

# ENGLEWOOD

CITIZEN

SPRING 2020 | CITY MAGAZINE & RECREATION GUIDE



TAKING A  
FRESH LOOK  
AT DOWNTOWN  
AREAS p. 14





**ENGLEWOOD  
HOLIDAY  
EXPRESS**  
2019

A big thanks to our guests of all ages!  
We had an incredible time and hope you did too!

## THANK YOU!

TO ALL OF OUR  
COMMUNITY SPONSORS  
OF THE THIRD ANNUAL  
HOLIDAY EXPRESS

Tickets for the fourth annual Englewood Holiday Express will go on sale October 2020.

Following a 2018 rainstorm that flooded neighborhood areas in Englewood, the City has been working to mitigate the impact of future storms and identify areas within the stormwater system that require repairs or upgrades.

### WHAT WE'VE DONE

- ✓
Completed a safety assessment of flood-prone properties and identified flood-proofing techniques
- ✓
Conducted an Oxford Avenue pipe conditions assessment
- ✓
Updated the 1999 Stormwater Outfall Systems Plan. Identified and prioritized thirteen improvement projects needed

### NEARLY COMPLETED

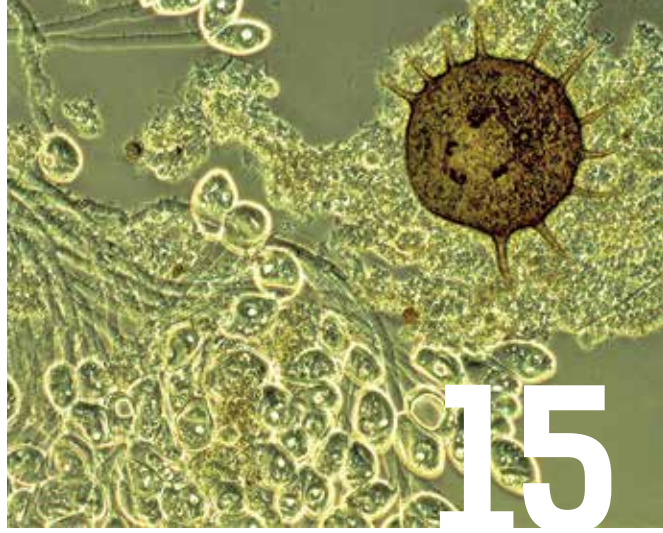
- 📊
Complete a Stormwater Rate Study
- 🗺️
Complete a Stormwater Master Plan to evaluate the entire system

### OUR PRIORITY AND COMMITMENT TO YOU

- Repair critical issues in the system 🔧
- Begin construction on top priority projects

### UPCOMING COUNCIL DECISIONS

- City Council will determine which projects to begin first and consider a stormwater rate increase to fund these efforts in early 2020
- Rate increases would likely be retroactive to January 2020 ⚖️
- City Council will consider adoption of the Stormwater Master Plan



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**LINDA OLSON**  
MAYOR OF  
ENGLEWOOD



**Happy 2020! In ushering in the new year, I'd like to highlight just a few of our City accomplishments from 2019:**

**New City Manager:** Hired in August, Shawn Lewis is like the CEO of our City, managing all City departments. Shawn is a very open, thoughtful and creative leader. Englewood is fortunate to have him. Hope you meet Shawn in 2020!

**City Clerk's Office:** Conducted redistricting based on growth; coordinated a successful November election; handled over 290 open records requests; with IT,

coordinated conversion of live-streaming Council meetings to YouTube (yes...you can now watch from home!)

**Parks and Rec:** Jason Park Playground project funded by Arapahoe County Open Space grant; secured funding for Phase 1 of Romans Park project; hosted 98,000 guests at Pirates Cove, 240,000 visits to the Rec Center, 238,000 library visits and 90,000 Malley Center visits.

**Human Resources:** Negotiated new benefits package providing excellent care for employees at significant savings; implemented new employee-driven training program for leadership development; conducted safety training that significantly decreased workman's compensation claims.

**Police:** Opened the new 21st century police building thanks to you, the voters, who agreed we could do better! If you haven't seen it yet, stop by. You will be proud of the functionality and aesthetic openness that welcomes the community.

**IT:** Equipped new police building in totality; provided online security and cyber security infrastructure improvements; developed multiple GIS mapping sites for public access to land information and services; improved municipal court software, including electronic ticketing.

**Utilities:** Completed Oxford Ave. sinkhole repair; replaced 28 residential water service lines; delivered 5.4 million gallons of safe drinking water/day; replaced 350 water meters/transmission units; initiated Water and Sewer Master Plan, and Water and Sewer Rate Study (both to be completed in 2020).

**Public Works:** Managed and opened the Police Headquarters Building mentioned above; secured \$10.8 million in federal transportation funding (DRCOG); completed flood-prone area study; completed Civic Center roof replacement and Pirates Cove improvements; completed Safe Routes to School and bike lane projects.

I could go on, but space is limited. Our Council and City staff are always working hard to ensure and promote "a high quality of life, economic vitality, and a uniquely desirable community identity." In late January, our newly elected Council will have a day-long workshop to develop a strong team on Council and to develop a long-range vision and 2-year priority plan. I hope to report this out in the next edition of the *Englewood Citizen*. Please stay in touch.

**Linda Olson, Mayor**  
lolson@englewoodco.gov • 303-503-4020

**CITY OF Englewood**  
**CITY COUNCIL**



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**JOE ANDERSON**  
COUNCIL MEMBER,  
DISTRICT 3



**As one of your newest members** of City Council, I'd like to introduce myself. My wife and I have lived in Englewood for 11 years and are raising our four daughters here. We are both passionate about building a strong neighborhood and community. I believe that a culture of collaboration is foundational to a vibrant

community. This collaborative spirit is alive and well in Englewood, and I look forward to working with council members, City staff, as well as businesses and non-profits to build a thriving City even as we face unique challenges.

Englewood's underground infrastructure is aging, and we need to be proactive about maintaining and replacing water, sewer, and stormwater pipes. Studies are currently underway so we can develop a long-term plan for these systems. But infrastructure maintenance will require continued vigilance.

Our local economy depends on having a productive business environment. We have a strong chamber of commerce, a thriving network of relationships throughout the business community, and our Economic Development Department is actively working to help our small businesses. City Council is currently evaluating the possibility of forming a Downtown Development Authority, which will strengthen our central business district. Additionally, we will be looking at opportunities for redevelopment around the light rail station.

Homelessness is an ongoing challenge throughout the metro area. Our Police Department is working with other local agencies to respond holistically to the challenges that come with homelessness, and our non-profits and churches are working collaboratively to get our homeless neighbors off the streets. I am looking forward to the broader policy discussion and continued efforts to partner with our surrounding communities.

Englewood has a strong future, but our best path forward lies in collaboration and broad community participation. I look forward to working with many of you for the good of Englewood!

**Joe Anderson, Council Member, District 3**  
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**JOHN STONE**  
COUNCIL MEMBER,  
AT LARGE



**Thank you so much for giving** me the opportunity to serve the City of Englewood as an At Large Council Member; I am truly honored.

I am looking forward to working to make Englewood a place that is affordable for working families, that has economic

opportunities for our residents and business owners, and that values our communities. I am proud of the work that we have already accomplished in just the few months that this City Council has held office, and I am excited about the good work that I know we will do in the months and years to come.

But, all of that is only possible with the input and the participation of our communities. I want to meet you, talk with you and hear about the issues that you find most pressing. Also, I would love to see you in at least one of our Council meetings this year. I understand that not everyone can make it to a Council meeting on a Monday night, so I will be holding monthly town hall meetings on the 3rd Saturday of each month in local Englewood establishments. I invite all of you to come and meet with me, to talk with me, and to work with me collaboratively to make Englewood the best city it can be. I love this City, and I want to see it thrive.

Visit my webpage to learn more about upcoming opportunities to connect at [englewoodco.gov/government/city-council/john-stone-at-large](http://englewoodco.gov/government/city-council/john-stone-at-large).

**John Stone, Council Member, At Large**  
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**COUNCIL'S CORNER**

**NATIONAL APPOINTMENT FOR COUNCIL MEMBER WINK**

Congratulations to Englewood City Council Member Cheryl Wink! She has been appointed to the National League of Cities (NLC) 2020 Energy, Environment and Natural federal advocacy committee. This committee has the lead responsibility for developing NLC's federal policy positions on issues involving air quality, water quality, energy policy, national wetlands policy, noise control and solid and hazardous waste management.

As a committee member, Wink is anticipated to play a key role in shaping NLC's policy positions and advocate on behalf of America's cities and towns before Congress, with the administration and at home.

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## BUILDING A CONNECTED COMMUNITY

New City program intends to bring neighbors together

We all want to feel like we're part of something bigger than ourselves, to have a place we call home that connects us to the community and the people around us. That's the goal of the City's new Neighborhood Resources Program, centered on creating neighborhood groups that bring neighbors together to create a sense of belonging to each other, the neighborhood and the community of Englewood.

Englewood is unique in that it was almost entirely developed before the era of homeowner's associations (HOAs) which often identify distinct, connected neighborhoods. As our population has grown and the bonds that have traditionally connected us—civic organizations, faith communities, PTAs, etc.—have declined, this can lead to a sense of disconnectedness among residents toward their community and the local government decision-making process.



### Meet Madeline

Madeline Hinkfuss is the City's new neighborhood resources coordinator. Her goal is to help facilitate the organization of new neighborhood groups based on the needs and wants of various areas of the community. "I'm excited about helping neighborhoods in Englewood connect to one another and their community," Hinkfuss said. "This effort is going to take a lot of volunteers and a lot of work, but we're committed to providing neighborhood ambassadors with the resources to be successful."

### It's science

Creating connections in our daily lives has proven benefits. Studies show that having a sense of belonging improves mental and physical health. Additionally, connectedness among a neighborhood can reduce crime, improve property maintenance, reduce recovery time after natural disasters and lead to stronger advocacy for needed improvements such as parks or alley maintenance.

### Get involved

The plan is still developing and we need your help! Specifically, we need volunteers to serve as neighborhood group leaders, ambassadors, block captains and organizational partners that will help identify and establish neighborhoods and neighborhood groups where they don't already exist. Visit [englewoodco.gov/neighborhoods](http://englewoodco.gov/neighborhoods) for more information and to sign up today!



## ENGLEWOOD'S MOUNTAIN VIEW GOLF COURSE

### Not a Cinderella Story

Englewood native Norman "Bud" McLellan was a true visionary. He was an avid golfer and always dreamt of opening his own range. He came across some property off the beaten path that was being used as a dump for construction materials and approached the City about leasing it.

According to Bud's son (and former pro golfer) Jim McLellan, they laughed, questioned his sanity, and then agreed. Bud and his family spent the next year hauling away trash and transforming the land into something totally new.

The Mountain View Golf Club—named for the magnificent mountain vistas—opened its doors as Englewood's first driving range in 1948 and quickly became a success. It was one of the first ranges to install lighting and include evening hours, which attracted golfers from all over, including famous athletes like Olympian Babe Zaharias and lightweight boxing champion George Manley. However, the majority of the facility's regulars were Englewood residents and friends of Bud's.



This success paved the way for other establishments to come to the area, including a beloved burger joint, park, tennis courts and a shopping center. Bud was able to expand his range to include a golf course and miniature golf course that was listed among the top 10 courses throughout the country.

Bud became a local hero both on and off the course. He dedicated nearly all of his time serving the people of Englewood as a volunteer fire chief and mayor.

"My dad was my hero, my idol," said Jim.

"I look up to him more everyday.

What he did was really against all odds."

Everything changed in 1962 when lung cancer took Bud's life. While the family was still mourning his death, they were approached by developer Gerri Von Frellick who convinced them to close the club.

Von Frellick's Cinderella City shopping center opened its doors to the public a few years later.

The McLellan family knew their 21 acres like the back of their hand—Jim said you can take him anywhere on the property and he could tell you exactly what was below him, including two waterways that flowed underground. Jim does not believe the mall's developer knew about this aspect of the land when he built the giant mall.

While the Mountain View Golf Club is long gone, McLellan's name lives on. The McLellan Reservoir, named in his honor, stores water for residents of Englewood to this day.

Englewood Historic Preservation Society  
Preserving Englewood Colorado History

READY FOR THE 2020 GOLF SEASON?

Make a tee time today at  
[brokenteegolf.com!](http://brokenteegolf.com)

# NO NEED TO FAN THE FLAME

South Platte Water Renewal Partners' new Biogas Project turns waste into renewable energy

Residents of Englewood, Littleton and other nearby communities can breathe easy knowing that another renewable energy source exists in their backyard. A flame burning waste gases at South Platte Water Renewal Partners (SPWRP) was finally extinguished in late October, a significant milestone for the Englewood-based wastewater treatment plant: capturing and generating Renewable Natural Gas.

## Why Renewable Natural Gas?

Renewable Natural Gas, or RNG for short, is gaining traction as a renewable energy source. Commonly referred to as "biogas," RNG helps reduce greenhouse gas emissions and puts more money back in the community's pocket—in the case of South Platte Water Renewal Partners, by selling the captured gas back to Xcel Energy.

To many organizations in the energy industry, biogas is seen as low-hanging fruit. South Platte Water Renewal Partners' goal was to decrease its carbon footprint while also cutting down on operating costs. This goal is included as part of the City of Englewood's Energy Action Plan, an initiative aiming to reduce energy usage one percent per year through 2030.

**SOUTH PLATTE WATER RENEWAL PARTNERS**  
is the largest RNG-producing facility in the state.

In one year, the amount of energy created would be enough to fuel a standard passenger car for over **13 MILLION MILES**



## Leading Colorado's Biogas Charge

The treatment facility began to achieve its goal with the full implementation of its \$7.8 million Biogas Recovery Facility in November, about \$200,000 under budget. According to a 2019 market study of wastewater utilities by the Colorado Energy Office, SPWRP is the largest RNG-producing facility in the state.

"We provide a cleaner and safer environment for our communities and generate revenue through the sale of the gas and renewable energy credits," said Chong Woo, Deputy Director of Engineering for SPWRP.

South Platte Water Renewal Partners is the first RNG-producing facility in Colorado to use a Direct Pipeline Injection gas recovery model. They're also the first facility to partner

with Xcel Energy to utilize a Direct Pipeline Injection in the eight states Xcel Energy services.

## Fewer Emissions, More Money: A Win-Win

The facility will also further Xcel Energy's goal to deliver 100% carbon-free electricity by 2050. In turn, the wastewater treatment organization will receive annual revenue from sales to Xcel Energy and renewable energy credits from the EPA. The revenue will go to Littleton and Englewood's sewer funds and will help offset annual operating expenses for South Platte Water Renewal Partners.

"The gas recovery facility is a win-win for the cities of Englewood and Littleton by improving the health of our communities and generating revenue," Woo said. "My hope is that this project serves as an example for the state of Colorado, but also for the nation."

Learn more about SPWRP and their commitment to Southwest Denver's future at [spwaterrenewalpartners.org](http://spwaterrenewalpartners.org).

**RENEWABLE NATURAL GAS**  
helps reduce greenhouse gas emissions and puts more money back in the community's pocket.

SPWRP's goal was to **DECREASE ITS CARBON FOOTPRINT** while also cutting down on operating costs.

"By reducing the amount of fossil fuel-based emissions, we are improving local air quality."

## MEET OUR NEWEST ENGLEWOOD EMPLOYEES!

We're pleased to introduce you to three new staff members joining our City organization! While each individual serves in different roles, each brings a wealth of knowledge and expertise to our organization to help make Englewood an even better community.



### Lisa Clay, Emergency Management Coordinator

In partnership with Arapahoe County, Lisa Clay has been hired as the City's new Emergency Management Coordinator. Lisa will oversee day-to-day emergency preparedness operations, but will also easily fit within the larger County team of seven in the instance of an emergency.

Clay comes to the City with experience creating FEMA-approved local hazard mitigation plans with several Denver area communities. Her first priority project with the City is to update the Englewood Emergency Operations Plan.



### Ronda Henger, Director of Human Resources

Human resources staff are the backbone of any organization, especially with the right leadership in place. Ronda Henger, Englewood's new Director of Human Resources, is no stranger to the demands the position requires and hopes to continue to move her department in the right direction. She comes to the City with 18 years of experience, most recently serving in a similar role with PDC Energy.

