10:00 - 11:00 a.m.
W 03/13/24	10:00 - 11:00 a.m.
W 03/27/24	10:00 - 11:00 a.m.
W 04/03/24	10:00 - 11:00 a.m.
W 04/10/24	10:00 - 11:00 a.m.
W 04/17/24	10:00 - 11:00 a.m.
W 04/24/24	10:00 - 11:00 a.m.





Heroes and Horses (Adult)

This 2-session, 1-hour class is open for any adult, but is designed to give back to both our active military and veterans by giving them the opportunity to bond with our amazing horses and build community with others. This class is offered in a group setting (1 instructor to 4 participants max) where participants will be assigned to a specific horse and connect with their equine partners over two sessions by learning the language of the horse, how to work with their horse on the ground, and herd dynamics.

Please note this is not an Equine Assisted Therapy program

Backcountry Wilderness Area; Horse Corrals, \$70/\$80 (2 session price)

Th 02/22/24 & 02/29/24 2:00 - 3:00 p.m.
Th 03/28/24 & 04/04/24 2:00 - 3:00 p.m.

Heart Horses (Ages 3+)

This 1-hour class is specifically designed for those who may need additional accommodation and is offered during quiet times at our horse corrals. Offered as a 1 on 1 groundwork only session with one of our instructors, the participant will be able to spend time grooming, learning about horse behavior, and loving on one of our incredible horses.

Please note this is not an Equine Assisted Therapy program

Backcountry Wilderness Area; Horse Corrals; Price \$50/ \$58 (single session price)

Th 01/18/24 Noon - 1:00 p.m.
1:15 - 2:15 p.m.
2:30 - 3:30 p.m.
Th 02/15/24 Noon - 1:00 p.m.
1:15 - 2:15 p.m.
2:30 - 3:30 p.m.
Th 03/14/24 Noon - 1:00 p.m.
1:15 - 2:15 p.m.
2:30 - 3:30 p.m.

Private Riding Lessons (Ages 5+)

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

Backcountry Wilderness Area; Horse Corrals; Price \$70/\$80 (Single Session price)

Contact Hailey Setzer to request a lesson at hailey.setzer@hrcaonline.org.

Group Riding Lessons (Ages 7+)

Start your riding journey in our 1-hour group lessons that will teach you how to groom and saddle your horse, as well as learn the basics of English or Western riding. Our instructors will teach the ability and skill level of the students.

Backcountry Wilderness Area; Horse Corrals; Price \$54/\$62 (Single session price)

Su 01/07/24 - 04/28/24 1:30 - 2:30 p.m.
T 02/06/24 - 04/23/24 4:30 - 5:30 p.m.



Adult Group Riding Lesson (Adult)

Start your riding journey in our 1-hour group lessons that will teach you how to groom and saddle your horse, as well as learn the basics of English or Western riding. Our instructors will teach the ability and skill level of the students.

Backcountry Wilderness Area; Horse Corrals; Price \$54/\$62 (Single session price)

Su 02/11/24 - 04/28/24 3:00 - 4:00 p.m.
Th 03/28/24 10:00 - 11:00 a.m.
Th 04/18/24 10:00 - 11:00 a.m.

Saddle Club

Trade schoolbooks for riding boots at Saddle Club: an after-school horse focused class that will teach new skills each week. We'll work through groundwork (safety, grooming, breeds, anatomy), Western riding, English riding, and health care. This small-group class will evolve as the participants master their new equine know-how. The drop-off window is from 4 p.m. until 4:15 p.m. This is a youth-only, drop-off program.

Ages 7-10

Backcountry Wilderness Area; Horse Corrals; Price \$190/\$215 (4 session price)

W 03/27/24 - 04/17/24 4:00 - 6:00 p.m.
W 04/24/24 - 05/15/24 4:00 - 6:00 p.m.

Ages 10-14

Backcountry Wilderness Area; Horse Corrals; Price \$190/\$215 (4 session price)

Th 03/28/24 - 04/18/24 4:00 - 6:00 p.m.
Th 04/25/24 - 05/16/24 4:00 - 6:00 p.m.

Saddles and Strides (Ages 7-14)

Spend your Monday evenings with our four-legged friends! We'll advance our Western and English riding, go over equitation, rodeo and English disciplines, and trail riding essentials. Prerequisite of Summer Horse Club or Saddle Club within the last six months. The drop-off window is from 4 p.m. until 4:15 p.m. This is a youth-only, drop-off program.

Backcountry Wilderness Area; Horse Corrals; Price \$190/ \$215 (4 session price)

M 03/25/24 - 04/15/24 4:00 - 6:00 p.m.
M 04/22/24 - 05/13/24 4:00 - 6:00 p.m.

EVENTS

BACKCOUNTRY WILDERNESS AREA BIG GAME AND TURKEY HUNT OPPORTUNITIES

Since 2010, the Backcountry Wilderness Area has offered world class hunting for elk and turkeys. Highlands Ranch hunters have the three ways to get a chance to hunt in the 8,200 acres of the Backcountry Wilderness Area: drawing, auction, and raffles. Hunts include elk, deer, and turkey. Hunters are limited to HRCA residents in good standing. All proceeds benefit the Backcountry Conservation & Education Fund which has a mission to improve wildlife habitat, inspire the next generation of nature stewards, and ignite a lifelong love of the outdoors for all. For more information on the Backcountry Wilderness Area Hunt Program, visit www.hrcaonline.org/hunt.

Important Hunt Opportunity Dates

Hunt Drawing: January 19 - March 5
Spring Hunt Raffle: January 26 - March 5
Hunt Auction: March 5 - March 7

HORSE PROGRAMS

Basic Horsemanship (Ages 7+)

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

Backcountry Wilderness Area; Horse Corrals; Price \$55/\$58 (Single session price)

Sa 01/20/24 10:30 a.m. - Noon
Sa 02/24/24 10:30 a.m. - Noon
Sa 03/09/24 10:30 a.m. - Noon
Sa 03/23/24 10:30 a.m. - Noon
Sa 04/13/24 10:30 a.m. - Noon
Sa 04/27/23 10:30 a.m. - Noon

Adult Horsemanship (Adult)

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

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

Backcountry Wilderness Area; Horse Corrals; Price \$40/\$45 (Single session price)

Th 03/07/24 10:00 - 11:30 a.m.
Th 03/28/24 10:00 - 11:30 a.m.
Th 04/11/24 10:00 - 11:30 a.m.
Th 04/25/24 10:00 - 11:30 a.m.

Horse Homeschool Programs (Ages 7 -14)

Get to know the horse beyond the hooves. This equestrian class—geared toward home school students—will introduce all things horses from basics to riding. Students will learn about grooming, tacking, horse safety, and riding. The theme will change with each session, but there will be a horse basics lesson during lunch for new attendees and a review for returners. All attendees need to bring lunch, a water bottle, long pants, and closed-toed shoes. This is a youth-only, drop-off program.

*Those who are participating in the morning Nature Homeschool program at Base Camp will be transported to the Horse Corrals at noon. Please see weather policy on the website as it may differ from Nature Homeschool.

Backcountry Wilderness Area; Horse Corrals; Price \$67/ \$71 (Single session price)

F	01/12/24	Noon - 3:00 p.m.
F	01/26/24	Noon - 3:00 p.m.
F	02/09/24	Noon - 3:00 p.m.
F	02/23/24	Noon - 3:00 p.m.
F	03/08/24	Noon - 3:00 p.m.
F	03/29/24	Noon - 3:00 p.m.
F	04/12/24	Noon - 3:00 p.m.
F	05/03/24	Noon - 3:00 p.m.

Mini Manes (Ages 3-4)

Get your little one comfortable around our equine friends with no pressure to get into the saddle right away. This 2-week, half-hour program teaches your tot about horse safety and care through hands-on activities. Once they are feeling confident, they'll have the opportunity to go for a ride. Children must be accompanied by an adult.

*Please note that both full sized horses and ponies may be used for our 3-6-year-old programs.

Backcountry Wilderness Area; Horse Corrals; Price \$55/ \$63 (2 session price)

M	04/01/24 & 04/08/24	4:00 - 4:30 p.m.
M	04/15/24 & 04/22/24	4:00 - 4:30 p.m.



Pony Tails (Ages 5-6)

Help your small horse enthusiast learn about horse behavior and get hands on experience grooming and saddling during the 2-week, hour-long lessons. When they are not learning horse safety, they will get to ride and learn the basics of horseback riding! *Please note that both full sized horses and ponies may be used for our 3-6-year-old programs.

Backcountry Wilderness Area; Horse Corrals; Price \$95/ \$105 (2 session price)

M	04/01/24 & 04/08/24	4:45 - 5:45 p.m.
M	04/15/24 & 04/22/24	4:45 - 5:45 p.m.

Little Equestrians (Ages 3-6)

Little Equestrians is the perfect bridge from pony programs to horseback riding lessons! This 30-minute, private riding lesson firms up the basics of safe — and fun — riding with more attention to details between the rider, instructor, and the pony. We recommend Little Equestrians complete a Mini Manes or Pony Tails program before registering. Please note: 125-pound weight limit. *Please note that both full sized horses and ponies may be used for our 3-6-year-old programs.

Backcountry Wilderness Area; Horse Corrals; Price \$36/ \$42 (single session price)

Su	01/07/24 - 04/28/24	11:00 - 11:30 a.m. 11:30 a.m. - Noon Noon - 12:30 p.m. 12:30 p.m. - 1:00 p.m.
F	04/05/24 - 04/26/24	3:30 - 4:00 p.m. 4:00 - 4:30 p.m. 4:30 - 5:00 p.m. 5:00 - 5:30 p.m.

Pony Rides (Ages 3- 10)

Hand-led pony rides are available for the young horse enthusiast! Walk along with your child as they enjoy the ride. Please note: 125-pound weight limit. Each time slot accommodates up to 6 kids. Both full sized horses and ponies may be used for our 3-6-year-old programs.

Backcountry Wilderness Area; Horse Corrals; Price \$8/ \$12 (Single session price)

Sa	01/06/24 - 04/27/24	9:45 - 10:00 a.m.
W	02/14/24	12:15 - 12:35 p.m.
W	02/28/24	12:15 - 12:35 p.m.
W	03/13/24	12:15 - 12:35 p.m.
W	03/27/24	12:15 - 12:35 p.m.
W	04/10/24	12:15 - 12:35 p.m.
W	04/24/24	12:15 - 12:35 p.m.

Cuties at the Corrals (Ages 0-10)

This 45-minute program is designed for kids under the age of 6 to come out to meet and love on our horses in a safe, crowd free environment. This class is capped at 10 kids plus their adult(s).

Backcountry Wilderness Area; Horse Corrals;

Price Free

W	02/14/24	11:15 a.m. - Noon
W	02/28/24	11:15 a.m. - Noon
W	03/13/24	11:15 a.m. - Noon
W	03/27/24	11:15 a.m. - Noon
W	04/10/24	11:15 a.m. - Noon
W	04/24/24	11:15 a.m. - Noon

Pony Party (Ages 3-10)

If your child asks for a pony for his or her birthday, here's your chance to make it happen! Party guests will enjoy unlimited pony rides on one pony for the first 60 minutes of the party! While kids are not riding, they will have the chance to practice lassoing, play with our stick horses and enjoy a game of horseshoes. For the remaining 60 minutes, your family will be handed the reins to end your kiddo's celebration your way! (This is a great time for cake/ birthday treats, open presents, etc.)

*Please note that both full sized horses or ponies may be used for birthday parties. All guests who plan to ride must be at least 3 years old.

Backcountry Wilderness Area; Horse Corrals, Price \$275/ \$315 (Single session price)

Sa	03/16/24	11:00 a.m. - 1:00 p.m.
Sa	03/30/24	11:00 a.m. - 1:00 p.m.
Su	04/13/24	11:00 a.m. - 1:00 p.m.
Su	04/27/24	11:00 a.m. - 1:00 p.m.





Scout Horseback Riding Badge (Ages 7-18)

Our professional riding instructors will teach the scouts about basic horse safety, care, and health in a fun and hands-on learning environment. This will be followed by a ride in the arena to learn introductory horseback riding skills. We tailor our lesson plans to make sure that all scouts meet the requirements for BSA Horsemanship Merit Badge or the Girls Scout Horseback Riding Badge.

*Please note the 10-scout maximum for this program.

Backcountry Wilderness Area; Horse Corrals, Price \$40 per scout/ \$240 minimum (Single session price)

Sa	03/23/24	11:00 a.m. - 1:00 p.m.
Sa	04/06/24	11:00 a.m. - 1:00 p.m.
Sa	04/20/24	11:00 a.m. - 1:00 p.m.

Volunteer Orientation

Volunteer with Backcountry Wilderness Area's animals! This orientation will prepare all volunteers for any of our animal-related positions. Orientation is required to volunteer. Contact Hailey Setzer at Hailey.Setzer@hrcaonline.org for information.

Backcountry Wilderness Area; Horse Corrals;

Free to attend.

Sa	03/23/24	Noon - 1:30 p.m.
Sa	04/13/24	Noon - 1:30 p.m.

Instructor in Training Program

The Instructor in Training (IIT) Program is a program for high school students that love horses and want to continue their equine education in a hands-on setting. This program gives students real-life experiences in the equine industry to sharpen their organization, social, and responsibility skills, all while earning volunteer service hours. Contact Hailey Setzer, Hailey.Setzer@hrcaonline.org for information.



SUMMER 2024 CAMP BACKCOUNTRY



Nature Camps (Ages 7-13)

Our week-long nature camps provide kids with an unparalleled opportunity to play and explore outdoors, all while nurturing children's wildly curious minds and instilling a love for nature. Each session follows a similar format with lots of traditional camp activities and outdoor adventures, with a different underlying theme each week.

Price \$420/\$455

Horse Camps (Ages 7-13)

Our week-long horse camps provide an opportunity for kids to learn about horses from the ground up. Campers will find themselves immersed in learning about the equine species through groundwork, animal science, hands-on activities, games, group riding lessons, and a trail ride!

Price \$620/\$675

Art Camps (Ages 7-13)

As a blend of both an art camp and a nature camp, we give art making a new meaning. There are no "cookie-cutter" projects here. We introduce campers to a wide range of materials and techniques, and unleash their creativity and imagination to build new skills, all while spending time outside in the wild. Each session follows a similar format with lots of traditional camp activities and outdoor adventures, along with creating a unique take-home art project each day.

Price \$475/\$525

Girls of the Outdoors (Ages 7-13)

Our week-long all-girls camps are a one-of-a-kind experience for young women. We will come together to explore, learn, and thrive in the great outdoors. Our all-girls camp is designed to provide a unique and empowering experience for girls aged 7-13, fostering self-confidence, teamwork, and a deep connection with nature. We love to grow empowered women of the outdoors, and that starts with you!

Price \$450/\$485

MAY 28 - MAY 31

Week 1:

Nature: Into the Wild
Art: Through the Elements
Horse: English Equestrians

JUNE 3 - JUNE 7

Week 2:

Nature: It's a ZOO!
Art: Through the Elements
Horse: Ranch Hands

JUNE 10 - JUNE 14

Week 3:

Nature: Fantastical Creatures
Girls of the Outdoors:
Horse: Fun on the Farm

JUNE 17 - JUNE 21

Week 4:

Nature: Trekking in the Backcountry
Art: Through the Elements
Horse: Rodeo Rockstars

JUNE 24 - JUNE 28

Week 5:

Nature: Imaginative Inventors
Girls of the Outdoors:
Horse: Horsing Around

JULY 1 - JUNE 3

Week 6:

Nature: To Infinity & Beyond
Horse: English Equestrians

JULY 8 - JULY 12

Week 7:

Nature: Wilderness Survival
Art: A Brush with Nature
Horse: Ranch Hands

JULY 15 - JULY 19

Week 8:

Nature: Nature's Elements
Girls of the Outdoors:
Horse: Fun on the Farm

JULY 22 - JULY 26

Week 9:

Nature: Color Wars
Art: A Brush with Nature
Horse: Rodeo Rockstars

July 29 - August 2

Week 10:

Nature: Best of Camp Backcountry
Art: A Brush with Nature
Horse: Horsing Around

**REGISTRATION OPENS
JANUARY 17**

BACKCOUNTRY WILDERNESS AREA



HRC A
EDUCATION



STAFF

Arts & Education Supervisor

Meredith Parker
303-471-8880
meredith.parker@hrcaonline.org

Art and Education Administrative Coordinator

Angela Munger
303-471-8928
angela.munger@hrcaonline.org

Education Coordinator

• Education, Creative Kids
Heather Goetz-Zettl
303-471-8818
hgoetz@hrcaonline.org

Preschool Director

• Eastridge
Jamie Bouchard 303-471-8814
jamie.bouchard@hrcaonline.org

Preschool Director

• Westridge
Tammi Howard 720-348-8214
tammi.howard@hrcaonline.org

• Children over 3 years old must be potty trained.

24/7 Online
HRC Aonline.org/Classes-Camps-Activities

CREATIVE KIDS CAMPS

Spring Break Camp (Ages 3-7)

Going to explore America through swimming, crafts, games, and more.
Eastridge, Pool Party Room; Price \$74/\$83
Tu-Th 03/19/24 - 03/21/24 9:30 a.m. - 12:30 p.m.

PARENT TOT

Toddler & Me (Ages 18 mos-3)

Come experience a mock day at preschool with mom. Enjoy free play, circle time, crafts, and snacks while you and your child meet new friends. An adult must accompany each child. Please bring a drink in a spill proof cup.

Westridge, Osprey; Price \$46/\$50; No class 03/22
Snowflakes

F 01/12/24 - 01/26/24 9:45 - 11:00 a.m.*

Red Hearts

F 02/02/24 - 02/23/24 9:45 - 11:00 a.m.

Green Clovers

F 03/01/24 - 03/29/24 9:45 - 11:00 a.m.

Rainbows

F 04/12/24 - 04/26/24 9:45 - 11:00 a.m.*

*Adjusted Price \$35/\$38

CREATIVE KIDS SPECIALTY

Princess Dress Up (Ages 3-6)

Come as your favorite princess. Then you will be pampered like a princess. After being pampered enjoy a princess snack and craft.

Westridge, Osprey; Price \$19/\$22

Olaf

M 01/22/24 12:30 - 2:00 p.m.

Snow White

M 02/26/24 12:30 - 2:00 p.m.

Anna

M 03/25/24 12:30 - 2:00 p.m.

Raya

M 04/22/24 12:30 - 2:00 p.m.

Mad Scientist (Ages 3-6)

Come join the fun where we unleash our inner scientists. We will be experimenting with a variety of liquids and solids to create crazy explosions and expand our knowledge of science.

Westridge, Osprey; Price \$20/\$23

W 01/17/24 1:00 - 2:30 p.m.

W 02/14/24 1:00 - 2:30 p.m.

W 03/13/24 1:00 - 2:30 p.m.

W 04/17/24 1:00 - 2:30 p.m.

Sibling Rivalry with Tumbling (Ages 2-7)

Come enjoy a class with your sibling or by yourself. This class allow older siblings to help younger siblings explore the fun of this class. You will make creative art projects, enjoy free play, songs, and games.

