Planning for Our Future

We are in the midst of an important master planning process for Hyland Hills that will help chart the course for the long-term future of the District. Fortunately, we have much to be proud of at Hyland Hills, including our athletics, neighborhood parks, programs, community centers, Water World, Greg Mastriona Golf Courses at Hyland Hills, Adventure Golf and Raceway, Ice Centre at the Promenade, and, recently, FIT by Hyland Hills. These are all examples of the way we do business and the level of unique recreation programming we want to continue to offer you.

The master planning process helps us assure that by taking a thoughtful look at existing facilities and programs we can identify areas that are currently functioning well, areas that need improvement, and areas where trends, demographics and expectations could lead us in a different direction as we look to the future. We are realistically reviewing maintenance and replacement costs in order to offer you the same or better level of quality guest experience that you expect at our locations. Aging playgrounds, ballfields, pools, trails and other facilities each have unique needs that need to be carefully planned for.

Through the years, Hyland Hills’ reputation of building amazing partnerships and identifying money-saving financing opportunities has enabled us to do more with less. Those efforts, led by our staff and passionate Board of Directors, have won us recognition from the Special Districts Association of Colorado on a number of occasions and, more importantly, earned your confidence and support which we very much appreciate.

In 2002 the Hyland Hills community addressed similar concerns by voting overwhelmingly in favor of a bond issue to enable the District to make needed improvements. On the center pages of this Activities Guide, there are examples of those improvements, including Clear Creek Valley Park that became possible as a result of that bond issue.

Since then, however, many facilities are again starting to show their age due to usage. Some anticipated repairs will be even more expensive than they had been previously.

At the end of this master planning process we will have a much better idea of where we stand and what we are in need of to continue to serve you at the high level our community deserves.

I assure you that Hyland Hills Park and Recreation District is committed to providing the best possible park and recreation services possible within our means.

Importantly, the discounted rates your family currently enjoys at popular Hyland Hills facilities will continue into the future and will be included in our overall planning process.

You are sincerely invited to provide your valuable input. We would greatly appreciate it and we look forward to hearing from you soon!

Yvonne Fischbach, Executive Director

Hyland Hills Recognizes
the Following Holidays:
(Administrative Offices Closed)

President’s Day Monday, February 17, 2020
Martin Luther King, Jr. Day Monday, January 20, 2020
New Year’s Day Wednesday, January 1, 2020
Christmas Day Wednesday, December 25, 2019

THE MAC .......................................................... 303-426-4310
3295 W. 72nd Ave., Westminster, CO 80030

PERL MACK AQUATICS CENTER ........................................ 303-650-7547
7135 Mariposa St., Denver, CO 80221

PERL MACK COMMUNITY CENTER ........................................ 303-650-7580
7125 Mariposa St., Denver, CO 80221
Hours: 8am-5:30pm M-F, 8am-1pm SA

SPALSHLAND AQUATICS CENTER ........................................ 303-650-7549
3365 W. 67th Ave., Denver, CO 80221

SPORTS COMPLEX ........................................ 303-650-7551
8650 Zuni St., Federal Heights, CO 80221

WATER WORLD ........................................ 303-427-SURF
8801 N. Pecos St., Federal Heights, CO 80260

City Park Recreation Center ........................................ 303-460-9690
10455 N. Sheridan Blvd., Westminster, CO 80031

Swim and Fitness Center ........................................ 303-427-2217
10455 N. Sheridan Blvd., Westminster, CO 80031

Hyland Hills Park and Recreation District — hylandhills.org
**Table of Contents**

**MISSION STATEMENT**

The Hyland Hills Park and Recreation District’s mission is to provide the finest recreational services and park facilities.

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**BOARD OF DIRECTORS**
The Hyland Hills Park and Recreation District Board of Directors meets on the first Tuesday of each month at 7pm at the District Administrative Offices. Additionally, a study session is held on the third Tuesday of every month, beginning at 5:30pm.

Lori Mirelez ............................................President
Chris Dittman ...................................Vice President
Robert Landgraf Jr. ..................................Treasurer
Donald C. Ciancio, II ......................... Secretary
Tom Lynch ....................................... Past President

**ADMINISTRATIVE STAFF**
Executive Director ............... Yvonne Fischbach
Administrative Counsel ............ Richard L. Fuller
Director of Communications........ Joann V. Cortéz
Director of Finance ....................... Mike Tilger
Director of Human Resources .... Lisa Zaragoza
Director of Marketing ............... Justin Schuvie
Managing Director of Golf and Adventure Golf and Raceway ............. Allen Brown
General Manager of Ice Centre .... Corey Schmidt
General Manager of Water World .... Bob Owens
Superintendent of Parks and Recreation . Joe DeMers

If you have any suggestions or concerns, please contact one of the appropriate staff members by calling 303-428-7488.

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**KEY**

<table>
<thead>
<tr>
<th>AG</th>
<th>GC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adventure Golf &amp; Raceway</td>
<td>Donald E. VanArsdale Gymnastics Center</td>
</tr>
<tr>
<td>Baker</td>
<td>Hidden Lake High School</td>
</tr>
<tr>
<td>CBAP</td>
<td>The MAC</td>
</tr>
<tr>
<td>CBP</td>
<td>Northglenn Recreation Center</td>
</tr>
<tr>
<td>CCVP</td>
<td>Perl Mack Community Center</td>
</tr>
<tr>
<td>CP</td>
<td>Ranum Middle School</td>
</tr>
<tr>
<td>FIT</td>
<td>Sports Complex</td>
</tr>
<tr>
<td>GMC@HH</td>
<td>STEM Middle School</td>
</tr>
<tr>
<td>The Greg Mastriona Golf Courses at Hyland Hills</td>
<td>Westminster High School</td>
</tr>
</tbody>
</table>

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**MONTHLY HYLAND HILLS NEWSLETTER!**

To receive the monthly Hyland Hills e-mail newsletter and keep up-to-date on fun programs, activities and specials, please sign up at hylandhills.org. When you sign up, you will also be kept informed on the District’s master planning process, where you are invited to participate by providing input and improvement suggestions for the Hyland Hills Park and Recreation District.
3 EASY WAYS TO REGISTER FOR PROGRAMS AND CLASSES
Payment in full must accompany registration. You may register in any of the following three ways:
1. Online: hylandhills.org
2. Phone: 303-650-7580 (credit cards only)
3. Walk In:
   Perl Mack Community Center, 7125 Mariposa Street
   Hours: 8am-5:30pm, M-F*, 8am-1pm, SA*
   Carroll Butts Athletic Park, 4201 West 94th Avenue
   Hours: Noon-9pm, M-F*, 3pm-9pm, SA, SU*

*Hours are subject to change without notification.

Registration Begins Immediately Unless Otherwise Noted

JUST SAY CHARGE IT
You may charge any recreation program fee to your credit card. All telephone registrations must be paid with either MasterCard, VISA, American Express or Discover.

NON-DISCOUNT FEE
Participants who do not have a Hyland Hills or Westminster Discount Card will be charged a non-discounted fee per class. Some exceptions apply.

REFUND POLICY
A minimum of three days notification prior to a class beginning is required to obtain a refund. No refund will be given after a class begins or within the three-day period prior to class beginning. A $2 processing fee will be charged and deducted from each refund and class transfer. The Recreation Department reserves the right to cancel and modify classes due to insufficient registration. Refunds by check will take approximately three weeks to process.

CLASS MAKEUP POLICY
An attempt is made to reschedule class programs that are canceled due to inclement weather. Refunds or transfers will not be guaranteed if cancellations are not made up on the rescheduled date. Class schedules may be subject to adjustment.

POLICY FOR HYLAND HILLS DISCOUNT CARDS
Cost: $5 each. Seniors 60 years and older: Free
Persons Required to Purchase Discount Card: Age 4 (or at least 40 inches tall) through age 59
Expiration: Two years from date of purchase.
Residents and property owners of Hyland Hills Park and Recreation District and residents of the City of Westminster qualify to receive a Discount Card entitling them to substantial reduction in program fees, green fees and admission fees at Hyland Hills facilities. Because cardholders with a Hyland Hills Discount Card receive a substantial reduction in fees and charges, coupons or other discount promotions are not valid with Discount Cards.
A current Hyland Hills Discount Card must be presented at time of registration to receive a discount off a program fee, if applicable.

QUALIFICATION/REQUIREMENTS FOR A HYLAND HILLS DISCOUNT CARD
1) Any person who, or whose spouse, owns taxable real or personal property situated within the boundaries of the District must submit a secure and verifiable identification document setting forth the person’s legal name, such as: a state driver’s license or ID card; US passport or valid military ID; together with a current Adams County Property Tax Notice (unless a Colorado Driver’s License or ID card showing an in-District address is presented).
2) Any person who is a resident of the District but does not own real or taxable property within the boundaries of the District, must submit a Colorado Driver’s License or Colorado ID card setting forth the person’s legal name with a current address. If the address shown on the License/ID is not correct, then one of the following acceptable documents showing correct name, current date and current address located with the District boundaries must be presented: utility bill; credit card statement; pay stub or earnings statement; rent receipt; phone bill; transcript or report card from an accredited school; bank statement; mortgage document; tax document; homeowners/renters insurance policy; vehicle registration/title; auto insurance or other valid and sufficient proof of residency.
3) To obtain a Discount Card, a resident of the City of Westminster (not living within the Hyland Hills boundaries) must submit a valid Colorado Driver’s license/Colorado ID card with the legal name and current address of the resident printed on front of the ID. No other option.
4) Persons under the age of 16 must be accompanied by a parent or legal guardian who must show qualifying proof of residency.

HYLAND HILLS — CITY OF WESTMINSTER JOINT USE AGREEMENT
Hyland Hills Park and Recreation District and the City of Westminster entered into a reciprocal agreement on June 5, 1990 that allows residents of the two entities to enjoy expanded recreational opportunities. This includes over 126,000 residents of both entities. The agreement makes current resident use of facilities virtually interchangeable. Residents can enjoy resident rates for use of facilities and programs in both Westminster and Hyland Hills. This is a valuable opportunity for residents to be able to access the best and most unique recreation facilities in the country at the lowest possible cost.
CALIFICACIONES/REQUISITOS PARA UNA TARJETA DE DESCUENTO DE HYLAND HILLS:

1) Alguna persona, o su esposo, quien posee inmueble imponible, propiedad personal ubicado dentro de los límites del Distrito debe presentar un documento de identificación segura y verificable que establece el nombre legal de la persona, licencia de conducir, tarjeta de identificación estatal, pasaporte de US o documento de identidad valido militar junto con un aviso de impuesto a la propiedad del condado Adams actual (además de que en la licencia de manejar o tarjeta de identificación muestre una dirección dentro del distrito presente).

2) Alguna persona cual sea residente del Distrito pero no tiene inmueble imponible o propiedad personal sitiado dentro de los límites del Distrito, deberá someter una licencia de conducir de Colorado o tarjeta de identificación de Colorado que establece el nombre legal de la persona con una dirección actual. Si la dirección mostrada en la licencia de conducir o la tarjeta de identificación no es correcta, entonces unos de los siguientes documentos dejen mostrar el nombre correcto, fecha presente, y dirección consistente en los límites del Distrito debe ser presentado; un bill de utilidadd, resumen de tarjeta, talones de cheque o los ingresos salaria, recibo de alquiler, factura de teléfono, el expediente académico o la boleta de calificación de una escuela acreditada, inquilinos seguros, matriculación de vehículos/título, seguro de auto o otras sustancias buenas con prueba suficiente de residencia.

3) Para obtener una tarjeta de descuento, un residente de la ciudad de Westminster (que no vive dentro de los límites de Hyland Hills) debe presentar licencia, Colorado de un conductor válido de Colorado que enuncian el nombre legal de identidad valido militar junto con un aviso de impuesto a la propiedad del condado Adams actual (además de que en la licencia de manejar o tarjeta de identificación muestre una dirección dentro del distrito presente).

4) Las personas menores de 16 años deben acompañarse de un padre o tutor legal quien debe acreditar su calificación residencia.

Hyland Hills y la ciudad de Westminster acuerdo de compartido

El distrito de parques y recreaciones en Hyland Hills y la ciudad de Westminster han entrado en un acuerdo reciproc. el 5 de Junio del 1990 que permite a los residentes de los dos lugares disfrutar oportunidades recreacionales y programas. Este acuerdo hace las tarjetas actuales de identificación hechos por las dos entidades intercambiables. Residentes pueden recibir precios del distrito para el uso de las facilidades de recreo en el país a los precios más bajos posibles.
GOLF FEES

<table>
<thead>
<tr>
<th>Course</th>
<th>Gold</th>
<th>Blue</th>
<th>South</th>
<th>North</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-hole</td>
<td>$31</td>
<td>$17</td>
<td>$8</td>
<td>$5</td>
</tr>
<tr>
<td>9-hole</td>
<td>$43</td>
<td>$23</td>
<td>$10</td>
<td>$6</td>
</tr>
<tr>
<td>Juniors (under 18)</td>
<td>$16</td>
<td>$8</td>
<td>$4</td>
<td>$4</td>
</tr>
<tr>
<td>Sr. Cart Rental (per rider 60+)</td>
<td>$13</td>
<td>$7</td>
<td>$7</td>
<td>N/A</td>
</tr>
<tr>
<td>Cart Rental (per rider)</td>
<td>$16</td>
<td>$9</td>
<td>$9</td>
<td>N/A</td>
</tr>
</tbody>
</table>

(Prices are subject to change.)

Guest must present a valid Hyland Hills Discount Card to receive the discounted rate. See Discount Card information on page 2.

DRESS CODE
Appropriate golf attire is required and includes sleeved shirts and proper length shorts. Gym wear, sweats, and cut-offs not allowed. Dress deemed inappropriate by the management will not be allowed.