"I believe my approach to human resources will effectively serve the City as I work not only as a director, but as an employee. My goal is to continue improving the successful department," said Henger.



### Christina Underhill, Director of Parks, Recreation and Library Services

Our public spaces are a true community asset. Christina Underhill, the newly appointed Director of Parks, Recreation and Library Services, hopes to continue to provide the leadership needed to make our parks, recreation centers and library even better. She joins the team with 20 years in the field, most recently as the Assistant Director of Parks, Recreation and Libraries for the City of Avondale, Arizona.

"I am thrilled to be coming to work for the City of Englewood, whose focus has always been about improving the quality of life for its citizens," Underhill said. "The City has already established an amazing public library and parks and recreation department, and I look forward to providing the leadership needed to take them to even greater heights," she added.



Marlan Nelson, Marta Burton and Jane Pigford enjoy the social amenities at Atria Senior Living.

## SENIOR CONNECTIONS

New Englewood senior living facility offers community and connection for older adults

Research has shown time and again that a strong sense of community is one of the number one indicators of quality of life in older adults. Yet, many seniors suffer from isolation, especially if they lose the ability to drive, have health issues or rely on assistance to get around.



This is where Atria Senior Living comes in. With locations all over the world, Atria found the need to focus on providing seniors with connections and a sense of belonging to their communities. In late January, they'll be opening a brand new facility in Englewood.

"We're focused on how we can provide an environment where older adults can grow, evolve, learn and contribute. We do provide care, but the focus is on building a community," said Marta Burton, the community sales director.

Atria's residents will all have access to housekeeping services, 24-hour staff, scheduled transportation, educational, social and cultural opportunities and entertainment; as well as dining services offering chef-prepared, made-from-scratch meals and full table service.

"For those folks who are looking for something high quality and modern, more contemporary, with a big focus on community and connection, we're a great fit," Burton said. "We're also very culinary forward."

Atria offers different levels of care based on need—many of its residents are independent, but they also have a full memory care program for those with Alzheimer's or other forms of dementia.

Burton sees herself as a community builder, and is excited about the opportunity for Atria to integrate with the City and find more ways for Englewood's older adults to thrive.

# 2019

2019 was a busy year for our dedicated City Council and staff. While much was accomplished in 2019, residents can expect to see even more great projects in 2020. Here are highlights from last year and an overview of what the City plans to accomplish in 2020.

## HIGHLIGHTS



### Increased opportunities to connect with residents



Enhanced popular community events such as the Englewood Block Party and annual Tree Lighting

Created and completed the City's first Citizen Planning School

### Improved Government Accessibility



Updated Colorado Open Records Act (CORA) policy and forms and processed over 290 requests

Began live-streaming City Council meetings on YouTube

### Strengthened Emergency Response and Police Services

Added the City's first Emergency Management Coordinator and implemented an Intergovernmental Agreement with Arapahoe County for turnkey emergency management services in Englewood

Opened the City's new, state-of-the-art police headquarters



### Enhanced Recreation Amenities

Thanks to a combined \$800,000 grant from Arapahoe County Open Spaces, Jason Park playground received an update and Romans Park tennis courts and playground were renovated

### Improved the City's Transportation Network

Paved City roads and completed a city-wide alley grading project

Replaced or installed 159 pedestrian ramps

Installed on-street bike lanes on Dartmouth Ave.



### Became a Leader in Environmental Stewardship

Unveiled Colorado's first Gas Recovery Facility and Pipeline Injection Project (see page 8 for details)

### 2019 AWARDS

Code Enforcement and Animal Welfare – Agency of the Year (Colorado Association of Animal Control Officers)

South Platte Water Renewal Partners won the EPA Nutrient Sensor Challenge and was awarded \$50,000



## GOALS



Expand and enhance community events

Streamline records management

Launch a restorative justice program (see page 17 for details)

Implement online ticketing for municipal and county offenses

Launch a live snowplow monitoring system

Begin Englewood Recreation Center improvements

Enhance Roman Park amenities

Widen Dartmouth bridge

Complete design of Oxford pedestrian bridge and Broadway-Hampden interchange

Continue researching single hauler garbage and recycling services

Implement traffic safety improvements

Complete a stormwater master plan and rate study

Make improvements to critical infrastructure within the water and wastewater system

# 2020

More info at [englewoodco.gov/annual-report](http://englewoodco.gov/annual-report)



## LET'S TALK ABOUT DOWNTOWN ENGLEWOOD

In communities across the country, people are taking a new look at their downtown areas

Residents desire deeper connections to the heart of their community. What would that entail? It starts with more places to live, shop and socialize as well as more ways to get around. Employers look for more centrally located offices with light rail access to larger cities.

That's why the City of Englewood, with the Greater Englewood Chamber of Commerce, kicked off the "Downtown Matters" planning initiative in January after preliminary discussions with business leaders last fall.

*"A vibrant downtown is a key indicator of a healthy community; it's our heritage and a reflection of who we are,"*  
said Shawn Lewis, Englewood's City Manager.

The 11-month process will involve commercial property and business owners as well as the broader community to create a downtown plan for Englewood that includes South Broadway, the Englewood CityCenter and areas around Craig Hospital and Swedish Medical Center. The plan will also look at implementation and funding tools, such as a Downtown Development Authority. The process will be led by Denver-based DIG Studio, an urban planning and design firm; and Progressive Urban Management Associates, a national leader in downtown and community development.

For more information, please visit [Englewoodco.gov/downtownmatters](http://Englewoodco.gov/downtownmatters).

## ENGLEWOOD IS OPEN FOR BUSINESS

We're excited to announce that several new businesses will be opening locations in downtown Englewood this year, bringing more than 100 new primary jobs to the area and filling previously vacant office spaces.

CORE Consultants, a Colorado-based professional services firm offering civil engineering, natural resources, land surveying, and development services, was looking for options to expand out of its Littleton location, where the company was at max capacity. After comparing multiple options, the firm settled on a building on the South Broadway Corridor for its central location and proximity to the Englewood Light Rail Station, local restaurants and shops within walking distance.

"We love that Englewood promotes a strong business and residential community," said Wendy Clasen, CORE marketing and communications manager. "Englewood is evolving and we're excited to be a business leader creating positive change in this tight-knit community."

Rothschild Downes, a commercial real estate agency, will also be moving to the South Broadway Corridor, making the Englewood office its central location and bringing more jobs to the area.

"For every primary job downtown, there's a multiplier effect for the City," said Darren Hollingsworth, Economic Development Manager. "The additional people downtown support our economic base, by shopping, dining or living in the area."



**Why does Downtown Englewood matter to you?**

**How could it be better?**

Take our survey at [Englewoodco.gov/downtownmatters](http://Englewoodco.gov/downtownmatters)

## HOW ABOUT A LITTLE HELP AROUND THE HOUSE?

Home repair and improvement program offers assistance to Englewood residents

Even the most basic home repairs can quickly turn costly. To help mitigate these costs, Englewood's City Council approved the Home Repair and Improvement Program which offers a grant, forgivable loan, deferred loan, or a loan with monthly payments, depending on the homeowner's income.

To be eligible for the program, the applicant's income must not exceed 100% of the area medium income. Applicants are limited to applying every five years, and any previous loan must be paid in full.

**Repairs and improvements that are eligible for City assistance include:**

- Health and safety improvements required by City code
- ADA accessibility for seniors and the disabled
- Emergency repairs/replacement of furnaces, hot water heaters and sewer lines
- Flood-proofing improvements
- Repairs associated with property maintenance violations

For more information or to apply, contact the City at [commdev@englewoodco.gov](mailto:commdev@englewoodco.gov).



## HOW DOES ENGLEWOOD PLAN FOR THE FUTURE?

Join the Citizens Planning School to find out

Through a fun, interactive and dynamic program, Englewood offers residents a background in the fundamentals of city planning as part of the City's Citizens Planning School (CPS).



CPS is aimed at engaging Englewood residents, neighborhood leaders, and future board and commission members on the important topic of how the community develops. The program provides residents and business owners with the opportunity to learn about the city planning process and to participate in discussions about how city planning helps shape our community.

Sessions are led by subject matter experts who will present on a variety of planning subjects. Participants will also take part in hands-on activities that demonstrate the choices and trade-offs associated with planning and development.

Classes begin March 12, 2020, and attendees will meet weekly for six weeks. Register now at [englewoodco.gov/government/city-departments/citizens-planning-school](http://englewoodco.gov/government/city-departments/citizens-planning-school) or email [commdev@englewoodco.gov](mailto:commdev@englewoodco.gov) by the February 28 deadline.

## IN FOCUS

### Photo Contest Winners

Take a behind-the-scenes look at the South Platte Water Renewal Partners (SPWRP) facility from the perspective of employees who work there. Here are the winners of the 2019 employee photo contest.



▲ Ben Wise – Life Unseen, Best in Show winner



Dan Hoglund – Dirigible, "Elements of Design", category winner



▼ Faustino Salazar – Biodome "Digital Darkroom", category winner

Dustin Lopez – Snail, "Nature & Wildlife", category winner



## SPRING INTO PROPERTY MAINTENANCE

Springtime brings new growth as well as a set of new outdoor maintenance challenges for residents. Grass and weeds don't hesitate to take advantage of our spring moisture and pop up quickly. At the same time, this is historically when we get our heaviest snowfall. It can be difficult to maintain your yard between snowstorms and shovel in a timely manner.

However, the City's code requires that grass and weeds be kept shorter than 6 inches and that snow is cleared from public walks within 24 hours of snow stopping. Both regulations are intended to help keep residents safe and preserve the beauty of our neighborhoods.

### Need Help? Offer Help!

If you are aware of a neighbor that may need help shoveling snow, reach out and offer assistance.

The City can also help get neighbors connected to each other. Contact the Malley Recreation Center at 303-762-2660 to join the list of helpers or to request assistance.

To report a code violation, contact Englewood Code Enforcement by submitting a service request online at [englewoodco.gov](http://englewoodco.gov).



## A NEW APPROACH TO CRIMINAL JUSTICE

Using restorative justice to build a stronger community

In December, City leaders met with administrators from Englewood Schools and the Longmont Community Justice Partnership to explore ways restorative justice efforts are succeeding on the Front Range and around the nation. These efforts focus on reducing jail overcrowding, decreasing recidivism (the tendency of a criminal to repeat their offense) and giving victims an active role in the process.

Restorative justice is an approach to justice in which one of the responses to a crime is to organize a meeting between the victim and the offender. The goal is to share their experience, discuss the harm that occurred and create a consensus for monitored reparations.

Englewood Schools currently uses this approach to address both behavioral problems and minor offenses committed by students within the schools. "Through restorative practices, students build key life skills such as empathy, responsibility and the ability to solve problems," said Englewood Schools Superintendent Wendy Rubin.

The City sees an opportunity to implement a similar restorative justice program in the larger Englewood community as well. Mayor Linda Olson, Judge Joe Jefferson, Police Chief John Collins, City Manager Shawn Lewis and school officials committed to sharing training and other resources moving forward, and the City plans to release a Request for Proposal (RFP) to help establish the program for Englewood during the first quarter of 2020.

If you would like more information about this effort or to get involved, contact Deputy Police Chief Sam Watson at [swatson@englewoodco.gov](mailto:swatson@englewoodco.gov).

## WANT TO GROW YOUR BUSINESS IN 2020?

Attend the Englewood Business Resource & Lenders Expo

Join the City of Englewood and the Aurora-South Metro Small Business Development Center to learn more about business resources designed to help your small business succeed.

Meet with local organizations that support small business and talk to nonprofit lenders that will help you take your business to the next level.

Englewood Civic Center  
Thursday, May 7  
8:00 – 10:00 AM  
1000 Englewood Pkwy.  
2nd Floor Community Room



MUSEUM OF OUTDOOR ARTS PRESENTS **Rauschenberg Reflections and Ruminations** February 24 - June 13, 2020. Robert Rauschenberg (1925 - 2008). Featuring over 50 original artworks spanning 1962 - 2008. The largest exhibition of the artist's work ever presented in Colorado. MOAONLINE.ORG Tickets and More Information. Presented at: Museum of Outdoor Arts - Indoor Gallery, 1000 Englewood Pkwy., Englewood, CO 80110, 303-806-0444 • info@moaonline.org. Supported in Part By: NATIONAL ENDOWMENT FOR THE ARTS, COLORADO STATE FOUNDATION FOR THE ARTS, SCFD, Englewood. @OutdoorArts. Design and Build™ Paid Summer Art Internships Available! Open to undergraduate and graduate bound students with creative majors. APPLICATION DEADLINE IS APRIL 3RD. Visit our website for videos and more information. MOAONLINE.ORG/DESIGN-AND-BUILD. @moa-designandbuild

## FOUR ENERGY-EFFICIENCY TIPS TO SAVE YOU MONEY



**1. CAULK AROUND DRAFTY WINDOWS:** A caulk gun and a tube of builder's caulk costs less than \$10 but can make a big difference when the cold wind blows. Caulking around the outside of old windows reduces the amount of cold air that easily gets inside.

**2. USE LED LIGHT BULBS:** Replacing incandescent light bulbs with LED lights can significantly reduce your monthly energy costs. That's savings that really adds up! LED bulbs are more expensive, but they last much longer and don't contaminate your home or trash with mercury if they break.



**3. REPLACE APPLIANCES WITH ENERGY-EFFICIENT MODELS:** When it's time to replace an old appliance, use the most energy-efficient model you can afford.



**4. INSTALL INSULATION:** Many older homes lack insulation. Insulation serves as a warming blanket for your home and can save you money over time.

If these tips seem a little daunting, you may qualify for Arapahoe County's free Weatherization Services. Contact them to request an application, or find more information on their website at [arapahoe.gov](http://arapahoe.gov), call 303-636-1982 or email staff at [weatherization@arapahoe.gov](mailto:weatherization@arapahoe.gov).

# AISLES OF SMILES

Nineteen local families benefit from Englewood’s Santa Cops program

On December 17, nineteen children and their families were given the opportunity to shop for toys and necessities alongside Englewood police officers during the annual Santa Cops event at Walmart.

More than just a shopping spree, the Englewood Police Department sees this event as a great opportunity to connect with the community and build relationships with children and families who call Englewood home.

“This is an amazing event,” explained Officer Brian Taylor. “I have been participating since we started the program in 2010. It is great knowing that deserving kids and families are able to have a Christmas, and that would not be possible without the Santa Cops program”.

Police interactions often occur under difficult situations, but the Santa Cops event is just one example where officers get to work closely with the community in a fun way and give back to those in need.

Nominations come from local school personnel and police employees. The Englewood Police Department then receives a grant from Walmart, which covers the cost of the items purchased at their store.



# PARKS AT A GLANCE

**BAKER PARK** 2200 W. Wesley Ave.

**BARDE PARK** 3150 S. Downing St.

**BATES/LOGAN PARK** 2938 S. Logan St.

**BELLEVIEW PARK** 5001 S. Inca Dr.

**CENTENNIAL PARK** 4630 S. Decatur St.  
Did you know that 8 laps (or 14,000 steps) around Centennial Lake equals one 14er? That's like hiking Mount Bierstadt! Learn more at [flat14ers.org](http://flat14ers.org).

**CLARKSON PARK** 2795 S. Clarkson St.

**COLORADO'S FINEST HIGH SCHOOL OF CHOICE**  
300 W. Chenango Ave.

**CUSHING PARK** 700 W. Dartmouth Ave.

**DUNCAN PARK** 4880 S. Pennsylvania St.

**EMERSON PARK** 2929 S. Emerson St.

**HOSANNA ATHLETIC COMPLEX** 3750 S. Logan St.

**JASON PARK** 4299 S. Jason St.  
New playground anticipated opening 2020!

**RIVERRUN TRAILHEAD** 2101 W. Oxford Ave.  
Access to Mary Carter Greenway Trail. “Surf the Platte” on Colorado's only river wave shaper. Learn more at [endlesswaves.net/waves/river-run-park](http://endlesswaves.net/waves/river-run-park).

