



# CHILDREN'S ACTIVITIES

Hyland Hills Park and Recreation District — 303-428-7488 — www.hylandhills.org

## CLASSES

### AMERICAN RED CROSS BABYSITTER'S TRAINING COURSE #424030

This class will provide information and skills necessary to provide safe and responsible care for children. Bring a sack lunch and water. Fee includes textbook and certificate. To register please call 303-650-7580, class will be held at the Margaret C. Carpenter Recreation Center in Thornton (11151 Colorado Blvd). Foundation Grants Available!!

**Ages: 11 & older**

**Fee: \$70 Resident, \$75 Non-Resident**

Date	Day	Time	Loc
May 1	SA	9am-4pm	Thornton Rec. Center

## DANCE CLASSES

### TINY TOES #444222

This is the perfect class for dancing children. The 30 minute class will introduce music and fun dance moves to your child. Parent participation is strongly recommended.

**Ages: 2-3**

**Fee: \$35 Resident, \$40 Non-Resident**

(\$15 Res., \$20 Non-Res. - Aug Session)

Date	Day	Time	Loc
Jun 19-Jul 31	SA	10:15am-10:45am	PMC
Aug 21-Sep 4	SA	10:15am-10:45am	PMC

### PRE-BALLET #444223

This 45 minutes class will introduce ballet basics in a fun learning environment.

**Ages: 4-6**

**Fee: \$40 Resident, \$45 Non-Resident**

(\$18 Res., \$22 Non-Res. - Aug Session)

Date	Day	Time	Loc
Jun 19-Jul 31	SA	10:45am-11:30am	PMC
Aug 21-Sep 4	SA	10:45am-11:30am	PMC

### BALLET #444220

This class is designed for the young ballet student. Children will learn and expand on basic ballet steps including barre work.

**Ages: 7-10**

**Fee: \$40 Resident, \$45 Non-Resident**

(\$18 Res., \$22 Non-Res. - Aug Session)

Date	Day	Time	Loc
Jun 19-Jul 31	SA	11:30am-12:15pm	PMC
Aug 21-Sep 4	SA	11:30am-12:15pm	PMC

### MIX IT UP #444224

Not sure which class to try? This fun class will teach many different dance classes in one. Dance types taught will include tap, jazz, hip hop, ballet, country western and pom. No special shoes required.

**Ages: 6-10**

**Fee: \$40 Resident, \$45 Non-Resident**

(\$18 Res., \$22 Non-Res. - Aug Session)

Date	Day	Time	Loc
Jun 19-Jul 31	SA	12:15pm-1pm	PMC
Aug 21-Sep 4	SA	12:15pm-1pm	PMC

## YOUTH SPORTS

### PEE WEE T-BALL #412100

This is a fun learning experience for a child's first time in t-ball. Basic motor skills are taught with fun emphasis. Parent involvement is highly recommended. Fee includes a t-shirt.

**Ages: 3-5**

**Fee: \$36 Resident, \$43 Non-Resident**

Date	Day	Time	Location
Apr 3-May 8	SA	1pm-1:45pm	CBAP
Jun 5-Jul 17	SA	11am-11:45am	CBAP

No practice July 3rd

### PEE WEE KICKERS #412200

This is a fun learning experience for a child's first time in soccer. Basic motor skills are taught with fun emphasis. Parent involvement is highly recommended. Fee includes a t-shirt.

**Ages: 3-5**

**Fee: \$36 Resident, \$43 Non-Resident**

Date	Day	Time	Loc
Apr 2-May 7	F	10am-10:45am	CBAP
Apr 3-May 8	SA	10am-10:45am	CBAP
Apr 3-May 8	SA	12pm-12:45pm	CBAP
Jun 4-Jul 16	F	10am-10:45am	CBAP

No practice July 2nd  
Jun 5-Jul 17 SA 9am-9:45am CBAP  
No practice July 3rd

### KNEE KNOCKER SOCCER #412300

This successful program is aimed at teaching dribbling, trapping, shooting, and other fundamental skills of soccer. Instruction is followed by non-competitive games. This is strictly a fun learning experience. We do encourage parent involvement. The fee includes a t-shirt.

**Ages: 5-6**

**Fee: \$36 Resident, \$43 Non-Resident**

Date	Day	Time	Loc
Apr 3-May 8	SA	9am-9:50am	CBAP
Apr 3-May 8	SA	11am-11:50am	CBAP
Jun 5-Jul 17	SA	10am-10:50am	CBAP

No practice July 3rd

### KARATE #445212

Karate is taught using Japanese tradition and methodology. The class concentrates on body conditioning, Kata (forms) and two partner exercises.

**Ages: 3-6**

**Fee: \$25 Resident, \$30 Non-Resident**

Date	Day	Time	Loc
May 1-May 29	SA	10am-11am	GC
Jun 5-Jun 26	SA	10am-11am	GC
Jul 10-Jul 31	SA	10am-11am	GC
Aug 7-Aug 28	SA	10am-11am	GC

SUMMER 2010

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## YOUTH SPORTS

### CARA TRACK #422600

Come join our track team and compete against other agencies across the Front Range. The track team is coached by local high school coaches and varsity athletes. Participation, physical exercise and enjoyment are the main goals of this program. Practices are held three times a week. Participants are eligible to compete in Saturday meets throughout the Front Range. Track events offered are relay teams, long jump, baseball toss, running events, etc... Individuals must be 5-16 years old by December 31, 2010 to participate.