Westridge, Osprey; Price \$16/\$17 per child



Artic Animals

Th 01/11/24 1:00 - 3:00 p.m.

Th 01/25/24 1:00 - 3:00 p.m.

Red is for Roses

Th 02/08/24 1:00 - 3:00 p.m.

Th 02/22/24 1:00 - 3:00 p.m.

Four Leaf Clovers

Th 03/14/24 1:00 - 3:00 p.m.

Th 03/28/24 1:00 - 3:00 p.m.

Rainbows

Th 04/11/24 1:00 - 3:00 p.m.

Th 04/25/24 1:00 - 3:00 p.m.

Children's Workshops (Ages 3-5)

Trolls

Trolls are Us-Remember the "Trolls" movie! Wear your best Trolls outfit and join us for a fun loving Troll day of songs, crafts and games.

Westridge, Osprey; Price \$10/\$12

F 01/12/24 11:30 a.m. - 12:30 p.m.

It's a Cocomelon Kind of Day

It's a Cocomelon Kind of Day- Kids join us for a day of Cocomelon crafts, songs, and fun.

Westridge, Osprey; Price \$10/\$12

F 01/26/24 11:30 a.m. - 12:30 p.m.

Thomas the Tank Engine Goes to School

Thomas The Tank Engine Goes to School- Kids, Let's chug along with Thomas and create a cute tank engine craft as we have a mock day at school.

Westridge, Osprey; Price \$10/\$12

F 02/09/24 11:30 a.m. - 12:30 p.m.

Unicorns and Fairies

Does your child enjoy fairytales? Sign your little one up for a class that celebrates a fairy fun-loving day of unicorn crafts and a fairy tale snack.

Westridge, Osprey; Price \$10/\$12

F 02/23/24 11:30 a.m. - 12:30 p.m.

A Mission to Soak

Parents, is it difficult to get your kids to take a bath? If so, have your kids join me in learning some bath time craft activities that will make them want to stay in.

Westridge, Osprey; Price \$10/\$12

F 03/01/24 11:30 a.m. - 12:30 p.m.

Thunderbolts

This class is designed to teach your child about all things weather.

Westridge, Osprey; Price \$10/\$12

F 03/15/24 11:30 a.m. - 12:30 p.m.

Dinosaurs and I

Kids, have you ever wondered what dinosaurs look like? Join me for a mock dinosaur dig followed up by a dino-mite craft.

Westridge, Osprey; Price \$10/\$12

F 03/29/24 11:30 a.m. - 12:30 p.m.

Pirates and Treasures-Ahoy Ye Mateys!

Join us for a pirate-filled day of crafts then end it with an awesome treasure hunt.

Westridge, Osprey; Price \$10/\$12

F 04/12/24 11:30 a.m. - 12:30 p.m.

Teenage Mutant Ninja Turtles

Kids, are you turtally enough? If so, head on over for a Ninja Turtle craft and Games with us.

Westridge, Osprey; Price \$10/\$12

F 04/19/24 11:30 a.m. - 12:30 p.m.

KIDS NIGHT IN

Kids Night-In (Ages 3-12)

Come ready to swim in your swimsuit and bring your PJ's, blanket, pillow, and water bottle. Swimming, Pizza, and a movie all provided in the fun! Class starts by gathering outside the indoor pool doors.

Eastridge, Pool Party Room; Price \$31/\$35
Elemental

F 01/12/24 6:00 - 9:00 p.m.

The Amazing Maurice

F 02/09/24 6:00 - 9:00 p.m.

Shark Tales

F 03/08/24 6:00 - 9:00 p.m.

Robots

F 04/12/24 6:00 - 9:00 p.m.

Southridge, Pool Party Room/Arrowhead

The Super Mario Bros

F 01/26/24 6:00 - 9:00 p.m.

Flushed Away

F 02/23/24 6:00 - 9:00 p.m.

Home

F 03/29/24 6:00 - 9:00 p.m.

Cloudy with a chance of Meatballs

F 04/26/24 6:00 - 9:00 p.m.

KREATIVE KIDS

Kreative Kids with Tumbling (Ages 3-5)

Kreative play, kute krafts, crazy games, and kool songs is what Kreative Kids is all about! Bring lunch or snacks that do not contain peanut products. New twist for class is tumbling. The class will go into the tumbling room for some somersaulting fun!

Westridge, Osprey; Price \$28/\$31

Animal Tracks

Tu 01/09/24 9:30 a.m. - 12:30 p.m.

Tu 01/16/24 9:30 a.m. - 12:30 p.m.

Tu 01/23/24 9:30 a.m. - 12:30 p.m.

Tu 01/30/24 9:30 a.m. - 12:30 p.m.

Acts of Kindness

Tu 02/06/24 9:30 a.m. - 12:30 p.m.

Tu 02/13/24 9:30 a.m. - 12:30 p.m.

Tu 02/20/24 9:30 a.m. - 12:30 p.m.

Tu 02/27/24 9:30 a.m. - 12:30 p.m.

Dr Seuss: Put me in the Zoo

Tu 03/05/24 9:30 a.m. - 12:30 p.m.

Tu 03/12/24 9:30 a.m. - 12:30 p.m.

Tu 03/26/24 9:30 a.m. - 12:30 p.m.

Bugs and Insects

Tu 04/09/24 9:30 a.m. - 12:30 p.m.

Tu 04/16/24 9:30 a.m. - 12:30 p.m.

Tu 04/23/24 9:30 a.m. - 12:30 p.m.

Tu 04/30/24 9:30 a.m. - 12:30 p.m.



Kreative Kids (Ages 3-5)

Kreative play, kute krafts, crazy games, and kool songs is what Kreative Kids is all about! Bring a lunch and snacks that do not contain peanut products.

Westridge, Osprey; Price \$27/\$30

Sleds

Th 01/11/24 9:30 a.m. - 12:30 p.m.

Th 01/18/24 9:30 a.m. - 12:30 p.m.

Th 01/25/24 9:30 a.m. - 12:30 p.m.

Friendships

Th 02/01/24 9:30 a.m. - 12:30 p.m.

Th 02/08/24 9:30 a.m. - 12:30 p.m.

Th 02/15/24 9:30 a.m. - 12:30 p.m.

Th 02/22/24 9:30 a.m. - 12:30 p.m.

Th 02/29/24 9:30 a.m. - 12:30 p.m.

Dr Seuss: Mr. Brown Can Moo! Can You?

Th 03/07/24 9:30 a.m. - 12:30 p.m.

Th 03/14/24 9:30 a.m. - 12:30 p.m.

Th 03/28/24 9:30 a.m. - 12:30 p.m.

Plants and Seeds

Th 04/11/24 9:30 a.m. - 12:30 p.m.

Th 04/18/24 9:30 a.m. - 12:30 p.m.

Th 04/25/24 9:30 a.m. - 12:30 p.m.

2 TIMES THE FUN

2 Times the Fun (Ages 2-3)

Children will explore various games, music, story time, art, and playtime. An excellent way to initiate social skills and prepare for preschool. Parents do not attend.

Westridge, Osprey

Themes

January Icicles and Snowflakes

February Candy Hearts

March Horton Hears a Who

April Farm Animals

Price \$50/\$56; No class 01/15, 02/19, 03/18, & 4/1

M 01/08/24 - 01/29/24 10:30 a.m. - Noon

M 02/05/24 - 02/26/24 10:30 a.m. - Noon

M 03/04/24 - 03/25/24 10:30 a.m. - Noon

M 04/01/24 - 04/29/24 10:30 a.m. - Noon*

* Adjusted Price \$66/\$74

Price \$45/\$51; No class 03/20 & 4/3

W 01/10/24 - 01/31/24 10:00 - 11:00 a.m.

W 02/07/24 - 02/28/24 10:00 - 11:00 a.m.

W 03/06/24 - 03/27/24 10:00 - 11:00 a.m.*

W 04/10/24 - 04/24/24 10:00 - 11:00 a.m.*

* Adjusted Price \$34/\$38

STEPPING STONES

Stepping Stones (Ages 2½-3½)

Prepare your child for preschool. Children learn about colors, ABC's, and numbers while having social interaction and fun. Snack will be served. Parents do not attend.

Westridge, Osprey; Price \$71/\$77;

No class 03/21& 4/4

Sleds

Th 01/11/24 - 01/25/24 9:00 - 11:30 a.m.

Friendships

Th 02/01/24 - 02/29/24 9:00 - 11:30 a.m.*

Dr Seuss: Mr. Brown Can Moo! Can You?

Th 03/07/24 - 03/28/24 9:00 - 11:30 a.m.

Plants and Seeds

Th 04/11/24 - 04/25/24 9:00 - 11:30 a.m.

* Adjusted Price \$119/\$131

COLLEGE PREP

SAT®/ ACT® Preparation Class

(Ages 14-18)

Do you want higher test scores and a better shot at competitive schools? Learn test-preparation strategies for a fraction of the cost of commercial programs! This Education Specialty course is taught by an instructional expert with 30+ years of experience in test preparation helping students for both SAT and ACT. Students receive an official preparation guide and an additional strategies manual.

Westridge, Great Horned Owl; Price \$349/\$375;
No class 02/11 & 02/18

Su 01/28/24 - 03/03/24 2:00 - 5:00 p.m.

FINANCIAL SEMINARS

Will Seminar (Adult)

This simple one-step class for ages 18 years and older will provide a Notarized will, general power of attorney, medical power of attorney, and living will by the end of the seminar from an experienced estate planning attorney. This unique class provides great value to participants by providing finished estate planning documents- at a fraction of the typical cost for these documents. Cost includes all materials, witnessing, notarizing, individual review, and plenty of time for discussion and questions. Participants do not need to bring anything to class.

Northridge, Wetterhorn;

Price \$150/\$172 per person

Tu 01/09/24 6:00 - 8:30 p.m.

M 02/05/24 6:00 - 8:30 p.m.

Tu 03/12/24 6:00 - 8:30 p.m.

W 04/03/24 6:00 - 8:30 p.m.

Retirement Planning Today® (Adult)

Interactive workshop will help you make sense of the choices you face in building your future and planning for retirement. Learn strategies you can use right away. In just 2 entertaining and informative sessions, you'll learn what they didn't teach you in school. Determine the amount of money you need to retire. Use new tax law changes to your advantage. Eliminate debt and improve cash flow. Properly allocate your assets within your employer retirement plan. Use 5 investment strategies to minimize risks and maximize returns. Ask the right questions when evaluating insurance coverage. Reduce or eliminate taxes, expenses, delays and legal challenges with estate planning. This course includes a 235-page illustrated textbook. Price is for individual or couple

Northridge, Wetterhorn room; Price \$59/\$68

Th 02/08/24 & 02/15/24 6:00 - 9:00 p.m.

Tu 02/13/24 & 03/20/24 6:00 - 9:00 p.m.



Living Trust Seminar (Adult)

This class will discuss the Top 10 Reasons for needing a Living Trust. Do you want to avoid Probate Court? Do you want to proactively plan your estate? Do you want to maximize the benefit to your heirs? Do you want to be prepared if you lose your mental capacity? When you finish the class, you will have a clear picture of whether a Living Trust is the right tool for you and/or your family."

Northridge, Wetterhorn; Price \$29/\$34

- W 01/10/24 6:30 - 8:00 p.m.
- W 02/07/24 6:30 - 8:00 p.m.
- W 03/13/24 6:30 - 8:00 p.m.
- W 04/10/24 6:30 - 8:00 p.m.

Foundations of Investing, Strategies & the Market (Ages 30+)

Do you have questions about your investments or even how to get started? Join us for a seminar on the rules of investing – education on the importance of developing a strategy, portfolio construction and its influence on your goals. Hear timely market topics and how they relate to you. Learn the fundamental concepts of investing and potential strategies to help build wealth. Following the seminar, participants will have the opportunity to schedule a complimentary portfolio review and strategy analysis to bring the education full circle with a focus on their individual investments, goals, and questions.

Northridge, Crestone;

Price Free Registration is Required

- Th 01/25/24 6:00 - 7:00 p.m.

Standing Guard: Protect What You've Worked For (Ages 50+)

Ready or not? Preparing for the unexpected is essential in protecting what you've worked for, your assets – and what's most important to you. This seminar will cover risks that could impact your financial plan and strategies to protect against them. We will discuss how to create a foundation to protect against unexpected events, protect your pre and post retirement income, impact of longevity, guardianship considerations, withdrawal strategies and anticipating rising costs, healthcare, and long-term medical care expenses. Following the seminar, participants will have the opportunity to schedule a complimentary financial plan review to bring the education full circle with a focus on their individual strategy, goals, and questions.

Northridge, Crestone;

Price Free Registration is Required

- Tu 02/20/24 6:00 - 7:00 p.m.



Time Matters: Women's Retirement Outlook (Ages 50+)

"The best thing about the future is that it comes one day at a time." Think about that phrase and what it means to you. This seminar shares perspectives on financial concerns facing women who are getting ready for or have recently transitioned into retirement. Single, divorced, widowed – we will focus on your LENS: Life Expectancy, Employment, Need and Spousal Considerations. We will identify risks and protective solutions and share strategies on how to prepare for the unexpected. We will educate around retirement income strategies, including Social Security, asset withdrawal and reliance rates. Statistically, women typically outlive men – how should this be incorporated in your plan and what can you do to better position yourself to prepare for the opportunities and challenges you may face. Following the seminar, participants will have the opportunity to schedule a complimentary review of their financial plan to bring the education full circle with a focus on their individual vision, goals, and questions.

Northridge, Crestone; Price Free Registration is Required

- Th 03/21/24 6:00 - 7:00 p.m.

The Entrepreneurial Equation: Financial Considerations for Business Owners (Ages 30+)

Are you a small to mid-size business owner looking to better understand financial strategies and tools to help run your business more effectively? Join us to develop your own equation and solution. We will cover banking, retirement plans and insurance options. Identify business risks and opportunities and address ever-changing legislation applicable to you. Following the seminar, participants will have the opportunity to schedule a complimentary review of their business' financial strategy to bring the education full circle with a focus on their individual vision, goals, and questions.

Northridge, Crestone; Price Free Registration is Required

- Th 04/18/24 6:00 - 7:00 p.m.

Strategizing Social Security & Taxes in Retirement (Adult)

According to the Social Security Administration's own website, there are 9,000 possible ways a married couple can claim their social security benefits. Boston Economics Professor, Laurence Kotlikoff once stated, "Social Security is about as complicated a fiscal system as is humanly possible to design." Choosing one plan over another could be the difference in hundreds of thousands of dollars. If you don't have a plan, what are the chances you'll get it right? Come learn the various social security strategies available to you as well as how to minimize your taxes in retirement from a CPA.

Northridge, Wetterhorn; Free Registration is Required

- W 01/17/24 6:00 - 7:30 p.m.

Options Trading: Intermediate Level (Adult)

This course teaches some of the more popular options strategies such as Iron Condors, Butterflies, Straddles and Calendar/Diagonal Spreads. This course goes beyond simply defining strategies. It teaches which strategy is the most efficient to use based on the individual's outlook for the markets. Learn which strike prices to use based on your risk/reward profile. Learn to calculate the potential profits and losses on each trade and how it impacts the overall ROI of the entire account. Understand key money-management principles specifically related to options trading. Critical details will also be discussed to help prevent self-inflicted losses. The course is taught by an options professional with over 30 years of trading experience. Basic understanding of options is highly recommended.

Northridge, Crestone; Price \$150/\$172

- Sa 01/13/24 9:00 a.m. - Noon
- Sa 03/02/24 9:00 a.m. - Noon





HEALTH AND SAFETY



Mental Wellness

No Frills Parenting Skills (Adult)

Parenting/caregiving can be hard—especially in isolation. In the book, *Fourteen Talks by Age Fourteen: The Essential Conversations You Need to Have with Your Kids Before They Start High School*, the parenting educator author emphasizes the importance of parents having their own support network. "... find other adults...who are willing to discuss your concerns. They can also offer some real-life perspective, especially if they also have school-aged children." Learn evidence-based perspectives from trusted experts in parenting relayed here in manageable pieces for busy lives. Participants will take away tools and skills to use at home. Parents often put themselves last on their list of priorities. Prioritizing activities for ourselves (yes, ourselves!), such as attending this workshop, is a way to fill our cup...and benefits everyone we love. By Jenny Robbins, M.A., LPC, CBC

Westridge, Golden Eagle; Price \$40/\$46
Su 03/10/24 1:00 - 4:00 p.m.

Grief Expressed: Where We Take Our Time and Give Our Grief Expression (Ages 16+)

Grief demands only one thing: to be attended to. In our grief-avoidant culture, there are too few opportunities to grieve in community. Research shows that those who grieve in the context of a supportive community have better outcomes than those who do not. Attendees will leave with many ways to give grief expression, with their expressive artwork, with a deeper understanding of bereavement, and with a small gift emphasizing the importance of self-compassion in grief. All materials included. "Your wound is probably not your fault, but your healing is your responsibility." - Author unknown. Facilitated by Jenny Robbins, M.A., LPC, CBC, bereaved mom, licensed professional counselor, and certified provider of Compassionate Bereavement Care™ (specialized training in trauma and grief).

Westridge, Golden Eagle; Price \$50/\$58
Su 03/31/24 1:00 - 5:00 p.m.



A.P.E.'s Basic Class/Child Escape (Ages 5-10)

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

Westridge, Hawk Room; Price \$35/\$40
Su 02/11/24 11:00 a.m. - 1:00 p.m.

Women's Self Defense Class (Ages 12+)

We start by discussing the importance of staying aware and being "smart" on the street and at home. We will then teach the basic strikes necessary to fend off an attacker. At this point, the instructor puts on a full padded body suit which enables the participants to land real strikes. Finally, we spend most of the class role playing some different type of attacks that women may face from a predator. This class is for any woman who is interested in becoming more empowered and more confident if ever faced with this danger.

Westridge, Hawk Room; Price \$55/\$65
Su 02/11/24 2:00 - 5:00 p.m.



Babysitting Class with WestCPR (Ages 11-18)

Learn guidelines for working with parents and their children to make the time safe and fun. You will learn how to set up your own babysitting business, how to keep the kids entertained, and what to do in an emergency. This is a hands-on class where you will learn and practice everything from baby diapering and feeding to basic child/infant first aid, choking protocols, and CPR. The class includes a Kids Watch guide and personal web access to many other trusted resources such as games, suggestions, and videos from other babysitting experts and advice from young, experienced babysitters. Each student will receive access to the pediatric first aid text for reference along with the babysitting manual and certificate of participation from WestCPR LLC. Please bring a peanut free snack/lunch.

Westridge, Falcon; Price \$78/89
Sa 01/13/24 9:00 a.m. - 2:00 p.m.
Sa 02/10/24 9:00 a.m. - 2:00 p.m.
Sa 03/16/24 9:00 a.m. - 2:00 p.m.
Sa 04/13/24 9:00 a.m. - 2:00 p.m.

ONLINE EDUCATION



EDUCATION 2 GO & EDUCATION 2 GO PRO!