**ROMANS PARK** 1800 E. Floyd Ave.

**ROTOLO PARK** 4401 S. Huron St.

|   | BASEBALL/SOFTBALL FIELD | BASKETBALL COURT | MULTI-USE FIELD | OFF-LEASH DOG AREA | OPEN SPACE AREA | PAVILION | PICKLEBALL COURT | PLAYGROUND | RESTROOMS | SKATE PARK | TENNIS COURTS |
|---|-------------------------|------------------|-----------------|--------------------|-----------------|----------|------------------|------------|-----------|------------|---------------|
| BAKER PARK                              |                         |                  |                 |                    | ✓               | ✓        |                  | ✓          | ✓         |            |               |
| BARDE PARK                              |                         |                  |                 |                    | ✓               |          |                  |            |           |            |               |
| BATES/LOGAN PARK                        |                         | ✓                | ✓               |                    |                 | ✓        |                  | ✓          | ✓         |            |               |
| BELLEVIEW PARK                          | ✓                       | ✓                | ✓               |                    | ✓               | ✓        |                  | ✓          | ✓         |            | ✓             |
| CENTENNIAL PARK                         | ✓                       | ✓                | ✓               | ✓                  | ✓               | ✓        |                  | ✓          | ✓         |            |               |
| CLARKSON PARK                           |                         |                  |                 |                    | ✓               |          |                  |            |           |            |               |
| COLORADO'S FINEST HIGH SCHOOL OF CHOICE |                         |                  |                 |                    |                 |          | ✓                |            |           |            |               |
| CUSHING PARK                            |                         | ✓                | ✓               |                    | ✓               | ✓        |                  | ✓          | ✓         | ✓          |               |
| DUNCAN PARK                             |                         | ✓                | ✓               | ✓                  | ✓               | ✓        | ✓                | ✓          | ✓         |            |               |
| EMERSON PARK                            |                         |                  |                 |                    | ✓               |          |                  |            |           |            |               |
| HOSANNA ATHLETIC COMPLEX                | ✓                       |                  | ✓               |                    | ✓               |          |                  |            |           |            | ✓             |
| JASON PARK                              |                         | ✓                | ✓               | ✓                  | ✓               | ✓        |                  | ✓          | ✓         |            |               |
| RIVERRUN TRAILHEAD                      |                         |                  |                 |                    | ✓               | ✓        |                  | ✓          | ✓         |            |               |
| ROMANS PARK                             |                         | ✓                | ✓               |                    | ✓               | ✓        |                  | ✓          | ✓         |            | ✓             |
| ROTOLO PARK                             |                         |                  | ✓               |                    | ✓               | ✓        |                  | ✓          |           |            |               |

**LOOKING FOR SOMETHING NEW? New playground at Jason Park is OPEN!**  
Come explore Englewood’s newest playground at Jason Park!

## Upcoming Events

### COFFEE WITH A COP

Join Englewood police for Coffee with a Cop. This is a great way to meet members of the Englewood Police Department, ask questions, connect with fellow citizens and learn about upcoming events.



**Tuesday, March 17 • 7:30 – 9:00 AM**  
Mango Tree Coffee  
**Wednesday, May 13 • 7:30 – 9:00 AM**  
Starbucks (Bates and Broadway)

### CITIZEN’S POLICE ACADEMY

Learn what it takes to be a police officer and get to know members of the Englewood Police Department through our popular Citizen’s Police Academy. Registration is required as space is limited. Contact Toni Arnoldy at 303-762-2490 or [tarnoldy@englewoodco.gov](mailto:tarnoldy@englewoodco.gov) to RSVP.

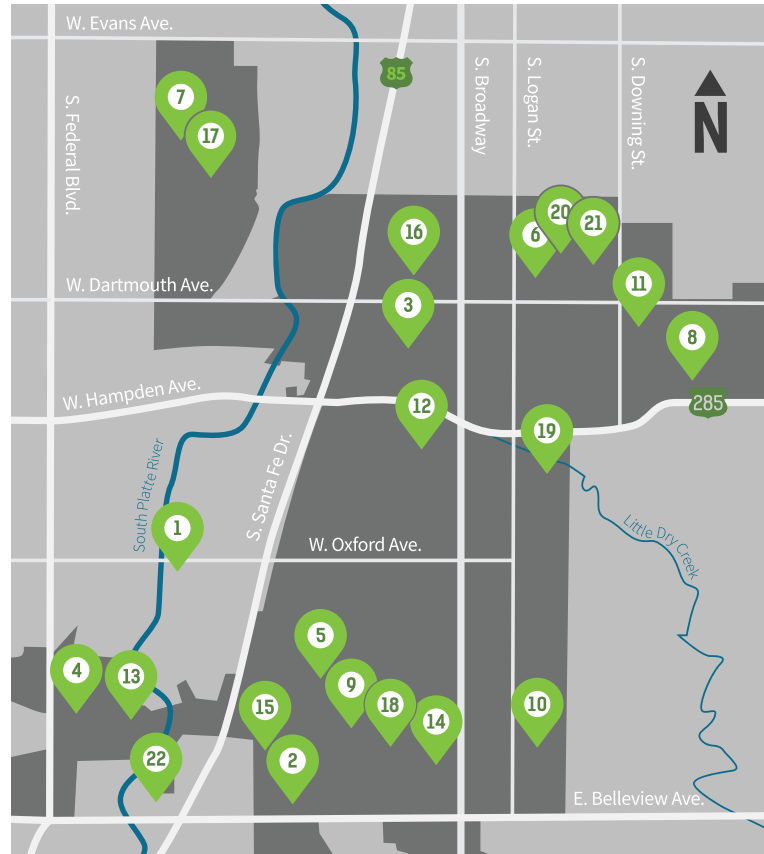
**Thursdays, March 5 – April 30, 2020**  
**6:00 – 9:00 PM**  
Englewood Police Department  
(3615 S. Elati St.)

### ADULT SELF DEFENSE CLASS (18+)

Designed to build your confidence and give you the tools to get away from a bad situation. This class is also a great workout and goes at your desired pace. Registration is required as space is limited. Contact Toni Arnoldy at 303-762-2490 or [tarnoldy@englewoodco.gov](mailto:tarnoldy@englewoodco.gov) to RSVP.

**Saturday, May 16 • 9:00 AM – NOON**  
Englewood Police Department  
(3615 S. Elati St.)

# GET OUT AND EXPLORE!



- |  |  |
|--|--|
| <p><b>1. RiverRun Trailhead</b><br/>2101 W. Oxford Ave.</p> <p><b>2. Belleview Park</b><br/>5001 S. Inca Dr.</p> <p><b>3. Cushing Park</b><br/>700 W. Dartmouth Ave.</p> <p><b>4. Centennial Park*</b><br/>4630 S. Decatur St.</p> <p><b>5. Jason Park*</b><br/>4299 S. Jason St.</p> <p><b>6. Bates/Logan Park</b><br/>2938 S. Logan St.</p> <p><b>7. Baker Park</b><br/>2200 W. Wesley Ave.</p> <p><b>8. Romans Park</b><br/>1800 E. Floyd Ave.</p> <p><b>9. Rotolo Park</b><br/>4401 S. Huron St.</p> <p><b>10. Duncan Park*</b><br/>4880 S. Pennsylvania St.</p> <p><b>11. Barde Park</b><br/>3150 S. Downing St.</p> <p><b>12. Miller Fields</b><br/>3600 S. Elati St.</p> <p><b>13. Brent Mayne &amp; Union Fields</b><br/>3501 W. Union Ave</p> | <p><b>14. Colorado's Finest High School of Choice</b><br/>300 W. Chenango Ave.</p> <p><b>15. Canine Corral</b><br/>4848 S. Windermere St.</p> <p><b>16. Englewood Community Garden</b><br/>601 W. Dartmouth Ave.</p> <p><b>17. Northwest Greenbelt*</b><br/>Zuni to Pecos</p> <p><b>18. Southwest Greenbelt</b><br/>Huron to Bannock St.</p> <p><b>19. Hosanna Athletic Complex</b><br/>3750 S. Logan St.</p> <p><b>20. Clarkson Park</b><br/>2795 S. Clarkson St.</p> <p><b>21. Emerson Park</b><br/>2929 S. Emerson St.</p> <p><b>22. Big Dry Creek Trail Access</b><br/>4700 S. Wyandot St.</p> |
|--|--|
- \*Off-Leash Areas*

**Park and Open Space Area Hours:**  
7 days a week, 6:00 AM – 11:00 PM.

**Pavilion Reservations:** Pavilion reservations begin online January 2 at [www.EnglewoodCO.gov/parks](http://www.EnglewoodCO.gov/parks). Pavilions are available for rental April 18 – October 18, 2020.

**Park Use Permits:** Required for groups of 15+ people who will use the park but do not require a pavilion. Commercial use of a park, including individuals or businesses organizing classes or services, requires a Park Use Permit, \$100 permit fee, and evidence of additional insurance. No more than four Park Use Permits will be issued to the same group or individual during a calendar year. Call 303-762-2684 for more details about Park Use Permits.

**Special Event Licenses:** Call 303-762-2490 for Special Event requirements, fees, and licenses.

**Englewood Community Garden:** 601 W. Dartmouth Ave. Applications for the 2020 garden begin February 3, 2020. For more information, visit [EnglewoodCO.gov](http://EnglewoodCO.gov).

**Englewood Farm and Train:** Opens Saturday, May 23. Closes Monday, September 7. NEW HOURS: 9:30 AM – 3:30 PM. \$2.50/person per visit. Kids under 24-months-old are free.

**Athletic Field Use:** Athletic fields must be reserved in advance for any organized play or practice. Call 303-762-2697 for field rental information and availability.

**Drug and Alcohol Policy:** Alcohol and marijuana are prohibited in all Englewood Parks and Open Spaces.

## DOGS IN YOUR PARKS



Please pick up after your dog and follow posted guidelines so everyone can enjoy your parks at all times.

**Canine Corral:** 4848 S. Windermere St. Open daily from 6:00 AM – 11:00 PM. Dogs must be under voice command at all times and have current vaccinations. Additional requirements can be found online.

**\*Off-Leash Areas:** Dogs may be off leash and under voice control from 6:00 – 11:00 AM and 6:00 – 11:00 PM at Centennial Park, Duncan Park, Jason Park and Northwest Greenbelt. Dogs must have current vaccinations and remain out of playgrounds, pavilions, and athletic fields. Visit [EnglewoodUnleashed.org](http://EnglewoodUnleashed.org) for additional information.

### New Playground at Jason Park – NOW OPEN!

Thanks to a generous grant from the Arapahoe County Open Space Program and the planning efforts of the Parks Department, construction of the new playground is complete. This park project includes the repurposing of prior park structures. Look around and you just might spot parts of an original playground roundabout!

# RECREATION GUIDE

SPRING 2020 | [ENGLEWOODREC.ORG](http://EnglewoodRec.org)



Residents can register starting  
**Wednesday, February 5**

All others can register starting  
**Friday, February 7**

Springtime fun at Duncan Park's playground.



Photo: Maddy Sweeney



# RECREATION FACILITIES

## ID CARD

All program and center participants are required to obtain an ID Card for access.

## Resident ID Cards

\$3 - valid 3 years from date of purchase. Englewood residents must obtain a Resident ID card for each member of the family who wishes to receive the Resident Fee rate. A valid photo ID with current address or documentation verifying current Englewood address (vehicle registration, utility bill or phone bill, etc.) must be provided. Create a household account to register online.

## Non-Resident ID Cards

Non-Residents will receive their first ID Card for free. (No card needed for spectators or rental guests.)

## Gymnasium

Full size gym for basketball, volleyball, and other court activities.

## Fitness Amenities

Cardiovascular rooms including ellipticals, stationary cycles, and treadmills. Comprehensive weight rooms including free weights and weight bearing machines.

## Locker Rooms

Showers and lockers available to all paid guests; bring your own lock and towel.

## Facility Rentals

Our Recreation Centers and Community Parks offer individual and group rentals (classrooms, pools, gym, multipurpose

rooms, kitchen, and park shelters) to host your next meeting, gathering or celebration. Please visit [englewoodco.gov](http://englewoodco.gov) for current rental information.

## Corporate Rates

Englewood business owners, officers and directors of a corporation located within the legal city limits are eligible to apply for significantly discounted Corporate Rates. Please contact 303-762-2680 or [recreation@englewoodco.gov](mailto:recreation@englewoodco.gov).

## Individuals with Disabilities Program

The City of Englewood strives to mainstream individuals with disabilities into our recreation programs. Qualified individuals with disabilities are provided with reasonable accommodation to receive equal opportunity of inclusion. For additional information contact 303-762-2680 or [recreation@englewoodco.gov](mailto:recreation@englewoodco.gov).

## Financial Assistance for Englewood Residents

Please contact 303-762-2680 or [recreation@englewoodco.gov](mailto:recreation@englewoodco.gov).

## NEW Wellness Insurance Programs (WIP)

Englewood and Malley Recreation Centers will honor new Wellness Insurance Programs starting in 2020. These include SilverSneakers, Renew Active and Silver & Fit. Please check with your insurance provider to determine which program they are offering so you can participate in fitness, swim classes and other activities for free. These programs can be purchased through Medicare Advantage or a Medicare Supplement plan (Medigap). Contact your health insurance provider for eligibility.



## ENGLEWOOD RECREATION CENTER

Fun for all ages • 303-762-2680 • 1155 W. Oxford Avenue

The Englewood Recreation Center, a full service community facility, offers activities for all ages. Currently, the center offers an indoor track, 25-meter eight lane pool, The Zone functional training center, four racquetball/wallyball courts, gymnasium, cardiovascular and weight training rooms.

**Hours of Operation**  
 M-Th: 5:30 AM – 10:00 PM  
 F: 5:30 AM – 8:00 PM  
 Sa & Su: 8:00 AM – 5:00 PM  
 POOL CLOSES 30 MIN BEFORE CENTER

**Center Closures:**  
 SUNDAY, 4/12 CLOSED

## Center Admission

Admission includes use of fitness amenities (pool, weight rooms, cardio, ZONE functional training room, running track (6.5 laps = 1 mile), gymnasium and Racquetball/Walleyball/Handball courts.)

| Type   | GENERAL: 3 – 54 Years    |                          | ACTIVE ADULT: 55 – 82 Years |                          |
|--|--------------------------|--------------------------|-----------------------------|--------------------------|
|  | Non-Resident             | Resident                 | Non-Resident                | Resident                 |
| Daily Admission (Recreation ID required)   | \$6.00                   | \$4.75                   | \$5.50                      | \$4.00                   |
| 25-Visit Punch Card  | \$105.00<br>(CPV \$4.20) | \$84.00<br>(CPV \$3.36)  | \$80.00<br>(CPV \$3.20)     | \$64.00<br>(CPV \$2.56)  |
| Fitness Drop-In Class  | \$10.00                  | \$8.00                   | \$10.00                     | \$8.00                   |
| Annual Pass<br>Active adults ages 55 – 82 can enjoy use of both Recreation Centers with this pass for drop-in use.   | \$390.00<br>(\$32.50/mo) | \$312.00<br>(\$26.00/mo) | \$356.00<br>(\$29.67/mo)    | \$225.00<br>(\$18.75/mo) |
| Premier Annual Pass*<br>Upgrade your ERC annual pass to include eligible group fitness classes, one personal training session, four guest passes, and childcare. (See pages 47 through 51 for eligible fitness classes.) | \$465.00<br>(\$38.75/mo) | \$387.00<br>(\$32.25/mo) | \$430.00<br>(\$35.83/mo)    | \$300.00<br>(\$25.00/mo) |
| Platinum Pass (83+)<br>Ages 83 and up are free to enjoy drop-in use of the Englewood and Malley Recreation Centers.  | —                        | —                        | FREE                        | FREE                     |

|  |   |   |
|--|---|---|
| Racquetball/Walleyball/Handball<br>Recognized User Groups see Center Supervisor for rates. | Courts are reserved by the hour. Reservations are accepted two days in advance. | <b>NEW</b><br>Fee included in center admission. |
| Corporate Rates  | Call for Pricing; Pricing based on Residency, and number of visits purchased.   |   |

\*All Annual passes are eligible for monthly auto-debit program. Annual & Platinum Active Adult pass good for both ERC and Malley Recreation Centers.