**Ages: 5-16 (by December 31, 2010)**

**Fee: \$45 Resident, \$53 Non-Resident**

Date	Day	Time	Loc
Jun 7-Jul 24	M/W/F	8am-9:30am	Ranum Track

### HERSHEY TRACK AND FIELD STATE QUALIFIER

Hyland Hills Park & Recreation District will host a local and attend a District-wide Hershey track meet. Individuals must be 9-14 years old by December 31, 2010 to participate in the Hershey meets. Those that qualify at the local meet are eligible to compete in the state meet. The local meet will take place within the 1st two weeks of the CARA practices. Date and times – TBD. The state meet will be held the 3rd or 4th weekend of June – TBD. The Hershey meets are part of the CARA track program. For additional information, please contact Chris Robson at 303-650-7671 or crobson@hylandhills.org.

### INSTRUCTIONAL BASEBALL #422502-FM,

#422503-CB, #422504-CA, #422505-WP

Participants are taught the basics of catching, throwing, hitting, base running, and defensive positioning by local high school and college athletes. Each session will practice twice a week at their designated site and play non-competitive games on Fridays. Fee includes a jersey and hat. Participants need to provide their own glove and should bring water and sunscreen to each practice. Games will either be played Friday mornings at the Sports Complex (8650 Zuni) or Friday evenings at Carstens Park (90th Ave & Camenisch) and FM Day Park (69th & Pecos). No practice or games June 28th-July 4th.

**Ages: 5 & 6**

**Fee: \$45 Resident, \$53 Non-Resident**

Date	Day	Time	Loc
Jun 7-Jul 16	M/W	9am-10:15am	Waddell Park
Jun 8-Jul 16	T/TH	9am-10:15am	Carroll Butts
Jun 7-Jul 16	M/W	5pm-6:15pm	Carstens Park
Jun 7-Jul 16	M/W	5pm-6:15pm	FM Day Park

**Ages: 7 & 8**

**Fee: \$45 Resident, \$53 Non-Resident**

Date	Day	Time	Loc
Jun 7-Jul 16	M/W	10:45am-12pm	Waddell Park
Jun 8-Jul 16	T/TH	10:45am-12pm	Carroll Butts
Jun 8-Jul 16	T/TH	5pm-6:15pm	Carstens Park
Jun 8-Jul 16	T/TH	5pm-6:15pm	FM Day Park

### YOUTH FLAG FOOTBALL #422705

This program is designed for the beginning football player. Participants are placed on teams and will learn the fundamentals of football. Practices will be 2-3 times a week with one game per week. Games will be played among Hyland Hills teams and other neighboring leagues. Participants will receive a league shirt. Flags will be provided by Hyland Hills. Participants will be called the week of August 16th by their coach. If interested in coaching please give us a call at 303-428-7488. Registration begins April 12th. Deadline August 7th.

**Ages: Must be 5 or 6 years old by May 31, 2010**

**Cost: \$50 Resident, \$58 Non-Resident**

### YOUTH TACKLE FOOTBALL #422705

The Hyland Hills football program will be part of the (CCMFL) Coal Creek Midget Football League and will play against the other 10 agencies that comprise the league. Team practices will begin the week of 8/2/10 or 8/9/10. Games will begin Saturday 8/28/10.

Participants must provide proof of age, living address and health insurance at time of registration. Returning players will be placed on the teams they played with the previous year. New players will be randomly placed and must fall within the CCMFL Hyland Hills Boundaries.

(Boundaries include the city of Westminster and the Hyland Hills District which includes some of Denver.) Boundary information will be available at the time of registration. No coach requests are guaranteed. Football equipment is furnished by Hyland Hills for each participant, which includes helmet, shoulder pads, pants and 7 piece pad set. Equipment will be collected at the conclusion of the season or a fee of \$150 will be charged. Each team will play between 7-10 games depending on the number of teams in each division. 7 & under – 13 & under age divisions are offered.

Participants are placed on teams based on the age of the participant on May 31, 2010. Players may play up 1 age division but cannot play down. (Exception an 8th grader who is 14 will be allowed to play in the 13U division.) Players will be contacted by their coach with equipment check out and practice information the week of July 19th. Equipment checkout date will be either 7/24/10 or 7/31/10 – TBD.

**Please call 303-650-7671 if you are interested in coaching a team.**

**Registration begins April 12, 2010**

**Registration deadline is Saturday July 16, 2010**

**Divisions offered: 7U, 8U, 9U, 10U, 11U, 12U, 13U**

**Cost: \$105/\$123 (fee includes a game jersey)**

### YOUTH FOOTBALL SKILLS & CONDITIONING CAMP

Come get in shape before the season starts. All youth tackle football registered participants may attend at no charge. Camp will be before the season begins.

**Jul 26-Jul 30 or Aug 2-Aug 6 – TBD**

**Location: Carroll Butts**



SUMMER 2010