ETIQUETTE
- Please check in and pay cashier at least 10 minutes before tee time.
- When play is completed, players must leave the putting green immediately and continue to next hole.
- Rake all bunkers.
- Replace all divots.
- Repair all ball marks and spike marks on greens.
- Please keep all carts on paths or at least 30 feet away from greens and tee boxes.

INDIVIDUAL LESSONS

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Duration</th>
<th>Price per Person</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>45 Min.</td>
<td>$70</td>
</tr>
<tr>
<td>2</td>
<td>45 Min.</td>
<td>$46</td>
</tr>
<tr>
<td>3</td>
<td>60 Min.</td>
<td>$44</td>
</tr>
<tr>
<td>4</td>
<td>60 Min.</td>
<td>$42</td>
</tr>
<tr>
<td>5 or more</td>
<td>60 Min.</td>
<td>$40</td>
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</table>

SERIES OF 5 LESSONS

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Duration</th>
<th>Price per Person</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>45 Min.</td>
<td>$280</td>
</tr>
<tr>
<td>2</td>
<td>45 Min.</td>
<td>$230</td>
</tr>
<tr>
<td>3</td>
<td>60 Min.</td>
<td>$220</td>
</tr>
<tr>
<td>4</td>
<td>60 Min.</td>
<td>$210</td>
</tr>
<tr>
<td>5 or more</td>
<td>60 Min.</td>
<td>$200</td>
</tr>
</tbody>
</table>

PLAYING LESSONS

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Price per Person</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 Holes</td>
<td>$280 per person</td>
</tr>
<tr>
<td>9 Holes</td>
<td>$140 per person</td>
</tr>
<tr>
<td>5 Holes</td>
<td>$ 70 per person</td>
</tr>
</tbody>
</table>

JUNIOR GOLF LESSONS
Ages: 6-17, 45 Min. $50 per person

PEE WEE GOLF LESSONS
Ages: 5 and under, 30 Min. $20 per person

ALCOHOLIC BEVERAGES MAY NOT BE BROUGHT ONTO THE GREG MASTRIONA GOLF COURSES AT HYLAND HILLS.

ADVANCE BOOKINGS & TOURNAMENTS
Hold a private or company tournament at Hyland Hills. For information, call Allen Brown, CGCS, Director of Golf, at 303-650-7557, or email abrown@hylandhills.org
**TEACHING STAFF**

Val Heim III, Head PGA Professional  
Isamarie Willhoite, PGA Apprentice Professional

The Greg Mastriona Golf Courses at Hyland Hills private lesson program will benefit students at any level, tailoring to the needs of every individual student. Beginning players will learn the necessary fundamentals entailed in a correct golf swing. They will also learn pitching, chipping, putting techniques, basic rules and etiquette. Advanced players can improve their games by refining their swing mechanics while fine-tuning areas such as short game, bunker play and course management.

**TO SCHEDULE LESSONS, CALL (303) 428-6526.**

**HYLAND HILLS CLUBS**

Men’s Club:  
2019hylandhillsmensclub.golfgenius.com

Senior’s Club:  
hylandhillsseniorgolf.com

18 Hole Ladies Club:  
hhgc-2019hylandhillswga181.golfgenius.com

9 Hole Ladies Club:  
ghin.com/eclubhouse/eclubhome.aspx?cid=871

S Par 3 Ladies Club:  
Linda Shirey .........................................303-469-1038

**GOLF COURSE PRACTICE FACILITY**

Located south of the golf courses, the practice facility features five grass tiers and one tier with mats (for off season/wet conditions) and three practice sand traps. In addition, the facility is fully lighted May through September for after-dark use and features four regulation target greens at 120, 175, 215 and 265 yards. Hours: Weather permitting

**HYLAND HILLS PLAYER PASSES - THE BEST VALUE IN GOLF!**

<table>
<thead>
<tr>
<th>Platinum Plus Player Pass</th>
<th>Platinum Player Pass</th>
<th>Gold Player Pass</th>
<th>Silver Player Pass</th>
<th>Bronze Player Pass</th>
<th>Copper Player Pass</th>
</tr>
</thead>
<tbody>
<tr>
<td>$675</td>
<td>$375</td>
<td>$190</td>
<td>$205</td>
<td>$105</td>
<td>$80</td>
</tr>
<tr>
<td>Includes 24 rounds of golf on the Gold course, two 18-hole half cart rentals, two day passes to Water World and two miniature golf rounds at Adventure Golf &amp; Raceway. (Value $1164)</td>
<td>Includes 12 rounds of golf on the Gold course, two 18-hole half cart rentals, one day pass to Water World and one golf round at Adventure Golf &amp; Raceway. (Value $598)</td>
<td>Includes 6 rounds of golf on the Gold course and one day pass to Water World. (Value $300)</td>
<td>Includes 6 rounds of golf on the Blue course, one day pass to Water World and one golf round at Adventure Golf &amp; Raceway. (Value $326)</td>
<td>Includes 6 rounds of golf on the Blue course, one golf round at Adventure Golf &amp; Raceway, and one skating pass to the Ice Centre at the Promenade. (Value $154)</td>
<td>Includes 12 rounds of golf on the South Par-3 course and one golf round at Adventure Golf &amp; Raceway. (Value $128)</td>
</tr>
</tbody>
</table>

**Rules and Restrictions**

Passes are valid seven days a week through 12/31/20. Passes may be used for all Hyland Hills Club events, but are NOT valid for outside tournament events. Passes are non-refundable, have no cash value, and cannot be replaced if lost or stolen. Passes do not guarantee tee time availability. Passes are transferrable and can be used for multiple players during the same tee time.

**Let The Good Times Roll!**

FREE SMALL BUCKET OF RANGE BALLS!  
(Please present coupon)

**Oiancio’s**

- Breakfast • Lunch
- Dinner & Banquet

Open to the Public

Beautiful Patio • Meeting Space  
Banquets • Special Events

Located at  
The Greg Mastriona Golf Courses at Hyland Hills  
9650 North Sheridan Boulevard, Westminster

303.657.8870
GENERAL PRICING

**Adventure Golf:**
- Adults (13 and over) ........................................ $8.75
- Children (4 to 12) ........................................... $6.95
- Senior (60 and over) ....................................... $6.95
- Tot (3 and under) ................................................ Free
  - *$1.00 Off cost with Hyland Hills Discount Card

**Additional Rounds:**
- 2nd Round ..................................................... $4.00
- 3rd Round ...................................................... $3.00

**Go-Karts:**
- Driver .....................................................$7.25/ride
  - *Driver of a Single Go-kart must be
    50” tall to drive
- Passenger .......................................................... Free
  - *Passenger must be 36” tall and driven by a
    Driver who is 16 years of age or older

**Bumper Cars:**
- Driver .....................................................$5.75/ride
  - *Must be at least 44” tall to drive
  - *No passengers

**Adventure Ropes Course:**
- Rope Course ....................................... $8.25/attempt
  - *Must be at least 48” tall to participate
- Jr. Rope Course ................................... $6.95/attempt
  - *Must be 44” - 47” tall to participate

**Adventure Maze:**
- Unlimited Maze (4 and over) ............................ $5.75

**ADVENTURE PACKS**

**Ultimate Adventure:**
- Unlimited Go-Karts, Unlimited Golf,
  Bumper Cars, Ropes Course and Maze .....$29.95/person
  Buy online at adventuregolfandraceway.com and save!

**Create Your Own Adventure:**
- Pick from any single attraction - Mini Golf,
  Go-Kart, Bumper Car, Ropes Course or Maze
  - Pick 2 ..................................................$11.94/person
  - Pick 3 ..................................................$16.95/person

---

**JOIN US IN MARCH AS WE OPEN FOR THE 2020 SEASON!**

Featuring 54 holes of family fun, Adventure Golf boasts one of the most exceptional and creative miniature golf course layouts in the nation.

Please join us at Holiday Lights

- Thousands of colored lights over interesting theming
- 54 unique holes all dressed for the holidays
- Three courses of miniature golf, weather permitting
- Woody, the giant talking tree
- Erupting volcano
- Booming, fireball-spewing Polynesian temple structure
- Hot chocolate & s’mores, adult beverages for those 21 and older
  …and many more surprises!

**TURN YOUR PARTY INTO AN ADVENTURE IN FUN AT OUR SPECIAL EVENT PAVILIONS!**

For corporate events, company picnics, day camps, church groups, scout troops, family outings or reunions, birthdays or even an FAC, nothing on the Front Range compares to an event at Adventure Golf and Raceway.

We have made a significant investment in our enclosed special event pavilion. Perfect for company teambuilding, birthdays and other special events. It offers a private area for that special day with all the amenities you can imagine!

303-650-7596
AGARGROUPS@HYLANDHILLS.ORG
**Water World**

**America’s Largest Water Park**

**Residents Get the Best Prices!**

Full Day Admission 48” & Above  
Resident Price: $18.99  
Savings of $23 OFF Regular Price

Full Day Child Admission 40”-47”  
Resident Price: $15.99  
Savings of $21 OFF Regular Price

**Online Convenience Just for You!**

- Host your Birthday Party at Water World!
  - Great Value
  - Reserved Space
  - Colossus Birthday Funnel Cake
  - Food Packages
  - Character Appearance
  - Book Online!

**Book a 2-Guest Bungalow or Family-Sized Cabana!**

- Premium Views
- Great Value
- Private Space

**Hyland Hills Discount**

**Senior Splash Pass: Free!!**

A Hyland Hills Discount Senior Splash Pass offers unlimited visits for the current season without stopping at a ticket booth or presenting your Discount Card on each visit! The pass is available at the Main Entry Guest Services during normal park hours. Guests must provide both a valid Hyland Hills Discount Card and a valid picture ID reflecting proof of 60+ age at the time of purchase.

**Join Our Team!**

- Water World job applications will be available beginning in February!
- Guest Services
- Food Services
- Park Services
- Lifeguards

Competitive wages & perks all summer! Apply online at WaterWorldColorado.com
ICE CENTRE AT THE PROMENADE

WINTER PUBLIC SKATING HOURS
November 1st, 2019 - February 29th, 2020

Mondays ........No public skating
Tuesdays ........No public skating
Wednesdays ...4:15pm-5:30pm ** Cheap Skate
Thursdays .......No public skating
Fridays ...........7:30pm-9:45pm
Saturdays ........10:15am-11:30am **Cheap Skate
......................1:30pm-3:30pm
......................7:30pm-9:45pm
Sundays ........1:30pm-3:30pm

Additional public skating times will be added over Thanksgiving week from November 25th – December 1st and Winter Break from December 21st – January 6th - please visit our website for more information.

PLEASE NOTE THE FOLLOWING EXCEPTIONS
The Ice Centre will be closed Wednesday, December 25th for Christmas.
Saturday Cheap Skate session is only held when Saturday group lessons are in session.

SPRING PUBLIC SKATING HOURS
March 1st, 2020 - May 21st, 2020

Mondays........No public skating
Tuesdays........No public skating
Wednesdays...4:15pm-5:30pm ** Cheap Skate
Thursdays......No public skating
Fridays...........7:30pm-9:00pm
Saturdays.......10:15am-11:30am ** Cheap Skate
......................1:30pm-3:00pm
......................7:30pm-9:00pm
Sundays........1:30pm-3:00pm

Additional public skating times will be added over Spring Break from March 23rd – March 27th - please visit our website for more information.

PLEASE NOTE THE FOLLOWING EXCEPTIONS
The Ice Centre will be closed on Sunday, April 12th for Easter and Sunday, May 10th for Mother’s Day.
Saturday Cheap Skate session is only held when Saturday lessons are in session.
Please visit icecentre.com for the most up to date public skating session times.

ADMISSION PRICES:

Regular Admission .................................. $6.00
Admission w/Discount Card.............. $5.00
Age 4 and under with a paying adult....... $1.00
Cheap Skate Admission ...................... $4.00
Skate Rental ....................................... $3.50
Skate Aids ........................................... $5.00

A current and valid Hyland Hills or City of Westminster Photo Discount Card must be presented to receive discounted rates.
Please note: All sessions are subject to cancellation or adjustment if deemed necessary.

BIRTHDAY PARTIES AT THE ICE CENTRE
Come celebrate your birthday here at the Ice Centre at the Promenade! Birthday parties are offered during our regular public skating times and we offer 3 party packages to choose from that include 10 skaters (additional skaters may be added). Book your party today online with just a $50.00 deposit at icecentre.com.

SKATING LESSONS
The Ice Centre at the Promenade skating lessons are a great place to start for any aspiring hockey player or figure skater. Lessons are offered for age 4 up through adults and classes meet once a week for 5-weeks or 6-weeks for a 30-minute lesson with additional practice time during a scheduled public skating time. Online registration is now available through our website at icecentre.com.

Learn-to-Skate with Us Lessons — Our Learn to Skate with Us program follows the curriculum of the Learn to Skate USA Program. Lessons are available for all levels and abilities and are taught by qualified professional skating instructors.

Junior Jags Ice Hockey Lessons — The Hyland Hills Hockey Association has teamed up with our Learn to Skate with Us program offering hockey lessons. The hockey lessons are available during the same time as our Learn to Skate lessons but are designed to teach your child hockey specific skill development. It is recommended for any new skaters to first complete one beginner class in the Learn to Skate program prior to enrolling into the hockey lessons. Helmet, gloves and a stick are needed for the lesson.