## RECREATION STAFF

|   |  |   |
|---|--|---|
| <b>Senior Recreation Supervisors</b>    | Brad Anderson – Aquatics<br>Allison Boyd – Facility/Programs | banderson@englewoodco.gov<br>aboyd@englewoodco.gov                              |
| <b>Englewood Recreation Center</b>      | Sara Stant<br>Joyce Musgrove<br>Kathy Wallace – Aquatics     | sstant@englewoodco.gov<br>jmusgrove@englewoodco.gov<br>kwallace@englewoodco.gov |
| <b>Malley Recreation Center</b>         | Cheryl Adamson<br>Shelly Fritz-Pelle                         | cadamson@englewoodco.gov<br>sfritz@englewoodco.gov                              |
| <b>Open Space Activities Supervisor</b> | Lindsay Peterson   | lpeterson@englewoodco.gov   |



## The ZONE

Check out this functional training system that will elevate your workout. Multiple exercise stations that can be customized to meet your level of training. Stations include squat rack, renegade station, high-low pulleys, heavy bag, monkey bars, traversing walls, rebounder, jump platform and dozens of attachment points for straps. Tetro Performance offers a variety of fitness classes using The ZONE room. Register online at [tetroperformance.com](http://tetroperformance.com) and check out page 45 for current classes.

## HOW TO REGISTER

RESIDENT REGISTRATION BEGINS **WEDNESDAY, 2/5.**  
 NON-RESIDENT REGISTRATION BEGINS **FRIDAY, 2/7.**

**ONLINE:** Submit registrations anytime at [englewoodrec.org](http://englewoodrec.org). Payments must be made with Visa, MasterCard, Discover Card, or Amex.

**WALK-IN:** Registrations are accepted at the **Englewood Recreation Center** or **Malley Recreation Center** during regular business hours.

**PHONE:** Call 303-762-2680 or 303-762-2660 during regular business hours.

## Policies and Enrollment

All registrations are processed in the order they are received. At the beginning of each registration period, Englewood Resident ID cardholders are given priority and are able to enroll two days before non-residents. During this period, non-resident registrations are accepted and prioritized by date/time. After this process, all registrations are handled on a first-come, first-served basis. All checks are payable to the City of Englewood. Checks are accepted for payment provided they are for the amount of purchase only, local (Colorado), preprinted with customer's name and address, and have a valid Colorado Driver License or Colorado ID card number on them. A \$25 service charge will be assessed on any returned check.

## MALLEY RECREATION CENTER — Where Fun Never Gets Old!

For ages 55 and better • 303-762-2660 • 3380 S. Lincoln Street

The Malley Recreation Center and programs promote healthy lifestyle and social activity. Enriching programs including fitness, outdoor adventures, education, excursions, extended travel, special events, VOA lunch, drop-in activities, arts and crafts, and more. Home to the highest quality Pilates Reformer machines.

### Hours of Operation

M-Th: 8:00 AM – 7:00 PM  
 F: 8:00 AM – 5:00 PM  
 Sa: 9:00 AM – 1:00 PM  
 Su: CLOSED (except for scheduled activities)

### Center Closures:

MONDAY, 5/25 CLOSED

Participants 55 years of age and older receive class/program registration priority; adults 18 years and older may register for classes/programs based on availability. The Malley Fitness area and computer access are not available for those under age 55. All classes, special events are available to all ages.

### Wellness Insurance Programs (WIP)

Englewood and Malley Recreation Centers will honor new Wellness Insurance Programs starting in 2020. These include SilverSneakers, Renew Active and Silver & Fit. See page 22 for more information.

### Volunteers of America (VOA) Nutrition Program

Malley Recreation Center and Volunteers of America team up to serve a great lunch Monday through Friday from 11:30 AM – 1:00 PM. Reservations are required and must be made by noon two days in advance; reservations for Monday and Tuesday must be made by

noon on the previous Thursday. Please call 303-762-2660 to reserve your space. Monthly menus are available online at [englewoodco.gov](http://englewoodco.gov) or at the front desk. Suggested donation is \$2.50 for ages 60 or over; or a spouse of an eligible person. For guests under 60 years, it is \$8.50.


### Visiting Nurse Association

Provides quality, affordable health care including foot care, blood pressure checks, and monitoring of chronic conditions. Appointment only. Call 303-698-6496.

### Social Pass

This pass allows 12 months of access to all the Malley Recreation programs that do not include a class number. Activities with this pass include fitness center, game room, computers, bridge, bunco, billiards, lobby access, table tennis, pickleball and drop-in gym.

| Type                         | ACTIVE ADULT: 55 – 82 Years |                       |
|------------------------------|-----------------------------|-----------------------|
|                              | Resident                    | Non-Resident          |
| Social Pass                  | \$48.00                     | \$60.00               |
| Annual Pass (Multi-Facility) | \$225.00 (\$18.75/mo)       | \$356.00 (\$29.67/mo) |
| Premier Annual Pass          | \$300.00 (\$25.00/mo)       | \$430.00 (\$35.83/mo) |
| Platinum Pass (83+)          | FREE                        | FREE                  |



### Pickleball

Pickleball is a low-impact, active game combining elements of badminton, tennis, and table tennis. Players use paddles and a plastic ball in a court with a low net. It's easy to learn this quick, fast-paced, competitive game. Equipment is available. Annual or daily pass required.

| DROP-IN PICKLEBALL SCHEDULE |           | Courts are first come, first served and subject to availability. |                    |             |             |             |                    |             |
|-----------------------------|-----------|--|--------------------|-------------|-------------|-------------|--------------------|-------------|
| Location                    | Level     | Su   | M                  | Tu          | W           | Th          | F                  | Sa          |
| MRC                         | Beg./Int. | —  | 11:30 AM – 1:30 PM | —           | —           | —           | 11:30 AM – 1:30 PM | —           |
|                             | Adv.      | —  | 1:30 – 5 PM        | —           | 2:30 – 5 PM | —           | 1:30 – 5 PM        | 9 AM – 1 PM |
| ERC                         | Beg./Int. | —  | —                  | —           | 1 – 4 PM    | —           | 1 – 4 PM           | —           |
|                             | Adv.      | —  | —                  | —           | 1 – 4 PM    | —           | —                  | —           |
| CFHSC                       | Beg./Int. | —  | —                  | 1 – 5 PM    | —           | 1 – 5 PM    | 1 – 5 PM           | —           |
|                             | Adv.      | 1 – 5 PM   | —                  | 8 AM – NOON | —           | 8 AM – NOON | —                  | —           |

MRC = Malley Recreation Center, ERC = Englewood Recreation Center, CFHSC = Colorado's Finest High School of Choice

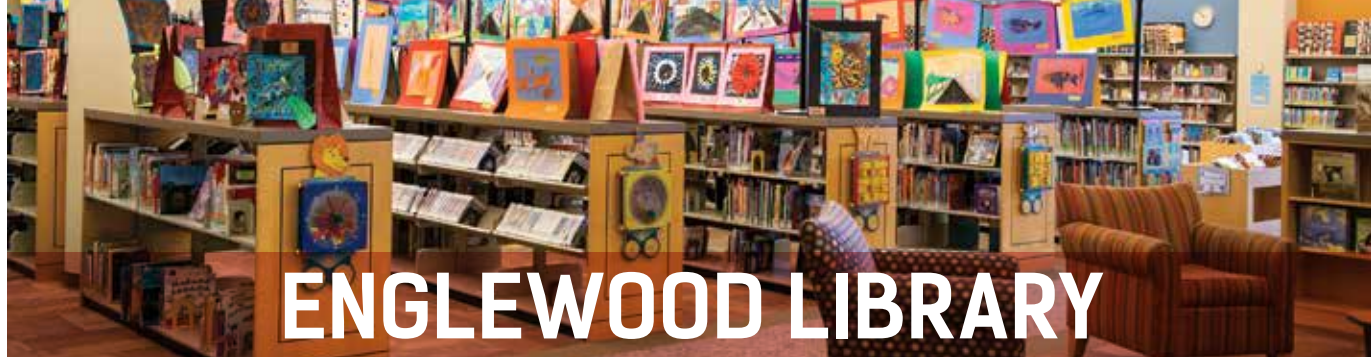
## MALLEY RECREATION CENTER SOCIAL PASS

### SELF-LED PROGRAMS — REQUIRES SOCIAL PASS

| Class   | Activity # | Dates      | Days | Time            | Location | Fee  | Res  |
|---|------------|------------|------|-----------------|----------|------|------|
| <b>Bunka Embroidery</b><br>Bunka embroidery is sometimes called Japanese thread painting and the finished picture frequently resembles an oil painting.   | 21751611   | 3/7 – 5/23 | Sa   | 9:00 AM - NOON  | MRC      | \$16 | \$13 |
| <b>BYOC Crafters Group</b><br>Do you start projects and have difficulty finishing them? If you answered “yes” then this is the group for you! Bring your supplies and join others who love to craft too! Large tables and sewing machines are provided. | 21760611   | 3/2 – 5/18 | M    | 1:00 - 3:00 PM  | MRC      | \$16 | \$13 |
| <b>Oil Painting Group</b><br>Oil painting is a great and extremely versatile medium. Bring your own supplies and work at your own pace. Have fun while finishing a piece for your home, family or friend.   | 21761411   | 3/4 – 5/20 | W    | 1:00 - 3:30 PM  | MRC      | \$16 | \$13 |
| <b>Drop-in Woodcarving</b><br>For carvers with some experience. A carving glove and thumb guard are required.   | 21762511   | 3/4 – 5/20 | W    | 6:00 – 8:00 PM  | MRC      | \$16 | \$13 |
|   | 21762512   | 3/6 – 5/22 | F    | 9:30 – 11:30 AM | MRC      | \$16 | \$13 |

### DROP-IN PROGRAMS — REQUIRES SOCIAL PASS

| Class  | Dates                    | Days  | Time             | Fee         |
|--|--------------------------|-------|------------------|-------------|
| <b>Bridge Group</b><br>Enjoy duplicate bridge and bring a partner.   | —                        | Tu    | 12:30 – 4:00 PM  | SOCIAL PASS |
| <b>Table Tennis</b><br>The sport can be played as single or doubles. Great for beginners and increased levels.   | —                        | Tu/Th | 12:30 – 4:30 PM  | SOCIAL PASS |
| <b>Retirement Support Group</b><br>Gather with other retirees and share thoughts and stories about retirement topics such as friendship, loss, leisure, purpose and much, much more.                         | —                        | W     | 10:30 – 11:30 AM | SOCIAL PASS |
| <b>Mahjong</b><br>Join us for this Chinese-originated game using various designed tiles. No partner needed. Bring your Mahjong set if you have one.  | —                        | F     | 12:30 – 4:30 PM  | SOCIAL PASS |
| <b>Bunco Bash Fridays</b><br>Have fun, be social and play an easy-to-learn, exciting game! Played with only dice and a score sheet, all you need to do is roll the dice and add the points! Partners rotate. | 1st, 3rd and 5th Fridays | F     | 1:00 – 3:00 PM   | SOCIAL PASS |
| <b>MovieTime</b><br>Join us the second Friday of the month to watch a free movie on the big screen. Popcorn available for 25 cents. Watch for monthly flyers or call 303-762-2660 for the week of the movie. | —                        | F     | 1:00 PM          | SOCIAL PASS |



# ENGLEWOOD LIBRARY

1000 Englewood Parkway • 303-762-2560 • [www.englewoodco.gov/library](http://www.englewoodco.gov/library)

## ADULT PROGRAMMING

### Book Clubs

Join us for one or all of our Library book clubs!

- Books @ the Bar
- Novels @ Night
- Malley Book Club
- Sack Lunch Sagas

Please visit our website or talk with a staff member to learn more about the one you'd like to join. No registration required.

### Cooking Matters

Tuesdays, 4/7 – 5/12 • 5:30 – 7:30 PM

Cooking Matters presents a hands-on course with interactive lessons to empower adults with the skills to stretch their food dollars and cook healthy, nutritious meals. Participants practice fundamental food skills including proper knife techniques, reading ingredient labels, and making healthy meals on a \$10 budget. Registration required.

Location: Civic Center Community Room

### Denver Ghost Towns

Saturday, 4/25 • 10:30 AM – NOON

Most people think of ghost towns as being in the mountains; like the old, desolate mining camps. Have you ever considered you might be living in a ghost town right in the heart of the Denver metro area? This program might answer that question. No registration required.

Location: Anderson Room

### Genealogy: The Next Level

Saturdays, 3/15 & 3/22 • 1:30 – 3:30 PM

Join professional genealogist, Leah Klocek, in the first session for an in-depth discussion of the common mistakes made when researching family histories. The second session is a basic examination of DNA tests and what they can do for the family history researcher, along with an introduction to medical pedigrees. Registration required.

Location: Anderson Room

### Genealogy: Advanced Techniques

Saturdays, 5/3 & 5/17 • 1:30 – 3:30 PM

Have you hit a brick wall in your family history research? Join professional genealogist, Leah Klocek, for an exploration of advanced research techniques. Among other topics, we will look at how to solve same-name problems, how to use DNA testing to identify unknown ancestors (or living birth families), and how to create a research plan to streamline and focus your research. Registration required.

Location: Anderson Room

### Get Your Hands Dirty Series

Second Saturday of the Month, March – May • 2:00 – 3:30 PM

Join us to learn about planting for pollinators, container gardening and transforming your turf. Registration required.

Location: Community Room

### Get Your Tail on the Trail

Saturday, 4/25 • 10:30 AM – 3:00 PM

This is your opportunity to learn about all the wonderful outdoor activities you can get into in the City of Englewood and the State of Colorado in general. Join us for a fun day outside! There will be games and giveaways. No registration required.

Location: Centennial Park, 4630 S. Decatur Street

### Let's Get Crafty

Saturday, 3/21 • 10:30 AM – NOON

This is your opportunity to broaden your crafting horizons! Join us once a quarter to learn a new craft. We'll bring the supplies. For adults and teens. Registration recommended.

### Intro to Nonviolent Communication

Saturday, 3/28 • 1:00 – 4:00 PM

Based on the Non-Violent Communication (NVC) work of Marshall Rosenberg and grounded in compassion and common human needs. NVC helps transform patterns that often lead to conflict or disconnection from ourselves and others. Please join us for this introductory class and discover ways to transform your life. For adults and teens. Registration encouraged.

Location: Anderson Room

Visit [www.englewoodco.gov/library](http://www.englewoodco.gov/library) to grab all the details on our regularly scheduled programs.

- |                             |   |                                    |   |
|-----------------------------|---|------------------------------------|---|
| • Conversations Over Coffee | • English Language & Citizenship Tutoring | • Life, the Universe, & Everything | • Sit-n-Knit                                  |
| • Drive Smart               | • French Conversation Circle              | • Memory Cafe                      | • Writers Group – Once Written, Twice Revised |
|                             | • Get Smart Tutoring                      | • Movie Matinees                   |   |

## CHILDREN'S PROGRAMMING

### For School-Age Children

Head to the library after school for these special programs tied to STEM, Art, Literacy, and Music. No registration required.

|      |    |         |                         |
|------|----|---------|-------------------------|
| 3/12 | Th | 4:00 PM | Science                 |
| 4/9  | Th | 4:00 PM | Cookies & Canvas        |
| 4/23 | Th | 4:00 PM | Earth Day Celebration   |
| 5/7  | Th | 4:00 PM | Jedi Training Camp      |
| 5/14 | Th | 4:00 PM | Summer Reading Kickoff! |

### For Younger Children

These programs are for toddler and preschool aged children, and start at 10:30 AM.

### Messy Process Art

The purpose of this program is to encourage children to be creative by focusing on the process as opposed to the end result.

|     |    |          |           |
|-----|----|----------|-----------|
| 3/5 | Th | 10:30 AM | Messy Art |
| 4/3 | F  | 10:30 AM | Messy Art |

### Extra Programs:

These programs are designed as an extra special storytime for toddler- and preschool-aged children. Along with a story, these programs include crafts and games!

|      |   |          |                     |
|------|---|----------|---------------------|
| 3/16 | M | 10:30 AM | Yoga                |
| 4/13 | M | 10:30 AM | One Book 4 Colorado |
| 5/1  | F | 10:30 AM | Preschool Prom      |

## FOR ALL AGES

### Saturday Activities

Every Saturday at 10:00 AM the Storytime room will be open for Open Play (1st, 3rd, 5th Saturday) or Legos (2nd, 4th Saturday).