Online Classes That Fit Your Schedule

Bring everyone in the office up to speed on subjects that effect overall productivity! Learn without leaving the comfort of your own home! Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. There are over 300 classes offered including:

- Get Paid to Travel • Resume Writing • Buy and Sell on eBay • Debt Elimination Techniques • Professional Sales Skills • SAT/ACT Preparation • Stocks, Bonds, and Investing: Oh, My! • Designing Effective Web Sites • Wine Appreciation • Achieving Success with Difficult People • and more!

Courses run for six weeks, are project-oriented, and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links and more. Visit ed2go.com/HRCA for complete course descriptions, lesson outlines, and evaluations from former students, course requirements, instructor credentials, and a demo course.
Each class: **\$112/\$129**

Requirements: All courses require Internet access, e-mail, Netscape Navigator or Microsoft Internet Explorer. Some courses may require additional software or other requirements. Before registering, visit ed2go.com/HRCA for complete course requirements.

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

Questions? Visit ed2go.com/HRCA or call 303-471-8818.

STEM



Science Matters Wonderous Science by Science Matters (Ages 3-5)

This class will provide a sampling of fun and engaging STEM experiences for preschoolers, the most wondrous of scientists! Aligned along Biology, Chemistry and Physics themes.

Eastridge, Pool Party Room; Price \$85/\$98

W 01/17/24 - 02/07/24 1:00 - 2:00 p.m.
W 03/27/24 - 04/17/24 1:00 - 2:00 p.m.

Westridge, Red Tail Hawk; Price \$85/\$98

W 02/14/24 - 03/06/24 1:00 - 2:00 p.m.
W 04/24/24 - 05/15/24 1:00 - 2:00 p.m.

Flying Saucers and Homemade Catapults by Science Matters (Ages 5-10)

Send things flying through the air - spinning, floating, and flying. We will make a mini hover craft and learn about color and frisbees. Fly the Big Mouth. And don't forget about the catapults. Experiment with levers and make the best catapult. The Viking and the Mini Office Catapult. Note: Some projects may take two classes.

Westridge, Red Tail Hawk; Price \$128/\$147

W 01/17/24 - 02/14/24 4:30 - 5:30 p.m.

Unsolved Science by Science Matters (Ages 5-10)

Science Matters needs your help to solve the Unsolved Science Mystery! Use forensic science skills to solve the Mystery and become a Chemical Detective! Create your own Chemical Detective Kit, Lift and identify crime scene fingerprints, reveal secret messages, extract DNA, and discover more forensic science techniques used in crime scene investigations! In this club, you can become a Science Super Sleuth. Can you help explain Unsolved Science?

Westridge, Red Tail Hawk; Price \$128/\$147; No Class 3/20

W 02/21/24 - 03/27/24 4:30 - 5:30 p.m.



Mixology by Science Matters (Ages 5-10)

Are you ready to mix things up a little! Join us in the lab as we experiment with some crazy chemical reactions! We'll heat things up and cool things down with the greatest mixing stuff in town. Mix up some Oobleck. Use chemistry to solve the Mixed Up Mystery. Mix things that bubble without trouble. This is fun chemistry that needs no apology...this is the science we call Mixology!

Westridge, Red Tail Hawk; Price \$128/\$147

W 04/10/24 - 05/08/24 4:30 - 5:30 p.m.



Chessmates After School Club (Ages 6-11)

Join us for an after-school club of fun as we explore the exciting game of chess! Participants will learn a basic understanding of the game, build on skills, and practice what they learned with peers. This camp will also hold an exclusive ongoing chess tournament throughout the week! No matter if you're new to the game or a seasoned pro, this is the perfect camp to make new friends and better your game. We'll see you there!"

Westridge, Red Tail Hawk; Price \$104/\$120;

No Class 2/19 & 3/18

M 01/22/24 - 02/26/24 4:30 - 6:00 p.m.

M 03/04/24 - 04/08/24 4:30 - 6:00 p.m.

M 04/15/24 - 05/13/24 4:30 - 6:00 p.m.

STEM CAMPS



Chessmates Spring Into Chess Camp (Ages 6-11)

Break out those chess boards...Chessmates is hosting its spring chess camp again! Join us for five days of fun as we explore the exciting game of chess! Participants will learn a basic understanding of the game, build on skills, and practice what they learned with peers. This camp will also hold an exclusive ongoing chess tournament throughout the week! No matter if you're new to the game or a seasoned pro, this is the perfect camp to make new friends and better your game. We'll see you there!"

Northridge, Wetterhorn; Price \$199/\$215

M-F 03/18/24 - 03/22/24 9:00 a.m. - Noon

SNAPOLOGY



GameBots Robotics by Snapology (Ages 10-16)

Calling all gamers! Have a blast creating robotic games each week while learning about robotics. Students will learn about gear ratio, sensors, programming, and pulleys as they create fun games. Whether they're creating a robotic hockey player, a pinball machine, or a ring toss, your child is sure to have fun building, learning, and playing!

Westridge, Falcon; Price \$215/\$247

M-F 03/18/24 - 3/22/24 9:00 a.m. - Noon

Basic Minecraft by Snapology (Ages 5-10)

Travel to the Nether with Snapology but watch out for those creepers! Come join us as we bring Minecraft® to life using LEGO® bricks. Create your own world, including animals, creepers, and your very own Minecraft® character! Please note that this hands-on program does not involve playing the game on screens.

Westridge, Falcon; Price \$215/\$247

M-F 03/18/24 - 3/22/24 12:30 - 3:30 p.m.

SCIENCE MATTERS



Ooey Goey Science, Potions and Polymers by Science Matters (Ages 5-10)

A little of this, a little of that, some wild reactions is where it's at! Make a slushy treat to eat and see Soda Slobber. We'll make water disappear and play with snow that never melts. Then - make some Slime that looks alive! You won't believe that our mixing fun can teach some science before it's done. With a Pop, or a Bang, or even some Fizz, you have become a chemistry whiz!

Westridge, Red Tail Hawk; Price \$230/\$265

M-F 03/18/24 - 3/22/24 9:00 a.m. - Noon

Junkyard Robots by Science Matters (Ages 5-10)

We will use the power of science to build a robot that's up to our Obstacle Course. Meet the electro-powered Robo Bug. Explore alternative energy and save the Earth with our Green Energy Station. Create a Draw Bot. Get zapped with our Shockingly fun Nerve Tester. Explore Newton's Laws and wire up your Wacky Wild Wheels.

Westridge, Red Tail Hawk; Price \$230/\$265

M-F 03/18/24 - 3/22/24 12:30 - 3:30 p.m.





Bluebells
Eastridge, Snowmass Room
Price **\$1,290/\$1,340 monthly**
M-F 7:30 a.m. - 5:30 p.m.
** The Toddler fee is not pro-rated. It is a monthly fee.*

Preschool (Ages 3-4)
Shooting Stars
Eastridge, Sunlight Room
Price **\$400/\$450 monthly**
M-F 9:00 a.m. - Noon
(2, 3, or 5-day Enrichment available)

Honeysuckles
Eastridge, Monarch Room
Price **\$225/\$275 monthly**
Tu, Th 9:00 a.m. - Noon
(2-day Enrichment available)

Pre-K (Ages 4-5)
Daisies (UPK qualified)
Eastridge, Telluride Room
Price **\$400/\$450 monthly**
M-F 9:00 a.m. - Noon
(2, 3, or 5-day Enrichment available)

Sunflowers (UPK qualified)
Eastridge, Monarch Room
Price **\$779/\$829 monthly**
M, W, F 9:00 a.m. - 2:00 p.m.
(3-day Enrichment included in price)

PRESCHOOL AT WESTRIDGE

Preschool (Ages 3-4)
Pikas
Westridge, Falcon Room
Price **\$400/\$450 monthly**
M-F 9:00 a.m. - Noon
(2,3 or 5 day Enrichment available)

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

Pre-K (Ages 4-5)
Elk (UPK qualified)
Westridge, Great Horned Owl Room
Price **\$400/\$450 monthly**
M-F 9:00 a.m. - Noon
(2, 3, or 5 day Enrichment available)

Bisons (UPK qualified)
Westridge, Barn Owl Room
Price **\$779/\$829 monthly**
M, W, F 9:00 a.m. - 2:00 p.m.
(3 day Enrichment included in price)



2023-2024 SCHOOL YEAR

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

Families who need full-time care for their child may enroll in Enrichment and a five-day Preschool or Pre-K class. Preschool families looking for two full days can enroll a child in the two-day morning preschool class and Enrichment on the same two days, giving you care for your child from 7:30 a.m. - 5:30 p.m. on those days. Three-day weeks are available for Pre-K or 5-day Preschool students.

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

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

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

Program Details:

- Includes music, language, swimming, pottery, art, building blocks, story time, nap, and snack time. Each week has a different theme. Children participate in special activities related to those themes each week. Enrichment children swim a few times a week.
- Children need to bring nap items like a blanket, or a lovey, and are required to bring a sheet weekly to help them rest with ease.
- We typically offer additional programs for a fee including swim lessons, science camp, technology camp, ballet, gymnastics, soccer, and other classes. Our teachers will take your child to and pick them up when the class is over. Programs vary by facility.
- This program is facilitated by the same Preschool and Pre-K teachers you have come to love and trust at the HRCA.
- This program is licensed with the state of Colorado and therefore maintains the integrity of licensed programs in policy and procedures.
- A morning and afternoon snack is provided.
- Children need to bring a "peanut/nut aware" lunch.
- Payments are made monthly for Enrichment.
- Refunds AND transfers for Enrichment programs require a monthly notice.

HRCA PRESCHOOL

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

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

(Ages 18 mos-3)

Designed to aid children with their basic motor, social, emotional, cognitive, and linguistic development.

(Ages 3-4)

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

(Ages 4-5)

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

2023-2024 SCHOOL YEAR

September 5-6, 2023 - May 16, 2024

All classes have an annual non-refundable registration fee: \$100 per child.

PRESCHOOL AT EASTRIDGE

Toddler (Ages 1-3)

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

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

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



STAFF

Director of Community Relations and Events

Jamie Noebel
303-471-8807
jamie.noebel@hrcaonline.org

Marketing & Special Projects Manager

Shannon Havekost
303-471-8828
shannon.havekost@hrcaonline.org

Community Events Supervisor

Hannah Schroepfer
303-471-8870
hannah.schroepfer@hrcaonline.org

Community Events Coordinator

Julianne Hennings
303-471-8810
julianne.hennings@hrcaonline.org

Community Events Coordinator

Dylan Holt
303-471-8898
dylan.holt@hrcaonline.org

Community Events Coordinator

Carley Haupt
303-471-8809
carley.haupt@hrcaonline.org

Race Series Director

Sarah Mirick
303-471-7048
sarah.mirick@hrcaonline.org

24/7 Online
HRC Aonline.org/Events

Your Health UCHealth Virtual Health Series

Discover our virtual health event series, presented in partnership with UCHealth. Gain insights from local physicians on various healthcare topics, engage in live Q&A sessions, and empower yourself with expert knowledge.

Zoom, Registration is free but required

- Mastering Stress**
W 01/10/24 6:00 - 7:00 p.m.
- Empowering Your Cardiovascular Health**
W 02/07/24 6:00 - 7:00 p.m.
- Sports Medicine: Sprains & Strains**
W 03/06/24 6:00 - 7:00 p.m.
- A Journey into Brain Health and Dementia: Preventing Dementia**
W 04/03/24 6:00 - 7:00 p.m.

Blood Drive

The Highlands Ranch Community Association and Vitalant are joining forces during this critical time! Your blood donation can truly make a life-saving difference, and we can't stress enough how vital your contribution is. To register, please call Vitalant at 303-363-2300 or go online to www.donors.vitalant.org, where you can use code 10002 or search for 80126. While appointments are encouraged, walk-ins are warmly welcomed.

Northridge Recreation Center, Gym, 8800 Broadway, FREE

Th 01/18/24 9:00 a.m. - 1:30 p.m.

Winter Cultural Series

The Winter Cultural Series highlights three unique, talented, and high-caliber performance ensembles from the Denver metro area. Rather than making the trek downtown, we're bringing them to Highlands Ranch at an affordable price that's perfect for the whole family to enjoy.

Southridge Recreation Center, Wildcat Auditorium, 4800 McArthur Ranch Rd.;

Ticket: Child/Senior/Military \$10, Adult \$12

- W 01/24/24 Cloud 9 Strings
6:30 - 8:00 p.m.
- Th 02/29/24 International Youth Ballet
6:30 - 8:00 p.m.
- Th 03/28/24 René Heredia:
Flamenco Guitar and Dance
6:30 - 8:00 p.m.



Family Magic Show

Experience the magic of a family-friendly show filled with jaw-dropping illusions, captivating sleight of hand, and laughter for all ages. Our talented magician will leave your family in awe with astonishing tricks and mesmerizing feats of magic. Get ready to be amazed and thoroughly entertained in a show that's perfect for kids and adults alike.

Southridge Recreation Center, Wildcat Auditorium, 4800 McArthur Ranch Rd.;

Tickets: Child \$10, Adult \$15

F 01/26/24 6:30 - 8:00 p.m.

Father & Daughter Sweetheart Ball

Indulge in an evening of joy, laughter, and dance with your sweetheart at the annual Father and Daughter Sweetheart Ball. Your unforgettable night includes a cherished photo capturing your special moment with your young lady, a meal, and refreshing beverages. For an extra touch of enchantment, carriage rides are also available for an additional \$3.00 per person (subject to weather conditions) and can be purchased onsite. Please ensure each guest, both adults and children, has a ticket for entry.

Highlands Ranch Mansion, 9950 Gateway Dr.;

Tickets: \$28

- F 02/02/24 6:30 - 8:30 p.m.
- Sa 02/03/24 1:30 - 3:30 p.m.
- Sa 02/03/24 6:30 - 8:30 p.m.

Chinese New Year

Celebrate Chinese New Year with the Highlands Ranch Community Association and the Great Wall Chinese Academy. The Cultural Fair will take place throughout Southridge and will include Chinese crafts, Chinese shops, authentic Chinese calligraphy, traditional Chinese folk-art displays, Chinese New Year refreshments, and more! The on-stage performance will feature lion and dragon dances, martial arts, Chinese folk dances, children's choruses, and more. Join us to ring in the Year of the Dragon.

Southridge Recreation Center, Wildcat Auditorium, 4800 McArthur Ranch Rd.;

Cultural Fair is FREE and open to the public,

On-Stage Performance Tickets: \$10

- Sa 02/10/24 12:00 - 4:00 p.m.,
- On-stage performance 2:00 - 3:00 p.m.

Superheroes Unite

Get ready for a day of epic adventure! Join us as we bring the world of superheroes to life with real Superhero's! Dress up as your beloved superhero and enjoy a feast of 'superhero' snacks that will keep your energy levels soaring. It's a day filled with fun, imagination, and heroism – a perfect opportunity for kids to unleash their inner superheroes and create unforgettable memories.

Southridge Recreation Center, Wildcat Auditorium, 4800 McArthur Ranch Rd.; Tickets: \$15
Sa 02/17/24 10:30 a.m. - 12:00 p.m.

Therapeutic Recreation Sweetheart Dance

Enjoy an evening dancing to your favorite songs with your favorite people. You'll be out of your seat and dancing all night long! Request your favorite songs. Light snacks will be served. Ages 16+

Southridge Recreation Center, Wildcat Auditorium, 4800 McArthur Ranch Rd.; Tickets: \$16/\$18
F 02/23/24 7:00 - 9:00 p.m.

Free Group Fitness Day

A great opportunity to try something new! Join us for our free Group Fitness Day. Please note that classes have a maximum capacity, and we cannot guarantee entry if the class becomes full. Visit HRCOnline.org/fitness for the latest class schedule. This includes regular group fitness classes, not The Zone or specialty classes.

Tu 03/05/24

Princess Tea Party

Calling all royalty! You are cordially invited to a Princess Tea Party. Our featured princesses will lead our guests of honor in story time, singing, and fun. Dressing up is encouraged!

Southridge Recreation Center, Wildcat Auditorium, 4800 McArthur Ranch Rd.; Tickets: \$15
Sa 03/9/24 10:30 a.m. - 12:00 p.m.

Cold Cases & Cocktails

Unleash your true crime fascination with this extraordinary event! Explore the intricate motivations of serial killer Scott Kimball, led by retired agent Jonny Grusing, who collaborated with the FBI's profiling unit, the BAU, and law enforcement agencies. Sip a cocktail and delve into this chilling case!

Southridge Recreation Center, Wildcat Auditorium, 4800 McArthur Ranch Rd.; Tickets: \$25
F 03/15/24 6:30 - 8:00 p.m.



St. Patrick's Day 5K

Get your leprechaun legs ready at our first 5K of the season! Starting and finishing in Town Center, runners enjoy on-course bagpipe music, traditional Irish dancers, free pancake breakfast, and post-race beer!

Highlands Ranch Town Center, 9325 Dorchester St
\$35+ adults/\$25+ kids 12 & under

Sa 03/16/24 9:00 a.m.

Spring Bazaar

Spring is in the air and the Highlands Ranch Community Association Spring Craft Bazaar is back! Visit with over 100 vendors displaying and selling unique and high-quality products. This one-of-a-kind marketplace will include photography, original art, sculpture, ceramics, specialty food, precious jewelry, and gems and so much more! The Bazaar is guaranteed to please and everything is priced to sell. Admission is free so you do not want to miss out on this great event!

Eastridge Recreation Center, Gym, 9568 University Blvd.; FREE
Sa 03/16/24 9:00 a.m. - 5:00 p.m.

Easter Egg Decorating with a Cop

Join us for an afternoon of decorating Easter eggs with our local law enforcement officers! The Douglas County Sheriff's Department is partnering with the Highlands Ranch Community Association to bring great events to the Highlands Ranch Recreation Centers. These informal gatherings give residents and business owners a chance to connect with officers in a relaxed atmosphere. See you there!

Westridge Recreation Center, Lobby, 9650 Foothills Canyon Blvd.; FREE
W 03/27/24 11:00 a.m. - 1:00 p.m.

Easter Egg Hunt

Join us at Northridge Park for our annual Easter Egg Hunt! Don't forget to bring your basket to gather treats and don't miss the chance to snap a photo with the Easter Bunny! This family-friendly event features an egg hunt for children aged one to nine, so arrive early – parking is limited, and the hunt kicks off promptly at 10:00 a.m. SHARP. Don't be late for this egg-citing adventure.

Northridge Park, 8800 Broadway; FREE
Sa 03/30/24 10:00 a.m.

Farmers' Market

The Highlands Ranch Community Association collaborates with the Denver Farmers' Market to create an exceptional weekly gathering of local vendors, offering Highlands Ranch residents the finest fresh, local goods from season to season. The Farmers' Market season kicks off with a delightful array of sauces, pastas, flowers, breads, and more. Visitors can explore a diverse selection of top-tier farmers representing the beauty of the Rocky Mountains. As the seasons change, this outdoor market bursts with vibrant colors, enticing scents, and diverse varieties of Colorado's bountiful produce. Families can savor locally grown, farm-fresh produce and a whole lot more!