WINNER (6-WEEK SESSION)
January 8th – February 15th
Wednesdays
5:00pm-5:30pm or 5:35pm-6:05pm with practice time from 4:15pm-5:30pm

Saturdays
10:00am-10:30am or 10:35am-11:05am with practice time from 10:15am-11:30am

SPRING 1 (5-WEEK SESSION)
February 19th – March 21st
Wednesdays
5:00pm-5:30pm or 5:35pm-6:05pm with practice time from 4:15pm-5:30pm

Saturdays
10:00am-10:30am or 10:35am-11:05am with practice time from 10:15am-11:30am

SPRING 2 (6-WEEK SESSION)
April 1st – May 16th
(no lessons on April 15th or April 18th)
Wednesdays
5:00pm-5:30pm or 5:35pm-6:05pm with practice time from 4:15pm-5:30pm

Saturdays
10:00am-10:30am or 10:35am-11:05am with practice time from 10:15am-11:30am

LESSON FEE:
6-Week Session: $75.00 - $10 off w/Discount Card
5-Week Session: $65.00 - $10 off w/Discount Card
Skate Rental is $2.00 per lesson - may be paid up front at time of registration

(continued on next page)
There is an annual registration fee of $16.00 for registration with Learn to Skate USA. This fee includes a supplemental insurance policy, record book and a Learn to Skate Magazine. This fee will be applied to any new skater enrolling in our lessons or any skater that is due for their renewal for the Learn to Skate USA membership. We will be taking registrations for the 2019-2020 membership year. PLEASE NOTE: Class times may be moved, combined or cancelled due to enrollment numbers. Also, if classes are cancelled due to weather or circumstances beyond our control every attempt will be made to reschedule these classes. If rescheduling is not possible there will not be a class offered as a make-up and refunds will not be issued.

YOUNG CHAMPIONS ON ICE FIGURE SKATING BRIDGE PROGRAM
The YCOI Figure Skating Bridge Program is designed to introduce and develop the Learn to Skate skaters at the Basic 3-6 levels and Free Skate 1-6 levels into figure skating recreationally or competitively. For additional information, date, fees and online registration, visit our website and select Young Champions on Ice under the programs tab.

COMPETITIVE FIGURE SKATING PROGRAM
The Ice Centre offers an extensive schedule of freestyle sessions that can accommodate beginners new to our competitive program all the way up to national level skaters. Skaters involved in our competitive program are encouraged to arrange for private lessons taught by our professional coaching staff. Please visit our website for a complete schedule of our freestyle sessions.

THE ROCKY MOUNTAIN FIGURE SKATING CLUB
The Rocky Mountain Figure Skating Club is a volunteer run organization established in 1978 as a member club within the United States Figure Skating Association. The USFSA provides guidelines and rules for testing and competitions which promote figure skating from the beginner level through Olympic competitors. When skaters reach the point where they are ready to begin taking their USFSA tests, it is necessary for them to become a member of the USFSA. The Rocky Mountain Figure Skating Club is the home club representing the USFSA at the Ice Centre in Westminster. For additional information, visit their website at rmfsc.org or email the RMFSC President at president@rmfsc.org. Save the Date! The Rocky Mountain Figure Skating Club’s annual Spring Ice Show is scheduled for Saturday, April 18th! Please visit their website rmfsc.org for more information regarding their annual ice show.

HYLAND HILLS HOCKEY ASSOCIATION
The Ice Centre is the home of the Hyland Hills Jaguars, a complete program for players from ages 4 through 17 years old. They are a sanctioned member of USA Hockey and the Colorado Amateur Hockey Association (CAHA). Members participate in team practices, league scheduled games, and tournaments both in-state and out-of-state. The Association also offers an initiation program that emphasizes beginner skills at the younger age levels. For more information, visit their website at hylandhillshockey.com or call (720) 240-4691.

ADULT HOCKEY
The Ice Centre Adult Hockey League is one in which a fun, recreational experience is the highest priority. We offer a Fall/Winter Adult league as well as a Summer league. We are currently in the middle of our Fall/Winter league with over 130 teams participating. Throughout the season individual openings may occur. Please visit our website at icecentre.com and select the Adult Hockey section for information on the leagues, schedules, fees and online registration. Players can sign up with a team or as a free agent.

The Ice Centre adult hockey program offers five different league levels:

A Elite, highly competitive (1 level)
B Advanced (5 levels: B1-B5)
C Intermediate and Recreational (6 levels: C1-C6)
D Recreational and Beginners (1 level)
O40 Over 40 years old (2 levels: Competitive & Intermediate)

For more information, please contact the Adult Hockey Department by email at adulthockey@hylandhills.org or by phone at 303-469-2100 ext 231.

WE HAVE EVEN MORE TO OFFER....
Visit our website to find out information on sponsorships, ice rentals, our pro shop, Stick N Puck times, Hockey 101 and much, much more!

JOIN CHIPPER’S TUXEDO CLUB
Visit our website and sign up today! Ice Centre Tuxedo Club members get advance notice of deals, discounts and news delivered right to their inbox!
INTRODUCTORY MEMBERSHIP FEES

<table>
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<tr>
<th>With Hyland Hills Discount Card</th>
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<th>Monthly</th>
<th>Weekly</th>
<th>Daily</th>
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<th>Monthly</th>
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<tr>
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<td>Household</td>
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<td>NA</td>
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</tbody>
</table>

No application fee, enrollment fee or maintenance fees.
Household includes two adults and dependent family members 23 years and younger living in the same household. Household Duo includes two members ages 18+ living in the same household.

FACILITY AMENITIES

- Fitness equipment such as cross trainers, treadmills, bicycles, stair climbers, weights, presses and more
- Variety of group fitness classes
- Towel service and member lockers
- Upscale design and finishes
- Male and female dry saunas and steam rooms
- Full-sized sports performance center
- Dance/fitness class and meeting room space
- Climbing wall
- Beautiful entry fireplace and seating area

These services are available in addition to the membership fee

- Kickboxing Class - $19.99 per month
  - Mondays, 5:30pm-6:30pm
  - Tuesdays, 5:30pm-6:30pm
  - Wednesdays, 6pm-7pm
  - Thursdays, 5:30pm-6:30pm
  - Saturdays, 8:30am-9:30am
- Tanning Booth - $19.99 per month
- Executive Lockers (daily laundry service) - $25 per month

KIDS ZONE

Ages: 6 months-12 years (maximum two hours per day)
Fees: $5 drop-in fee
$20 per month for the first child,
$15 per month for each additional child

KidsZone Hours
- Monday-Friday, 8am-1pm & 4pm-8pm;
- Saturday and Sunday, 8am-Noon

See page 21 for Youth Classes held at FIT by Hyland Hills

FREE FITNESS WEEK

Join us January 1–7 for a free week of fitness at FIT by Hyland Hills!!
Stop in to receive your free pass!

“Fitness Week Membership Special”
$149 for a 6-month membership that includes dual access to FIT by Hyland Hills and City Park Fitness Center (some facility restrictions may apply)

Proud Partner of Renew Active™ by UnitedHealthcare and SilverSneakers®
Please call for more information.
Hyland Hills P ark and Recreation District — hylandhills.org

WINTER/SPRING 2019-2020

FIT by Hyland Hills

All Classes Included with FIT Membership
Fee without FIT Membership: $10 drop-in fee—$5 off w/Discount Card (credit cards only)

GROUP FITNESS CLASSES

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<td>Athletic</td>
<td>Tabata</td>
<td>Cycle Core</td>
<td>Muscle/HIIT</td>
<td>Cycle Sculpt</td>
<td>Cycle Sculpt</td>
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<tr>
<td>Zumba® Toning</td>
<td>BodyPump®</td>
<td>Yin Yoga</td>
<td>Bootcamp</td>
<td>Vinyasa Yoga</td>
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<td>Bootcamp</td>
<td>Tread &amp; Shred</td>
<td>Boxing to Battle</td>
<td>Tread &amp; Shred</td>
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<td>11:45-12:45pm</td>
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<td>6:30-7:30pm</td>
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<td>Yin Yoga</td>
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<tr>
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<td>Zumba® Toning</td>
<td>6:00-7:00pm</td>
<td>6:00-7:00pm</td>
<td>Zumba®</td>
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<tr>
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<td>Bootcamp</td>
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</tbody>
</table>

Youth Sports Training Page 24

WOMEN’S FITNESS TRAINING #252210
Say No to New Year’s Resolutions and YES to New You Solutions!
Join Shaney, our certified personal trainer, as she helps you focus on YOU for the New Year. Training will include a variety of workouts themed each week for you to get the most out of every class.
Ages: 18 and up
Fee: $55 - $5 off w/Discount Card

FIT ORIENTATION CLASS
Join us for a great FREE class to familiarize yourself with FIT by Hyland Hills. A certified personal trainer will answer all your questions about how machines work, how to safely use them and provide you with a handout that will include the names of the machines as well as target muscles used. This class is great for new and current members of FIT by Hyland Hills. You may attend one or all sessions as needed, please meet the trainer in the front lobby area.
Ages: 13 and up
Fee: Free

Full class descriptions and instructors can be found at FitHylandHills.com
Classes Subject to Change
PEE WEE YOUTH LEAGUES

PEE WEE T-BALL #212300
This is a fun learning experience for child’s first time in T-Ball. Basic motor skills are taught with a fun emphasis. All participants need to bring their own baseball mitt.
Ages: 3-4
Fee: $50–$5 off w/Discount Card (includes t-shirt)

Date       Day  Time        Loc
Apr 4-May 9  SA  11am-11:45am  CBAP

PEE WEE KICKERS #212200
This is a fun learning experience for your child’s first time in soccer. Basic motor skills are taught with a fun emphasis.
Ages: 3-4
Fee: $50–$5 off w/Discount Card (includes t-shirt)

Date       Day  Time        Loc
Apr 4-May 9  SA  9am-9:45am  CBAP

SPRING KNEE KNocker SOCCER #212100
This successful program is aimed at teaching dribbling, trapping, shooting, and other fundamental skills of soccer. Instruction is followed by non-competitive games.
Ages: 5-6
Fee: $50–$5 off w/Discount Card (includes t-shirt)

Date       Day  Time        Loc
Apr 4-May 9  SA  10am-10:45am  CBAP

SOCCER TECHNICAL SKILLS TRAINING #212501
New to soccer and want to learn more about soccer? Advanced in soccer and want more touches on the ball? These classes will teach you basic footwork needed to excel in soccer for beginners as well as help advanced players with technical work and finetune their skills. For information, call CBAP at 303-650-7672 or email Renee Arguello at rarguello@hylandhills.org. One hour sessions for four weeks!
All ages from youth to adult.
Fee: $55–$5 off w/Discount Card

Date       Day  Time        Loc
Feb 5 – Feb 26  W  6pm, 7pm or 8pm  CBAP
Mar 4- Mar 25  W  6pm, 7pm or 8pm  CBAP
Apr 1- Apr 29  W  6pm, 7pm or 8pm  CBAP
May 6 – May 27  W  6pm, 7pm or 8pm  CBAP

ADULT LEAGUES

ADULT INDOOR SOCCER #88100

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<thead>
<tr>
<th>Day</th>
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<th>Games</th>
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<tr>
<td>T</td>
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<td>Women’s Over 25</td>
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<td>W</td>
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<tr>
<td>TH</td>
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MEN’S INDOOR 7v7 FLAG FOOTBALL LEAGUES #88200

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<td>Men’s</td>
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<td>$675</td>
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CBAP PAYMENT POLICY:
- Early Registration: Participating CBAP returning teams will have until the last game of regular league play (before playoffs) to submit a $100 deposit for the next session.
- Online registration will open up to the general public after the early registration deadline has passed until leagues are filled.
- All returning teams are required to put $100 down to hold your spot. Half of the league fee is due by the team’s first game. The remaining balance is due before the team’s third game. All NEW TEAMS will be required to put $200 down to hold your spot. All the league fee is due by the team’s first game. The remaining balance is due before the team’s third game.

CBAP FIELD RENTAL AVAILABLE
Don’t let the weather spoil your practice. Our spacious field is available to rent for soccer teams.
Call Renee Arguello at 303-650-7670 or email rarguello@hylandhills.org for availability.
- Full Field Rental Fee: $125/hr
- Half Field Rental Fee: $75

Indoor Batting Cage and Soccer pad is also available for an additional fee.

GRANTS AVAILABLE FOR QUALIFYING YOUTH PROGRAMS
SEE PAGE 32 FOR MORE INFORMATION.
PERL MACK
COMMUNITY CENTER
7125 Mariposa Street Denver, CO 80221
303-650-7580

EVENT VENUE INFORMATION
PERL MACK-MARIPOSA ROOM
RENTAL FEES
Non-Alcohol Deposit ................................ $150
Non-Alcohol Hourly Fee .......................... $ 90
Deposit with Alcohol .............................. $300
With Alcohol Hourly Fee ....................... $190
Mandatory security included in this fee

ALL EVENTS NEED TO END NO LATER THAN 11pm.
The Mariposa room has many wonderful features including
artistic lighting and an attached kitchen with granite
countertops, double ovens and much more. It can
accommodate up to 200 people and is perfect
for wedding receptions, graduation parties,
quinceneras, conferences or any special event for
a large group of people.

PERL MACK FACILITY HOURS:
M-F: 8am-5:30pm; SA: 8am-1pm
The center will be closed on Dec 25 and Jan 1
We will be closing early on Dec 24, and Dec 31 at 3pm

Best accessibility

FACILITY FEATURES:
• Spacious multi-purpose ballroom
• Kitchen
• Classrooms
• Dance/Fitness Studio

A variety of recreational classes for adults and children including:
• SilverSneakers® Classes
• Renew Active™ by United Healthcare Classes
• Fitness & Wellness Classes
• Arts & Crafts Classes
• Adult & Children Dance Classes
• After School Recreation Club
• Special Events
• Weight Room
• Westminster Public Schools Early Learning Center

CARL PARK
COMMUNITY CENTER
5401 Meade Street Denver, CO 80221
303-650-7580

EVENT VENUE INFORMATION
CARL PARK ROOM
RENTAL FEES
Non-Alcohol Deposit ................................ $150
Non-Alcohol Hourly Fee .......................... $ 60
Deposit with Alcohol .............................. $300
With Alcohol Hourly Fee ....................... $135
Mandatory security included in this fee

ALL EVENTS NEED TO END NO LATER THAN 11pm.
This bright and sunny community center can host your special
event. It features 2,300 square feet and can accommodate a
group up to 75 people. This community hall has a beautiful
216 square foot catering kitchen. It can accommodate
up to 75 people and is perfect for small wedding
celebrations, graduation parties, quinceneras,
conferences and special events. Please contact our
friendly staff to help create the ultimate gathering.