### Spring Break Activities

Join us for these special Spring Break activities!

|      |    |         |                     |
|------|----|---------|---------------------|
| 3/23 | M  | 1:00 PM | Legos               |
| 3/24 | T  | 1:00 PM | Building Challenges |
| 3/25 | W  | 1:00 PM | Movie               |
| 3/26 | Th | 1:00 PM | Spring Crafts       |
| 3/27 | F  | 1:00 PM | Legos               |



### Storytimes at the Library

Children learn naturally when they read, sing, write, talk, and play! Our interactive storytimes combine books, songs, rhymes, and fun. Playtime is available after every storytime.

#### BABYSTEPS

Every Wednesday at 10:30 AM and 2:30 PM

For children up to 18 months

.....  
This lap sit storytime focuses on developing your baby's pre-literacy skills. It will introduce a love for books by using song, movement, and rhyme. The program will help improve motor, sensory, and social skills with caregiver and baby play time.

#### TEETERTOTS

Mondays and Tuesdays at 10:30 AM

For children 18 months – 3 years

.....  
This storytime taps into the boundless energy of your toddler. It will engage your children with short stories, finger puppet plays, action rhymes, and songs. Your toddler will be learning sounds, letter recognition, and new words that will help them grow into pre-readers all while having fun.

#### PRESCHOOL

Thursdays and Fridays at 10:30 AM

For children 3 – 5 years

.....  
Pre-readers will improve literacy skills needed in kindergarten. This storytime features longer books accompanied by a variety of activities, including simple crafts, flannel boards, puppetry, and dramatics.



### EVERY CHILD READY TO READ

At Englewood Public Library, we believe public libraries can have an even greater impact on early literacy through an approach that focuses on educating parents and caregivers using everyday skills such as:

#### TALKING

Talking with children helps them learn oral language, one of the most critical early literacy skills. Children learn about language by listening to parents talk and joining in the conversation. The more words children hear in conversations during their early childhoods, the larger their vocabulary will be when they go to school. That large vocabulary helps children recognize words when they see them for the first time in print. Talk to your children throughout the day about everything you do and see.

**TWEEN PROGRAMMING**

Tween programming fun continues! These programs will be geared towards children ages 8-11.

**Hollywood Game Night**

Tuesday 3/3, 4:00 PM

Join us for a night of pop culture and party games. Team up with your friends and take on a variety of challenges, including charades and flip-tac-toe. Test your mad skills as you race against the clock!

**It's Not Easy Bein' Green**

Tuesday 4/7, 4:00 PM

In observance of Earth Day, join us for "green" science and crafts! We will do some fun sustainability projects and create upcycled art. We will also explore the science behind dirt and plants, and take a look at the creepy crawlies that help things grow.

**Tween Summer Reading Kickoff!**

Wednesday 5/27, 4:00 PM

Join us as we kick off Summer Reading 2020 with our Tweens! Never fear, we will keep the fun going all summer long! There will be a Tween-centric program every Wednesday for Summer Reading. More details to come.

**Book Recommendations:**

*Clockwork Angel*  
by Cassandra Clare



When sixteen-year-old Tessa Gray crosses the ocean to find her brother, her destination is England, the time is the reign of Queen Victoria, and something terrifying is waiting for her in London's Downworld, where vampires, warlocks and other supernatural folk stalk the gaslit streets. Only the Shadowhunters, warriors dedicated to ridding the world of demons, keep order amidst the chaos.

**Review by Riona, Teen Advisory Board Member**

*Clockwork Angel* is the first in an amazing trilogy by bestselling author Cassandra Clare. It was the book that pulled me into the genre of YA fantasy. I'd recommend it to any teen looking for an exciting read, though it does contain potentially triggering elements such as torture. The story takes place in 19th century London and focuses on underground paranormal groups such as the Shadowhunters or the Downworlders. It explores several interesting locations within the city. The characters are all likable, and even the ones that aren't human, feel like they could be. There is a love triangle, however, it's very well written and flows naturally with the plot instead of feeling crammed in. So if you're looking for a darker fantasy read, maybe give this one a try if you haven't already.



**Tweens at Got Snow? Program**  
December 2019

**TEEN PROGRAMMING**

Teen programming is gear towards ages 12-18.

**Blobfish Party**

Tuesday 3/17, 6:00 PM

Celebrate the unofficial mascot of the EPL Teen Department, the most glorious blobfish! We'll make our own pet "blobfish," and learn more about these gooey creatures of the ocean floor. Yes, there will be slime involved!

**Escape Room**

Friday 4/24, 6:00 PM

Could you hack it as an international spy? Test your skills in our April Escape Room. We'll crack codes, explore different countries, and outwit our enemies. Let's hope we can break out in time to save the world!

**Teen Summer Reading Kickoff!**

Tuesday 5/26, 4:00 PM

Join us as we kick off Summer Reading 2020 @EPL Teen! We've got big plans for this summer! Every Tuesday, join us for Teen Programs. We'll also have four Friday night After Hours programs. More details to come!

**Teen Book Club**

Sunday 3/22, 2:00 PM

We will be discussing *The Conspiracy of Us* by Maggie Hall

**Teen Writers Group**

Sunday 4/19, 2:00 PM

Come learn writing techniques and play storytelling games. Feel free to bring something you have written if you would like a critique.

**Tuesday Teen Hangouts!**

Tuesdays, 4:00 – 7:00 PM

Join us weekly for a "Teens Only" hangout. Computer/ board games and writing/drawing supplies will be available. See Librarian for details.



Computer Classes: 303-762-2560

PLEASE NOTE: Computer classes take place in the Englewood Public Library. In most cases registration is required: 303-762-2560. All computer classes in the library are free of charge. \*We now have classes on two Saturday mornings each month.

**Computers: Just Getting Started**

Learn the basics of using a computer and practice using a mouse. No computer experience required. Registration required.  
3/7 Sa 10:30 AM – NOON LIBRARY TECH LAB

**MS Word: Fundamentals**

Learn how to create and edit a document with Microsoft Word. This class will cover creating a new document and a few of the basic formatting tools like bolding text, changing your font, and page alignment. Registration required.  
3/21 Sa 10:30 AM – NOON LIBRARY TECH LAB

**MS Word: Intermediate**

Microsoft Word has many tools that make working on long documents a snap. Learn about styles, headers, footers, page numbers and tables. Basic Word skills required. Registration required.  
4/4 Sa 10:30 AM – NOON LIBRARY TECH LAB

**MS Word: Advanced**

Learn to go beyond basic word processing in our advanced Microsoft Word class learning about the sophisticated tools and techniques for dealing with long documents, creating fillable forms, and tracking changes for collaboration, and much more. Registration required.  
4/18 Sa 10:30 AM – NOON LIBRARY TECH LAB

**Google Drive & Calendar: The Essentials**

We will cover the basics of two of Google's most powerful applications, Google Drive and Google Calendar. Learn how to create documents and collaborate with others online and how to create events and invite attendees. Email address required. Registration required.  
5/2 Sa 10:30 AM – NOON LIBRARY TECH LAB

**Outlook**

Learn to use Outlook to send, receive, and manage email messages, manage your contact information, schedule appointments and meetings, create Tasks and Notes for yourself, and customize the Outlook interface to suit your working style. Registration required.  
5/16 Sa 10:30 AM – NOON LIBRARY TECH LAB

**Clean Up & Speed Up Your Computer**

Learn how to remove programs, manage the space on your computer, speed up your browsing, and more. For adults and teens. No registration required.  
4/6 M 6:00 – 7:30 PM ANDERSON ROOM

**Smartphones & Tablets: Letting Go of the Fear**

Learn how to navigate commonly used features on your Windows, Android, or Apple smartphone or tablet. Afterwards, there will be time for answering questions. Please bring your own device. No registration required.  
5/4 M 6:00 – 7:30 PM ANDERSON ROOM

**Open Tech Labs**

Get help with job applications, resumes, Microsoft Office, eBooks and more.  
Th 4:30 – 6:30 PM  
F 2:00 – 4:30 PM  
Sa 2:30 – 4:30 PM  
Su 2:30 – 4:30 PM







# BROKEN TEE GOLF COURSE

Broken Tee Golf Course • 303-762-2670 • 2101 W. Oxford Ave. • www.brokentee.com



Englewood Parks and Recreation presents one of the finest public golf facilities in the Rocky Mountain region – Broken Tee Golf Course.

Our golf complex offers:

- Championship 18-hole course with Dye design front 9
- Par 3 course with multiple tee boxes which provides a challenge for the serious golfer or simple fun for the entire family
- A large driving range and one of the best practice areas in Metro Denver Area
- FootGolf on the Par 3 course. Kick a soccer ball into a cup!

Broken Tee named Best Course for Families, Best Practice Facility, and Best Course for Seniors according to 2018 and 2019 *Colorado Avid Golfer* “Best of Colorado” magazine.

### Advance Tee Times

Call 303-762-2670 after 2:00 PM, or book your tee times online. Resident, 9 days and Non-Resident, 8 days in advance. Visit the website for current pricing of green fees, carts and driving range ball buckets.

### Start or Join a League today!

Friends, fun and golf at Broken Tee. Blocked off tee times every week. Women and men’s clubs. Choose 9 or 18 holes, weekday or weekend, morning or afternoon play. Options available!

### Save The Dates:

**Hole-n-One Junior Golf Program**  
June 8 – 12, 2020

3 hours to choose from: 8:30, 9:35 or 10:40 AM  
Ages 5 – 15 years

Learn and build on golf fundamentals in a positive environment with quality instruction.

### Celebrate Golf Day!

June 17, 2020

Everyone’s invited to come out and join in the “green” fun. More details to come. Visit [www.brokentee.com](http://www.brokentee.com).



# OUTDOOR / HIKING

### Mountain Hiking Adventures

Enjoy Colorado as she blooms into spring with one of our many levels of hiking adventures, which includes Easy Hikes (see below). For any hike, come prepared with a daypack, hiking boots, sack lunch, water (more if it’s hot), rain gear, hat, sun lotion, insect repellent, whistle, walking stick, warm clothing and money for an ice cream stop. Please pick hikes that are appropriate to your ability and fitness level. Locations are subject to change depending on weather or trail conditions.

Fee: \$21 Resident Discount: \$17

### Moderate Hikes

| Number   | Date | Day | Time              | Location           | Length     | Elev. Start | Elev. Gain | Difficulty | Near             |
|----------|------|-----|-------------------|--------------------|------------|-------------|------------|------------|------------------|
| 22160111 | 5/5  | Tu  | 8:00 AM – 5:00 PM | Coyote Ridge Trail | 3-7 mi     | 5,500'      | 500'       | E-M        | Ft. Collins      |
| 22160211 | 5/13 | W   | 8:00 AM – 5:00 PM | Red Rock Canyon    | 3+ mi      | 6,000'      | 375'       | E-M        | Colorado Springs |
| 22160311 | 5/19 | Tu  | 8:00 AM – 5:00 PM | Nighthawk Trail    | 7.2-9.2 mi | 5,480'      | 1,410'     | Mod        | Lyons            |
| 22160411 | 5/27 | W   | 8:00 AM – 5:00 PM | Kruger Rock        | 3.8 mi     | 8,430'      | 975'       | Mod        | Estes Park       |

### Easy Hikes

| Number   | Date | Day | Time              | Location           | Length | Elev. Start | Elev. Gain | Difficulty | Near             |
|----------|------|-----|-------------------|--------------------|--------|-------------|------------|------------|------------------|
| 22160511 | 5/5  | Tu  | 8:00 AM – 5:00 PM | Coyote Ridge Trail | 3-7 mi | 5,500'      | 500'       | E-M        | Ft. Collins      |
| 22160611 | 5/13 | W   | 8:00 AM – 5:00 PM | Red Rock Canyon    | 3+ mi  | 6,000'      | 375'       | E-M        | Colorado Springs |

City of Englewood is an equal opportunity service provider and employer. City of Englewood operates under special use permit from the USDA Forest Service, White River National Forest.

## ARBOR DAY TREE SALE

Purchase trees at a discount during our annual tree sale

Stop by Cushing Park on Saturday, April 18 between 8:00 AM – NOON (or until all trees are gone) to pick out a tree. Each tree is \$50 and can be purchased with cash or credit. Choose from a variety of unique tree types that thrive in our metro Denver climate.





# AQUATICS

### Hours

**M – Th:** 5:30 AM – 9:30 PM  
**F:** 5:30 AM – 7:30 PM  
**Sa/Su:** 8:00 AM – 4:30 PM

### Pool Safety Guidelines

Children under 8 years old must be directly supervised by an adult in the pool area. Adults must provide in-water supervision of children unable to pass the swim test.

**Supervise your children. No diving. No breath-holding games, please.**

### The Swim Test

Children under 8 years old must be able to swim 10 meters by themselves to go down the big slide or to be out of reach of an adult.

### Pool Features

- 8 lanes, 25 meters
- Body slide (must pass a swim test)
- 2 – 3 ft. shallow children’s area with easy access stairs
- Small slides
- Family changing rooms
- Dry sauna 180 – 200°
- ADA accessible
- Pool temp 86° year-round

### Rec Swim

Head on down for an afternoon of fun. Toss the ball, dive for rings, or take a ride down the slides. Rec Swim is not available Saturday mornings.

### Lap Swim

One to two lanes are available most days and times. Two swimmers, split the lane. Three or more, circle swim.



## ENGLEWOOD RECREATION CENTER POOL SCHEDULE

| CLASS                      | Sunday            | Monday                               | Tuesday                           | Wednesday                            | Thursday                          | Friday                               | Saturday          |
|----------------------------|-------------------|--------------------------------------|-----------------------------------|--------------------------------------|-----------------------------------|--------------------------------------|-------------------|
| Masters                    |                   |                                      | 5:30 – 7:00 AM                    |                                      | 5:30 – 7:00 AM                    |                                      |                   |
| Lap Swim (3 – 5 lanes)     | 8:00 AM – 1:00 PM | 5:30 – 9:00 AM<br>10:00 AM – 1:00 PM | NOON – 1:00 PM                    | 5:30 – 9:00 AM<br>10:00 AM – 1:00 PM | NOON – 1:00 PM                    | 5:30 – 8:00 AM<br>11:00 AM – 1:00 PM | NOON – 1:00 PM    |
| Modified Lap (2 – 3 lanes) | 1:00 – 4:30 PM    | 9:00 – 10:00 AM<br>1:00 – 9:30 PM    | 5:30 – 8:00 AM<br>1:00 – 9:30 PM  | 9:00 – 10:00 AM<br>1:00 – 9:30 PM    | 5:30 – 8:00 AM<br>1:00 – 9:30 PM  | 5:30 – 11:00 AM<br>1:00 – 7:30 PM    | 8:30 AM – 4:30 PM |
| Rec Swim                   | 1:00 – 4:30 PM    | 1:00 – 4:30 PM<br>7:30 – 9:30 PM     | 1:00 – 4:30 PM<br>7:30 – 9:30 PM  | 1:00 – 4:30 PM<br>7:30 – 9:30 PM     | 1:00 – 4:30 PM<br>7:30 – 9:30 PM  | 1:00 – 4:30 PM<br>6:30 – 7:30 PM     | 1:00 – 4:30 PM    |
| Water Fitness              |                   | 9:00 – 10:00 AM                      | 8:00 AM – NOON<br>5:30 – 6:30 PM  | 9:00 – 10:00 AM                      | 8:00 AM – NOON<br>5:30 – 6:30 PM  | 8:00 – 11:00 AM                      |                   |
| Swim Lessons               |                   | 5:00 – 7:15 PM                       | 9:00 – 11:00 AM<br>5:00 – 7:15 PM | 1:00 – 3:00 PM<br>5:00 – 7:15 PM     | 9:00 – 11:00 AM<br>5:00 – 7:15 PM |                                      | 8:30 AM – NOON    |
| Swim Team                  | 7:00 – 8:00 AM    | 4:00 – 8:00 PM                       | 4:00 – 8:00 PM                    | 4:00 – 8:00 PM                       | 4:00 – 8:00 PM                    |                                      | 7:00 – 8:30 AM    |
| Water Walking              | OPEN – CLOSE      | OPEN – CLOSE                         | OPEN – CLOSE                      | OPEN – CLOSE                         | OPEN – CLOSE                      | OPEN – CLOSE                         | OPEN – CLOSE      |
| Tot Area                   | OPEN – CLOSE      | OPEN – CLOSE                         | OPEN – CLOSE                      | OPEN – CLOSE                         | OPEN – CLOSE                      | OPEN – CLOSE                         | NOON – 4:30 PM    |

Very limited lap lanes during swim lessons. Slide available upon request M – F 1:00 – 4:30 PM and 7:30 – 9:30 PM.