Town Center South, 9288 Dorchester St.
Su April - October 10:00 a.m. - 2:00 p.m.

Backcountry Wilderness Area Big Game and Turkey Hunt Opportunities

Since 2010, the Backcountry Wilderness Area has offered world class hunting for elk and turkeys. Highlands Ranch hunters have the three ways to get a chance to hunt in the 8,200 acres of the Backcountry Wilderness Area: drawing, auction, and raffles. Hunts include elk, deer, and turkey. Hunters are limited to HRCA residents in good standing. All proceeds benefit the Backcountry Conservation & Education Fund which has a mission to improve wildlife habitat, inspire the next generation of nature stewards, and ignite a lifelong love of the outdoors for all. For more information on the Backcountry Wilderness Area Hunt Program, visit www.hrcaonline.org/hunt.

Important Hunt Opportunity Dates

Hunt Drawing:	January 19-March 5
Spring Hunt Raffle:	January 26-March 5
Hunt Auction:	March 5-7





Volunteer Fair

Are you in search of your next volunteer adventure? Whether your passion is for the environment, the arts, or social justice, the Volunteer Fair provides a chance for prospective volunteers and nonprofit organizations to connect in person, all in one convenient place. Explore the fantastic opportunities available in our community and discover how you can make a difference.
Southridge Recreation Center, Gym
4800 McArthur Ranch Rd.; FREE
 Tu 04/16/24 4:00 - 7:00 p.m.

Blues at the Mansion

Join us for an unforgettable evening of music as blues artist Michael Friedman takes the stage. Set against the backdrop of the Historic Highlands Ranch Mansion, the concert promises to transport you into the heart of blues music's rich tradition. Grab your tickets for a night of musical magic. Beer and wine will be available for purchase for those 21+, ID's will be checked.
Highlands Ranch Mansion, 9950 Gateway Dr.; Tickets: \$25
 Th 04/18/24 6:30 - 8:00 p.m.

Comedy Night

Why travel far from home when you can see world-class professional comedy right here in Highlands Ranch? Enjoy a relaxing night of laughter and drinks with friends without paying for parking! A cash bar will be available. You must be 21+ to attend (adult humor) and ID's will be checked.
Southridge, Auditorium,
4800 McArthur Ranch Blvd., Tickets: \$25
 F 04/26/24 6:30 - 8:00 p.m.

Pottery Sale

You are invited to the pottery sale held at the Southridge atrium. This is a wonderful opportunity to find something special for a family member or a birthday gift. For more information call 303-471-8853.
Southridge, Atrium, 4800 McArthur Ranch Blvd.
 M 05/06/24 8:00 a.m. - 6:00 p.m.



Adult Dance Recital

Please join us for this one-of-a-kind event! The Dancers from our HRCA adult dance classes will perform their greatest numbers! Don't miss out! Come join the fun!
Southridge, Wildcat Mountain Auditorium
4800 McArthur Ranch Road: FREE
 Su 6/9/24 2:00-4:00 p.m.

COMMUNITY PARTNERS

The HRCA's ability to bring events to Highlands Ranch is made possible in part by our Community Partners, the Highlands Ranch Cultural Affairs Association (CAA), and the Scientific and Cultural Facilities District (SCFD).



GRACE PRESBYTERIAN
 Alongside One Another On Life's Journey





STAFF

Sports and Fitness Supervisor

Chad Mejia
303-471-7035
chad.mejia@hrcaonline.org

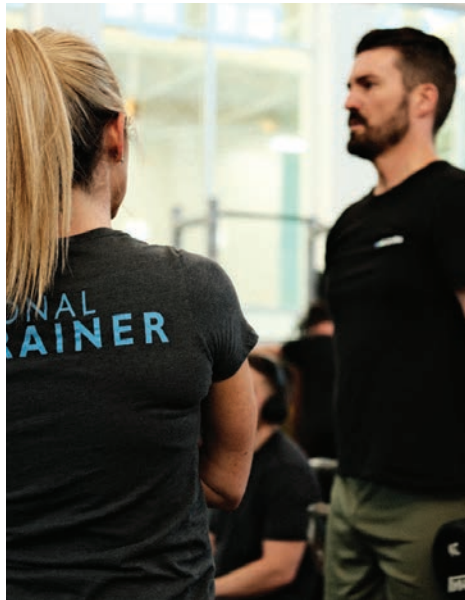
Fitness Coordinator

Hannah Yeager
303-471-7044
hannah.yeager@hrcaonline.org

Fitness Coordinator

Tanner Arnell
303-471-8916
tanner.arnell@hrcaonline.org

24/7 Online
HRCOnline.org/fitness



PERSONAL TRAINING

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

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

Private Personal Training Session Packages

**Packages cannot be shared between households. Prices listed reflect member/non-member rates.*

3 / one-hour sessions
\$177/\$204 (\$59/\$68 per session) *

6 / one-hour sessions
\$336/\$384 (\$53/\$61 per session) **

12 / one-hour sessions
\$636/\$732 (\$53/\$61 per session) ***

Senior Rate (Ages 55+)

3 / one-hour sessions
\$162/\$186 (\$54/\$62 per session) *

6 / one-hour sessions
\$306/\$354 (\$51/\$59 per session) **

12 / one-hour sessions
\$576/\$672 (\$48/\$56 per session) ***

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

Semi-Private Training Packages (2 people)

Grab a group of friends and help each other stay accountable to your fitness goals! This package is for two people to train together with a personal trainer. The training program will be tailored toward the specific needs and requests of the two clients. Each person will purchase a package that is electronically loaded to their account. Prices listed reflect member/non-member rates.

3 / one-hour sessions
\$35/\$40 per person (\$105/\$120 package) *

6 / one-hour sessions
\$33/\$38 per person (\$198/\$228 package) **

12 / one-hour sessions
\$31/\$35 per person (\$372/\$770 package) ***

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

NEW! Small Group Training Packages (3-5 people)

Grab two friends and help each other stay accountable for your fitness goals! This package is for three-five people to train together with a personal trainer. The training program will be tailored toward the specific needs and requests of these clients. Each person in the group will purchase a package that is electronically loaded to their account. Prices listed reflect member/non-member rates. Prices listed reflect member/non-member rates.

3 / one-hour sessions
\$26/\$30 per person *

6 / per person
\$25/\$29 per person **

12 / one-hour sessions
\$23/\$27 per person ***

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

Personal Equipment Orientation

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

Private Orientations (One participant):
60-minute session \$60

Semi-Private Orientations (2 participants):
60-minute session \$42.50 per person





Body Composition Assessments

What are you made of? This fast and accurate bio-electrical impedance body composition analyzer will show you your body fat percentage, basal metabolic rate, segmented muscle balance, body composition, and much more. This is a useful tool for establishing a workout and nutrition plan based on what you are made of! Appointments are 15 minutes in length and your results are accurate, personalized and reflect your unique body composition. For appointments, please contact: Tanner Arnell at tanner.arnell@hrcaonline.org. The first assessment is free when beginning with the personal training program. Prices listed reflect member/non-member rates.

Westridge - Assessment Room

Non-Personal Training Clients \$30/\$35
Current Personal Training and Zone Clients \$15

The Zone - High-Intensity Heart Rate Training

This 45-minute, high-intensity, boot camp style training class uses heart rate monitoring technology to push your exercise limits and reach your maximum workout effort in order to assist you in meeting your training goals. This is an intense and fast pace moving class. Previous exercise experience is recommended. All passes are electronically loaded directly onto your rec center card. For more information, please contact: hannah.yeager@hrcaonline.org.

*Reservations REQUIRED to attend.

No refunds or extensions on passes.

Prices listed reflect member/non-member rates.

The Zone 30 - Day Unlimited Pass

Unlimited classes in The ZONE. This pass is good for 30 days from date of purchase. You can purchase one at any time during the month and can be used for any classes in The Zone.

\$109/\$129

THE ZONE at HRCA	
MORNING SESSIONS	
Monday - Friday	6:15 - 7:00 a.m.
Saturday	7:15 - 8:00 a.m.
EVENING SESSIONS	
Monday - Thursday	5:15 - 6:00 p.m.
*Schedule Subject to change	

The Zone Auto-Renew 30 - Day Unlimited Pass

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

The Zone 8 - Class Pass

8 classes in The Zone. Pass is good for 60 days from date of purchase, can be purchased at any time during the month and can be used for any classes in The Zone.

\$119/\$142

The Zone - Daily Drop-In Fee

Daily Drop-In Fee \$17/\$20

FITNESS CLASSES (Ages 13+)

HRCA Fitness offers over 100 group fitness classes weekly! HRCA's dynamic group fitness classes offer a fun and challenging alternative to individual exercise routines. There are a variety of class format options to discover, including Cardio, Interval and Strength Training, Zumba, Aqua Fitness, Yoga, Barre, Pilates, and many more. Please visit HRCAonline.org/fitness for a complete list of group fitness classes.

For more information, contact Hannah Yeager:

hannah.yeager@hrcaonline.org.

*Reservations are REQUIRED to attend.

*The ZONE classes are not included as part of the group fitness program.

*No refunds or extensions on passes.

*Passes cannot be shared between households.

Annual Fitness Pass

Pass is good for unlimited classes one year from the date of purchase and can be purchased at any time during the year.

\$578/\$694 (Ages 13-54)

\$463/\$556 (Ages 55+)

30 - Day Unlimited Pass

Pass is good for unlimited classes 30 days from the date of purchase and can be purchased at any time during the month.

\$82/\$98

Fitness Punch Cards

10 Punch Card (Ages 18-54) \$90/\$108

(\$9.00/\$10.60 per class)

10 Punch Card (Ages 55+) \$72/\$90

(\$7.20/\$9.00 per class)

20 Punch Card (Ages 18-54) \$160/\$192

(\$8.00/\$8.00 per class)

20 Punch Card (Ages 55+) \$128/\$160

(\$6.40/\$7.35 per class)

*Expires six months from date of purchase.

Daily Drop-In Fee

Daily Drop-In Fee (Ages 13-54) \$10/\$12

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



FITNESS EVENTS

Free Group Fitness Day

A great opportunity to try something new! Join us for our free Group Fitness Day. Please note that classes have a maximum capacity, and we cannot guarantee entry if the class becomes full. Visit HRCAonline.org/fitness for the latest class schedule. This includes regular group fitness classes, not The Zone or specialty classes.

Tu 03/05/24

SPECIALTY FITNESS CLASSES

Annual and monthly Fitness Passes and Fitness Punch Cards may not be used for these classes. The class series is offered monthly. You register for the month of classes (4-5). Advanced registration is required, and prorating sessions are not permitted. For more information, please contact: Hannah Yeager hannah.yeager@hrcaonline.org.

Prices listed reflect member/non-member rates.

Ageless Grace ®

This Brain Health Fitness Program is designed to stimulate the brain through physical movement. The program consists of 21 Simple Tools for Lifelong Comfort and Ease™. These exercises are **done while seated** and address the 5 primary brain functions: strategic planning, memory and recall, analytical thinking, creativity and imagination, and kinesthetic learning. The 21 Tools are also designed to maintain and improve basic physical skills: joint mobility, balance, spinal flexibility, upper body strength, and coordination. This class is great for people of any age or ability who want to stay physically active and mentally fit. Registration is for the full session.

Price \$44/\$52

Southridge, Fitness Studio

W 01/03/24 - 01/31/24 10:00 - 10:45 a.m.

W 02/07/24 - 02/28/24 10:00 - 10:45 a.m.

W 03/06/24 - 03/27/24 10:00 - 10:45 a.m.

W 04/03/24 - 04/24/24 10:00 - 10:45 a.m.

Southridge, Fitness Studio

F 01/05/24 - 01/26/24 11:30 a.m. - 12:15 p.m.

F 02/02/24 - 02/23/24 11:30 a.m. - 12:15 p.m.

F 03/01/24 - 03/29/24 11:30 a.m. - 12:15 p.m.

F 04/05/24 - 04/26/24 11:30 a.m. - 12:15 p.m.

Impact Kickboxing

This non-intimidating cardio kickboxing bag class will help you build muscle, stamina, and overall strength. You will kick and punch your way to healthy bodies while performing upper and lower body combinations to a heavy weighted boxing bag. This class is designed to activate muscles, burn calories, have fun and is for all fitness levels.

*Wraps will be provided for the class, but it is strongly encouraged to bring your own gloves.

Price \$64/\$76

Northridge, Martial Arts Studio

Tu 01/02/24 - 01/30/24 8:30 - 9:30 a.m.

Tu 02/06/24 - 02/27/24 8:30 - 9:30 a.m.

Tu 03/05/24 - 03/26/24 8:30 - 9:30 a.m.

Tu 04/02/24 - 04/30/24 8:30 - 9:30 a.m.

Northridge, Martial Arts Studio

Th 01/04/24 - 01/25/24 8:30 - 9:30 a.m.

Th 02/01/24 - 02/29/24 8:30 - 9:30 a.m.

Th 03/07/24 - 03/28/24 8:30 - 9:30 a.m.

Th 04/04/24 - 04/25/24 8:30 - 9:30 a.m.



MoveMor™ – Better Balance and Mobility

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

Price \$64/\$76

Southridge, Fitness Studio

Tu 01/02/24 - 01/30/24
10:45 - 11:45 a.m. & 12:00 - 1:00 p.m.
Tu 02/06/24 - 02/24/24
10:45 - 11:45 a.m. & 12:00 - 1:00 p.m.
Tu 03/05/24 - 03/27/24
10:45 - 11:45 a.m. & 12:00 - 1:00 p.m.
Tu 04/02/24 - 04/30/24
10:45 - 11:45 a.m. & 12:00 - 1:00 p.m.

INTERNATIONAL CENTER FOR HIP PRESERVATION

Internationally known surgeons, only at Sky Ridge, to help you stay in the game.

720-225-HIPS (4477)

Health ONE Sky Ridge Medical Center®
Beyond Your Expectations



Hey, we're neighbors

We're opening more locations to serve our members in Highlands Ranch and throughout Colorado.

Stop by a service center near you today!

- **Lucent Service Center** - corner of Lucent Blvd and Plaza Dr
- **Quebec Highlands Service Center** - on Quebec St south of 470
- **Highlands Ranch Service Center** - corner of Highlands Ranch Pkwy and S University Blvd (Opening Spring 2023)



Visit our website for a **special offer**
Ent.com/Neighbor

Insured by NCUA | © 2023 Ent Credit Union



FITNESS

Davidsons
BEER • WINE • SPIRITS
EST. 1996

Experience the Davidson's Difference!

Highlands Ranch | Centennial
www.davidsonsliquors.com | 303.224.0444



**HIGHLANDS
RANCH**
COMMUNITY ASSOCIATION



STAFF

Arts & Education Supervisor

Meredith Parker
303-471-8880
meredith.parker@hrcaonline.org

Education Coordinator

Heather Goetz-Zettl
303-471-8818
hgoetz@hrcaonline.org

Fitness Coordinator

Hannah Yeager
303-471-7044
hannah.yeager@hrcaonline.org

Fitness Coordinator

Tanner Arnell
303-471-8916
tanner.arnell@hrcaonline.org

Tennis and Pickleball Team Leader

Tim McNerney
303-471-8934
tim.mcnerney@hrcaonline.org

Tennis Coordinator

Marianne McCauley
303-471-8940
marianne.mccauley@hrcaonline.org

24/7 Online

HRCAonline.org/Classes-Camps-Activites



SENIORS

HRCA Adult Programs and Classes

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

Free Valet Parking

Ask any registration desk about our free valet parking.

SENIOR CLUB

The Senior Club provides a social network for Seniors to meet new friends, socialize, and have fun. The Club sponsors activities in the Mesa Activity Lounge, at the Recreation Center at Southridge, and monthly luncheons. For more information visit the Mesa Activity Lounge, or email at seniorclubhr@gmail.com or call 720-830-2510.

Senior Club Luncheon

Contact Anna at 720-830-2510 for more information or to RSVP. Enjoy a delicious luncheon and sure-to-please entertainment.

Southridge, Wildcat Mountain Auditorium; Price \$10/\$15 (due Wed. before scheduled luncheon date)

W	01/10/24	11:45 a.m. - 2:00 p.m.
W	02/14/24	11:45 a.m. - 2:00 p.m.
W	03/13/24	11:45 a.m. - 2:00 p.m.
W	04/10/24	11:45 a.m. - 2:00 p.m.

SENIOR GAMES

Southridge, Mesa Activity Lounge

*Non-HRSC Activities

Refresh Bridge*

M 10:00 a.m. - Noon
Contact 216-375-6488

Rummikub

M 1:00 - 4:00 p.m.
Contact 309-360-9677

Triple Play Canasta

M 5:30 - 8:30 p.m.
Contact 503-866-2069 or 309-360-9677

Senior Club Games

Tu/Th 9:00 a.m. - 12:00 p.m.
Contact 309-360-9677

Poker

Tu 10:00 a.m. - 12:30 p.m.
Contact 303-668-9255

Senior Bingo

Tu (4th) 9:45 a.m. - 12:00 p.m.
Contact 309-360-9677

Triple Play Canasta

Tu 1:00 - 4:00 p.m.
Contact 720-425-8102

Duplicate Bridge*

Tu (2nd) 5:00 - 8:30 p.m.
Contact 303-229-1331

*Wednesday Bridge

W 10:00 a.m. - 1:15 p.m.
Contact 303-791-7693

National Mah Jongg

W 1:30 - 4:00 p.m.
Contact 503-866-2069

Bunco

Th (1st) 1:00 - 3:00 p.m.
Contact 702-249-8312

Triple Play Canasta

Th (2nd, 3rd, 4th, and 5th) 1:00 - 4:00 p.m.
Contact 303-956-7729

Poker

Th (1st), 9:30 a.m. - 12:30 p.m.
Th (2nd, 3rd, 4th, (5th)), Noon - 3:00 p.m.
Contact 303-668-9255.

*Duplicate Bridge

Th 5:30 - 8:00 p.m.
Contact 720-725-8331.

Military Mah Jongg

F 1:00 - 4:00 p.m.
Contact 303-471-1499.

Mexican Train Dominos

F 1:00 - 4:00 p.m.
Contact 309-360-9677.

AARP Driver Safety

This is a four-hour classroom refresher designed to meet the needs of older drivers. It covers age-related physical changes, declining perceptual skills, rules of the road, new laws, local driving problems, and license renewal requirements. Participants pay instructor (check or cash). \$20 AARP Members (must show card) \$25 non-members. January 11, February 8, March 14, or April 11 from 8:00 a.m. - 12:30 p.m. Contact 303-346-3834.