For more information on Carl Park Community Center or Perl Mack Community Center
Call 303-650-7580. Make your reservations now! Please see information or fill out the facility use
form on our website hylandhills.org, under Facility Rentals.
WINTER/SPRING SESSIONS:
(Classes meet once a week for seven weeks)
Session I: Jan 6-Feb 22
Session II: Feb 24-Apr 11
Session III: Apr 13- May 30
(Monday and Saturday classes will be a 6 week session, no class Monday, May 25, Saturday date TBD)

Session Fees:
45 min class $75
1 hr class $77
1½ hr class $80
2 hr class $85

Registrations received after the first week of each session will be assessed a $10 late fee. Call 303-650-7580 or 303-650-7672 to register and secure your spot in class. All those who provide a current Hyland Hills Discount Card at time of registration will receive $5 off of the class fee.

A makeup class must be approved through the gymnastics office and will be based on availability. Missed class must be made up within the same session.

SPECIALTY CLASSES

COMBO - ROLY POLY & CREATIVE MOVEMENT #223175
Enjoy 45 minutes of creative movement class and 45 minutes of gymnastics class.
Ages: 3-4 M 4:15pm-5:45pm
F 3:15pm-4:45pm

COMBO - TUMBLE BUGS & PRE-BALLET #223180
Enjoy gymnastics class, then 45 minutes of Pre-Ballet dance class!
Ages: 5-6 M 4:15pm-6pm
F 3:15pm-4:45pm

CREATIVE MOVEMENT #244237
Have fun exploring movement with dance and creative props.
Ages: 3-4 M 4:15pm-5pm
F 3:15pm-4pm

PRE-BALLET #244233
Learn Ballet basics and the fun of dance movement.
Ages: 5-7 M 5:15pm-6pm
F 3:15pm-4pm

BALLET #244234
Discover and enjoy the grace of Ballet.
Ages: 7-14 M 6pm-7pm

HIP HOP #244238
Let’s get funky! An awesome way to make friends, have fun and learn new dance moves.
Ages: 6-16 W 5pm-6:45pm

INTERMEDIATE HIP HOP #244239
This class is structured for the experienced dancer and will explore more advanced hip hop movements. A fun dance workout!
Ages: 10-18 W 6pm-7pm

DANCE AND GYMNASTICS #244230
Learn to put dance and gymnastics together. Improve strength, flexibility and grace in this fun class in which you’ll spend 45 minutes doing a variety of dance and 45 minutes doing gymnastics.
Ages: 4-7 T 4:15pm-5:45pm
Ages: 8-12 T 4:15pm-5:45pm

CHEER AND GYMNASTICS #244235
Learn cheer technique, stunting, and basic cheerleading. In this class you will spend 45 minutes doing cheer and 45 minutes doing gymnastics.
Ages: 4-7 TH 4:15pm -5:45pm
Ages: 8-12 TH 4:15pm -5:45pm

MOM N TOT GYMNASTICS WORKOUT #223185
Mom will get a workout while doing separate and interactive gymnastics activities with their little one.
Ages: 2-6 T 9am-10am
TH 9am-10am

GYM, LEARN & STORY TIME #244232
Children will have fun, explore movement in gymnastics, songs, and dance, all while developing social skills. We are learning while moving! Child must bring a snack and drink to each class.
Ages: 3-5 M 9:30am-11:30am
TH 9:30am-11:30am

HOMESCHOOL GYMNASTICS CLASS #244250
A class for fun, physical activity with a variety of gymnastics skills and apparatus incorporated. Registration is due monthly by the first class of the month.
Ages: 5-14
Fee: $28/per child, per month, for one class weekly. NO DISCOUNT
T or TH Noon-1pm

Book an event for your group!
• Cheerleading Squads • Daycare Facilities • Dance Teams
• Playgroups • Fieldtrips • Home School Associations
To schedule an event for your group, contact the Gymnastics office at 303-650-7626.

GRANTS AVAILABLE FOR QUALIFYING YOUTH PROGRAMS
SEE PAGE 32 FOR MORE INFORMATION.
### INSTRUCTIONAL CLASSES

#### PARENT-TOT TUMBLING
**#223100 (WALKING TO 4 YRS)**
The parent assists their child throughout the class.
- **M**: 11:15am-11am
- **T**: 10:15am-11am
- **W**: 10am-10:45am
- **F**: 11:15am-11am
- **SA**: 10am-10:45am

#### TUMBLE-BUGS GYMNASTICS
**#223115 (5 AND 6 YRS)**
A great class to begin gymnastics and learn the basics.
- **M**: 1:30pm-2:30pm
- **M**: 4:15pm-5:15pm
- **T**: 6:15pm-7:15pm
- **W**: 4pm-5pm
- **TH**: 6:15pm-7:15pm
- **F**: 10am-11am
- **F**: 4pm-4:45pm
- **SA**: Noon-1pm

#### ROLY-POLY GYMNASTICS
**#223110 (3 AND 4 YRS)**
The child participates without a parent in the class.
- **M**: 12:15pm-1pm
- **M**: 5pm-5:45pm
- **T**: 11:15am-Noon
- **W**: 11am-11:45am
- **W**: 4pm-4:45pm
- **TH**: 6:15pm-7:15pm
- **F**: 10am-11am
- **F**: 4pm-4:45pm
- **SA**: 11am-11:45am

#### GIRLS BEGINNER I AND II
**#223120 (7 YRS AND OLDER)**
A great class to begin a gymnastics career.
- **M**: 4:15pm-5:45pm
- **T**: 4:15pm-5:45pm
- **W**: 4pm-5:30pm
- **TH**: 6:15pm-7:45pm
- **SA**: 1pm-2:30pm

#### GIRLS INTERMEDIATE GYMNASTICS
**#223125 (7 YRS AND OLDER)**
- **T**: 4:15pm-5:45pm
- **T**: 6:15pm-8:15pm
- **TH**: 6:15pm-8:15pm
- **SA**: 1pm-3pm

#### GIRLS ADVANCED GYMNASTICS
**#223130 (INSTRUCTOR RECOMMENDED) (7 YRS AND OLDER)**
- **T**: 6:15pm-8:15pm
- **TH**: 6:15pm-8:15pm
- **SA**: 1pm-3pm

#### BOYS BEGINNER I AND II
**#223135 (7 YRS AND OLDER)**
- **T**: 6:15pm-7:45pm
- **W**: 4pm-5:30pm

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**Register Early - Classes fill up fast!**

### COMPETITIVE TEAM LEVELS:

#### GIRLS XCEL LEVEL 4
**#523103**
(13-18 YRS)
All levels of gymnastics for the specified age group.
- **T**: 7:30pm-9pm

#### GIRLS XCEL LEVEL 2
**#523101**
(7-8 YRS)
- **M**: 4:15pm-6:15pm and/or **TH**: 4:15pm-6:30pm, 1 day a week: $65 monthly
  (TH, preferably 1 day) 2 days a week: $78 monthly

#### GIRLS XCEL LEVEL 3
**#523102**
(3 AND 4 YRS)
- **M**: 4:15pm-6:30pm and **TH**: 4:15pm-6:30pm, $85 monthly

#### GIRLS CARA OPTIONS
**#523104**
(13-16 YRS)
(13-18 YRS)
- **T**: 9:15pm-11:15pm, M/W, 1:15pm-3:15pm, three days a week: $128 monthly
- **T**: 9:15pm-11:15pm, M/W, 4:30pm-6:30pm, three days a week: $136 monthly

#### BOYS CARA TEAM
**#523106**
(13-18 YRS)
(8-16 YRS)
- **M**: 6:15pm-8:15pm
- **F**: 10am-10:45am
- **F**: 4pm-4:45pm

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**GRANTS AVAILABLE FOR QUALIFYING YOUTH PROGRAMS SEE PAGE 32 FOR MORE INFORMATION.**

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Visit hylandhillsathletics.com for additional team information
In 2001 Hyland Hills Park and Recreation District conducted a master plan process to assess what the District would need and want in the future to provide quality recreation services the community deserved.

It has now been almost two decades since 72 percent of Hyland Hills Park and Recreation District voting taxpayers approved an $18 million bond issue for District improvements and the purchase of open space. A diverse coalition of community support assured overwhelming success of that Bond appeal, and here’s why: They correctly believed that one hundred percent of commitments made by the District during that process would be met. Projects were accomplished as planned and promises were steadfastly met and exceeded. More than 100 percent of the projects were achieved by leveraging partnerships and pursuing creative enterprise project dollars with community partners where it made sense. Hyland Hills did this without the use of property tax funds and those efforts netted significant additional revenue dollars that benefit District projects overall. Basically, we did more, with less!
PREVIOUS MASTER PLAN ACCOMPLISHMENTS

- MAC Mature Adult Center Upgrades
- Baker Community Center Upgrades
- Carl Park Community Center Upgrades
- Built New Perl Mack Community Center
- Added a Skate Park and Inline Hockey
- Improved Three Outdoor Pools
- Renovated Carroll Butts Park North and South (with the City of Westminster)
- Constructed Valley View Park
- Completed Miscellaneous Improvements In Parks Throughout the District: Signage, Walkways and Restrooms
- Constructed Big Dry Creek Park and Westfield Village Park (with the City of Westminster)
- Purchased land for Clear Creek Valley Park
WONDERFUL WEDNESDAY FREE CONCERTS

These events are sponsored in part by North Metro Arts Alliance and the Scientific and Cultural Facilities District through the Adams County Cultural Council.

ANN LINCOLN
Magic is from Mars, Juggling is from Jupiter.
Date  Day  Time  Loc
Jan 15  W  10am  PMC

BETH EPLEY
“The Flirpitygurgle Flies Over The Moon” The Flirpitygurgle has fallen in love with planet Earth. Come join in the adventure as he celebrates our beautiful planet for the first time. We will celebrate kindness, respect and the joy we can share here on planet Earth.
Date  Day  Time  Loc
Feb 12  W  10am  PMC

WICK SCHOOL OF IRISH DANCE
Come get your jig on and watch this wonderful troupe of dancers. The costumes are beautiful and the dancing is fantastic.
Date  Day  Time  Loc
Mar 11  W  10am  PMC

CONNIE ELSTUN
This will be an interactive magic show for young children. Join Connie and her magical bunnies.
Date  Day  Time  Loc
Apr 8  W  10am  PMC

HYLAND HILLS EASTER EGG HUNT
The Easter Bunny will bring thousands of eggs and candy to Carroll Butts Park to celebrate the Easter Holiday. Bring your Easter basket to hold all your goodies!
Ages: 8 and under
Fee: FREE
Date  Day  Time  Loc
Apr 11  SA  10am sharp  CBP

OPEN HOUSE
In Partnership with Hyland Hills and the City of Westminster
January 1, 2020
FIT by Hyland Hills
4:30am-1pm
City Park Fitness Center
8am-noon
West View Recreation Center
10am-2pm
Swim & Fitness Center
12pm-4pm
FREE FITNESS WEEK
Join us January 1–7 for a free week of fitness at
FIT by Hyland Hills!!
Stop in to receive your free pass!
**Fitness Week Membership Special**
$149 for a 6-month membership that includes dual access to FIT by Hyland Hills and City Park Fitness Center (some facility restrictions may apply)
BOREDOM BUSTERS

Join us for these great trips while you’re out of school! Fee covers supervision by state licensed staff, field trip admission, transportation and lunch if specified.

Ages: 6-12
Fee: $38–$5 off w/Discount Card

Visit our online registration page at hylandhills.org for a listing of our Winter Break Boredom Busters we have scheduled Dec 23-Jan 6.

#126105 & #226105

PIZZA & MOVIE

Date Day Time Loc
Jan 17 F 7am-6pm PMC

THE SUMMIT & CARROLL BUTTS ATHLETIC PARK

Date Day Time Loc
Feb 14 F 7am-6pm PMC

THE ISLAND & LUNCH

Date Day Time Loc
Feb 28 F 7am-6pm PMC

DENVER ZOO

Date Day Time Loc
Mar 20 F 7am-6pm PMC

CHUCK E. CHEESE & GYMNASICS

Date Day Time Loc
Mar 23 M 7am-6pm PMC

LOVELAND LASER TAG & PIZZA

Date Day Time Loc
Mar 24 T 7am-6pm PMC

LAVA ISLAND

Date Day Time Loc
Mar 25 W 7am-6pm PMC

CASABONITA & MOVIE

Date Day Time Loc
Mar 26 TH 7am-6pm PMC

THE SUMMIT & CARROLL BUTTS ATHLETIC PARK

Date Day Time Loc
Mar 27 F 7am-6pm PMC

OLD SPAGHETTI FACTORY & ADVENTURE GOLF

Date Day Time Loc
Apr 3 F 7am-6pm PMC

DENVER ZOO

Date Day Time Loc
Apr 27 M 7am-6pm PMC

HYLAND HILLS ADVENTURES

Join us for our monthly trips with youth from around the Metro area. All trips leave from Northglenn Recreation Center. Transportation provided by Hyland Hills.