# WATER FITNESS

### Aqua Power

Ages: 16 yrs +

Add water to your everyday routine and see the difference.

|             |    |                |           |          |
|-------------|----|----------------|-----------|----------|
| 3/5 – 3/26  | Th | 5:30 – 6:30 PM | \$23/\$19 | 21250211 |
| 4/2 – 4/23  | Th | 5:30 – 6:30 PM | \$23/\$19 | 21250221 |
| 4/30 – 5/21 | Th | 5:30 – 6:30 PM | \$23/\$19 | 21250231 |

### HIIT Aqua

Ages: 16 yrs +

High intensity followed by active recovery = all gain with no pain.

|             |    |                |           |          |
|-------------|----|----------------|-----------|----------|
| 3/3 – 3/24  | Tu | 5:30 – 6:30 PM | \$23/\$19 | 21250611 |
| 3/31 – 4/21 | Tu | 5:30 – 6:30 PM | \$23/\$19 | 21250621 |
| 4/28 – 5/19 | Tu | 5:30 – 6:30 PM | \$23/\$19 | 21250631 |

### Arthritis Aqua

Ages: 55 yrs +

Do you suffer from arthritis? One of the best ways to control pain, increase flexibility, and improve daily function is through aquatic exercise.

|            |        |                  |           |          |
|------------|--------|------------------|-----------|----------|
| 3/3 – 5/22 | Tu, Th | 11:00 AM – NOON  | \$53/\$42 | 21260211 |
|            | F      | 10:00 – 11:00 AM |           |          |

### Wellness Insurance Programs =

### Senior Water Fitness

Ages: 55 yrs +

Rediscover the fountain of youth where splashing and smiling isn’t just for kids.

|            |           |                 |           |          |
|------------|-----------|-----------------|-----------|----------|
| 3/2 – 5/22 | M, W, F   | 9:00 – 10:00 AM | \$53/\$42 | 21260112 |
| 3/3 – 5/22 | Tu, Th, F | 8:00 – 9:00 AM  | \$53/\$42 | 21260113 |
| 3/3 – 5/22 | Tu, Th, F | 9:00 – 10:00 AM | \$53/\$42 | 21260114 |

### Splash Aqua

Ages: 55 yrs +

Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength, and endurance conditioning.

|            |           |                  |           |          |
|------------|-----------|------------------|-----------|----------|
| 3/3 – 5/22 | Tu, Th, F | 10:00 – 11:00 AM | \$53/\$42 | 21260311 |
|------------|-----------|------------------|-----------|----------|



## IT’S ALWAYS THE PERFECT SEASON FOR A POOL PARTY!

# PARTY WITH US!

All parties include a host, paper products, lemonade, and your choice of cake and ice cream or pizza.



### Pool Parties

Ages 3 yrs +

Saturdays and Sundays

12:30 PM or 2:30 PM

- All parties begin in the party room for 1 hour with your host, and end with unlimited swimming until close.
- Parties for children under 8 years old require 3 – 5 adults actively supervising in the water with swimsuits on.

\$135: 1 – 15 guests • \$150: 16 – 20 guests

### Flip and Dip Parties

Ages 3 – 6 yrs

Sundays at 10:00 AM

- Kids will have a flipping good time that finishes with a splash! With this option, they’ll spend the first hour tumbling, spend one hour in the party room, and then head off to the pool for more fun.
- This party requires 3 adults actively supervising in the water with swimsuits on.

\$185: 1 – 10 guests

Book your party online at [englewoodrec.org](http://englewoodrec.org). Reservations require full payment at time of booking. Contact us at 303-762-2680 for a custom package quote.



# SWIMMING LESSONS

Englewood Recreation Center • 1155 W. Oxford Ave.

## Infant and Toddler

### Babes & Tots (6 mos – 3 yrs)

Introduction to the water with a focus on safety and primary water skills including submersion, bubbles, and water play in a fun, family environment.

### Jellyfish (2½ – 3½ yrs)

The next step for a toddler ready to explore the pool on their own, with an instructor. These little ones must be adventurous and ready to take instruction. These are graduates of the infant program and go under water willingly.

## Preschool

### Seahorse (3 – 5 yrs)

These little ones may be cautious, but are ready to start the basics. A gentle approach using songs and games is used to help them gain confidence and trust.

### Seal (3 – 5 yrs)

These little ones are happiest going under water and are just starting to float on their own.

### Otter (3 – 5 yrs)

These little ones can float for 10 seconds, roll over, and kick 10 meters to safety.

### Sea Lion (3 – 5 yrs)

These are our most experienced little swimmers, working on freestyle and backstroke drills, with the goal of being able to swim 15 meters with ease.

## School Age

### Stingray (6 – 14 yrs)

Swimmers with limited experience or basic skills should start here. Cautious and adventurous alike will find success in this class. Floating, kicking, and breathing will be mastered here.

### Dolphin (6 – 14 yrs)

Swimmers will be conditioned to float, kick, and breathe for longer distances while core swimming skills are introduced and mastered. Swimmers will master freestyle and backstroke drills for 15–25 meters.

### Swordfish (6 – 14 yrs)

Swimmers at this level are well conditioned and beginning to swim up to 25 meters of freestyle, backstroke, and elementary backstroke with ease. Dolphin kick and treading water will be introduced.

### Barracuda (6 – 14 yrs)

Swimmers are working toward 50 meters of freestyle and backstroke with efficiency and ease. Butterfly and breaststroke drills are introduced and refined. Open turns, treading water for time, and advanced safety skills are included.

### Shark (6 – 14 yrs)

Swimmers completing this class will have all the skills necessary to swim for fitness, join a swim team, or take lifeguard training.

## Aquatic Personal Training

Need to kick it up a notch, somewhere to start, or rehab an injury?

## Private Swim Lessons

If you need more flexibility or an individualized approach to your unique needs, sign up for private swim lessons. Please allow up to 2 weeks for placement with an available instructor.

Call 303-762-2680 or email [kwallace@englewoodco.gov](mailto:kwallace@englewoodco.gov) to schedule your lesson.

|           | Private Swim<br>1 Student | Semi-Private Swim<br>2 Students |
|-----------|---------------------------|---------------------------------|
|           | 30 Min                    | 30 Min                          |
| 1 lesson  | \$27                      | \$35                            |
| 4 lessons | \$92                      | \$112                           |

## Home School Lessons

Ages: 3 – 14 yrs

Join the fun in our home school lessons. Open swim is included for the swimmers and parents as part of our afternoon experience. Parents who actively supervise their non-swimmers under 8 years old, add to our layers of protection. Please email [kwallace@englewoodco.gov](mailto:kwallace@englewoodco.gov) for placement and exact class times.

|            |   |            |      |          |
|------------|---|------------|------|----------|
| 3/4 – 3/25 | W | 1 – 3:30pm | \$25 | 21230811 |
| 4/1 – 4/22 | W | 1 – 3:30pm | \$25 | 21230821 |
| 5/6 – 5/27 | W | 1 – 3:30pm | \$25 | 21230831 |

## Masters Swim Team

Ages: 15 yrs +

Coach led workouts to fit the goals of novice swimmers or long time devotees to the 5 AM workout. Must love flip flops and early mornings.

Instructor: David Lee, ASCA Certified

T/Th 5:30 – 7:00 AM

Daily: \$8/\$10 • 20 punches: \$150/\$120

## Infant Swimming Resource

Children from 6 months to 6 years of age learn how to use Infant Swimming Resource's Self-Rescue® skills to save themselves.

Mary Davison, RN • 303-988-1422 • [m.davison@infantswim.com](mailto:m.davison@infantswim.com)  
[mdavison.infantswim.com/instructor/](http://mdavison.infantswim.com/instructor/)

## Webelos/AOL Elective Adventure: Aquanaut

Contact us to administer the swimming requirements to complete this elective course towards your Webelos badge. A minimum of 5 participants is required and a certificate of completion will be provided. Call 303-762-2680 for more information.

## WEEKDAY SWIM LESSONS

4 weeks • 8 lessons

| Fee: \$45/\$36                  | Session:         | M/W        |             |             | T/Th       |             |             |
|---------------------------------|------------------|------------|-------------|-------------|------------|-------------|-------------|
|                                 |                  | 1          | 2           | 3           | 1          | 2           | 3           |
| Class                           | Time             | 3/2 – 3/25 | 3/30 – 4/22 | 4/27 – 5/20 | 3/3 – 3/26 | 3/31 – 4/23 | 4/28 – 5/21 |
| Babes & Tots<br>(6 mos – 3 yrs) | 9:05 – 9:35 AM   |            |             |             | 21210111   | 21210112    | 21210113    |
| Jellyfish<br>(2½ – 3½ yrs)      | 9:40 – 10:05 AM  |            |             |             | 21210211   | 21210212    | 21210213    |
|                                 | 5:00 – 5:25 PM   | 21210221   | 21210222    | 21210223    | 21210241   | 21210242    | 21210243    |
| Seahorse<br>(3 – 5 yrs)         | 10:10 – 10:40 AM |            |             |             | 21220111   | 21220112    | 21220113    |
|                                 | 5 – 5:25 PM      | 21220121   | 21220122    | 21220123    | 21220141   | 21220142    | 21220143    |
| Seal/Otter<br>(3 – 5 yrs)       | 10:45 – 11:15 AM |            |             |             | 21220211   | 21220212    | 21220213    |
| Seal<br>(3 – 5 yrs)             | 5:30 – 6:00 PM   | 21220221   | 21220222    | 21220223    | 21220241   | 21220242    | 21220243    |
|                                 | 5:30 – 6:00 PM   |            |             |             | 21220341   | 21220342    | 21220343    |
| Otter<br>(3 – 5 yrs)            | 6:05 – 6:35 PM   | 21220321   | 21220322    | 21220323    |            |             |             |
|                                 | 6:05 – 6:35 PM   |            |             |             |            |             |             |
| Sea Lion<br>(3 – 5 yrs)         | 6:05 – 6:35 PM   | 21220421   | 21220422    | 21220423    |            |             |             |
| Stingray<br>(6 – 14 yrs)        | 5:30 – 6:00 PM   | 21230111   | 21230112    | 21230113    |            |             |             |
|                                 | 6:05 – 6:35 PM   |            |             |             | 21230121   | 21230122    | 21230123    |
| Dolphin<br>(6 – 14 yrs)         | 6:05 – 6:35 PM   |            |             |             | 21230221   | 21230222    | 21230223    |
|                                 | 6:40 – 7:10 PM   | 21230211   | 21230212    | 21230213    |            |             |             |
| Swordfish<br>(6 – 14 yrs)       | 6:40 – 7:10 PM   | 21230311   | 21230312    | 21230313    | 21230321   | 21230322    | 21230323    |
| Barracuda/Shark<br>(6 – 14 yrs) | 6:40 – 7:10 PM   |            |             |             | 21230421   | 21230422    | 21230423    |

## SATURDAY MORNING SWIM LESSONS

4 weeks • 4 lessons

| Fee: \$24/\$20  | Session:         | 1          | 2          | 3          |
|-----------------|------------------|------------|------------|------------|
| Class           | Time             | 3/6 – 3/27 | 4/4 – 4/25 | 5/2 – 5/23 |
| Babes & Tots    | 10:00 – 10:30 AM | 21210131   | 21210133   | 21210135   |
|                 | 10:35 – 11:05 AM | 21210132   | 21210134   | 21210136   |
| Jellyfish       | 9:30 – 9:55 AM   | 21210231   | 21210232   | 21210233   |
| Seahorse        | 10:00 – 10:30 AM | 21220131   | 21220133   | 21220135   |
|                 | 10:35 – 11:05 AM | 21220132   | 21220134   | 21220136   |
| Seal            | 10:00 – 10:30 AM | 21220231   | 21220233   | 21220235   |
|                 | 10:35 – 11:05 AM | 21220232   | 21220234   | 21220236   |
| Otter           | 8:50 – 9:20 AM   | 21220331   | 21220332   | 21220333   |
| Sea Lion        | 11:10 – 11:50 AM | 21220431   | 21220432   | 21220433   |
| Stingray        | 9:15 – 9:55 AM   | 21230131   | 21230133   | 21230135   |
|                 | 11:10 – 11:50 AM | 21230132   | 21230134   | 21230136   |
| Dolphin         | 9:15 – 9:55 AM   | 21230231   | 21230233   | 21230235   |
|                 | 11:10 – 11:50 AM | 21230232   | 21230234   | 21230236   |
| Swordfish       | 8:30 – 9:10 AM   | 21230331   | 21230332   | 21230333   |
| Barracuda/Shark | 8:30 – 9:10 AM   | 21230431   | 21230432   | 21230433   |

## Lifeguard Training – FREE

Now hiring for summer positions at Pirates Cove and year round positions at the Englewood Recreation Center. First Aid, CPR, AED, blood-borne pathogens and oxygen administration are included. Prerequisites: 15 years old, Swim 200 meters free or breaststroke, complete online lifeguard class. Call 303-762-2680 for more information.





# PIRATES COVE

**Pirates Cove Family Aquatic Center • 1225 W Belleview • 303-762-COVE (2683) • www.piratescovecolorado.com**

### Operating Hours

|                    |                             |
|--------------------|-----------------------------|
| 10:00 AM – 6:00 PM | Daily 5/23 – 8/7            |
| 10:00 AM – 6:00 PM | Weekends only beginning 8/8 |
| 10:00 AM – 6:00 PM | Labor Day, 9/7              |

AVAST MATEY, Purchase your pass before May 1 and save 10%. Season and family pass holders are also eligible for a 10% discount on classes at Pirates Cove and our birthday party packages. Passes will be available to purchase at the Englewood Recreation Center.

### 2020 Daily Admission Rates

|                   | Child/Sr (2 - 17 / 55+ yrs) |      | Adult (18 - 54 yrs) |      |
|-------------------|-----------------------------|------|---------------------|------|
|                   | Non-Res                     | Res  | Non-Res             | Res  |
| Daily             | \$14                        | \$9  | \$15                | \$10 |
| Weekends/Holidays | \$16                        | \$10 | \$17                | \$11 |

| SEASON PASS  | Fee   | Res Fee |
|--|-------|---------|
| Child/Senior   | \$115 | \$78    |
| Adult  | \$128 | \$86    |
| FAMILY SEASON PASS   | Fee   | Res Fee |
| Up to 4 in same household<br><i>Each additional person in same household is \$35</i> | \$292 | \$195   |

Resident ID Cards must be presented to receive discounts. Some restrictions apply on family passes.

### E-Club

Visit [piratescovecolorado.com](http://piratescovecolorado.com) and join our e-club monthly newsletter program offering specials for e-club subscribers.

### Parties at Pirates Cove

Book your birthday or sports party at Pirates Cove now! Choose from:



**CAPTAIN COOK PARTY**  
for 1 – 15 guests



**BILLY BONES PARTY**  
for 16 – 25 guests.

Admission, cake, ice cream, soda, paper goods, pirate goodie bags and our party patio for two hours are all included. Visit [piratescovecolorado.com](http://piratescovecolorado.com) to book online.

### Teen Buccaneers

Enjoy Pirates Cove by becoming a Jr. Lifeguard. Jr. Lifeguards assist patrons and lifeguards throughout the facility. This volunteer program is designed for youth 13-14 yrs old who aspire to become a lifeguard when they reach the age of 15. For more information contact Brittany at 303-783-6974.

### On-Line Tickets

Purchase your tickets at [piratescovecolorado.com](http://piratescovecolorado.com) to avoid ticket lines.