EVENTS



The 5280+ Senior Chorale at Highlands Ranch

If you're aged "50 to 80+", please join us for the Spring Semester of our 9th Season! Enjoy the mental, physical, and social benefits of choral singing in a supportive and non-auditioned environment under the direction of Brian Leatherman and Cindy Runkel, professional musicians and co-founders of 5280+ Senior Chorales. Our spring program, entitled COME RAIN OR COME SHINE, will include favorites such as Singin' In the Rain, Don't Let the Rain Come Down, Over the Rainbow, Blue Skies and a specially arranged medley combining Raindrops Keep Fallin' On My Head, Laughter in the Rain and Rhythm of the Rain. Come be a part of this fun, challenging and fulfilling 10-week musical adventure! Tuition includes an extra/11th rehearsal to prepare for our free concert for family and friends at 7:00 pm on Saturday, April 27, 2024, at Bethany Lutheran Church, 4500 E Hampden Ave, Cherry Hills Village, CO 80113. **Southridge, Wildcat Mountain Auditorium; Price \$155 (No Rehearsal 4/12)**
 F 02/09/24 - 04/19/24 10:30 a.m. - 12:30 p.m.

SENIOR FITNESS AND WELLNESS SERVICES

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

FITNESS CLASSES

HRCA Fitness offers over 100 group fitness classes weekly! HRCA's dynamic group fitness classes offer a fun and challenging alternative to individual exercise routines. There are a variety of class format options to discover, including Cardio, Interval and Strength Training, Zumba, Aqua Fitness, Yoga, Barre, Pilates, and many more. Please visit hrcaonline.org/fitness for a complete list of group fitness classes.

For more information, contact: hannah.yeager@hrcaonline.org.

*Reservations are REQUIRED to attend.

*The ZONE classes are not included as part of the group fitness program.

No refunds or extensions on passes.

*Passes cannot be shared between households.

Annual Fitness Pass

Pass is good for unlimited classes one year from the date of purchase and can be purchased at any time during the year.

\$463/\$556

30 - Day Unlimited Pass

Pass is good for unlimited classes 30 days from the date of purchase and can be purchased at any time during the month.

\$82/\$98



Because beautiful skin is always in

Rajeunir medicalSPA

2670 East County Line Road
 Unit A-2
 Highlands Ranch, Co 80126
 Promenade Shopping Center
 720.676.1899

New Patient Special

\$99 Introductory treatment of Microneedling, Hydrofacial or Custom Chemical Peel

IV Infusion Therapy Treatment

Free B-12 Shot with your infusion or \$20 off



Celebrating 20 Years!

rmedspa.com



What if your child suddenly experienced...

- ✓ Less time spent on homework
- ✓ More confidence in school & life
- ✓ Improved focus
- ✓ An improved attitude
- ✓ Faster mental performance in athletics



LearningRx improves cognitive skills for children and adolescents with learning struggles.



LearningRx Highlands Ranch
 9090 Ridgeline Blvd. Ste 206
 Highlands Ranch, CO 80129
 303-955-2959

50% off the cognitive assessment
 Coupon code: HRRC 2324

10% off a brain training program
 Coupon code: HRRC 2324



A Real Church for Real People.

Whether you've attended church your whole life or if you have never stepped foot in a church, we believe everyone can find their place at Journey.

JOURNEY HIGHLANDS RANCH

Eldorado Elementary
 1305 W Timbervale Trail

For service times & directions:

JourneyColorado.com



SENIORS



Fitness Punch Cards

10 Punch Card (Ages 55+) \$72/\$90
 (\$7.20/\$9.00 per class)
20 Punch Card (Ages 55+) \$128/\$160
 (\$6.40/\$8.00 per class)

*Expires six months from the date of purchase.

SENIOR TENNIS

Senior 55+ Sign-up or Drop-In Drill

Come meet your peers for an hour and a half of fun tennis drills. Sign up ahead of time or pay when you drop in! **Class is limited to 20 participants.**

Northridge Tennis Pavilion; Price \$10/\$12
 Every Thursday in January, February, March, April, and May from 2:30 – 4:00 p.m.

Senior In-House Mixed Doubles

Players may register beginning 12/24/23.
Northridge, Tennis Pavilion; Price \$64/\$74
 Session 1 (7 weeks)

W 01/10/24 - 02/21/24 2:30 - 4:00 p.m.

Session 2 (7 weeks)

W 02/28/24 - 04/10/24 2:30 - 4:00 p.m.

Breakfast Social

Come join us for a casual recreational league. This is a fun way to meet and play in the early morning in a relaxed atmosphere. We tend to play Change Partner, King of the Hill or some other type of fun format.

Northridge, Tennis Pavilion;

May begin to register at 6:00 a.m. on 12/24/23.

Level 2.5-3.0-3.5 (14 weeks) Price: \$150/\$174

Tu 01/09/24 - 04/09/24 7:30 - 9:00 a.m.

Th 01/11/24 - 04/11/24 7:30 - 9:00 a.m.

Su 01/14/24 - 04/14/24 7:30 - 9:00 a.m.*

*Facility Closure on Easter - 03/31/24

Adjusted Price \$139/\$160

Friday Night Socials

The HRCA will host several tennis socials at the Tennis Pavilion at Northridge. Come meet and play with new and old friends. Bring your racquet and a snack to share. Socials are scheduled on the second and fourth Fridays of the month.

Northridge, Tennis Pavilion Price \$10/\$12

All Levels

F 01/12 6:00 - 8:00 p.m.

F 01/26 6:00 - 8:00 p.m.

F 02/09 6:00 - 8:00 p.m.

F 02/23 6:00 - 8:00 p.m.

F 03/08 6:00 - 8:00 p.m.

F 03/22 6:00 - 8:00 p.m.

F 04/12 6:00 - 8:00 p.m.

F 04/26 6:00 - 8:00 p.m.

F 05/10 6:00 - 8:00 p.m.

F 05/24 6:00 - 8:00 p.m.

SPECIALTY FITNESS CLASSES

Annual and monthly Fitness Passes and Fitness Punch Cards may not be used for these classes. The class series is offered monthly. You register for the month of classes (4-5). Advanced registration is required, and prorating sessions are not permitted.

For more information, please contact:

hannah.yeager@hrcaonline.org

Prices listed reflect member/non-member rates.

Ageless Grace

This Brain Health Fitness Program is designed to stimulate the brain through physical movement. The program consists of 21 Simple Tools for Lifelong Comfort and Ease™. These exercises are done while seated and address the 5 primary brain functions: strategic planning, memory and recall, analytical thinking, creativity and imagination, and kinesthetic learning. The 21 Tools are also designed to maintain and improve basic physical skills: joint mobility, balance, spinal flexibility, upper body strength, and coordination. This class is great for people of any age or ability who want to stay physically active and mentally fit. Registration is for the full session.

Southridge, Fitness Studio; Price \$44/\$52

W 01/03/24 - 01/31/24 10:00 - 10:45 a.m.

W 02/07/24 - 02/28/24 10:00 - 10:45 a.m.

W 03/06/24 - 03/27/24 10:00 - 10:45 a.m.

W 04/03/24 - 04/24/24 10:00 - 10:45 a.m.

Southridge, Fitness Studio

F 01/05/24 - 01/26/24 11:30 a.m. - 12:15 p.m.

F 02/02/24 - 02/23/24 11:30 a.m. - 12:15 p.m.

F 03/01/24 - 03/29/24 11:30 a.m. - 12:15 p.m.

F 04/05/24 - 04/26/24 11:30 a.m. - 12:15 p.m.



MoveMor™

Better Balance and Mobility

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

Southridge, Fitness Studio; Price \$64/\$76

Tu 01/02/24 - 01/30/24

10:45 - 11:45 a.m. & 12:00 - 1:00 p.m.

Tu 02/06/24 - 02/24/24

10:45 - 11:45 a.m. & 12:00 - 1:00 p.m.

Tu 03/05/24 - 03/27/24

10:45 - 11:45 a.m. & 12:00 - 1:00 p.m.

Tu 04/02/24 - 04/30/24

10:45 - 11:45 a.m. & 12:00 - 1:00 p.m.



PERSONAL TRAINING

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

How to Get Started:

Visit hrcaonline.org/requesttrainer to fill out the Request a Trainer Form.

- Upon submission of the Request a Trainer form, you will receive an email with all new client documents, pricing information, and policies and procedures for the personal training program.

- Documents should be returned to the Fitness Coordinator at Tanner.Arnell@hrcaonline.org. After review, the new client packet is sent to our Personal Training staff to be in contact for scheduling.

- Please wait to purchase your session package until you have confirmed the first scheduled session with your trainer.

- Please note that a physician's release may be required.

Senior Rate (Ages 55+)

3 / one-hour sessions

\$162/\$186 (\$54/\$62 per session) *

6 / one-hour sessions

\$306/\$354 (\$51/\$59 per session) **

12 / one-hour sessions

\$576/\$672 (\$48/\$56 per session) ***

*Expires 60 days from purchase.

**Expires 120 days from purchase.

***Expires 180 days from purchase.





**HRCA
SPORTS**



STAFF

Sports and Fitness Supervisor

Chad Mejia
303-471-7035
chad.mejia@hrcaonline.org

Sports Team Leader

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

Sports Coordinator

Kodey Stauffer
303-471-8838
kodey.stauffer@hrcaonline.org

Sports Programmer

Heather Harmon
303-471-7039
heather.harmon@hrcaonline.com

Tennis and Pickleball Team Leader

Tim McNerney
303-471-8934
tim.mcnerney@hrcaonline.org

Tennis Coordinator

Marianne McCauley
303-471-8940
marianne.mccauley@hrcaonline.org

Race Series Director

Sarah Mirick
303-471-7048
sarah.mirick@hrcaonline.org

Education Coordinator

• Gymnastics/Tumbling
Heather Goetz-Zettl
303-471-8818
hgoetz@hrcaonline.org

24/7 Online

HRCAonline.org/Sports

BASKETBALL

For more information, please contact 303-471-7039.

ADULT BASKETBALL LEAGUES

The adult leagues will have an eight-game regular season, with the top eight teams making the playoffs. A \$100 deposit is required at the time of registration to hold the team's spot in the league. Payment past the registration deadline does not guarantee a spot in the league and will result in a \$20 late fee.

Eastridge; Price \$565 per team

Winter League

Men's League - Recreational
M 01/08/24 - 03/18/24 6:00 - 10:00 p.m.
Men's League - Comp/Rec
W 01/10/24 - 03/20/24 6:00 - 10:00 p.m.
Men's League - Competitive
W 01/10/24 - 03/20/24 6:00 - 10:00 p.m.
Men's League - 35+
Su 01/07/24 - 03/17/24 2:00 - 6:00 p.m.

Spring League

Registration Deadline: 03/08/24
Men's League - Recreational
M 04/01/24 - 06/17/24 6:00 - 10:00 p.m.
Men's League - Comp/Rec
W 04/03/24 - 06/12/24 6:00 - 10:00 p.m.
Men's League - Competitive
W 04/03/24 - 06/12/24 6:00 - 10:00 p.m.
Men's League - 35+
Su 03/24/24 - 06/09/24 2:00 - 6:00 p.m.

Drop-In Women's Basketball Program

This drop-in program is for women of all skill levels that would like to play basketball and meet new friends.

Eastridge, Gym; Price \$0/\$7
Su 01/07/24 - 04/28/24 4:00 - 6:00 p.m.

BASKETBALL CAMPS

Teach Sports FUNDamentals Basketball Camp (Ages 8-11)

Learn and develop basic FUNDamentals through teaching progressions, drills, contests, and plenty of fun games. Competitive contests, and FUN for everyone! A great way to learn basketball and stay active. The goal of Teach Sports camp offerings are to master the FUNDamentals!

Eastridge, Gym; Price \$190/\$219
M-F 01/02/24 - 01/05/24 9:00 a.m. - Noon*
M-F 03/18/24 - 03/22/24 9:00 a.m. - Noon
* Adjusted price: \$152/\$176



Teach Sports Basketball Shooting Camp (Ages 10-15)

Learn how to shoot with great technique. Improve your shooting with proper warm-up; from all distances and angles; off the pass and dribble; and off the backboard. Find new drills and ways to improve your shot while training at game speed. The goal of Teach Sports camp offerings is to master the FUNDamentals!

Eastridge, Gym; Price \$190/\$219
T-F 01/02/24 - 01/05/24 1:00 - 4:00 p.m.*
M-F 03/18/24 - 03/22/24 1:00 - 4:00 p.m.
*Adjusted price: \$152/ \$176

YOUTH BASKETBALL CLASSES



Colorado Basketball Academy (Ages 5-15)

The Colorado Basketball Academy is designed to provide high-level training for dedicated players. This six-week program is instructed by current high school coaches and former college players. The CBA Basketball Player Development Clinics have been operated by Coach Maier at HRCA for over 13 years.

Eastridge, Gym; Price \$188/\$217

Level 1: Ages 5-9
W 01/10/24 - 02/14/24 4:00 - 6:00 p.m.
W 03/06/24 - 04/10/24 4:00 - 6:00 p.m.
W 04/17/24 - 05/22/24 4:00 - 6:00 p.m.

Level 2: Ages 10-13
M 01/08/24 - 02/12/24 4:00 - 6:00 p.m.
M 02/26/24 - 04/01/24 4:00 - 6:00 p.m.
M 04/15/24 - 05/20/24 4:00 - 6:00 p.m.

Level 3: Ages 12-15
Su 01/07/24 - 02/11/24 9:00 - 11:00 a.m.
Su 02/25/24 - 04/07/24 9:00 - 11:00 a.m.
Su 04/14/24 - 05/19/24 9:00 - 11:00 a.m.

CBA 200 Shooting Workout (Ages 7-17)

This intermediate to advanced shooting workout will have your player shoot 200 different shots during the two hour session. Our coaches will time each shot selection and focus on up tempo shooting from close, mid range and three point shots. Coaching emphasis will focus on balance, shot pocket formation and follow through. Coaching players to be in a ready shoot position and raising shooting percentages will also be a primary focus of this clinic workout series.

Eastridge, Gym; Price \$188/\$217
CBA 200 Shooting Workout: (Ages 7-17)
Su 01/07/24 - 02/11/24 Noon - 2:00 p.m.
Su 02/25/24 - 04/07/24 Noon - 2:00 p.m.
Su 04/14/24 - 05/19/24 Noon - 2:00 p.m.

CBA Club Workout (Ages 13-18)

Focused on advanced level, club affiliated players, the CBA Club Workouts focus on club level players ages 13-18 years old. Players are required to be affiliated with a club team and looking to get extra club level workouts. The six-week CBA sessions continually work on individual and specialized player development skills such as ball handling, agility and coordination, shooting and finishing skills as well as the 1-on-1, 2-on-2 and 3-on-3 game basics.

Eastridge, Gym; Price \$188/\$217

CBA Club Workout (Ages 13-18)

F 03/15/24 - 04/19/24 6:00 - 8:00 p.m.
F 04/26/24 - 05/31/24 6:00 - 8:00 p.m.



TOT Basketball (Ages 3-6)

Your child will learn a new TOT ball skill each week! We also have tons of fun working on balance, movement and coordination as well as a "mini-academic" lesson in each class! Athletics + Academics + Agility = TOT Basketball Fun! Classes are set to kid friendly music and meet weekly. We can't wait to meet your Superstar!

Northridge, Gym; Price \$100/\$116

W 01/03/24 - 01/24/24 4:20 - 4:55 p.m.
W 02/07/24 - 02/28/24 4:20 - 4:55 p.m.
W 03/06/24 - 03/27/24 4:20 - 4:55 p.m.
W 04/03/24 - 04/24/24 4:20 - 4:55 p.m.

DODGEBALL

For more information, please contact 303-471-8838

**SPRING FLING
CO-ED DODGEBALL
TOURNAMENT**

Adult Co-ed Dodgeball Tournament

Get your team together and get ready to play some DODGEBALL! Each team must have at least 6 players with at minimum 2 female players. Teams will get at least 5 matches. The format will consist of 4 pool play games, followed by a single elimination tournament.

Eastridge, Gym; Price \$160 per team

Friday, March 22, 2024

Tournament starts at 6:00 p.m.

Registration Deadline: 3/15/24



FENCING

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



Adult Beginning/Youth Intermediate Fencing (Ages 14+)

Fosters quick reflexes, quick feet, and grace. Learn the basic fundamentals of footwork, blade work, and offensive/defensive strategies. All equipment is provided and sanitized!

Westridge, Fitness Studio; Price \$125/\$145

Th 01/04/24 - 01/25/24 6:30 - 7:45 p.m.
Th 02/01/24 - 02/29/24 6:30 - 7:45 p.m. *
Th 03/07/24 - 03/28/24 6:30 - 7:45 p.m.
Th 04/11/24 - 04/25/24 6:30 - 7:45 p.m.
*Adjusted Price \$156/\$181

Youth Beginning Fencing (Ages 8-14)

Fosters quick reflexes, quick feet, and grace. Learn the basic fundamentals of footwork, blade work, and offensive/defensive strategies. All equipment is provided and sanitized!

Westridge, Fitness Studio; Price \$120/\$139

Th 01/04/24 - 01/25/24 5:00 - 6:30 p.m.
Th 02/01/24 - 02/29/24 5:00 - 6:30 p.m. *
Th 03/07/24 - 03/28/24 5:00 - 6:30 p.m.
Th 04/11/24 - 04/25/24 5:00 - 6:30 p.m.
*Adjusted Price \$156/\$181

Spring Break Fencing Camp (Ages 8-14)

Rocky Mountain Fencing Academy camps are designed to provide introductory fencing instruction, taking into account the performance levels of each individual camper. The typical daily schedule includes one - 2.5 hour fencing practice session combined with other fun activities. Camp competitions are scheduled for the last day of camp. An excellent student to instructor ratio is maintained to provide individual coaching attention for each student. Camp organizers provide all necessary fencing equipment and sanitize daily.

Southridge; Price \$230/\$265

M-F 03/18/24 - 03/22/24 9:00 - 11:30 a.m.

FOOTBALL

For more information, call 303-471-7039.

Youth Flag Football (Ages 8-14)

Accommodating to Colorado weather, our indoor flag football league operates on the turf inside Westridge recreation center with a one-hour practice on Tuesdays, Thursdays, or Fridays and games on Saturdays. Volunteer coaches will be needed for teams and practice times will be determined from volunteer's availability. The divisions will be 3rd-4th grade, 5th-6th grade, and 7th-8th grade. Registration deadline is 3/15/24 or until full.

Westridge, Turf; Price \$120/\$139

Grades 3rd-4th
Tu, Th or F, Sa 04/09/24 - 06/08/24
8:00 a.m. - 8:00 p.m.

Grades 5th-6th
Tu, Th or F, Sa 04/09/24 - 06/08/24
8:00 a.m. - 8:00 p.m.

Grades 7th-8th
Tu, Th or F, Sa 04/09/24 - 06/08/24
8:00 a.m. - 8:00 p.m.

GOLF

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



University of Denver Golf Club at Highlands Ranch

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

GYMNASIICS



ACTIVE ATHLETICS

OUR MISSION:

Is to be more than a gym. We are a community of students, gymnasts, coaches, and parents working together towards a common goal. Be Healthy Be Fit Be Active.

OUR PHILOSOPHY:

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





GYMNASTICS BY ACTIVE ATHLETICS

Parent/Tot at Active Athletics (Ages 16 mos-3)

Active works with you and your child to provide a foundation of not only gymnastics skills... but also the tools they'll need to get involved in any sport they choose throughout life! Your toddler will learn how to follow instructions, build confidence, explore movement, overcome fear of heights, learn to jump on two feet, enjoy exercise!