SNOW TUBING & BEAU JO’S PIZZA #136103

Have a blast mountain tubing at Colorado Adventure Park. We’ll be tubing in Fraser and stopping for lunch at Beau Jo’s Pizza on the way home. Lunch is included in the fee but you may want to bring a snack. Dress for the weather (hat, gloves, winter coat, snow pants, goggles & sunscreen).

Ages: 10-18
Fee: $55–$5 off w/Discount Card

Date Day Time Loc
Dec 27 F 8am-3pm NRC

LAVA ISLAND AND MOVIE #236103

Lava Island is a fun NEW trampoline destination in Colorado. Join us for a day of out of the house time. Price includes entrance into Lava Island and the movie. Please pack a sack lunch.

Ages: 11-18
Fee: $55–$5 off w/Discount Card

Date Day Time Loc
Apr 18 SA 9:30am-5:30pm NRC

SPECIAL INTEREST

*KIDS N CANVAS WITH GALLERY ON THE GO #244405

We will paint a fun, amazing, kid-friendly featured painting and enjoy some refreshments. Kids will receive step-by-step instructions for a fun piece of art they can be proud of! All materials provided.

Ages: 6 and older
Fee: $17 per class

Date Day Time Loc
Jan 11 SA 10:30am-12:30pm PMC
Feb 8 SA 10:30am-12:30pm PMC
Mar 14 SA 10:30am-12:30pm PMC
Apr 11 SA 10:30am-12:30pm PMC

*KIDS WATCH – BABYSITTING CLASS #224030

Course includes information on developmental stages, general guidelines for rescue breathing, choking, procedures to deal with separation anxiety, feeding, diapering, and sample parent information cards. A pediatric first aid handout is included. Please bring a sack lunch and water bottle to class.

Ages: 10 and older
Fee: $50–$5 off w/Discount Card

Date Day Time Loc
Jan 11 SA 10:30am-12:30pm PMC
Feb 8 SA 10:30am-12:30pm PMC
Mar 14 SA 10:30am-12:30pm PMC
Apr 11 SA 10:30am-12:30pm PMC

GRANTS AVAILABLE FOR QUALIFYING YOUTH PROGRAMS
SEE PAGE 32 FOR MORE INFORMATION.
**SPRING BREAK CAMPS**

*LITTLE CODERS #224047*

Our Little Coders camp is an opportunity for young children to develop their computational thinking skills, build their first programs, and have fun with new friends! The curriculum is designed specifically for early readers and takes into account cognitive abilities as well as the attention span typical for ages 5-7. Students are introduced to basic coding concepts in a variety of ways, from playing coding board games like Robot Turtles to programming their first games or animated stories. We use age-appropriate online tools, including Lightbot, Kodable, and Scratch. After the camp, students will be able to share their projects with family and friends and continue programming at home with their Coding with Kids Scratch account.

**Ages:** 5-7  
**Fee:** $263–$24 off with Discount Card  
**Dates:** Mar 25-27 W-F 9am-Noon  NRC

*GAME DEVELOPMENT #224048*

Building mods is a fun way for Minecraft players to learn and practice programming! Each camper will have access to their own Minecraft server where they can customize their Minecraft experience with drag & drop code, landscapes, texture packs, and more!

**Ages:** 8-13  
**Fee:** $263–$24 off with Discount Card  
**Dates:** Mar 25-27 W-F 1pm-4pm  NRC

**HYLAND HILLS RECREATION CLUB**

#521300

Hyland Hills Recreation Clubs welcome children in grades Kindergarten through 8th grade to a fun and safe place to go after school. Our clubs are free for Hyland Hills residents as well as students attending a Westminster Public School. We provide a fun environment where kids can play board games, video and computer games, participate in arts and crafts, dance, and cooking activities. It’s also a great place to get your homework done or just hang out with friends. For more information please call 303-650-7580 or stop by either location to check us out!

**Dates:** Aug 14, 2019-May 22, 2020  
**Fee:** Free for Hyland Hills residents as well as students attending a Westminster Public School

Perl Mack Community Center (7125 Mariposa Street)  
**Days:** M-F (no club on Westminster Public Schools non-school days)  
**Time:** 3pm-5:30pm

Baker Community Center (6755 Irving Street)  
**Days:** M-F (no club on Westminster Public Schools non-school days)  
**Time:** 3pm-6pm

(* ) Indicates that these classes do not qualify to receive a Hyland Hills Foundation Grant.

**2020 SUMMER CAMPS**

**HOW TO REGISTER FOR CAMP HYLAND HILLS AND SUMMER ADVENTURES:**

You may pre-register for full camp starting January 2nd and for daily camp starting April 6. Registration can be completed online at hylandhills.org, over the phone by calling 303-650-7580, or in person at the Perl Mack Community Center, 7125 Mariposa Street. After you have pre-registered and paid the $25 registration fee you will receive an email to complete an online enrollment packet from CampDoc. Once your child’s enrollment packet is complete at 100 percent you will be given access to register your child for full camp or select the days you need. Daily registration is pay as you go and requires full payment at time of registration, no payment plans available or refunds for missed days. Children must be registered five days in advance and no cancellations or registrations will be accepted within five days of each camp day.

**CAMP HYLAND HILLS #421098**

Camp Hyland Hills is a licensed camp full of non-stop, fun-filled days. Field trips will include a Rockies Game, Mid-Air Adventures, Big Time Fun Center, the Denver Zoo, and more. We will take weekly trips to Water World and visit the Donald VanArsdale Gymnastics Center and Adventure Golf & Raceway. Swimming lessons will be offered as well as a number of special events throughout the summer including a talent show. Camp fee includes camp shirt, sunscreen and all field trips.

**Ages:** 6-12  
**Registration Fee:** $25  
**Fee:** $45 (per day)–$5 off with Discount Card or $1,800 (full camp)–$250 off with Discount Card  
**Payment Plan Available for Full Camp Option**

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<th>Date</th>
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<tr>
<td>May 27-Jul 31</td>
<td>M-F</td>
<td>6:45am-6pm</td>
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**SUMMER ADVENTURES #421098**

Summer Adventures is an opportunity for older youth to enjoy the summer in an active, fun, and safe environment every Monday, Wednesday and Friday. The summer will be packed with exciting field trips, including a Rockies Game, Skyzone, Game Works, the Denver Zoo and more. We will take trips to Water World and visit the Adventure Golf & Raceway. Camp fee includes camp shirt, sunscreen and all field trips.

**Ages:** 12-14  
**Registration Fee:** $25  
**Fee:** $45 (per day)–$5 off with Discount Card  
**Payment Plan Available for Full Camp Option**

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<th>Date</th>
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<tr>
<td>May 27-Jul 31</td>
<td>M/W/F</td>
<td>7am-6pm</td>
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**GRANTS AVAILABLE FOR QUALIFYING YOUTH PROGRAMS SEE PAGE 32 FOR MORE INFORMATION.**
DANCE CLASSES

All dance classes meet Saturday mornings at the Perl Mack Community Center.
Session 1: Jan 11-Feb 22
Session 2: Mar 7-Apr 18
Session 3: Apr 25-Jun 6

TINY TOES #244220
This 30-minute class will introduce music and fun dance moves. Parent participation is encouraged.
Ages: 2-3
Fee: $45–$5 off w/Discount Card
Time: 9:30am-10am

BALLET #244221
This class is designed for the little ballet student. Children will learn basic ballet movements in this class. Children should wear a leotard and tights (or comfortable clothing), ballet or tennis shoes.
Ages: 4-6
Fee: $50–$5 off w/Discount Card
Time: 10am-10:45am

TINY TAPPERS COMBO #244222
This is a ballet/tap combo class for the younger dance student. Children will spend half the class learning ballet and the other half learning tap. Children should wear a leotard and tights (or comfortable clothing), tap shoes and ballet shoes or tennis shoes.
Ages: 4-6
Fee: $50–$5 off w/Discount Card
Time: 10:45am-11:30am

BALLET/TAP COMBO #244223
Students will spend half the class learning ballet and the other half learning tap. Children should wear a leotard and tights (or comfortable clothing), ballet and tap shoes.
Ages: 7-12
Fee: $50–$5 off w/Discount Card
Time: 11:30am-12:15am

CLASSES AT FIT BY HYLAND HILLS

*JUMPBUNCH® – TODDLERS #252230
Enjoy hands-on interaction with your child as they learn and grow with this highly-acclaimed program created for toddlers! Our movement-based curriculum is specially designed to help build self-confidence while developing fine and gross motor skills, hand-eye coordination, balance & more! JumpBunch provides your toddler the opportunity to explore a wide range of sports equipment, while also reinforcing the basics like colors, shapes, animals, counting and more! JumpBunch is the ideal way to start your child on the path to a healthy and happy life!
Ages: 18 months-3 years
Fee: $36 per session
Date  Day  Time  Loc
Jan 7-28  T  8:30am-9am  FIT
Feb 4-25  T  8:30am-9am  FIT
Mar 3-24  T  8:30am-9am  FIT
Mar 31-Apr 21  T  8:30am-9am  FIT

*JUMPBUNCH® - PRESCHOOLERS #252340
Get your child moving with JumpBunch! In each class, our trained coaches will introduce the fundamentals of a different sport or fitness activity through exploration and play. Stretching, cardiovascular movements and muscle strengthening exercises will also be included in every class. Your child will develop the confidence to try new things all while having the time of their life! Come see what being fit and having fun is all about!
Ages: 3-6 years
Fee: $40 per session
Date  Day  Time  Loc
Jan 7-28  T  9am-9:45am  FIT
Feb 4-25  T  9am-9:45am  FIT
Mar 3-24  T  9am-9:45am  FIT
Mar 31-Apr 21  T  9am-9:45am  FIT

*ZUMBINI® #252350
Zumbini® is an early childhood education program for children ages four and under. Created by Zumba® and Baby First®, the program uses music and movement to promote cognitive, social, emotional, and motor skill development for the children in class all while creating the ultimate bonding experience for them and their caregivers. The Zumbini® program combines music, dance and educational tools for 45 minutes of can’t-stop, won’t-stop bonding, learning and fun! There is an additional $35 Zumbini® fee (per family) payable to the instructor which will include a song and storybook, music lyrics, a plush doll of the character, CD of all music and access to an app to play music.
Ages: 4 and under
Fee: $90 (caregiver and 1 child), $65 for each additional child in the same family
Date  Day  Time  Loc
Jan 7-Feb 25  T  10am-10:45am  FIT
Mar 17-May 5  T  10am-10:45am  FIT

(*) Indicates that these classes do not qualify to receive a Hyland Hills Foundation Grant.
COACHING YOUTH SPORTS

Hyland Hills is a member of the National Alliance for Youth Sports. We have implemented the NYSCA’s program to provide valuable information on the aspects of coaching youth sports, which today’s volunteers need to ensure a positive and rewarding experience for all the youngsters on their teams. Any interested coaches for youth football are required to become USA Football Heads Up certified.

Ages: 16 and older

*To volunteer as a coach with Hyland Hills, it is mandatory that you obtain a concussion certification through Hyland Hills, NYSCA or USA Football.

For more information, please contact Blake Selle at bselle@hylandhills.org, Renee Arguello at rarguello@hylandhills.org, Chris Robson at crobson@hylandhills.org, or visit hylandhillsathletics.com

WRESTLING

JUNIOR WRESTLING #112509

While the registration deadline has passed for this program, late registration will still be accepted if available roster spots remain. Please call 303-650-7672 or 303-650-7580 for further information.

VOLLEYBALL

NEW! SPRING 5TH-6TH GRADE COED VOLLEYBALL #222180

Get ready to bump, set, spike with Hyland Hills! This program is for all levels of play, both girls and boys. This program is great for players that are new to the sport or have little experience and want to work on their skills.

Fee: $75–$10 off w/Discount Card
Registration Deadline: Mar 2, 2020
Practice starts: Week of Mar 16
First game: Mar 28

BASKETBALL

HYLAND HILLS BASKETBALL & EYG WINTER BREAK CAMP #122700

Hyland Hills is proud to announce that we have partnered up with EYG Basketball to bring you some of the best training in the state of Colorado. EYG Basketball is an organization that focuses primarily on developing the skills of the basketball player today. EYG will provide your kids with training and trainers who have either coached, played or even trained at the college and professional level. Starting this winter your kids will have the opportunity to begin to elevate their game. Don’t miss out on this opportunity. For more info on EYG please visit eygbball.com.

Ages: 7-13 Coed
Fee: $35
Date: Dec 30 & 31
Day: M&T
Time: 9am – Noon
Loc: RMS

HYLAND HILLS SPECIAL OLYMPICS COLORADO BASKETBALL LEAGUE

Hyland Hills is proud to be a sponsor of the Hyland Hills Hawks Special Olympics Colorado Basketball team. Team activities will run December through March. For more information please contact Chris Robson at crobson@hylandhills.org. For details on how to register with the Special Olympics Program please contact Adrian Mora at amora@specialolympicsco.org or at 720-359-3104. Please visit us at hylandhillsathletics.com.

COED BEGINNER BASKETBALL #222104

This program is aimed at teaching the fundamentals of basketball. Instruction will be given on dribbling, passing, shooting, etc. Instruction is followed by non-competitive scrimmages. This is strictly a fun learning experience. Parent involvement is encouraged. Class meets five consecutive weeks. Players will be placed with their coaches at the first session. The fee includes a jersey & basketball.

Ages: Kindergarten (5U)
Fee: $55–$5 off w/Discount Card

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<td>Jan 22-Feb 19</td>
<td>W</td>
<td>6pm-7pm</td>
<td>SMS (3455 W. 72nd Ave.) RMS</td>
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<tr>
<td>Jan 25-Feb 22</td>
<td>SA</td>
<td>Noon-1pm</td>
<td>SMS (3455 W. 72nd Ave.) STEM</td>
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YOUTH WINTER BASKETBALL RECREATIONAL LEAGUES #222170

REGISTER EARLY! SPACE IS LIMITED!