### Cove Cabana Rentals

Rent your own cabana for up to eight people with shade and seats. Cabanas include two lounge chairs, four chairs and a small table. Price does not include admission into the park. Visit our web site for additional information and to book your cabana.

### May is Swim Safety

May is national Swim Safety Month. Look for swim safety tips at our facilities throughout the summer. Aquatics staff would be happy to discuss the various tips on staying safe around the water any time.

### UPCOMING SUMMER EVENTS

#### World's Largest Swim Lesson: Thursday, 6/18

Drowning remains the second leading cause of unintended injury related death of children 1 – 14. Pirates Cove is proud to be one of hundreds of facilities around the globe promoting "Learn to Swim". Come to Pirates Cove on 6/18 for a free half-hour swim lesson.

#### Christmas in July: 7/25

Celebrate Christmas, Pirates style! Pirates Cove will be decked out in Christmas style and yes, you can expect a special visit from Santa.

#### Adult Nights: 6/17, 7/15, and 8/5

This night is reserved for those 18 yrs. and older. Enjoy Pirates Cove without the little buccaneers. Concessions will be open so bring your appetite.

#### Food Drive: 7/5 – 7/11

Bring a non-perishable food item and receive a free 22-oz. soda. Donated items will be given to Integrated Family Community Services.



# SUMMER CAMPS

### General Information

- KidConnections Day Camp sessions are held May 26 – August 7, 2020, M–F, 7:00 AM – 6:00 PM.
- KidConnections Day Camps are fully licensed day cares by the State of Colorado, Department of Human Services for children 5 years old (**and have completed Kindergarten**) through 14 years old.
- Camp is held at Colorado's Finest High School of Choice, 300 W. Chenango Ave.
- Participants must bring their own lunch, snacks, and water bottle every day.

### Benefits of KidConnections Camp

- A FUN, SAFE environment for your child
- Opportunities for growth – both socially and emotionally
- Create connections with new friends and a loving and caring staff
- Knock out summer boredom
- Social interaction
- A healthy, active summer
- New experiences

### What Makes Us Unique

- A well-trained, experienced staff who are caring, fun, energetic, and organized
- A safe and welcoming environment
- Swimming at least once per week (either at Pirates Cove or ERC pool)
- At least one "big" field trip per week included in tuition
- Local field trips (price included in daily fee) to parks, hiking, and Belleview Farm and Train
- Weekly themes and projects
- Arts and crafts projects
- Games and sports

Look for informational flyer due out in February!

### Registration and Fees

**Annual Registration Fee:** \$10 per child due at registration (includes camp t-shirt). Registration will be completed online at [englewoodrec.org/summercamp](http://englewoodrec.org/summercamp).

**MARCH 18:** Priority registration will begin for families who participated in our 2019 Summer Camp Program.

**APRIL 1:** New family registration will begin.

|           | Non-Resident |       | Resident |       |
|-----------|--------------|-------|----------|-------|
|           | Weekly       | Daily | Weekly   | Daily |
| 1st Child | \$210        | \$55  | \$170    | \$45  |
| 2nd Child | \$185        | \$50  | \$150    | \$40  |

10% Sibling discount for families with 2 or more children enrolled, discount applied to oldest child.

To ensure resident rate Englewood residents must have a current resident ID card (\$3, purchased at the ERC). To receive resident coupon you must contact the Program Administrator to confirm household status. You must complete all required paperwork prior to your child attending camp. Payment plans available.

The program does not have an hourly rate and unscheduled drop-in care is not permitted. Reservations for additional days need to be made 48 hours in advance to insure proper staffing. Drop-ins must be approved prior to day of attendance. No credits or refunds will be given for missed days of camp.

This program is on a first come first served basis and enrollment is subject to availability.

Contact Sara Stant at [ssant@englewoodco.gov](mailto:ssant@englewoodco.gov) or 303-762-2694.

## ENGLEWOOD FARM AND TRAIN AT BELLEVIEW PARK



5001 S. Inca Dr. • 303-798-6927

\$2.50 per person (under 24-months-old free)  
Opens Saturday, 5/23 through Monday, 9/7  
NEW HOURS: Sunday – Saturday, 9:30 AM – 3:30 PM  
Follow us on Facebook for scheduled story times at the Farm  
Buckaroo discount pass coming soon!

Come meet our farm animals! Our farm hosts: rabbits, pigs, goats, chickens and more. All of our barn animals are loaned to us from area farms and then returned to their owners at the end of summer. Children must be accompanied by an adult at all times.

**All Aboard! Come ride our train and enjoy the scenic views of Belleview Park!**





# CULTURAL PROGRAMS

## Social Ballroom

**Ages: 55 yrs +**  
 Incorporate how to move around the dance floor, proper placement of hands and arms and specific footwork. You will practice with Latin and American dance styles. A new dance is taught each month. March – Hustle, April – East Coast Swing, May – Cha-Cha.  
*Location: MRC* *Instructor: Lila Horton*  
 3/2 – 5/18 M 3:00 – 4:30 PM \$58/\$46 21860111



## Ultra Beginner Line Dance

**Ages: 55 yrs +**  
 This class is a good place to start for those interested in learning how to line dance and enjoy moving to a variety of music.  
*Location: MRC* *Instructor: Judy Curtis*  
 3/2 – 3/30 M 5:30 – 6:30 PM \$18/\$15 21860311  
 4/6 – 4/27 M 5:30 – 6:30 PM \$15/\$11 21860312  
 5/4 – 5/18 M 5:30 – 6:30 PM \$11/\$8 21860313  
 5/6 – 5/20 W 8:15 – 9:00 AM \$11/\$8 21860314  
 4/1 – 4/29 W 8:15 – 9:00 AM \$13/\$10 21860315  
 5/6 – 5/20 W 8:15 – 9:00 AM \$8/\$6 21860316



## Beginning Line Dance

**Ages: 55 yrs +**  
 Step up the pace. Learn more difficult steps to new choreography and continue learning.  
*Location: MRC* *Instructor: Judy Curtis*  
 3/4 – 3/25 W 9:00 – 10:00 AM \$15/\$11 21860411  
 4/1 – 4/29 W 9:00 – 10:00 AM \$18/\$15 21860412  
 5/6 – 5/20 W 9:00 – 10:00 AM \$11/\$8 21860413



## Advanced Line Dance

**Ages: 55 yrs +**  
 This dance level will build on your endurance and memory by using steps already learned in different combinations to faster music thus increasing your cardio and calorie output. We'll exercise your body, mind, improve your mood, and have a blast!  
*Location: MRC* *Instructor: Judy Curtis*  
 3/4 – 3/25 W 10:15 – 11:15 AM \$15/\$11 21860611  
 4/1 – 4/29 W 10:15 – 11:15 AM \$18/\$15 21860612  
 5/6 – 5/20 W 10:15 – 11:15 AM \$11/\$8 21860613



## Beginning Piano Lessons

Whether you are just beginning your piano journey and/or have been playing for a while, this class is for you. Class time is tailored to meet personal needs and learning styles; teaching piano by ear and/or reading music. Students can choose supplemental pieces throughout the course; however, book and music selections will be determined on an individual basis.  
*Location: MRC* *Instructor: Gail Hamilton*  
 3/6 – 3/27 F 10:00 – 11:00 AM \$61/\$48 21861511  
 4/3 – 4/24 F 10:00 – 11:00 AM \$61/\$48 21861512  
 5/1 – 5/22 F 10:00 – 11:00 AM \$61/\$48 21861513

Wellness Insurance Programs =



# ARTS & CRAFTS

## Chocolate and Canvas

**Ages: 10 yrs +**  
 Participants follow along step-by-step to complete their own beautiful painting. We provide the supplies and walk you through each part of the painting process. Materials Fee: \$20 per class, payable to instructor.  
*Location: MRC* *Instructor: Lannie Pihajlic*  
 3/18 W 6:00 – 8:00 PM \$13/\$10 21750611  
 5/20 W 6:00 – 8:00 PM \$13/\$10 21750612

## Encaustics Art

**Ages: 16 yrs +**  
 Learn to make your own greeting cards using an ancient Egyptian art form that involves heating colored wax with a small iron and applying it to a heavy glossy paper. You'll leave the class with 5 cards and an 8x10" picture. Material fee: \$25, payable to the instructor.  
*Location: MRC* *Instructor: Camille Scott*  
 3/25 W 9:30 – 12:30 PM \$15/\$12 21760211  
 4/18 Sa 9:30 – 12:30 PM \$15/\$12 21760212

## Creative Pottery

**Ages: 55 yrs +**  
 Use different methods of hand building and/or sculpting to create 3 pieces of art. Clay and glazes included. Open to all skill levels. Supply fee \$15 per 12 lbs. of clay used payable to instructor.  
*Location: MRC* *Instructor: Michael McGrath*  
 3/3 – 4/7 Tu 1:00 – 3:00 PM \$60/\$55 21760411  
 4/14 – 5/19 Tu 1:00 – 3:00 PM \$60/\$55 21760412



## Crochet Class

**Ages: 16 yrs +**  
 If you've never held a hook before or don't know a slip knot from a single crochet, use this class to pick up basic techniques and tips. By the end of the class you will be ready to crochet in rows, which is all you need to make a scarf or even a simple blanket. Bring a J-hook and yarn to class.  
*Location: MRC* *Instructor: Julie McCready*  
 3/14 – 3/28 Sa 9:30 – 11:30 AM \$41/\$33 21751011  
 4/11 – 4/25 Sa 9:30 – 11:30 AM \$41/\$33 21751012  
 5/9 – 5/30 Sa 9:30 – 11:30 AM \$41/\$33 21751013

## Drawing & Painting Class

**Ages: 55 yrs +**  
 Whether you like to paint, smatter, draw, or sketch, this class will bring out creativeness. Pick your favorite mediums such as watercolors, acrylics or pencils – and enrich your skills in this class. All levels of experience welcome. Bring any works in progress or start something new.  
*Location: MRC* *Instructor: Eileen Hoffman*  
 3/5 – 4/9 Th 9:30 – 11:30 AM \$55/\$44 21761011  
 3/5 – 4/9 Th 1:00 – 3:00 PM \$55/\$44 21760511  
 4/16 – 5/21 Th 9:30 – 11:30 AM \$55/\$44 21761012  
 4/16 – 5/21 Th 1:00 – 3:00 PM \$55/\$44 21760512

## Candle Making

**Ages: 10 yrs +**  
 Participants follow along step-by-step to complete their own beautiful painting. We provide the supplies and walk you through each part of the painting process. Materials Fee: \$20 per class, payable to instructor.  
*Location: MRC* *Instructor: Tirzah Washington*  
 3/11 W 4:00 – 6:00 PM \$13/\$10 21760811  
 4/8 W 4:00 – 6:00 PM \$13/\$10 21760812  
 5/13 W 4:00 – 6:00 PM \$13/\$10 21760813

MRC = Malley Recreation Center



# ENRICHMENT & EDUCATION

## The Will Maker – Legal Seminar

In a single sitting, you'll complete a simple will. You will also complete a living will, medical power of attorney, financial power of attorney with the help of a licensed attorney. Fee includes all material, witnessing, notarizing, individual review and time for questions. Bring your ID and a snack. Cost \$100/payable to Rebecca Bennetti payable at the workshop.

Location: MRC Instructor: Rebecca Bennetti  
 4/23 Th 1:00 – 4:30 PM \$15/\$12 21460311  
 5/26 Tu 1:00 – 4:30 PM \$15/\$12 21460411

## Wills, Trusts & Power of Attorney

Planning for disability and death can give you peace of mind, reduce burdens for your loved ones, and help you leave a legacy instead of a mess. Learn about some of the tools available, including powers of attorney, advance medical directives, wills and trusts. We'll touch on the probate process and long-term care.

Location: MRC Instructor: Ryan Scott  
 3/10 Tu 10:00 – 11:30 AM \$7/\$5 21460611

## The Probate Process

What do you do when someone passes away? Do you need to open probate? If you are the personal representative or executor of the estate, what will be expected of you? What should you know if you are a beneficiary? We will answer these questions and talk about some of the tools available to you to avoid probate of your estate.

Location: MRC Instructor: Ryan Scott  
 4/14 Tu 1:30 – 3:00 PM \$7/\$5 21460711

## Long-Term Care Costs

How are you going to pay for long-term care? Given the rising costs of long-term care, what can you do to preserve your estate and protect your assets? Learn about care options and common ways to pay for care. We'll discuss the types of long-term care Insurance available, key elements to consider in evaluating policies and talk about how and when Medicaid can be part of your planning.

Location: MRC Instructor: Ryan Scott  
 5/13 W 1:30 – 3:00 PM \$7/\$5 21460811

## Dementia

A word so common yet often misunderstood, a diagnosis that can be frightening. What is it and where can we turn for help? Learn about dementia from expert Mary Archer and see that there can be a shining light.

Location: MRC Instructor: Mary Archer  
 3/18 W 10:00 – 11:00 AM \$7/\$5 21460911

## Continuing Bridge Lessons

Ages: 55 yrs +

Take your Bridge-playing to the next level. This class is for those who have been learning the game for a while and want a new challenge. Class includes instruction on play and defense, bidding skills, some lecture and supervised playing.

Location: MRC Instructor: James Buck  
 3/4 – 4/8 W 10:00 AM – NOON \$57/\$46 21465011  
 4/15 – 5/20 W 10:00 AM – NOON \$57/\$46 21465012

## Español for Beginners

Que paso! In this introductory Spanish class you will learn phrases and vocabulary. Practice pronunciation and have simple conversations with your classmates. Printed learning materials are provided.

Location: MRC Instructor: Rissa Dickey  
 3/3 – 4/7 Tu 9:00 – 10:00 AM \$41/\$33 21465411  
 4/14 – 5/19 Tu 9:00 – 10:00 AM \$41/\$33 21465412

## Spanish, The Next Level

Ages: 55 yrs +

This class includes expanding your vocabulary with dialogue or conversation. We will review and work on the most commonly-used verbs. Fun, interactive and simple. Printed learning materials are provided.

Location: MRC Instructor: Rissa Dickey  
 3/3 – 4/7 Tu 10:00 – 11:00 AM \$41/\$33 21465511  
 4/14 – 5/19 Tu 10:00 – 11:00 AM \$41/\$33 21465512

## Spanish III

Ages: 55 yrs +

¡Bienvenidos! Continue to sharpen your Spanish-speaking skills. This class builds further on what you have learned. You will focus on more complex forms of conversations, using proper grammar, pronunciation, and a variety of new vocabulary. A background in Spanish is recommended.

Location: MRC Instructor: Jean Kunkel  
 3/2 – 5/18 M 8:30 – 10:30 AM \$68/\$56 21465611

## AARP Driving Class

Ages: 55 yrs +

AARP Driving Safety Program

This course is designed for motorists age 50 and older. The course helps refine existing skills and develops safe, defensive driving techniques. Upon successful class completion, you may be eligible for a discount on your auto insurance. Material fee: \$15 AARP members/\$20 nonmember payable to instructor, cash or check only.

Location: MRC  
 3/12 Th 12:30 – 4:30 PM FREE 21467511  
 5/14 Th 12:30 – 4:30 PM FREE 21467512

MRC = Malley Recreation Center

## FREE PROGRAMS!

Registration is required.

### Medicare 101

Making a decision can be hard! Attend this presentation and learn all your plan options and review the A, B, C and D's of Medicare. Allen will share important dates to remember and how to save money on prescriptions.

Location: MRC Instructor: Allen McGirl  
 3/5 Th 1:30 – 3:30 PM FREE 21460011  
 4/9 Th 1:30 – 3:30 PM FREE 21460111  
 5/14 Th 6:00 – 8:00 PM FREE 21460211

### Living in Place from Retirement to End-Of-Life

Many people do not want to leave their home to live in a care community or with a relative. However, saying I'm never leaving my home and doing it are two very different things. Experts in Home Care, Home Modification, Reverse Mortgages and Palliative Care/Hospice will be talking about how they work together to help you achieve your goal of Living In Place as you age.