Active Athletics, Price \$105;
Session 4: 12/18/23 - 02/10/24;
Closed 12/24/23 - 01/06/24
Session 5: 02/12/24 - 03/23/24
Session 6: 03/25/24 - 05/04/24

M 10:30 - 11:15 a.m.
 Tu 9:30 - 10:15 a.m.
 W 9:30 - 10:15 a.m.
 Th 10:30 - 11:15 a.m.

Sibling Class (Ages 16 mos-5)

Allows older and younger siblings to participate in class together alongside their parents.

Active Athletics, Price \$103;
 W 10:30 - 11:25 a.m.

Preschool at Active Athletics (Ages 3-5)

Pre-school classes are a fun introduction to the world of gymnastics. We learn real gymnastics at Active Athletics as well as socialization activities. Created for 3-5 year olds, students learn headstands, rolls, cartwheels, and even flips for 55 min. We utilize all the Olympic apparatus as well as our own specialized preschool shapes and props. If you are a first timer to gymnastics or your child is just 3 years old, potty trained and morning classes are encouraged until your gymnast is comfortable and able to understand the structure and flow of an Active preschool class!

Active Athletics, Price \$140;
Session 4: 12/18/23 - 02/10/24;
Closed 12/24/23 - 01/06/24

Session 5: 02/12/24 - 03/23/24
Session 6: 03/25/24 - 05/04/24

M 9:30 - 10:25 a.m.
 M 4:00 - 4:55 p.m.
 M 5:00 - 5:55 p.m.
 M 6:00 - 6:55 p.m.
 Tu 10:30 - 11:25 a.m.
 Tu 2:00 - 2:55 p.m.
 Tu 4:00 - 4:55 p.m.
 Tu 5:00 - 5:55 pm
 Tu 6:00 - 6:55 p.m.
 W 4:00 - 4:55 p.m.
 W 5:00 - 5:55 p.m.
 W 6:00 - 6:55 p.m.
 Th 9:30 - 10:25 a.m.
 Th 2:00 - 2:55 p.m.
 Th 4:00 - 4:55 p.m.
 Th 5:00 - 5:55 p.m.
 F 10:30 - 11:25 a.m.
 Sa 9:00 - 9:55 a.m.
 Sa 10:00 - 10:55 a.m.
 Sa 11:00 - 11:55 a.m.

Preschool Boys at Active
 M 4:00 - 4:55 p.m.

Beginner Girls Gymnastics at Active Athletics (Ages 5-12)

This 55-minute class builds upon the skills and concepts learned in the Active Explorers Program with greater emphasis upon strength building and skill technique. Each class consists of a warm-up and stretch, basic gymnastics shapes followed by rotations with varying stations to learn and improve upon skills necessary to excel into the next level.

Active Athletics, Price \$140;
Session 4: 12/18/23 - 02/10/24;
Closed 12/24/23 - 01/06/24
Session 5: 02/12/24 - 03/23/24
Session 6: 03/25/24 - 05/04/24

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

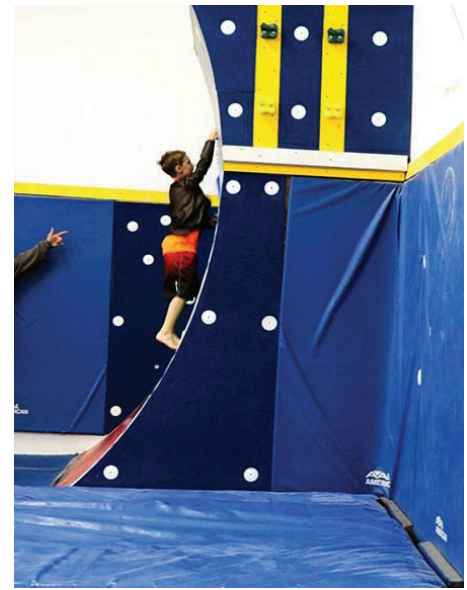
Beginner Boys Gymnastics at Active Athletics (Ages 5-12)

This 55-minute class introduces your child to the basic stretching, strength, and fundamental skills (handstands, forward and backward rolls, cartwheels, swings, etc.) of boys gymnastics. Each class consists of a warm-up followed by rotations with varying stations to learn and improve upon the basic skills needed to progress through Active's boys recreation program.

Active Athletics, Price \$140;
Session 4: 12/18/23 - 02/10/24;
Closed 12/24/23 - 01/06/24

Session 5: 02/12/24 - 03/23/24
Session 6: 03/25/24 - 05/04/24

M 4:00 - 4:55 p.m.
 M 5:00 - 5:55 p.m.
 Tu 4:00 - 4:55 p.m.
 W 4:00 - 4:55 p.m.
 Th 4:00 - 4:55 p.m.
 Th 5:00 - 5:55 p.m.
 F 4:00 - 4:55 p.m.
 Sa 9:00 - 9:55 a.m.



NINJA BY ACTIVE ATHLETICS

Active Ninjas at Active Athletics (Ages 3-15)

Active Athletics has the warrior program you have been looking for. Do you have what it takes to be an Active Ninja? Mini Ninjas are 3-5 years old and allows each mini warrior to experience a little bit of warrior training, tumbling, trampoline and gymnastics (1:00 p.m. times encouraged for 3 year olds).

Active Athletics, Price \$140;
Session 4: 12/18/23 - 02/10/24;
Closed 12/24/23 - 01/06/24

Session 5: 02/12/24 - 03/23/24
Session 6: 03/25/24 - 05/04/24

Active Mini Ninja (Ages 3-5)

Tu 1:00 - 1:55 p.m.
 Tu 2:00 - 2:55 p.m.
 W 2:00 - 2:55 p.m.
 Th 1:00 - 1:55 p.m.
 Th 2:00 - 2:55 p.m.
 F 1:00 - 1:55 p.m.
 F 2:00 - 2:55 p.m.

Active Mini Ninja II (Ages 4-6)

M 4:00 - 4:55 p.m.
 M 5:00 - 5:55 p.m.
 Tu 4:00 - 4:55 p.m.
 Tu 5:00 - 5:55 p.m.
 W 4:00 - 4:55 p.m.
 W 5:00 - 5:55 p.m.
 Th 4:00 - 4:55 p.m.
 Th 5:00 - 5:55 p.m.
 F 4:00 - 4:55 p.m.
 F 5:00 - 5:55 p.m.
 Sa 9:00 - 9:55 a.m.
 Sa 10:00 - 10:55 a.m.

Active Jr Ninja (Ages 6-8)

M 4:00 - 4:55 p.m.
 M 5:00 - 5:55 p.m.
 M 6:00 - 6:55 p.m.
 Tu 4:00 - 4:55 p.m.
 Tu 5:00 - 5:55 p.m.
 Tu 6:00 - 6:55 p.m.
 Tu 7:00 - 7:55 p.m.
 W 4:00 - 4:55 p.m.
 W 6:00 - 6:55 p.m.
 Th 5:00 - 5:55 p.m.
 Th 6:00 - 6:55 p.m.
 Th 7:00 - 7:55 p.m.
 Fri 5:00 - 5:55 p.m.
 Sa 11:00 - 11:55 a.m.



Active Sr Ninja (Ages 9-12)

M 7:00 - 7:55 p.m.
 Tu 7:00 - 7:55 p.m.
 W 7:00 - 7:55 p.m.
 Th 7:00 - 7:55 p.m.
 F 7:00 - 7:55 p.m.

AERIAL BY ACTIVE ATHLETICS

Aerial Silk Fabrics (Ages 7-15)

The aerial program focuses on building camaraderie, confidence, and strength for ages 7 and up. Aerial dance incorporates dance skills, gymnastics and hand eye coordination to create beautiful movements on the aerial fabric and aerial hoop.

Active Athletics, Price \$140;

Session 4: 12/18/23 - 02/10/24;
 Closed 12/24/23 - 01/06/24

Session 5: 02/12/24 - 03/23/24
 Session 6: 03/25/24 - 05/04/24

M 5:00 - 5:55 p.m.
 W 4:00 - 4:55 p.m.
 W 6:00 - 6:55 p.m.
 Th 4:00 - 4:55 p.m.
 Th 6:00 - 6:55 p.m.
 F 4:00 - 4:55 p.m.
 F 5:00 - 5:55 p.m.
 F 6:00 - 6:55 p.m.
 Sa 9:00 - 9:55 a.m.
 Sa 10:00 - 10:55 a.m.

TRAMPOLINE BY ACTIVE ATHLETICS

Tramp and Tumbling Basics (Ages 8-15)

Our trampoline classes promote basic trampoline safety through learning fundamental shapes and positions. In these classes you will learn how to do controlled bounces. Learn basic jumping positions and combinations then onto more complex sequences of skills, including those that go forward, backward and twisting. The basics of rolling, cartwheeling, handstands, and handsprings on the floor are incorporated as well.

Active Athletics, Price \$140;

Session 4: 12/18/23 to 02/10/24
 Closed 12/24/23 to 01/06/24

Session 5: 02/12/24 to 03/23/24
 Session 6: 03/25/24 to 05/04/24

W 5:00 - 5:55 p.m.
 W 6:00 - 6:55 p.m.
 W 7:00 - 7:55 p.m.
 Th 4:00 - 4:55 p.m.
 Th 5:00 - 5:55 p.m.



LACROSSE

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

Mile High Lacrosse

Mile High Lacrosse will be offering adult box lacrosse leagues during the winter months. Games will be held on Sundays at the Westridge Recreation Center. Teams and/or individual players must register through the Mile High Lacrosse website at www.milehighlacrosse.com. Questions can be sent to info@milehighlacrosse.com.

LXTC Mammoth Elite Box Lacrosse League

This eight-week league will provide lacrosse players the opportunity to play real box lacrosse. Team practices and games will be held during the week on Wednesday evenings. Teams and individual players must register through the LXTC Lacrosse website www.lxtclacrosse.com. Questions can be sent to info@lxtclacrosse.com.

MARTIAL ARTS

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



Highlands Ranch Tae Kwon Do

HRCA offers Taekwondo classes in partnership with J.W. Kim Taekwondo for all levels and all ages. Taekwondo helps students develop a disciplined character, improve their overall fitness, and improve their confidence and focus.

Pricing Options

Pricing and the most up to date class schedule can be found at: hrcaonline.org.

Monthly Single Class Option

Manual, monthly payments. Must sign up each month. Perfect for those just wanting to try taekwondo. Attend unlimited classes each month.

Monthly Auto-Renew Class Option

Auto-Renewal of registration and fees month to month. Must have valid credit card on file. Cards will be charged on the first day of the month. Must give 30 days' notice to cancel next month's payment. Perfect for those who attend frequently. Attend unlimited classes each month.

Adult TKD (Ages 14+)

Join our adult classes and do things you never thought you could do! Classes are for adults of all ages, regardless of your physical fitness or athletic ability. Taekwondo improves cardio fitness, muscle tone, flexibility, and coordination. Students learn important self-defense skills and are more confident and focused as a result of their Taekwondo training. Men and women alike benefit from our adult classes as they progress and achieve their goals! Uniforms can be purchased directly from the instructor.



HRCA TKD Schedule for Jan-Apr 2024 - This schedule is subject to change*					
Monday (Must register separately)	Tuesday	Wednesday	Thursday	Friday	Saturday
Forms Class Little Dragons (4:00p - 4:25p)	Special Needs All Belts (3:50p - 4:30p)	Forms Class Little Dragons (4:00p - 4:25p)	Special Needs All Belts (3:50p - 4:30p)		Little Dragons All Belts (9:00a - 9:30a)
Little Dragons All Belts (4:30p - 5:10p)	Little Dragons All Belts (4:30p - 5:10p)	Little Dragons All Belts (4:30p - 5:10p)	Little Dragons All Belts (4:30p - 5:10p)		Youth White - Purple Belts (9:30a - 10:15a)
Youth White - Orange (5:15p - 5:55p)	Youth White - Orange (5:15p - 5:55p)	Youth White - Orange (5:15p - 5:55p)	Youth White - Orange (5:15p - 5:55p)		Sparring Ages 8-12 Green Belts and above (10:15a - 11:00a)
Forms Class Open to all students (6:00p - 6:25p)	Forms Class Open to all students (6:00p - 6:25p)	Forms Class Open to all students (6:00p - 6:25p)	Forms Class Open to all students (6:00p - 6:25p)		Youth Blue-Black (11:00a - 11:45a)
Youth Green-Red (6:30p - 7:10p)	Youth Green-Red (6:30p - 7:10p)	Youth Green-Red (6:30p - 7:10p)	Youth Green-Red (6:30p - 7:10p)		Instructor Training/STORM Team Class Open to High Brown & Black Belts (11:45a - 12:15p)
Youth High Red to Black, Adults All Belts (7:15p - 8:00p)	Youth High Red to Black, Adults All Belts (7:15p - 8:00p)	Youth High Red to Black, Adults All Belts (7:15p - 8:00p)	Youth High Red to Black, Adults All Belts (7:15p - 8:00p)		

*If you have questions as it relates to belt testing or stripe testing, please talk to the instructor.



Little Dragons TKD (Ages 4-7)

Our Little Dragons classes are specially designed for children from ages 4-7. In a fun and active environment Little Dragons learn coordination, self-esteem, focus, fitness, respect, safety skills, and much more. Our Little Dragons are thrilled as they move through the belt levels and are so proud of their progress. They will know they are having fun, and you will know they are learning important life skills at the same time. Uniforms can be purchased directly from the instructor.

Spring Break Taekwondo Camp (Ages 5-14)

Camps are a great way for students to immerse themselves in Taekwondo. Camp is open to everyone with and without Martial Arts experience. Students will improve their techniques and knowledge while also building creativity, confidence, and friendships. Students will advance 20 classes towards belt testing during the week. Camps include the following activities: belt curriculum, sparring (available for advanced Taekwondo students), self-defense, games, friends, FUN!

Northridge; Price \$205/\$235

M-F 03/18/24 - 03/22/24 10:00 a.m. - 2:00 p.m.

Youth TKD (Ages 8-13)

Our youth classes are a great activity to keep your 8-13-year-old active and learning. Students in these classes enjoy kicking, blocking, and punching their way to physical fitness and mental focus. The tenets of Taekwondo—courtesy, integrity, perseverance, indomitable spirit, self-control—are a particularly important part of our youth classes. Students will learn self-confidence, discipline, self-defense, responsibility, respect, and much more. As students progress through the belt levels, their confidence soars! Uniforms can be purchased directly from the instructor.

PICKLEBALL

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

Questions concerning lessons and leagues? Call 303-471-8996.

Westridge Court Hours:

Monday - Friday: 5:00 a.m. - 9:00 p.m.

Saturday: 7:00 a.m. - 8:00 p.m.

Sunday: 7:00 a.m. - 6:00 p.m.

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

Drop-in will be on courts 1 through 4. Courts 5 & 6 are reservable.

Court 5 can also be used if not needed by pickleball teaching professionals.

During league season, Wednesday drop-in will be from 7:00 - 9:00 a.m.

Monday - Friday 7:00 - 11:00 a.m. 3:30 - 5:30 p.m.

Private Individual, Semi-Private & Private Group Lessons

To schedule a private, semi-private or group lesson, call 303-471-8996.

Private Lesson (1 player)

\$66/\$76 per hour

Semi-Private (2 players)

\$33/\$38 per hour, per player

3 and a Pro (3 players)

\$22/\$25 per hour, per player

Large Group (4+ players)

\$20/\$23 per hour, per player

Westridge Adult Pickleball Session Dates Westridge, Pickleball Courts

Programs require 3 registrants to run.

All sessions are 1 hrs.

Price: \$114/\$132

Sessions are 6 weeks long and prices are adjusted for closures.

Registration for these sessions will be online at 6:00 a.m. on Sunday, 12/24/23

*Winter sessions will be held at Northridge Indoor Gym West court

Session 1 01/09 - 02/13

Session 2 02/20 - 03/26

Session 3 04/02 - 05/07

In-House Leagues

Westridge, Outdoor Pickleball Courts

Price: \$130 per Team

Registration for these sessions will be online at 6:00 a.m. on Sunday, 03/24/2024.

This league will consist of 10 teams where each team will play the other 9 teams one time.

There will be 3 sessions for Leagues: Spring, Summer, and Fall. Each session will play for 8 weeks and have a tournament week 9. These leagues will consist of 10 teams where each team will play 8 matches at once per week Only one individual per team needs to sign up for this league and that individual must be an HRCA member.

Teams can be any combination of genders.

If a match is canceled due to inclement weather, it is up to the two teams to reschedule. They will not be held to the 48-hour reservation rule.

Substitutes are allowed but MUST be at the same or lower playing ability. No ringers please.



Level Beginner (0.5-2.0)

This league is intended for players who are new or relatively new to the sport of pickleball. However, players are expected to be able to play and to know how to keep score. This is not intended for players who are complete novices.

Su 04/14/24 - 06/02/24 2:00 - 4:00 p.m.

M 04/15/24 - 06/03/24 9:00 - 11:00 a.m.

W 04/17/24 - 06/05/24 5:30 - 7:30 p.m.

*Tournament June 14, 2023

Level Intermediate (2.5-3.0)

This league is intended for players with some experience and who can sustain short rallies. Players should understand fundamentals and court positioning.

Su 04/14/24 - 06/02/24 4:00 - 6:00 p.m.

Th 04/18/24 - 06/06/24 5:30 - 7:30 p.m.

*Tournament June 14, 2023

Level Advanced (3.5+)

This league is intended for players with MULTIPLE years of experience. Players can sustain long rallies using multiple types of shots and can anticipate opponents' shots and play aggressively at the net.

T 04/16/24 - 06/04/24 5:30 - 7:30 p.m.

*Tournament June 14, 2023

RACQUETBALL

For more information, call 303-471-7039.

Racquetball Court Reservations

Only members may make a court reservation daily after 11:00 a.m. for the following day for a maximum of two hours. There is a 15 minute court forfeiture rule. Call 303-471-8930.

Private Individual, Semi-Private & Private Group Lessons

To schedule a private, semi-private or group lesson, call 303-471-8869. Pricing varies depending on size of lesson (private, semi-private or group). Lessons are available for youth and adults.

Meet our Racquetball Instructor

Dan Davis has been an AmPRO advanced certified racquetball instructor for over 20 years in addition to coaching the Colorado juniors' team for over 10 years. He has been active on the Colorado Racquetball Association board for 15 years and has helped run the CRA state singles and doubles tournaments. Dan has played in local, state and national tournaments over his playing career. He enjoys teaching racquetball to players of all ages and levels. On a personal level, Dan is a retired insurance salesman who enjoys spending his free time with his wife and dog. He is also very active in the Aurora Gateway Rotary Club as a counselor for the Rotary's hands on leadership camp for high school juniors and seniors.

Drop-In Racquetball Shuttles

Continuous, year round "King of the Hill" format, moving up a court for a win, and down for a loss. Sign in at the Northridge Registration Desk.