This league is for you! Each team will practice and play games at local Westminster Public Schools. Practices will be held twice a week and teams will play games primarily on Saturdays (with a few weeknight exceptions). This league has playing time requirements for each player. Teams will play a 7 game regular season (8 for 1st/2nd grade) plus single elimination tournament for 3rd/4th and 5th/6th grade divisions (Tournament not offered for 1st/2nd grade). Coaches will contact parents with their practice schedule after the Saturday, January 4th Coaches meeting. Practices will begin the week of January 6th.

Registration Deadline: Sunday, Dec 15
Game schedules released Jan 11
Team Pictures: Jan 11
League games begin Jan 18

Ages: 6-12
Fee: $85–$10 off w/Discount Card (includes jersey)

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<tr>
<th>Ages</th>
<th>Divisions</th>
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<tr>
<td>8U</td>
<td>1st/2nd Grade Coed</td>
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<td>11U</td>
<td>5th Grade Boys</td>
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<td>12U</td>
<td>6th Grade Boys</td>
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<tr>
<td>12U</td>
<td>5th/6th Grade Girls</td>
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</table>

Contact Westminster High School Athletics at 303-657-3949 for information about the 7th and 8th grade boys/girls Futures Basketball Program.

HYLAND HILLS SPECIAL OLYMPICS

COLORADO BASKETBALL LEAGUE

Hyland Hills is proud to be a sponsor of the Hyland Hills Hawks Special Olympics Colorado Basketball team. Team activities will run December through March. For more information please contact Chris Robson at crobson@hylandhills.org. For details on how to register with the Special Olympics Program please contact Adrian Mora at amora@specialolympicsco.org or at 720-359-3104. Please visit us at hylandhillsathletics.com.

GRANTS AVAILABLE FOR QUALIFYING YOUTH PROGRAMS SEE PAGE 32 FOR MORE INFORMATION.
**BASEBALL/ SOFTBALL**

**INDOOR PEE WEE T-BALL #212300**
This is a fun learning experience for a child’s first time in T-Ball. Basic motor skills are taught with a fun emphasis. All participants need to bring their own baseball mitt.

**Ages:** 3-4

**Fee:** $50–$5 off w/Discount Card (includes t-shirt)

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Loc</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apr 4-May 9</td>
<td>SA</td>
<td>11am-11:45am</td>
<td>CBAP</td>
</tr>
</tbody>
</table>

**YOUTH BASEBALL #222800**
This program will help develop and improve your child’s baseball skills through practices and games. All participants will be given a team jersey and hat for games. Participants will need their own glove and game pants. Practices and/or games are held on weekday evenings at local Hyland Hills fields. The Senior Division is offered in partnership with Four Star Baseball, will require some travel and is for recreational players only. Please visit hylandhillsathletics.com for more detailed information!

**Registration Opens:** Jan 6
**Registration Deadline:** Apr 3
**Coaches Meetings:** Apr 11
**Practice Starts:** Apr 13

<table>
<thead>
<tr>
<th>Ages Division</th>
<th>Fee</th>
<th>(No practices or games Jun 26-Jul 5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>6U Coed T-Ball</td>
<td>$85–$10 off w/Discount Card</td>
<td></td>
</tr>
<tr>
<td>8U Coed Machine Pitch</td>
<td>$85–$10 off w/Discount Card</td>
<td></td>
</tr>
<tr>
<td>10U Sluggers Division</td>
<td>$95–$10 off w/ Discount Card</td>
<td></td>
</tr>
<tr>
<td>12U Juniors Division</td>
<td>$105–$10 off w/ Discount Card</td>
<td></td>
</tr>
<tr>
<td>14U Seniors Division</td>
<td>$110–$10 off w/Discount Card</td>
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</tr>
</tbody>
</table>

Divisions are based on age as of April 30, 2020. Senior Division based on age as of June 1, 2020.

**GIRLS YOUTH SOFTBALL #222810**
This program will help develop your child’s softball skills through practices and games. All participants will be given a team jersey and hat for games. Participants will need their own glove and game pants. Practices and/or games are held on weekday evenings at local Hyland Hills fields. This program is offered in partnership with Indian Peaks Girls Softball Association (IPGSA). Some travel will be required. Please visit hylandhillsathletics.com for more detailed information!

**Registration Opens:** Jan 6
**Registration Deadline:** Apr 3
**IPGSA Coaches Meeting:** Apr 23
**Practice Starts:** Apr 13

<table>
<thead>
<tr>
<th>Ages Division</th>
<th>Fee</th>
<th>(No practices or games Jun 26-Jul 5)</th>
</tr>
</thead>
<tbody>
<tr>
<td>8U Coach Pitch</td>
<td>$85–$10 off w/Discount Card</td>
<td></td>
</tr>
<tr>
<td>10U Sluggers Division</td>
<td>$95–$10 off w/Discount Card</td>
<td></td>
</tr>
<tr>
<td>12U Juniors Division</td>
<td>$105–$10 off w/Discount Card</td>
<td></td>
</tr>
<tr>
<td>14U Seniors Division</td>
<td>$110–$10 off w/Discount Card</td>
<td></td>
</tr>
<tr>
<td>18U Rec Division</td>
<td>$120–$10 off w/Discount Card</td>
<td></td>
</tr>
</tbody>
</table>

Divisions are based on age as of Jan 1, 2020.

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**Make A Difference In A Child’s Life**

**Be A Volunteer Youth Sports Coach! Sign Up Today**

6-8 WEEK COMMITMENT. LIFETIME OF IMPACT.

Youth Coaches needed for: Basketball, Soccer, Girls Fall Softball, T-ball, Tackle Football, Girls Volleyball and Wrestling

**Contact:**
Blake Selle- bselle@hylandhills.org, 303-650-8002
Renee Arguello- rarguello@hylandhills.org, 303-650-7670
Chris Robson- crobson@hylandhills.org, 303-650-7671

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**GRANTS AVAILABLE FOR QUALIFYING YOUTH PROGRAMS**

SEE PAGE 32 FOR MORE INFORMATION.
KARATE FOR YOUTH AND ADULTS

Hyland Hills has karate available at two locations! Classes are repeated year after year toward Black Belt & beyond. Classes involve Okinawan Uechi-Ryu traditional drills, two-person exercises, body conditioning, health benefits, and mental development with Kata (forms).

Monthly registration is required.

Registration now open for Winter/Spring: Jan 2-Apr 30

*KARATE KIDS #245212

Ages: 4-6 Kindergarten
Fee: $39 per month (Class meets once a week)

Day     Time     Loc
M       6pm-6:30pm  PMC
TH      6pm-6:30pm  PMC
SA      9:45am-10:15am  GC

*KARATE FOR FIRST GRADERS #245213

Age: 5-6
Fee: $45 per month (Class meets once a week)

Day     Time     Loc
M       6:30pm-7:15pm  PMC
T       7:15pm-8pm   GC
TH      6:30pm-7:15pm  PMC
SA      10:45am-11:30am  GC

*BEGINNER KARATE #245214

Ages: 6 and older
Fee: $50 per month (Class meets twice a week) White Belts

Day     Time     Loc
T/SA    (T) 7:15pm-8:15pm  GC
        (SA) 10:45am-11:45am  GC
M/TH    6:30pm-7:30pm  PMC

*INTERMEDIATE KARATE #245215

PASC0 PROGRAM (Peer Academic Success Coaching)
Ages: 7 and older
Fee: $55 per month (Class meets three times a week) Gold Belts

Day     Time     Loc
T/SA    (T) 7:15pm-8:15pm  GC
        (SA) 10am-11:45am  GC
M/TH    6:30pm-7:30pm  PMC

*ADVANCED KARATE #245216

STAR PROJECT (Sharing Time and Resources)
Ages: 8 and older
Fee: $60 per month (Class meets three times a week) Green Belts

Day     Time     Loc
T/ThF/S  (T) 7:15pm-8:30pm  GC
        (F) 5:30pm-7:15pm  GC
        (SA) 10am-11:45am  GC

*MASTERY, KARATE #245217

FLOK (Future Leaders of Karate) Black Belts assist with instruction toward certificates.
Ages: 8 and older
Fee: $49 per month (Class meets five times a week)

Day     Time     Loc
M/TThF/S (M) 6:30pm-7:30pm  PMC
        (T) 7:15pm-8:30pm  GC
        (Th) 6:30pm-7:30pm  PMC
        (F) 5:30pm-7pm   GC
        (SA) 10am-11:45am  GC

YOUTH SPORTS @
FIT BY HYLAND HILLS

YOUTH SPORTS TRAINING #252200
Come indoors during the winter months and work with John our personal trainer to gain strength, coordination and keep your endurance up. Moms.... check out page 11 for a Women’s Fitness Training class that takes place at the same time.

Ages: 12 and up
Fee: $55-$5 off w/Discount Card

Day     Time     Loc
Jan 7-30  T&TH  4:30pm-5:30pm  FIT
Feb 4-27  T&TH  4:30pm-5:30pm  FIT
Mar 3-26  T&TH  4:30pm-5:30pm  FIT
Apr 7-30  T&TH  4:30pm-5:30pm  FIT

Donald E. VanArsdale
Gymnastics Center
3295 W. 72nd Ave, Westminster, CO 80030
Gymnastics office-303-650-7626
Register online or call 303-650-7672 or 303-650-7580

Classes available for all levels of ability!

GYMNASTICS
• Combination Gymnastics/Dance
• Instructional Classes
• Specialty Classes
• Competitive Team Levels
• Parkour
• Homeschool classes

DANCE CLASSES
• Creative Movement
• Pre-Ballet and Ballet
• Hip Hop

BOYS AND GIRLS TEAM LEVEL GYMNASITCS
• Must be instructor recommended
• Fun and Team camaraderie emphasized!

GYMNASTIC BIRTHDAY PARTIES!
A party includes an hour of organized and supervised gymnastics activities and an hour in the party room for opening gifts and serving cake and ice cream. To make arrangements, contact the Gymnastics office at 303-650-7626.

(*) Indicates that these classes do not qualify to receive a Hyland Hills Foundation Grant.
PERL MACK WEIGHT ROOM
Come visit us. The weight room at the Perl Mack Community
Center features weight and cardio equipment.
7125 Mariposa Street • Denver, CO 80221
303-650-7580
M-F: 8am-5:30pm; SA: 8am-1pm
The center will be closed on Dec 25 and Jan 1 and we will be closing early on Dec 24, and Dec 31 at 3pm.
*Holiday closures are subject to change.

WEIGHT ROOM MEMBERSHIP PASS (UNLIMITED VISITS)
$15/monthly
$75/six months
$135/yearly

FREE FITNESS WEEK JAN 6-11.
TAKE ANY FITNESS CLASS FOR FREE AT
PERL MACK COMMUNITY CENTER!

PERL MACK FITNESS CLASS SCHEDULE

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>SilverSneakers® Boom Mind 9:15am</td>
<td>SilverSneakers® Yoga 10:45am</td>
<td>SilverSneakers® Boom Muscle 9:15am</td>
<td>SilverSneakers® Classic 8:30am</td>
<td>SilverSneakers® Stability 9:15am</td>
<td>Zumba® Gold 8:30am</td>
</tr>
<tr>
<td>Tai Chi 10:15am</td>
<td>Noontime Yoga 12pm</td>
<td>Tap Dance Fitness &amp; Fun 10:15am</td>
<td>Arthritis Movement &amp; Strengthening 9:15am</td>
<td>Tai Chi 10:15am</td>
<td>Flex &amp; Stretch 11am</td>
</tr>
<tr>
<td>Flex &amp; Stretch 11am</td>
<td>Tap 1:30pm</td>
<td>Tone at the Barre 11:30am</td>
<td>SilverSneakers® Yoga 10:45am</td>
<td>Flex &amp; Stretch 11am</td>
<td></td>
</tr>
<tr>
<td>Women on Weights 1:45pm</td>
<td>Hatha Yoga 5:30pm</td>
<td>Meditation 11:30am</td>
<td>Noontime Yoga 12pm</td>
<td>Tap Dance Fitness &amp; Fun 11:45am</td>
<td></td>
</tr>
<tr>
<td>Candlelight Yoga 5:30pm</td>
<td>Zumba® Gold 6pm</td>
<td>Parkinson’s/MS Fitness 2pm</td>
<td></td>
<td>Tone at the Barre 1pm</td>
<td></td>
</tr>
<tr>
<td>Restorative Yoga 6:30pm</td>
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<td>Line Dance 1pm</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Chakra Yoga 5:30pm</td>
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</tbody>
</table>

All classes eligible for Renew Active™ by UnitedHealthcare and SilverSneakers®

FITNESS CLASSES AT PERL MACK

Ages: 18 and older
Fee: $3 drop-in fee per class
Winter/Spring Session: Jan 6-Apr 30

FLEX & STRETCH
This unique practice incorporates elements of Tai Chi, meditation, and yoga. Benefits: improves posture, increases flexibility and enhances overall joy.

MEDITATION FOR PEACE OF MIND, PEACE OF HEART
A simple four breath practice to calm the body, soothe emotions and clear the mind so you may connect to your center.

PARKINSON’S/MS CLASS
This class is tailored for people living with Parkinson’s and MS. Exercise is more than healthy. It is a vital component to maintaining balance, mobility and activities of daily living.

TAI CHI FOR BETTER BALANCE AND MOVEMENT
An evidence-based exercise program to help older adults improve balance and prevent falls using the principles of Tai Chi.

Arthritis Movement and Strengthening
This program includes range-of-motion exercise, endurance building activities, balance exercises and relaxation techniques.
FITNESS CLASSES AT PERL MACK

Ages: 18 and older  
Fee: $3 drop-in fee per class  
Winter/Spring Session: Jan 6-Apr 30

TONE AT THE BARRE  
Tone and strengthen your muscles while gaining balance and flexibility during this 1-hour class combining ballet, Pilates, and some yoga. Please wear comfortable clothing and footwear.

WOMEN ON WEIGHTS  
Learn the basics of strength training, proper form and safety in an entry-level group training format; join other women in learning the proper use of free weights and fitness equipment.

SILVERSNEAKERS CLASSIC*  
SilverSneakers® Classic is designed to increase strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance.

SILVERSNEAKERS YOGA*  
Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

SILVERSNEAKERS® BOOM MIND  
Designed to relax the body and mind with peaceful music and gentle movements. The class will focus on strengthening, balance, yoga and Pilates.

SILVERSNEAKERS® BOOM MUSCLE  
Muscle incorporates athletic-based exercises that improve upper body conditioning. You’ll move through several “blocks” which are groups of exercises that focus on different muscle groups. The focus of this class is on toning muscles and building overall strength.

SILVERSNEAKERS STABILITY*  
Stability is the newest class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. It can be adapted depending on the skill of individual participants. A chair may be used for balance and support.

YOGA AND SPECIALITY CLASSES AT PERL MACK COMMUNITY CENTER

CANDLELIGHT YOGA #245132  
Candlelight yoga goes from one gentle flow pose to the next. All poses offered have options/suggestions to fit individual needs. Includes essential oil aromatherapy, mindful meditation and ends with a temple rub.  
Ages: 18 and older  
Fee: $15 per month  
Date  Day  Time  Loc  
Jan 6-Apr 29  M/W  5:30pm-6:45pm  PMC

HATHA YOGA #245134  
This class is based in a warm and welcoming environment that focuses on safe and accessible yoga practice to meet individual needs. This class is for all levels of experience.  
Ages: 18 and older  
Fee: $15 per month  
Date  Day  Time  Loc  
Jan 7-Feb 25  T  5:30pm-6:30pm  PMC

NOONTIME YOGA #245130  
The teacher will lead you through a yoga sequence for the first half of class and then into a restful restorative practice for the later part of the class. This class is for all levels of experience.  
Ages: 18 and older  
Fee: $15 per month  
Date  Day  Time  Loc  
Jan 7-Apr 30  T/TH  Noon-1pm  PMC

RESTORATIVE YOGA #245131  
Restorative yoga is an opportunity to release physical & mental stress in the comfort of supported yoga postures. A wide range of yoga props as well as breath & relaxation guidance are used to contribute to a deep state of rest.  
Ages: 18 and older  
Fee: $15 per month  
Date  Day  Time  Loc  
Jan 7-Feb 25  T  6:30pm-7:30pm  PMC

CHAKRA YOGA #245133  
Chakra meditation each week, learning and balancing chakras with 4 poses dedicated to each chakra per week and then a yoga hatha flow before ending with a wrist rub.  
Ages: 18 and older  
Fee: $15 per session  
Date  Day  Time  Loc  
Jan 3-Feb 14  F  5:30pm-6:45pm  PMC  
Feb 21-Apr 3  F  5:30pm-6:45pm  PMC  
Apr 17-May 29  F  5:30pm-6:45pm  PMC

ZUMBA GOLD #245110  
Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.  
Ages: 18 and older  
Fee: $15 per month  
Date  Day  Time  Loc  
Jan 4-Apr 28  T  6pm-7pm  GC  
SA  8:30am-9:30am  PMC
WELLNESS PROGRAMS

NEW YEARS EVE DRUMMING, SOUND BATH, FIRE CIRCLE CEREMONY #245144
Release blocked emotional energy that’s been holding you back in your life. Drum, soothe the soul with sound and release your negative energies during the fire ceremony.
Age: 18 and older
Fee: $7
Date Day Time Loc
Dec 31 T 1pm-3pm PMC

SOUND BATH WITH CRYSTAL BOWLS AND HIMALAYAN BRASS BOWLS #245135
Fifteen minutes of discussion and light stretching followed by an hour of complete sound/vibration immersion with the last 15 minutes open for discussion and grounding.
Age: 18 and older
Fee: $7
Date Day Time Loc
Jan 28 T 3:30pm-5pm PMC

WELLNESS DISCUSSION AND FITNESS RETREAT #245142
Meditate and stretch. After the fitness portion, class will continue with discussions on topics such as sleep, nutrition, memory, balance, movement and CBD oils.
Ages: 50 and older
Fee: $3
Date Day Time Loc
Feb 22 SA 1pm-2:30pm PMC

DIABETES SELF-MANAGEMENT EMPOWERMENT #245140
Control your blood sugar, have more energy, spend less on health care, reduce diabetes symptoms such as blurred vision, headaches and constant visits to the bathroom. Classes will be led by a registered dietitian from the Tri-County Health Department. Call 720-266-2971 for more information or to register today!
Age: 18 and older
Fee: FREE
Date Day Time Loc
Feb 29, Mar 7 SA 9am-1pm PMC

YOGA NIDRA INTRODUCTION #245140
Yoga Nidra helps activate the relaxation response and improve the functioning of the nervous and endocrine system affecting hormones. It helps the cells regenerate and repair and decreases anxiety to improve your mood.
Ages: 18 and older
Fee: $7
Date Day Time Loc
Mar 7 SA 1pm-2pm PMC

SPRING INTO WELLNESS #245137
Tips on staying healthy in the Spring. Discuss aromatherapy types, gardening, walking and spring cleaning our physical environments and emotional selves. Meditation, tea, gentle yoga flow and leave with a tiny pot of seeded lavender.
Ages: 18 and older
Fee: $12 per person
Date Day Time Loc
Mar 14 SA 1pm-3pm PMC

SLASH STRESS: HACK YOUR MIND FOR PEACEFUL LIVING #245148
Learn skills to experience less stress in your life. Class provides practical tools you can use right away, as well as a group hypnosis session to change how you deal with stress. For questions email rachel@freedomhypno.com.
Ages: 18 and older
Fee: $10
Date Day Time Loc
Mar 21 SA 1pm-3pm PMC

MAKE HEALTHY CHANGES FOR LIFE!
Reduce your risk of future health problems such as diabetes and heart disease. Classes will be led by a trained health coach from Tri-County Health Department. Topics include: Weekly Weigh-in and Weight Loss, Healthy Eating, How to Become More Physically Active, Stress Management and Barriers and Motivators for Change. Call 720-266-2971 to see if you qualify, and register today! This is a year-long course.
Ages: 18 and older
Fee: FREE
Date Day Time Loc
Mar 24, 2020-Feb 9, 2021 T 2pm-3pm PMC

TIBETAN BOWL SOUND BATH #245138
Relax and get away from all of the “Winter Blues”. Tibetan singing bowls are musical instruments that have been used for thousands of years to promote healing. Bring your yoga mat, a blanket and your cluttered mind for a relaxing afternoon of sound healing.
Ages: 18 and older
Fee: $7
Date Day Time Loc
Mar 28 SA 1pm-2pm PMC

MALA, MEDITATION AND YOGA #245139
Learn how and why to use a mala, then make a wrist mala for yourself. Gentle yoga and self-massage included to make this a self-care experience.
Ages: 18 and older
Fee: $7
Date Day Time Loc
Apr 18 SA 1pm-3pm PMC

MOTHER AND DAUGHTER YOGA AND TEA #245141
Celebrate appreciation for mothers and daughters. It takes a lot of physical and emotional strength to be present and involved with our children on a daily basis and that doesn't change when they become adults. So, let's show gratitude and love with tea, flowers and a basic beginners' level yoga class.
Ages: 13 and older
Fee: $7
Date Day Time Loc
May 9 SA 1pm-2:30pm PMC
ADULT DANCE PROGRAMS

TAP DANCE FITNESS & FUN WITH NICOLE
Have fun working on balance, cardio, movement, stretching and strengthening. Only upbeat music played for our happy feet.
Ages: 18 and older
Fee: $3 drop-in fee per class
Date  Day  Time  Loc
Jan 8-Apr 29  W  10:15am-11:15am  PMC
  F  11:45am-12:45pm  PMC

MOVEMENT AND DANCE
This class is for you if you have never danced before or it’s been awhile. The class uses great music, helps you gain balance and strength and it’s fun! Renew Active™ and SilverSneakers® eligible.
Ages: 18 and older
Fee: $3 drop-in fee per class
Date  Day  Time  Loc
Jan 8-Apr 29  W  1:15pm-2:30pm  PMC

LINE DANCING WITH JUDY
No partners needed in this class. Country, hip hop and waltz are some of the dance areas that are covered.
Ages: 18 and older
Fee: $3 drop-in fee per class
Date:  Day  Time  Loc
Jan 7-Apr 28  T  8:30am-10:30am  PMC
  F  1pm-2:30pm  PMC

TAP WITH LENA #245114
This is the perfect class to brush up on skills, challenge yourself to advance or learn for the first time! We learn basic steps while developing strength, balance, and injury prevention.
Ages: 18 and older
Fee: $45 per month
Date:  Day  Time  Loc
Jan 7-Apr 28  T (Beginner)  1:30pm-2:30pm  PMC
Jan 9-Apr 30  TH (Int/Adv)  5:15pm-6:15pm  PMC

ADULT HIP HOP #245115
Love to groove? This class taps into your funky soul and teaches hip hop moves! You will gain strength, rhythm, learn isolations and enjoy fun routines!
Ages: 25 and older
Fee: $45 per month
Date:  Day  Time  Loc
Jan 9-Apr 30  TH  6:30pm-7:30pm  PMC

COUPLES BALLROOM DANCE #245116
We start slow and add new steps each week. A different style of ballroom dance is featured each month. A partner is not required but highly recommended.
Ages: 18 and older
Fee: $45 per month
Date  Day  Time  Loc
Jan 8-Apr 29  W  7pm-8pm  PMC

NO PARTNER BALLROOM DANCE
Learn how to ballroom dance. Start slow, learn new steps each week and discover a different style of dances each month. No partner or previous experience necessary. Renew Active™ and SilverSneakers® eligible.
Ages: 18 and older
Fee: $3 drop-in fee per class
Date  Day  Time  Loc
Jan 6-Apr 27  M  8:30am-9:10am  PMC

PRIVATE DANCE LESSONS WITH LENA
Need help with a wedding dance, Cotillion, Quinceañera, Bar or Bat Mitzvah or musical audition? Individuals, couples or groups can schedule with our knowledgeable, energetic and well-rounded instructor for Ballroom, Modern, Jazz, Tap, Ballet and Music Theatre.
Fee: $60 per person, $40 per person for 2 people, $30 per person for 3 or more people
Call for Availability (720-256-1737)

GENERAL INTEREST

DUPLICATE BRIDGE GAMES
James Calhoun, our bridge instructor, will be starting Duplicate ACBL sanctioned bridge games. Payment to instructor.
Ages: 18 and older
Fee: $5 per person per class
Date  Day  Time  Loc
Jan 9- Apr 30  TH  4pm-8pm  CP

VOICE-OVERS...NOW IS YOUR TIME! #244701
You’ve heard Wendy Shapero on TV! (Robot Chicken with Seth Green, Cartoon Network shows...) Now hear Wendy LIVE as she illustrates how YOU could actually begin using your speaking voice for commercials, films, and videos. New companies are looking for new voices like never before. This exciting and fun class could be the game changer you’ve been looking for.
Ages: 18 and older
Fee: $25
Date  Day  Time  Loc
Feb 24  M  5:30pm-7:30pm  PMC

TAROT CARD READING FOR THE NEW YEAR #244720
A Tarot Card spread used to bring insight to the new year. Fifteen-minute reads. What will the new year bring your way? Pentacles, stability; Cups, Love/partnerships; Swords, new ideas; Wands, plan of action.
Ages: 18 and older
Fee: $10
Date  Day  Time  Loc
Jan 4  SA  1pm-3pm  PMC

CPR AND FIRST AID/AED #244700
CPR and First Aid courses are designed to train individuals to respond in an emergency situation. Babysitters, new parents, care providers or any person age 16 and older can enroll. Certification is through the American Heart Association.
Ages: 16 and older
Fee: $55
Date  Day  Time  Loc
Apr 25  SA  9am-Noon  PMC
# THE “AMAZING” PIANO KEYBOARD CLASS #244607
Play fun melodies, chords and rhythms of popular songs using both hands. Learn how to progress faster. Rental keyboards available through the instructor at 720-290-5854.

**Ages:** 13 and older  
**Fee:** $48  
**Date** | **Day** | **Time** | **Loc**  
---|---|---|---  
Jan 13-Feb 10 | M | 5:30pm-6:30pm | PMC  
Feb 24-Mar 16 | M | 5:30pm-6:30pm | PMC  
Mar 30-Apr 20 | M | 5:30pm-6:30pm | PMC  
Apr 27-May 18 | M | 5:30pm-6:30pm | PMC
(No class on Jan 20)

# THE “AMAZING” GUITAR CLASS #244610
This is a fun class to learn chords, scales, picking, strumming and how to progress faster. Rental guitars available through the instructor at 720-290-5854.

**Ages:** 13 and older  
**Fee:** $48  
**Date** | **Day** | **Time** | **Loc**  
---|---|---|---  
Jan 13-Feb 10 | M | 6:30pm-7:30pm | PMC  
Feb 24-Mar 16 | M | 6:30pm-7:30pm | PMC  
Mar 30-Apr 20 | M | 6:30pm-7:30pm | PMC  
Apr 27-May 18 | M | 6:30pm-7:30pm | PMC
(No class on Jan 20)

# CREATIVE OUTLET ART PROGRAMS #244401
Spend time with friends and/or family in a relaxed atmosphere, be creative and enjoy some refreshments. All materials provided. No experience needed and all abilities accepted.