Lunch Break Shuttles

Northridge, Racquetball Court 1
Price \$0/\$7

M, W, F	Noon - 1:00 p.m.	Singles
M, W, F	1:00 - 2:00 p.m.	Doubles

Adult Racquetball Leagues

B League (Tuesdays): Players with general knowledge of game and rules with 2+ years of playing experience.

B League (Wednesdays): Players with general knowledge of game and rules with 2+ years of playing experience.

C League (Thursdays): Players with limited playing experience with a general knowledge of game and rules.

*Please check website for most up to date league dates and offerings.

League fee includes league balls!

Northridge, Racquetball Courts; Price \$90/\$104
7:00 - 8:30 p.m.

SOCCER

ADULT SOCCER

For more information, please contact
303-471-7039.

Adult Indoor Soccer Leagues

Indoor soccer is a fast paced and exciting game. This league has an eight-game regular season followed by a single-elimination tournament. A \$100 deposit is required at the time of registration to hold the team's spot in the league. Payment past the registration deadline does not guarantee a spot in the league and will result in a \$15 late fee.
Westridge, Turf; Price \$555 per team



Winter League

Registration Deadline: 12/20/24

Adult Coed Indoor Soccer League

M 01/08/24 - 03/20/24 6:00 - 10:00 p.m.

Spring League

Registration Deadline: 03/22/24

Adult Coed Indoor Soccer League

M 04/08/24 - 06/24/24 6:00 - 10:00 p.m.

Adult Coed Rec Indoor Soccer League

W 04/10/24 - 06/26/24 6:00 - 10:00 p.m.

YOUTH SOCCER

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

Real Colorado Soccer (Ages 6-14)

These soccer and futsal leagues will provide soccer players the opportunity to play during fall and winter months. Games will be held during the week on Tuesdays, Thursdays, or Saturdays. Teams and/or individual players must register through the Real Colorado Soccer Club at www.realcolorado.net or with Theresa Echtermeyer at theresae@realcolorado.net.

Westridge, Turf



Soccer Shots at HRCA

Soccer Shots is an engaging children's soccer program with a focus on character development. Our caring team positively impacts children's lives on and off the field through best-in-class coaching, curriculum, and communication. Our coaches are the best-trained in the business. Our expert-approved curriculum is age-appropriate and aligns with childhood education standards. In addition, we provide an exceptional customer experience and ongoing communication with parents.

*No class 4/1-4/6 for Westridge classes.

Winter Session

Price \$190/\$219

Soccer Shots Minis (Ages 2-3)

Maximum of 8 students per class.

Westridge, Turf 1

M	01/08/24 - 02/12/24	9:00 - 9:30 a.m.
M	01/08/24 - 02/12/24	4:15 - 4:45 p.m.
Tu	01/09/24 - 02/13/24	9:00 - 9:30 a.m.
W	01/10/24 - 02/14/24	3:15 - 3:45 p.m.
F	01/12/24 - 02/16/24	10:00 - 10:30 a.m.

Southridge, Gym

Su 01/07/24 - 02/11/24 10:00 - 10:30 a.m.

Soccer Shots Classic (Ages 3-5)

Maximum of 10 students per class.

Westridge, Turf 1

M	01/08/24 - 02/12/24	9:45 - 10:30 a.m.
M	01/08/24 - 02/12/24	5:00 - 5:45 p.m.
Tu	01/09/24 - 02/13/24	9:45 - 10:30 a.m.
W	01/10/24 - 02/14/24	2:00 - 2:45 p.m.
W	01/10/24 - 02/14/24	5:00 - 5:45 p.m.
F	01/12/24 - 02/16/24	9:00 - 9:45 a.m.

Southridge, Gym (Ages 3-4)

Su 01/07/24 - 02/11/24 10:40 - 11:25 a.m.

Ages 4-6

Su 01/07/24 - 02/11/24 11:35 a.m. - 12:20 p.m.

Soccer Shots Premier (Ages 6-8)

Maximum of 12 students per class.

Westridge, Turf

M	01/08/24 - 02/12/24	10:45 - 11:30 a.m.
Tu	01/09/24 - 02/13/24	10:45 - 11:30 a.m.
W	01/10/24 - 02/14/24	4:00 - 4:45 p.m.

Southridge, Gym (Ages 6-8)

Su 01/07/24 - 02/11/24 12:30 - 1:15 p.m.

Spring Session

Price \$380/\$438

Soccer Shots Minis (Ages 2-3)

Maximum of 8 students per class.

Westridge, Turf 1

M	02/26/24 - 05/20/24	9:00 - 9:30 a.m.
M	02/26/24 - 05/20/24	4:15 - 4:45 p.m.
Tu	02/27/24 - 05/21/24	9:00 - 9:30 a.m.
W	02/28/24 - 05/22/24	3:15 - 3:45 p.m.
F	03/01/24 - 05/24/24	10:00 - 10:30 a.m.

Southridge, Gym

Su 02/25/24 - 05/12/24 10:00 - 10:30 a.m.

Soccer Shots Classic (Ages 3-5)

Maximum of 10 students per class.

Westridge, Turf 1

M	02/26/24 - 05/20/24	9:45 - 10:30 a.m.
M	02/26/24 - 05/20/24	5:00 - 5:45 p.m.
Tu	02/27/24 - 05/21/24	9:45 - 10:30 a.m.
W	02/28/24 - 05/22/24	2:00 - 2:45 p.m.
W	02/28/24 - 05/22/24	5:00 - 5:45 p.m.
F	03/01/24 - 05/24/24	9:00 - 9:45 a.m.

Southridge, Gym (Ages 3-4)

Su 02/25/24 - 05/12/24 10:40 - 11:25 a.m.

Ages 4-6

Su 02/25/24 - 05/12/24 11:35 a.m. - 12:20 p.m.

Soccer Shots Premier (Ages 4-7)

Maximum of 12 students per class.

Westridge, Turf

M	02/26/24 - 05/20/24	10:45 - 11:30 a.m.
Tu	02/27/24 - 05/21/24	10:45 - 11:30 a.m.
W	02/28/24 - 05/22/24	4:00 - 4:45 p.m.

Southridge, Gym (Ages 6-8)

Su 02/25/24 - 05/12/24 12:30 - 1:15 p.m.





Pee Wee Soccer League (Ages 4-5 & Ages 6-7)

This soccer league is perfect for the beginner player. Practices are held once a week and games are played on Saturday mornings. Fee includes a team shirt and volunteer coaches are needed! Registration deadline 02/16/24 or until full.

Westridge, Turf; Price \$105/\$121

Tu, Sa	03/05/24 - 03/30/24	5:00 - 5:50 p.m.
Tu, Sa	03/05/24 - 03/30/24	6:00 - 6:50 p.m.
W, Sa	03/06/24 - 03/30/24	5:00 - 5:50 p.m.
W, Sa	03/06/24 - 03/30/24	6:00 - 6:50 p.m.
Th, Sa	03/07/24 - 03/30/24	5:00 - 5:50 p.m.
Th, Sa	03/07/24 - 03/30/24	6:00 - 6:50 p.m.
F, Sa	03/08/24 - 03/31/24	5:00 - 5:50 p.m.
F, Sa	03/08/24 - 03/31/24	6:00 - 6:50 p.m.

TENNIS

ADULT TENNIS

For more information, contact 303-471-8996.

Court Hours

Northridge tennis courts are available for use:

M-F	7:30 a.m. - 9:00 p.m.
Sa, Su	7:30 a.m. - 6:00 p.m.

Southridge tennis courts are available for use:

M-F	7:00 a.m. - 9:00 p.m.
Sa	7:00 a.m. - 8:00 p.m.
Su	7:00 a.m. - 6:00 p.m.

Court Reservations

Only members may make a court reservation 48 hours in advance for a maximum of two hours. There is a 15-minute court forfeiture rule. Court fees must be paid at time of reservation. Please check in at the access or monitor's desk before using the courts at any of these facilities.

Reservations may be made online or by calling:

Northridge	303 - 471 - 8996
Southridge	303 - 471 - 7020

Court Fees

\$6 Guest Fee per visit for program guests 2-11 years of age.

\$7 Guest Fee per visit for program guests 12-17 and 55+ years of age.

\$8 Guest Fee per visit for program guests 18-54 years of age.

\$0 Outdoor Courts Walk-On or Reservation

\$36/hour Indoor Courts Walk-On or Reservation
01/02/24 - 04/30/24

Block Time

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

Ball Machine

The machine is available at Northridge for 60, 90, or 120-minute intervals. The year-round rate to rent the ball machine is \$6 or \$10 per hour, depending on the machine you rent. Call 303-471-8996 to reserve.

Backboards

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

Private Individual, Semi-Private & Private Group Lessons

To schedule a private, semi-private or group lesson, call 303-471-8996.

Private Lesson	(1 player)
\$66/\$76 per hour	
Semi-Private	(2 players)
\$33/\$38 per hour, per player	
3 and a Pro	(3 players)
\$22/\$25 per hour, per player	
Large Group	(4 + players)
\$20/\$23 per hour, per player	

ADULT GROUP LESSONS & DRILLS SESSIONS

Northridge Youth Tennis Session Dates

Sessions are two, seven week sessions and one, six week long session. Prices are adjusted for closures.

Session 1 (7 weeks) 01/08/24 - 02/24/24

Session 2 (7 weeks) 02/25/24 - 04/14/24

Session 3 (6 weeks) 04/15/24 - 05/25/24

Registration for these sessions will be online on Sunday, December 24, 2023

There will be no adult programming on these days:

Sunday - 02/11 - Super Bowl early closure at 5:00 p.m.

Sunday - 03/31 - Easter Sunday

Adult Lessons

Adult lessons are taught using the NTRP Rating Categories, except for beginners. Beginning tennis lessons are designated "Beginner."

Northridge, Tennis Pavilion

Price: \$114/\$132 - 6 week

Price: \$133/\$154 - 7 week

Beginner

M	9:00 - 10:00 a.m.
Tu	9:00 - 10:00 a.m.
W	6:00 - 7:00 p.m.

Adv. Beginner

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

Level 3.0

M	10:00 - 11:00 a.m.
---	--------------------



Adult Drills

Drills are a great workout with less personalized instruction and a great resource for the Highlands Ranch newcomer who wants to meet players.

Northridge, Tennis Pavilion

Price: \$114/\$132 - 6 week

Price: \$133/\$154 - 7 week

Level 2.5-3.0

M	6:00 - 7:00 p.m.
Tu	7:00 - 8:00 p.m.

Level 3.0

W	7:00 - 8:00 p.m.
W	8:00 - 9:00 p.m.

Cardio 2.5 3.0

Th	9:00 - 10:00 a.m.
Th	10:00 - 11:00 a.m.

Cardio 3.0 Plus

Th	11:00 a.m. - Noon
----	-------------------

Adult Drill and Play

The first half of class is spent working on a specific stroke or strategy. The second half is spent using the new concept.

*These programs will only run if they have a minimum of 2 registered prior to the first scheduled event. If this registration requirement is met, these drill and play programs will then be available for drop in students. You can check the status of these drills and play by calling 303-471-8996.

Northridge, Tennis Pavilion

Price: \$114/\$132 - 6 weeks

Price: \$133/\$154 - 7 weeks

Level 3.0

Th	1:00 - 2:30 p.m.
----	------------------

Level 3.5

F	9:00 - 10:30 a.m.
Sa	8:00 - 9:30 a.m.

Level 4.0 Plus

Th	7:00 - 8:30 p.m.
Sa	9:30 - 11:00 a.m.

Senior 55+ Drop-In Drill

Come meet your peers for an hour and a half of fun tennis drills. We encourage you to sign up ahead of time or pay when you drop in! You can check the status of this program by calling 303-471-8996. Class is limited to 20 participants.

Northridge Tennis Pavilion; Price \$10/\$12

Th	2:30 - 4:00 p.m.
----	------------------

ADULT TENNIS LEAGUES

Women's In-House Doubles

Sign up with a partner and keep your game sharp. Players may not play down an NTRP level. Teams must have at least one player at the appropriate NTRP level. Member Teams - both players must be members. Each team will play every other team at least two times.

Northridge, Tennis Pavilion

Price: \$256/\$296 per team/session

There will be two seven week sessions.

Teams may begin to register at 6:00 a.m. on 12/24/2023.

Level 2.5 Women

Tu Begins on 01/09/24 12:30 - 2:00 p.m.

W Begins on 01/10/24 12:00 - 2:00 p.m.

Level 3.0 Women

F Begins on 01/12/24 9:00 - 11:00 a.m.

Level 3.5 Women

F Begins on 01/12/24 11:00 a.m. - 1:00 p.m.

Senior In-House Mixed Doubles

Northridge, Tennis Pavilion; Price \$64/\$74

Teams may begin to register at 6:00 a.m. on 12/24/23.

Session 1 (7 weeks)

W 01/10/24 - 02/21/24 2:30 - 4:00 p.m.

Session 2 (7 weeks)

W 02/28/24 - 04/10/24 2:30 - 4:00 p.m.

Breakfast Social

Come join us for a casual recreational league. This is a fun way to meet and play in the early morning in a relaxed atmosphere. We tend to play Change Partner, King of the Hill or some other type of fun format.

Northridge, Tennis Pavilion;

May begin to register at 6:00 a.m. on 12/24/23.

Level 2.5-3.0-3.5 (14 weeks) Price: \$150/\$174

Tu 01/09/24 - 04/09/24 7:30 - 9:00 a.m.

Th 01/11/24 - 04/11/24 7:30 - 9:00 a.m.

Su 01/14/24 - 04/14/24 7:30 - 9:00 a.m.

Friday Night Socials

The HRCA will host several tennis socials at the Tennis Pavilion at Northridge. Come meet and play with new and old friends. Bring your racquet and a snack to share. Socials are scheduled on the second and fourth Fridays of the month.

Northridge, Tennis Pavilion; Price \$10/\$12

All Levels

F 01/12/24 6:00 - 8:00 p.m.

F 01/26/24 6:00 - 8:00 p.m.

F 02/09/24 6:00 - 8:00 p.m.

F 02/23/24 6:00 - 8:00 p.m.

F 03/08/24 6:00 - 8:00 p.m.

F 03/22/24 6:00 - 8:00 p.m.

F 04/12/24 6:00 - 8:00 p.m.

F 04/26/24 6:00 - 8:00 p.m.

F 05/10/24 6:00 - 8:00 p.m.

F 05/24/24 6:00 - 8:00 p.m.



YOUTH TENNIS

For more tennis information, contact 303-471-8996. Tennis Court Reservations, Private, Semi-Private & Group Lessons (Ages 4 & up)

YOUTH TENNIS PROGRAM

Northridge Youth Tennis Session Dates

Sessions are two, seven week sessions and one, six week long session. Prices are adjusted for closures.

Session 1 (7 weeks) 01/08/24 - 02/24/24

Session 2 (7 weeks) 02/25/24 - 04/14/24

Session 3 (6 weeks) 04/15/24 - 05/25/24

Registration for these sessions will be online at 6:00 a.m. on Sunday, December 24, 2023

There will be no adult programming on these days:

Sunday - 02/11 - Super Bowl early closure at 5:00 p.m.

Sunday - 03/31 - Easter Sunday

YOUTH TENNIS LESSONS

Youth Lessons Level Definitions

Level 1 players are in the I can HIT mode with the red, orange, green or yellow ball.

Level 2 players are in the I can RALLY with my peer mode with the red, orange, green or yellow ball.

Level 3 players are in the I can COMPETE mode with red, orange, green or yellow ball.

Level 4 players have played USTA Junior Team Tennis, completed Level 3, and/or have been approved by the teaching staff.

Level 5 players are active tournament players and/or approved by the Head Tennis Professional.

Hot Shots Lessons Level 1

Red Ball - I can HIT (Ages 4-5)

Northridge, Tennis Pavilion

Price \$57/\$66 - 6 weeks

Price \$66/\$77 - 7 weeks

Tu 9:00 - 9:30 a.m.

Tu 9:30 - 10:00 a.m.

Sa 8:00 - 8:30 a.m.

Sa 8:30 - 9:00 a.m.

Future Stars Level 1

Red Ball - I can HIT Lessons (Ages 6-8)

Northridge, Tennis Pavilion

Price: \$114/\$132 - 6 week

Price: \$133/\$154 - 7 week

Tu 5:00 - 6:00 p.m.

W 5:00 - 6:00 p.m.

Sa 9:00 - 10:00 a.m.

Future Stars Level 2

Red Ball - I can RALLY Lessons (Ages 6-8)

Northridge, Tennis Pavilion

Price: \$114/\$132 - 6 week

Price: \$133/\$154 - 7 week

Th 5:00 - 6:00 p.m.

Youth Lessons (Ages 9-10)

Northridge, Tennis Pavilion

Price: \$114/\$132 - 6 week

Price: \$133/\$154 - 7 week

Level 1 - Orange Ball - I can HIT

M 5:00 - 6:00 p.m.*

Tu 5:00 - 6:00 p.m.

Sa 10:00 - 11:00 a.m.

Level 2 - Orange Ball - I can RALLY

M 6:00 - 7:00 p.m.*

Tu 6:00 - 7:00 p.m.

Sa 11:00 a.m. - Noon

Level 3 - Orange Ball - I can COMPETE

Sa Noon - 1:00 p.m.

10 Advanced Level 4

Orange Ball - I can COMPETE (Ages 9-10)

This is an intermediate to advanced level program for young players who wish to play competitive matches.

This program is by professional approval only.

Northridge, Tennis Pavilion

Price: \$216/\$250 - 6 week

Price: \$228/\$264 - 7 week

Meets 2 days a week

M 4:30 - 6:00 p.m.

Sa 1:00 - 2:30 p.m.

12 Advanced Level 4

Green Ball - I can COMPETE (Ages 11-12)

For players who have competed in the 10 Advanced program and who have played tournament matches.

This program is by professional approval only.

Northridge, Tennis Pavilion

Price: \$288/\$333 - 6 week

Price: \$312/\$357 - 7 week

Meets 2 days a week

W 6:00 - 8:00 p.m.

Sa 11:00 a.m. - 1:00 p.m.

Middle School Lessons (Ages 11-13)

Northridge, Tennis Pavilion

Price: \$114/\$132 - 6 week

Price: \$133/\$154 - 7 week

Level 1 - Green Ball - I can HIT

M 4:00 - 5:00 p.m.*

Tu 4:00 - 5:00 p.m.

Level 2 - Green Ball - I can RALLY

M 7:00 - 8:00 p.m.*





YOUTH LEAGUES

USTA Summer Junior Team Tennis (Ages 8-18)

USTA Junior Team Registration

Teams practice twice a week for one hour with matches on Monday mornings. Intermediate level of play, Wednesday and Friday afternoon practice times TBD by level and team. The anticipated league season is early June through the first week of August. Teams start being formed in March. Minimum roster deadline 04/07/24.

Early Bird Price registration begins on 03/03/24 at \$225/250 + USTA Fees

Regular Price registration begins on 03/24/24 at \$250/\$275 + USTA Fees

18 & under

Southridge, Tennis Courts

Ages 10 & under; 12 & under, 14 & under

Northridge, Tennis Pavilion

VOLLEYBALL

ADULT VOLLEYBALL

For more information, please contact 303-471-7039.

Adult Hard-Court Volleyball Leagues

The women's and coed volleyball leagues will have an eight-game regular season followed by a single-elimination tournament. A \$100 deposit is required at the time of registration to hold the team's spot in the league. Payment past the registration deadline does not guarantee a spot in the league and will result in a \$20 late fee.

Southridge, Northridge, Eastridge;

Price \$335 per team



WINTER League

Coed Volleyball League 6v6 - Level 'A'

Southridge

Th 01/04/24 - 03/14/24 6:00 - 10:00 p.m.

Coed Volleyball League 6v6 - Level 'B'

Southridge

Th 01/04/24 - 03/14/24 6:00 - 10:00 p.m.

Coed Volleyball League 6v6 - Level 'C'

Eastridge

M 01/08/24 - 03/18/24 6:00 - 10:00 p.m.

Women's Volleyball League 4v4

Northridge

M 01/08/24 - 03/18/24 6:00 - 10:00 p.m.*

* Adjusted price \$285 per team

SPRING League

Registration Deadline: 03/01/24

Coed Volleyball League 6v6 - Level 'A'

Southridge

Th 03/21/24 - 06/06/24 6:00 - 10:00 p.m.

Coed Volleyball League 6v6 - Level 'B'

Southridge

Th 03/21/24 - 06/06/24 6:00 - 10:00 p.m.

Coed Volleyball League 6v6 - Level 'C'

Eastridge

M 03/25/24 - 06/03/24 6:00 - 10:00 p.m.

Women's Volleyball League 4v4

Northridge

M 03/25/24 - 06/03/24 6:00 - 10:00 p.m.*

* Adjusted price \$285 per team

YOUTH VOLLEYBALL

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

HRCA Youth Volleyball (Ages 7-14)

This coed league involves one weekly, one-hour practice on Monday, Tuesday, or Wednesday between 4-9 p.m. with either games or tournaments on the weekends and is for beginners and intermediate players in 3rd through 8th grades. Team divisions will be 3rd-4th grade, 5th-6th grade and 7th-8th grade. Volunteer coaches are needed, and practice times are based upon coach availability. Registration deadline 02/16/24 or until full.

Southridge, Gym; Price \$175/\$202

Youth Volleyball Divisions 3rd-4th, 5th-6th & 7th-8th
M, T or W, Sa 03/25/24 - 05/25/24 4:00 - 9:00 p.m.



High School Lessons (Ages 14-18)

Northridge, Tennis Pavilion

Price: \$114/\$132 - 6 week

Price: \$133/\$154 - 7 week

Level 1 - Green and Yellow Ball - I can HIT

W 4:00 - 5:00 p.m.

Level 2 - Green and Yellow Ball - I can RALLY

W 5:00 - 6:00 p.m.

Level 3 Middle and High School (Ages 11-18)

Northridge, Tennis Pavilion

Level 3 - Yellow Ball - I can COMPETE

Price: \$114/\$132 - 6 week

Price: \$133/\$154 - 7 week

Th 6:00 - 7:00 p.m.*

Sa 1:30 - 2:30 p.m.*

*Meets 1 day a week (Thurs or Sat, not both)

Price \$144/\$166 - 6 week

Price \$168/\$195 - 7 week

Meets 2 days a week

Th 6:00 - 7:00 p.m.

Sa 1:30 - 2:30 p.m.

Academy 1 Player Development (Ages 12-18)

Northridge, Tennis Pavilion

Meets 2 days a week

Tu, Th 4:00 - 6:00 p.m.

Price: \$288/\$333 - 6 week

Price: \$312/\$357 - 7 week

Academy 2 Player Development (Ages 12-18)

Northridge, Tennis Pavilion

Price: \$288/\$333 - 6 week

Price: \$312/\$357 - 7 week

Meets 2 days a week

W, F 4:00 - 6:00 p.m.

HIGHLANDS RANCH
Cultural Affairs Association

2024
**WINTER
CULTURAL
-SERIES-**

YOU'RE INVITED!

Wednesday, January 24
Cloud 9 Strings

Thursday, February 29
International Youth Ballet

Thursday, March 28
René Heredia:
Flamenco Guitar and Dance

Southridge Recreation Center | 6:30 p.m. - 8:00 p.m.

(More details on page. 32)

SPORTS

HOPS & DROPS
A Neighborhood Gathering Place

**Hand-formed 100%
Angus Beef Burgers**

NOW OPEN!
In Highlands Ranch

(303) 953-8360
9579 S University Blvd Lot 3B
Highlands Ranch, CO 80126

www.hopsanddrops.com

Providing Landscaping Services Since 2002
Get a Quote today!

13165 N Highland Cir. Littleton, CO 80125
303.791.2900
lawncare-solutions.com
lcs.officemail@gmail.com

lawncare solutions
...Because We CARE!

**TREAT YOURSELF and Your Family To a
Highlands Ranch Community Favorite...**

NICOLO'S
CHICAGO STYLE
PIZZAS

303-791-9800

Enjoy a delicious dining experience at
Nicolò's - Highlands Ranch family pizzeria.

Call us or come in today!
9463 S. University Blvd, Highlands Ranch, CO
www.highlandsranchpizza.com

FREE Delivery • Casual Dining • Pick up

WINZENBURG
**LEFF
&
PURVIS
PAYNE** LLP
Attorneys at Law

Focused on Communities

WWW.COHOALAW.COM
303.863.1870



HRRaceSeries.org

HIGHLANDS RANCH RACE SERIES 2024



St. Patrick's Day 5K
Saturday, March 16



Mother's Day 5K
Saturday, May 11



Happy Hour Half K
Friday, June 14



Independence Day 5K
Tuesday, July 4



HR MTB Series
Wednesdays in July-August



Splash Mash Dash Kids Tri
Saturday, Aug 3



Oktoberfest 5K
Saturday, Sept 14



Wildcat Mountain Trail Races
Saturday, September 28



Backcountry Wilderness Half
Saturday, November 2

CRESCENDO COMBO CHALLENGE

Take on the Crescendo Combo challenge and boost your running skills! Over the course of the year, you'll tackle longer distances, starting with two 5Ks of your choice (3.1 miles each), the Wildcat Mountain 10K (6.2 miles), and finishing with the Backcountry Wilderness Half Marathon (13.1 miles).

The cost to join is \$185, which covers the entry fees for all these races and includes a special gift. This challenge is open to people aged 13 and older, but you must sign up by May 1, 2024. For more information and to sign up, visit HRRaceSeries.org.



For race or sponsorship information, contact Sarah Mirick:

sarah.mirick@hrcaonline.org

303-471-7048

HRRaceSeries.org

RACE SERIES

DO YOU HAVE WHAT IT TAKES?

BE A DEAR AND VOLUNTEER



VOLUNTEER WITH THERAPEUTIC RECREATION

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

SPORTS



VOLUNTEER COACH

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

GIVE YOUR TIME TODAY!



HRCOnline.org/volunteers

sweetgreen
sweetgreen Highlands Ranch
3620 East Highlands Ranch Pkwy, #101

Fresh, flavorful, feel-good food

order.sweetgreen.com

colorado kids
PEDIATRIC DENTISTRY

Our Board Certified and Eligible Pediatric Dentists and Orthodontist provide the best oral health care for children from infants to adolescents!

We offer free dental examinations for children under three and all new patients receive a free spin brush!
We accept most insurance.
Call today!

Two convenient locations:

Lone Tree
9227 E. Lincoln Ave, Suite 100
303.225.4716

Highlands Ranch Town Center
9358 Dorchester St, Suite 106
303.791.4400

Grace Presbyterian Church
All Are Welcome at the Table of Grace

Worship Every Sunday at 9am and 10:30am

A Guided Conversation
The 2nd Tuesday of Every Month at 6:30pm
Located at
Rock Bottom Brewery
In Highlands Ranch, CO

Holiday Light Show
Set to classic Christmas tunes
DRIVE UP AND TUNE IN
Nightly Nov 24 Thru Jan 5 from 5pm-10pm

Christmas Eve Services

- Family Service @ 4pm
- Celebration Service @ 6pm
- Classic Service @ 8pm
- Communion Service @ 11pm

www.GraceColorado.com
9720 US Hwy 85 N Highlands Ranch, CO, 80125



STAFF

Sports and Fitness Supervisor
Chad Mejia
303-471-7035
chad.mejia@hrcaonline.org

Youth and Adult Therapeutic Recreation Coordinator
Summer Aden
303-471-7043
summer.aden@hrcaonline.org

24/7 Online
HRCAonline.org/TR

THERAPEUTIC RECREATION (TR)

HRCA staff members in all program areas work together to support the leisure interests of people of all ages and abilities. Check the other sections of the guide for mainstream program opportunities when participants are ready for more independence.

Therapeutic Recreation Services

Explore your leisure interests, develop skills, and have fun. Our specialized services are offered to all ages and ability levels to enhance health, wellness, and quality of life. TR Specialists are certified by the National Council for Therapeutic Recreation (NCTRC). Ask the registration desk about our free valet parking.

Scholarships

Scholarships are available for participants who need financial assistance for HRCA programs. Completion of a scholarship form is required.

To learn more

To learn more about Therapeutic Recreation programs, birthday parties, scholarships, personal instruction appointments, or to volunteer, call the Therapeutic Recreation Coordinator at 303-471-7043 or email Summer Aden at summer.aden@hrcaonline.org.

Therapeutic Recreation Individual Service Plan/ Annual Update

An Individual Service Plan (ISP) is required to participate in Special Needs Programs. An annual update is required each year after. For new enrollees, an ISP must be completed before service begins. This is a non-refundable fee. ISP-new participant one-time fee: \$30/\$35

Therapeutic Recreation Aquatic & Land Personal Instruction (All Ages)

Individualized programs based on participant needs, goals and strengths. Cancellation notice of less than 24-hours can result in a charge for the session.

Single Session: 30-minute \$45/\$52
TR 5 Pack: Five 30-minute sessions \$192/\$221
TR 10 Pack: Ten 30-min sessions \$320/\$368



TR Small Group Instruction (All Ages)

Designed for small group needs, interests, and abilities in our gyms, pools, weight rooms, or in the community. Small groups are led by a Therapeutic Recreation staff member. Call the Therapeutic Recreation program to form groups. Offered ongoing. Call to schedule.

Four half-hour sessions

2 participants \$100/\$115 per person
3+ participants \$88/\$101 per person

RECREATION CLASSES

A parent or caregiver may be required to assist during Therapeutic Recreation Programs if a participant needs one-on-one assistance.

Special Needs Yoga (Ages 5-18+)

Come and experience a form of yoga that works to improve balance, focus, coordination, and strength. Learn poses to reduce fatigue, stiffness, and stress and stimulate the motor and sensory areas of the brain. Wheelchair accessible, all levels of mobility welcome.

Westridge, Fitness Studio

Call 303-471-7043 for pricing details

M 01/08/24 - 01/29/24 5:15 - 5:45 p.m.
M 02/05/24 - 02/26/24 5:15 - 5:45 p.m.
M 03/04/24 - 03/25/24 5:15 - 5:45 p.m.
M 04/08/24 - 04/29/24 5:15 - 5:45 p.m.



THERAPEUTIC RECREATION



Special Needs Hip Hop Dance Class (Ages 5-18+)

The focus of this class is a fun dance environment.

Westridge Dance Studio; Price \$80/\$92

No Class 3/14/23

Tu 01/09/24 - 01/30/24	5:45 - 6:45 p.m.
Tu 02/06/24 - 02/27/24	5:45 - 6:45 p.m.
Tu 03/05/24 - 03/19/24	5:45 - 6:45 p.m.*
Tu 04/02/24 - 04/30/24	5:45 - 6:45 p.m.**

*Adjusted Price \$60/\$69

**Adjusted Price \$100/\$115

Season package discounted pricing all four months: \$294/\$338;

Tu 01/09/24 - 04/30/24	5:45 - 6:45 p.m.
------------------------	------------------

Special Needs Indoor Soccer (Ages 8-18+)

Learn the skills to play soccer, the rules of the game, and good sportsmanship.

Southridge, Gym; Price \$55/\$63

W 03/06/24 - 03/27/24	5:15 - 6:00 p.m.
-----------------------	------------------

TR Sports Sampler (Ages 8-18+)

Southridge, Gym; Price \$55/\$63

W 04/03/24 - 04/24/24	5:15 - 6:00 p.m.
-----------------------	------------------

Special Olympics Swim Team (Ages 8-18+)

Eastridge; Price \$120/\$138

F 04/12/24 - 05/31/24	5:30 - 6:30 p.m.
-----------------------	------------------

Thrilling Thursdays (Ages 16+)

Participate in a variety of activities that increase motor skills, balance, and social skills. Activities include swimming, soccer, art, basketball, cooking, fitness, and more!

Southridge; Price \$160/\$184

Th 01/04/24 - 01/25/24	12:15 - 3:15 p.m.
Th 02/01/24 - 02/29/24	12:15 - 3:15 p.m.*
Th 03/07/24 - 03/28/24	12:15 - 3:15 p.m.
Th 04/04/24 - 04/25/24	12:15 - 3:15 p.m.

*Adjusted price \$200/\$230



TR Unified Basketball Team (Ages 15-18+)

Get in the game! Unified Basketball integrates individuals with developmental disabilities (athletes) and individuals without disabilities (partners).

Athletes gain skills, learn the rules of the game, and focus on good sportsmanship and teamwork. Weekly home or away games will be played in January and February. Schedules will be available in December.

Southridge, Gym; Price \$115/\$132

W 01/03/24 - 02/28/24	5:30-6:30 p.m.
-----------------------	----------------

Sweetheart Dance (Ages 16-18+)

Dance the night away! Requires an ISP. Enjoy an evening dancing to your favorite songs with your favorite people. You'll be out of your seat and dancing all night long! Request your favorite songs. Light snacks will be served. Ages 16+

Southridge, Wildcat Mountain Auditorium; Price \$16/\$18

F 02/23/24	7:00 - 9:00 p.m.
------------	------------------



YOUTH THERAPEUTIC RECREATION CLASSES

Splash Swim Group (Ages 3-7)

Learn water safety activities, blowing bubbles, and swimming skills.

Southridge, Fitness Pool; Price \$47/\$54

F 01/05/24 - 01/26/24	1:00 - 1:30 p.m.
F 02/02/24 - 02/23/24	1:00 - 1:30 p.m.
F 03/01/24 - 03/29/24	1:00 - 1:30 p.m.*
F 04/05/24 - 04/26/24	1:00 - 1:30 p.m.

*Adjusted Price \$59/\$68

Special Needs Tumbling (Ages 3-7)

Movement skills, strength, coordination, and balance are enhanced as children experience the joy of moving through space. **Call 303-471-7043 for more details.**

Special Needs Taekwondo (Ages 5-17)

Designed to help students improve balance, concentration, self-control, and confidence. This class is open to all ability levels. Belt testing is determined by our certified instructor and requires a separate fee.

Northridge, Martial Arts Studio; Price \$110/\$127

Tu, Th 01/02/24 - 01/30/24	3:50 - 4:30 p.m.
Tu, Th 02/01/24 - 02/29/24	3:50 - 4:30 p.m.
Tu, Th 03/05/24 - 03/28/24	3:50 - 4:30 p.m.
Tu, Th 04/02/24 - 04/30/24	3:50 - 4:30 p.m.

Special Needs Taekwondo Belt Testing (Ages 5-17)

The instructor determines who is eligible to test and the dates/times. Testing requires a separate fee.

Northridge, Martial Arts Studio

TKD Belt Test 1st

January	TBA
February	TBA
March	TBA
April	TBA

SPRING BREAK CAMPS

Special Needs Spring Break Sports Camp (Ages 8-18+)

Learn the skills necessary to play a variety of sports. Also learn the rules of the games, focusing on good sportsmanship and teamwork.

Southridge, Gym; Price \$60/\$69

Tu, Th 03/19/24 & 03/21/24	12:30-3:30 p.m.
----------------------------	-----------------

Stride to Ride (Ages 5-18+)

A program dedicated to teaching individuals of all abilities two-wheeled balance, coordination, and confidence for a lifetime of riding adventures.

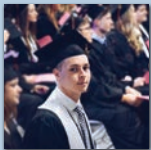
Southridge; Gym; Price: \$220/ \$253 (including the cost of a STRIDER Balance Bike to take home. (If you already own a STRIDER, the cost will be reduced accordingly).

M-F 03/18/24 - 03/22/24	10:00 - 11:00 am
-------------------------	------------------



HIGHLANDS RANCH COMMUNITY SCHOLARSHIP APPLICATION FOR SENIORS

WHAT DOES A SCHOLARSHIP DO?



Helps reduce the hardships of rising tuition costs.



Decreases how many students have loans at graduation.



Helps students to focus on studying instead of working.



Teaches students how to support others and give back.

**APPLICATIONS GO LIVE
JANUARY 22, 2024**

**TWENTY \$2,500 SCHOLARSHIPS
ARE AVAILABLE
TO HIGHLANDS RANCH
GRADUATING SENIORS.
THE APPLICATION
DEADLINE IS
MARCH 1, 2024**



HRCOnline.org/scholarships

DOMINION LIFE
DENVER
TRAINING CENTER



**WE BELIEVE
IN TRAINING
BELIEVERS
TO KNOW
WHO THEY
ARE IN
CHRIST AND
LIVE IT!**

WE PROMOTE GROWTH
IN BELIEVERS THROUGH:

- Training
- Tools
- Team
- Testing/Practice
- Testimonies

Dominion Life Denver Training Center "DLDT" is a different kind of church that specializes in healing, miracles and training people in the good news of the Gospel.

Know someone who needs some kind of HEALING? Give us a call! We've had thousands of healings and we love to practically help everyone we can because of what Jesus did for us!



Meeting Sundays 10am
Contact us at 720-319-8414 or
contact@dominionlifedenver.org
for more information.



A BRIGHTER FUTURE
STARTS TODAY



PRIVATE TUTORING

IN PERSON & IN HOME
or ONLINE

ALL LEVELS
ALL SUBJECTS



www.TutorDoctorDenver.com
303-679-3552



Vitalant Highlands Ranch Donation Center

Parkway Center, Building #2
541 W. Highlands Ranch Parkway
Open 7 days a week

South of C-470 on Broadway,
just west of Broadway.

Because of you, life doesn't stop.

GIVE BLOOD TODAY | vitalant.org



Therapeutic Recreation



HIGHLANDS RANCH COMMUNITY ASSOCIATION

9568 University Boulevard, Highlands Ranch, CO 80126
303-791-2500 HRCAonline.org

PRESORTED STANDARD
US POSTAGE PAID
HIGHLANDS RANCH, CO
PERMIT #170



Surgery Just for Kids

At Children's Hospital Colorado, South Campus, every child is treated with a personalized care plan just for them. Here, we offer everything you'd expect from a pediatric surgery center — and so much more.

- Multidisciplinary teams
- Fast, minimally invasive procedures
- Care for kids, close to home
- Surgical expertise



Children's Hospital Colorado
Here, it's different.™



Learn more at
childrenscolorado.org/surgery

Actor: Perla