**Ages:** 18 and older  
**Fee:** $10 per class  
**Date** | **Day** | **Time** | **Loc**  
---|---|---|---  
Jan 13 | M | 1pm-3pm | Acrylic Paint Pour class | PMC  
Feb 10 | M | 1pm-3pm | Reversible Block Set | PMC  
Mar 9 | M | 1pm-3pm | Wheelbarrow planter pallet plaque | PMC

# INTRODUCTION TO SILVERSMITHING #244303
Come and learn the basics of the fine art of silversmithing. This is an intensive, fast paced class that will get you started in the construction of silver jewelry. In 10 weeks, you will learn to saw, solder, and polish safely and make 3 structured projects: a pendant, a ring, and a bracelet. Most tools and equipment are provided. Supplies are extra. All classes are held at Baker Community Center, 6755 N. Irving. Instructor: Bill Whitehead

**Ages:** 18 and older  
**Fee:** $105  
**Date** | **Day** | **Time** | **Loc**  
---|---|---|---  
Jan 7-Mar 10 | T | 7pm-9pm | Baker  
Mar 17-May 19 | T | 7pm-9pm | Baker

# SILVERSMITH INTERMEDIATE/ADVANCED #244304
Intermediate: Three structured projects. Advanced: Non-structured class. This class is for those who have previously completed Introduction to Silversmithing. Students are encouraged to use their own ideas. The class is less structured and more advanced. Most tools and equipment provided. Supplies are extra.

**Ages:** 18 and older  
**Fee:** $105  
**Date** | **Day** | **Time** | **Loc**  
---|---|---|---  
Jan 8-Mar 11 | W | 7pm-9pm | Baker  
Mar 18-May 20 | W | 7pm-9pm | Baker

# 3D PRINTING #244305
During the session students learn the basics of 3D printing as it applies to our casting class. Most tools and equipment are provided. Supplies are extra. The class is limited to 5 students who have completed both Introduction to Silversmithing and Jewelry Casting offered at the Baker Center.

**Instructor:** Matt Roesele  
**Ages:** 18 and older  
**Fee:** $105  
**Date** | **Day** | **Time** | **Loc**  
---|---|---|---  
Jan 6-Mar 9 | M | 7pm-9pm | Baker  
Mar 16-May 18 | M | 7pm-9pm | Baker

# LAPIPADY #244302
Learn to work on many types of gems. Make beautiful new projects with updated equipment. Most tools and equipment are provided. Supplies are extra. Instructor: Will Nelson

**Ages:** 18 and older  
**Fee:** $105  
**Date** | **Day** | **Time** | **Loc**  
---|---|---|---  
Jan 7-Mar 10 | T | 7pm-9pm | Baker  
Mar 17-May 19 | T | 7pm-9pm | Baker

# LAPIPADY II #244302
An adjunct to our lapidary class concentrating on advanced lapidary techniques. The class is limited to 10 students who have completed both Introduction to Silversmithing and Lapidary classes. Most tools and equipment are provided. Supplies are extra. Instructor: Will Nelson

**Ages:** 18 and older  
**Fee:** $105  
**Date** | **Day** | **Time** | **Loc**  
---|---|---|---  
Jan 6-Mar 9 | M | 7pm-9pm | Baker  
Mar 16-May 18 | M | 7pm-9pm | Baker

# KNIFE HANDLES #244308
This class is for advanced lapidary students to learn how to make a handle for a commercial blade and a sheath for the finished knife. Students must have completed Lapidary II before registering. Instructor: Will Nelson

**Ages:** 18 and older  
**Fee:** $105  
**Date** | **Day** | **Time** | **Loc**  
---|---|---|---  
Jan 6-Mar 9 | M | 7pm-9pm | Baker  
Mar 16-May 18 | M | 7pm-9pm | Baker

# JEWELRY CASTING #244301
This class provides instruction mostly in the “lost wax” method of casting and various steps necessary to complete the process, such as wax carving and debubbling methods, investing, burnout, centrifugal casting and finishing. Most tools and equipment are provided. Supplies are extra and will be discussed at first class.

**Ages:** 18 and older  
**Fee:** $105  
**Date** | **Day** | **Time** | **Loc**  
---|---|---|---  
Jan 6-Mar 9 | M | 7pm-9pm | Baker  
Mar 16-May 18 | M | 7pm-9pm | Baker
The Hyland Hills Athletic Department provides a variety of seasonal adult team sports. Leagues are organized for men, women, and coed divisions. Leagues are generally scheduled using a round-robin format. Tournament options listed below. Team manager meetings are held prior to the start of each season. Teams are required to pay 50% of the league fee when registering. No extra player fees are charged for any leagues. For more information on adult sports leagues visit hylandhillsathletics.com or contact Blake Selle at bselle@hylandhills.org (Adult Softball), Renee Arguello at rarguello@hylandhills.org (Adult Soccer) or Chris Robson at crobson@hylandhills.org. ($25 discount if league fee is paid in full at time of registration.)

VISIT THE ATHLETIC WEBSITE at hylandhillsathletics.com.
ONLINE REGISTRATION! – Visit hylandhills.org or hylandhillsathletics.com.
*FOR WEATHER UPDATES sign up for weather text at bottom of our website.

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**ADULT SPRING SOFTBALL #222400**
Registration Opens: Jan 6
Registration Deadline: Feb 28
Manager’s Meeting: Mar 4
Season: Mar 6-Apr 19 (6 games)
(No games April 12)

Spring season could be extended depending on weather conditions.
*Weather make ups will be played on an assigned Sunday morning/afternoon if not able to make up on the league night.*

Game Times: M-F 6:15pm-10:15pm, Sun 6pm-10pm
Team Fee: $350 (6 games)

E-REC: This level is for teams to come out and play for fun. This level is the least competitive level. One home run allowed plus one up rule (2max)
Tuesday Men’s
Tuesday COED
Thursday Women’s ($275)
Thursday Men’s
Friday Men’s
Sunday COED

DRL (Lower D-REC): This level is for below average to average skilled teams who still enjoy an element of competition. Two home runs allowed plus one up rule (3max)
Thursday COED
Thursday Men’s
Friday COED
Friday Men’s
Sunday Men’s

DRU (Upper D-REC): This level is for the highest skilled league/tournament teams with a D or lower classification looking for the best competition. Three home runs allowed plus one up rule (4 max)
Sunday Men’s
Sunday COED

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**SPRING OUTDOOR FLAG FOOTBALL #222300**
Registration Opens Jan 6
Registration Deadline: Feb 28
Season: Mar 8 (No Games Apr 12)
(7 League games plus single elimination tournament.)
Game Times: 8am-6pm (League play is normally mornings and early afternoon.)
Team Fee: $625
Leagues Offered:
Sunday Men’s Rec
Sunday Men’s Upper Rec
Visit hylandhills.org or hylandhillsathletics.com

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Visit hylandhillsathletics.com
For summer information
Summer registration opens March 30, 2020

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**BATTLING CAGES**
 Fees:
 Single $1 = 1 token • Double $5 = 6 tokens
 Triple $12 = 15 tokens • Grand Slam $25 = 32 tokens

• 16 balls per token • Helmets/bats available upon request
• Speed range: 35mph – 75mph

8625 Zuni Street • 303-650-7676

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Weather Permitting
CLOSED FOR WINTER
Tentative Spring Opening Date: F, Mar 6

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S P R I N G  H O U R S
(Weather Permitting)
M-F 5pm-8pm • SA Noon-5pm • SU 4pm-8pm

Hours may be extended based on game schedule at the ball fields.
The MAC welcomes adults age 18 and over to participate in fitness classes, computer classes, educational seminars, and day/extended trips. Facility amenities: weight room with cardio machines and free weights, fitness room, indoor walking track, billiards room, classrooms, passive lounge area and community room.

Pick up a copy of the City of Westminster Winter/Spring 2020 Activity Guide for details on activities listed below or contact The MAC at 303-426-4310.

MAC COMPUTER CLASSES

Classes cover Smart Phone Basics and one-on-one private tutoring sessions using your own device.

MAC DAY TRIPS

Travel to local destinations and outside the Denver metro area and leave the driving to us. Day trips range from gambling to live theatre; restaurants to museums; shopping to sporting events; and unique places in-between.

EXTENDED TRAVEL

Visit The MAC to see what extended trips are being offered. You can also check the website at http://www.cityofwestminster.us/ParksRecreation/ProgramsClasses/Adult/ExtendedTrips

MAC FITNESS OPPORTUNITIES

Get the most out of your workout by signing up for a Functional Fitness Session or attending a MAC weight room orientation. Group exercise classes include: line dance, yoga, SilverSneakers classes; and low impact aerobics.

MAC SPECIAL EVENTS

CHILI LUNCH AT THE MAC
Fee: $7
Homemade beef chili, breadstick, side salad, and light dessert. Entertainment provided by a local guitarist. Register by Jan 20. Thursday, January 23 – Noon-1:30pm

PRESIDENT’S DAY BY ABRAHAM LINCOLN
Fee: $6
Lincoln talks about the 15 Presidents that preceded him, describing their importance and his connections to them. Light dessert served. Register by Feb 11. Thursday, February 13 – 1:30pm

ST. PATRICK’S DAY CELEBRATION
Fee: $3
Enjoy a decadent dessert and watch a performance by the Wick School Irish Dancers. Register by Mar 12. Tuesday, March 17 – 1:30pm-2:30pm

CINCO DE MAYO TACO BAR
Fee: $8
All the fixings are provided for making a taco your way. Register by April 30. Tuesday, May 5 – Noon-1pm

For details on programs, trips, and facility fees, please call The MAC at 303-426-4310 or visit our website at www.cityofwestminster.us

The MAC is owned and operated in partnership between Hyland Hills and the City of Westminster.

MAC FACILITY RENTALS

Looking for a venue to hold a wedding, birthday party, anniversary celebration, holiday party, business meeting, staff training or other public gathering? We have an affordable facility to fit your needs. The Community Room (accommodates up to 250) offers a spacious and personalized setting for creating an atmosphere that is a reflection of your style and theme. Call 303-426-4310 to schedule a tour today.
SPONSOR A PROGRAM
Area businesses, civic and school organizations are invited to co-sponsor a community special event with Hyland Hills Park and Recreation District. Multiple events are held at our diverse facilities throughout the year. Call Joann Cortéz at 303-650-7644 for more information.

VOLUNTEER OPPORTUNITIES
Hyland Hills Park and Recreation District invites members of the community to participate by becoming a volunteer. Support your community and share your special talents with others. Volunteer by calling 303-428-7488.

NEW CLASS IDEAS
Your creative input is important in developing new classes and programs, or improving existing ones. Please email your suggestions and ideas to info@hylandhills.org.

SPECIAL DISABILITIES MAINSTREAM PROGRAM
Hyland Hills participates in a mainstreaming program to help integrate persons of all ages with disabilities into general recreation programs. To help facilitate mainstreaming, we encourage volunteers from the community to participate in a program as a helping “partner.” In most cases, the recreation partner participates free. If you would like more information on the program or on volunteering, call Rick Fuller at 303-650-7618.

SPECIAL OLYMPICS
This international organization offers training programs and competitions year-round to participants ages eight through adult with mental and/or physical disabilities. Sports include weight lifting, basketball, volleyball, gymnastics, equestrian and aquatics. Participants pay either no fee or a very minimal fee, thanks to contributions and the efforts of volunteers. For more information on participating, coaching, volunteering or contributing, call 303-592-1361.

THE GIFT OF GIVING
Trees, shrubs and flowers can be living memorials for important events in your family’s lives. Donated park benches, picnic tables and bike racks can also enhance your favorite park.

Real estate bequests, memorial gifts, endowment funds, securities and cash are also options for contributing to the Hyland Hills Park and Recreation District. Please discuss your giving ideas with Joann Cortéz, 303-650-7644.

AMERICANS WITH DISABILITIES ACT
The Hyland Hills Park and Recreation District is committed to supporting the Americans with Disabilities Act (ADA) of 1990. If you have any questions regarding this act or are an individual with a disability in need of accommodation, please contact Rick Fuller at 303-650-7618.

HYLAND HILLS FOUNDATION OFFERS FINANCIAL ASSISTANCE/GRANTS
Hyland Hills Foundation offers financial assistance for kids! The mission of the Hyland Hills Foundation is to promote and support the recreational and cultural opportunities of the residents of the Hyland Hills Park and Recreation District. You may apply in person at Carroll Butts Athletic Park or at Perl Mack Community Center. One of the following forms of income verification will be required from the parent/legal guardian for all foundation grant applications:
• A copy of the Notification of Approval/Denial letter for free or reduced meal benefits from Westminster Public Schools.
• A copy of proof of participation in a Federal Government approved assistance program.
• If neither of the above can be provided the parent/legal guardian will need to provide a copy of the prior year’s Federal Tax Return.

Income verification will only be required once per calendar year. Certain programs are not available for foundation grants. Applicants must apply seven days prior to program registration deadline. Please allow two to three business days for approval of all grant applications.

Gift Cards Available for Holiday Giving
Give a gift that everyone will enjoy using… a gift card from the Hyland Hills Park and Recreation District. Purchase in any dollar amount. These cards can be used for any Hyland Hills activity or facility.

Who wouldn’t want a couple of passes to Water World, Adventure Golf or to any fun Hyland Hills activity? Gift cards may be purchased at the Administrative Offices and at our registration locations.
Hyland Hills
Park & Recreation District

8801 N. Pecos Street
Federal Heights, CO 80260

**********ECRWSSEDDM**********

Residential Customer

65 years and still going strong!