Location: MRC Instructor: GoldLeaf HomeHealth, Accessible Systems, Orion Mortgage & Denver Hospice  
 3/9 M 10:00 – 11:00 AM FREE 21460511

### Healthier & Active Together

This program provides health information about the benefits of getting active for people of all ages. The session will be informative and fun! While we share helpful information about getting active, we'll engage in some activities too. Including a game most folks are familiar with, yes that's BINGO! Prizes and refreshments will be provided.

Location: MRC Instructor: Jesse Lopez, Cigna's Community Outreach Specialist  
 3/12 Th 1:30 – 3:00 PM FREE 21461611

### Liquidating the Extra Stuff

Liquidating personal household items and collectibles can be difficult. How do you know the value of china and crystal? When and how are estate sales conducted? If you are wondering what to let go of and when, or if you should plan to downsize and simplify, then get answers here with this panel of industry experts.

Location: MRC Instructor: Kim Evans and RoadMap For Aging  
 3/24 Tu 10:30 AM – NOON FREE 21461011

### Active Minds

Participate in this mind-stimulating program that delves into a current topic of interest in the world. Deepen your understanding and engage in thoughtful discussion of how the events have changed the world. You are guaranteed to leave with eye-opening insights and understanding! Active Minds is a Denver-based organization that provides instructor-lead educational seminars for seniors. Monthly topics are announced at the beginning of each month and determined upon what is happening in the world.

Location: MRC Instructor: Active Minds Instructor  
 3/27 F 10:00 – 11:00 AM FREE 21467411  
 4/24 F 10:00 – 11:00 AM FREE 21467412  
 5/22 F 10:00 – 11:00 AM FREE 21467413

### Reverse Mortgage Myths: Real Stories Behind the Loans

Your friend has said her Reverse Mortgage is the best thing she ever did but your cousin says he would never consider one. What are these loans all about? Could this be a financial tool you could use? Get expert answers to your questions and get a solid understanding of how these loans can be structured to fit unique situations.

Location: MRC Instructor: Don Opeka, Orion Mortgage, Inc.  
 4/13 M 10:00 – 11:00 AM FREE 21461411

### What is a RoadMap Binder?

This seminar is the introduction to a 3-part hands-on workshop outlining the WHAT, WHY, WHEN, HOW, WHERE and WHO for your RoadMap Binder. Such as what needs to be in it, why every family needs one – young and old, when do you need to do it (hint – NOW!), how to create your file, where to keep it and more. This will also prepare you for the upcoming series workshops!

Location: MRC Instructor: Kim Evans and RoadMap For Aging  
 4/21 Tu 10:30 AM – NOON FREE 21461111

### Preparing Your RoadMap Binder Workshop

Three hands-on workshops to put together the information you and your family will need in the event there is a medical emergency or death. Enabling your family to have the information they need to ensure YOUR wishes are known and followed. Receive the "RoadMap Binder Kit" and our professionals will walk you through putting your personal items together in an organized system. This includes legal, financial, medical, funeral planning, resources, examples and more! We will answer questions, and provide resources and hands-on guidance during the 3 sessions. Space is limited. Please attend all 3 dates. Supply fee, \$25/payable to instructor.

Location: MRC Instructor: Kim Evans and RoadMap For Aging  
 4/28 – 5/12 Tu 1:00 – 4:00 pm free 21461211

### What Your Heirs Should Know If You Have a Reverse Mortgage

For many borrowers with a Reverse Mortgage, the reality is that they might not be the one closing out the loan. That responsibility may fall to an heir or executor. Learn how to prepare yourself and your loved ones for the what needs to be done when the last borrower leaves the home. This is a follow-up to the seminar on 4/13.

Location: MRC Instructor: Don Opeka, Orion Mortgage, Inc.  
 5/11 M 10:00 – 11:00 AM FREE 21461511

### How to Help the Caregiver

At some point in our lives most of us will experience or know someone who is a caregiver for an aging loved one. How can we support the them? What resources are available? What is important to remember if we become a caregiver? A panel of experts will discuss these and other important considerations related to caregiving.

Location: MRC Instructor: Kim Evans and RoadMap for Aging  
 5/19 Tu 10:30 AM – NOON FREE 21461311



# ACTIVE KIDS

## Toddler and Me Dance

Ages: 2 – 3 yrs

Music, movement, balance and the basic dance steps are introduced in a fun, friendly and positive manner. This class includes mom, dad or another loved one who participates with the little dancer. Our teachers will keep the music and curriculum moving while parents take an active role in encouraging, supporting and keeping the little dancer on track.

## PeeWee Dance

Ages: 2½ – 3 yrs

Peewee dance classes are focused on dance techniques, safety, fun, movement, coordination and self-esteem. Dancers develop the basics of tap, jazz and ballet steps while working on following directions and working well with others. Students work on dance fundamentals and technique, building up to the spring and winter seasons, which include recitals. Parents of children who may require help changing their shoes are asked to remain outside of the classroom to assist with a mid-class shoe change. Recital season classes require a costume rental fee, which is usually \$15 for three costumes. This fee is in addition to the class participation fee.

## Youth Dance

Ages: 6 – 8 yrs

Youth dance classes are designed to help your child become a well-rounded dancer in different styles of dance including tap, jazz, hip-hop and ballet in a fun and energetic class! Classes focus on dance fundamentals and technique. Recitals during spring and winter season require a costume rental fee, which is usually \$15 for two costumes. This fee is in addition to the class participation fee.



## Toddler and Me Tumbling

Ages: 12 – 18 mos

Does your tot need a place to explore, play, and let out some energy in a fun and safe environment? Register for this class that teaches you and your child simple tumbling skills while meeting new friends.

## Tumbling Tykes

Ages: 3 – 5 yrs

Join this interactive class and young tumblers will enhance their balance, strength and learn beginning tumbling skills. While this class is designed for children to take independently, parents are asked to remain in the building.

## Gymnast Jubilee

Ages: 6 – 8 yrs

Kids will learn rolls, cartwheels, balance, all while having a blast and meeting new friends. While this class is designed for children to take independently, parents are asked to remain in the building.



## PIRATE YOUTH SPORTS

Building community, tradition and excellence! Our vision is to develop the community of Englewood and its youth through high-quality youth sports programs.

**BASEBALL • BASKETBALL • CHEERLEADING  
FOOTBALL • FLAG FOOTBALL • LACROSSE  
SOFTBALL • VOLLEYBALL • WRESTLING • SOCCER**

Join our email list and register for all youth sports programs at [pirateyouthsports.com](http://pirateyouthsports.com). Contact us at [president@pirateyouthsports.com](mailto:president@pirateyouthsports.com) or 303-907-3667.

## ACTIVE KIDS

| Class                   | Activity #     | Ages        | Dates       | Days       | Time                | Location        | Fee  | Res Fee |
|-------------------------|----------------|-------------|-------------|------------|---------------------|-----------------|------|---------|
| Toddler and Me Dance    | 21820011       | 2 – 3 yrs   | 3/7 – 4/11* | Sa         | 9:00 – 9:30 AM      | ERC             | \$19 | \$15    |
|                         | 21820012       | 2 – 3 yrs   | 4/18 – 5/16 | Sa         | 9:00 – 9:30 AM      | ERC             | \$19 | \$15    |
| PeeWee Dance            | 21820111       | 2½ – 3 yrs  | 3/4 – 5/13* | W          | 4:00 – 4:30 PM      | ERC             | \$30 | \$24    |
|                         | 21820112       | 2½ – 3 yrs  | 3/7 – 5/16* | Sa         | 11:15 – 11:45 AM    | ERC             | \$31 | \$25    |
|                         | 21820121       | 3 – 5 yrs   | 3/4 – 5/13* | W          | 4:30 – 5:15 PM      | ERC             | \$42 | \$34    |
|                         | 21820122       | 3 – 5 yrs   | 3/7 – 5/16* | Sa         | 9:30 – 10:15 AM     | ERC             | \$42 | \$34    |
|                         | 21820123       | 3 – 5 yrs   | 3/7 – 5/16* | Sa         | 10:15 – 11:00 AM    | ERC             | \$42 | \$34    |
| Youth Dance             | 21820211       | 6 – 8 yrs   | 3/4 – 5/13* | W          | 5:15 – 6:15 PM      | ERC             | \$54 | \$43    |
|                         | 21820212       | 6 – 8 yrs   | 3/7 – 5/16* | Sa         | 11:45 AM – 12:45 PM | ERC             | \$54 | \$43    |
|                         | 21820221       | 9+ yrs      | 3/4 – 5/13* | W          | 6:15 – 7:15 PM      | ERC             | \$54 | \$43    |
|                         | 21820222       | 9+ yrs      | 3/7 – 5/16* | Sa         | 12:45 – 1:45 PM     | ERC             | \$54 | \$43    |
| Toddler and Me Tumbling | 22310111       | 12 – 18 mos | 3/2 – 3/30* | M          | 9:00 – 9:30 AM      | ERC             | \$23 | \$18    |
|                         | 22310112       | 12 – 18 mos | 4/6 – 4/27  | M          | 9:00 – 9:30 AM      | ERC             | \$23 | \$18    |
|                         | 22310113       | 12 – 18 mos | 5/4 – 5/18  | M          | 9:00 – 9:30 AM      | ERC             | \$18 | \$14    |
|                         | 22310121       | 12 – 18 mos | 3/2 – 3/30* | M          | 9:30 – 10:00 AM     | ERC             | \$23 | \$18    |
|                         | 22310122       | 12 – 18 mos | 4/6 – 4/27  | M          | 9:30 – 10:00 AM     | ERC             | \$23 | \$18    |
|                         | 22310123       | 12 – 18 mos | 5/4 – 5/18  | M          | 9:30 – 10:00 AM     | ERC             | \$18 | \$14    |
|                         | 22310131       | 12 – 18 mos | 3/7 – 3/21  | Sa         | 8:30 – 9:00 AM      | ERC             | \$18 | \$14    |
|                         | 22310132       | 12 – 18 mos | 4/4 – 4/25  | Sa         | 8:30 – 9:00 AM      | ERC             | \$23 | \$18    |
|                         | 22310133       | 12 – 18 mos | 5/2 – 5/16  | Sa         | 8:30 – 9:00 AM      | ERC             | \$18 | \$14    |
|                         | 22310141       | 12 – 18 mos | 3/7 – 3/21  | Sa         | 9:00 – 9:30 AM      | ERC             | \$18 | \$14    |
|                         | 22310142       | 12 – 18 mos | 4/4 – 4/25  | Sa         | 9:00 – 9:30 AM      | ERC             | \$23 | \$18    |
|                         | 22310143       | 12 – 18 mos | 5/2 – 5/16  | Sa         | 9:00 – 9:30 AM      | ERC             | \$18 | \$14    |
|                         | Tumbling Tykes | 22320211    | 3 – 5 yrs   | 3/7 – 3/21 | Sa                  | 9:30 – 10:15 AM | ERC  | \$23    |
| 22320212                |                | 3 – 5 yrs   | 4/4 – 4/25  | Sa         | 9:30 – 10:15 AM     | ERC             | \$29 | \$24    |
| 22320213                |                | 3 – 5 yrs   | 5/2 – 5/16  | Sa         | 9:30 – 10:15 AM     | ERC             | \$23 | \$18    |
| Gymnast Jubilee         | 22320311       | 6 – 8 yrs   | 3/7 – 3/21  | Sa         | 10:15 – 11:00 AM    | ERC             | \$23 | \$18    |
|                         | 22320312       | 6 – 8 yrs   | 4/4 – 4/25  | Sa         | 10:15 – 11:00 AM    | ERC             | \$29 | \$24    |
|                         | 22320313       | 6 – 8 yrs   | 5/2 – 5/16  | Sa         | 10:15 – 11:00 AM    | ERC             | \$23 | \$18    |
|                         | 22320321       | 6 – 8 yrs   | 3/7 – 3/21  | Sa         | 11:00 – 11:45 AM    | ERC             | \$23 | \$18    |
|                         | 22320322       | 6 – 8 yrs   | 4/4 – 4/25  | Sa         | 11:00 – 11:15 AM    | ERC             | \$29 | \$24    |
|                         | 22320323       | 6 – 8 yrs   | 5/2 – 5/16  | Sa         | 11:00 – 11:45 AM    | ERC             | \$23 | \$18    |

\*No class 3/23, 3/25, 3/28



## MOUNTAIN ACADEMY MARTIAL ARTS

TAEKWONDO CLASSES

Dynamic with Active Movement

Ages 6 & up

**Sign Up Special! 6 week classes: \$60**

Class Times — M: 5:30 – 6:30 PM, Th: 5:30 – 6:30 PM, Sa: 10:30 – 11:30 AM

**Call 720-648-6262 to get started NOW!!!**



# ADULT & YOUTH ATHLETICS

The City of Englewood offers Men's and Women's Adult Athletic Leagues.  
Adult league schedules, standings and registration: [www.teamsideline.com/englewoodrec](http://www.teamsideline.com/englewoodrec)

## ADULT ATHLETICS

| Sport      | Season | Registration      | Leagues Begin | Fees       | Format                                | Offerings                                     |
|------------|--------|-------------------|---------------|------------|---------------------------------------|---|
| Volleyball | Winter | 10/31/19 - 1/3/20 | 1/13          | \$325/team | 10 games + Single Elimination Playoff | Tuesday Coed, Wed Women's, Thurs Men's        |
|            | Fall   | 7/13 - 8/28       | 9/14          |            |                                       |   |
| Basketball | Winter | 11/4/19 - 1/3/20  | 1/12          | \$460/team | 8 Games + Single Elimination Playoff  | Sun Men's Comp, Sun Men's Rec, Mon Men's Open |
|            | Spring | 2/3 - 3/20        | 3/29          |            |                                       |   |
|            | Summer | 5/4 - 7/3         | 7/12          |            |                                       |   |
|            | Fall   | 8/3 - 9/25        | 10/4          |            |                                       |   |
| Softball   | Summer | 3/16 - 5/1        | 5/14          | \$610/team | 10 games + Single Elimination Playoff | Thursday Men's Competitive and Recreational   |
|            | Fall   | 6/29 - 7/31       | 8/13          | \$510/team |                                       |   |
| Fast Pitch | Summer | 3/16 - 5/1        | 5/19          | \$660/team | 8 Games + Single Elimination Playoff  | Thurs Men's                                   |

Don't have a team? Go to [www.teamsideline.com/englewoodrec](http://www.teamsideline.com/englewoodrec) to be added to the Free Agent List. If you have any questions regarding team registration, please call Sara Stant at 303-762-2694 or email [sstant@englewoodco.gov](mailto:sstant@englewoodco.gov).

\* Englewood Resident Discount offered. Contact program supervisor for more information.

### NEW Pickleball Beginners Camp

Ages: 40 yrs +

A 6-week, progressive course designed to teach the new pickleball player the rules, strategies and shots. We break down each step and create a solid foundation for understanding the game. This class is a great way to learn how to play one of the most popular sports! No previous experience is needed.

Location: ERC  
3/16 - 4/20 M 2:30 - 4:00 PM Instructor: Kate Shapland \$52/\$42 22358011

### NEW Pickleball Intermediate Clinic

Ages: 40 yrs +

Join us for a one day, intermediate clinic. For the seasoned player who is looking to improve their game with new strategies or better shot selections. This is a great clinic if you are thinking of tournament play. Take your game from 2.5 to the next level!

Location: ERC Instructor: Kate Shapland  
3/9 M 2:00 - 4:00 PM \$12/\$10 22358111

## YOUTH ATHLETICS

### Peewee Athletics Classes

In these four-week-long sessions, you and your child will learn basic skills of the sport along with teamwork and sportsmanship. Parents can play an active role in the class. Wear comfortable clothes, closed-toed shoes, sunscreen and bring water. Be ready for a lot of fun!

| Class                  | Activity # | Ages      | Dates      | Days | Time             | Location | Fee  | Res Fee |
|------------------------|------------|-----------|------------|------|------------------|----------|------|---------|
| Little Kicker Soccer   | 22331011   | 3 - 5 yrs | 3/7 - 3/28 | Sa   | 9:15 - 10:00 AM  | JASON    | \$58 | \$46    |
| Youth Sport Sampler*   | 22331211   | 3 - 5 yrs | 3/7 - 3/28 | Sa   | 10:15 - 11:00 AM | JASON    | \$58 | \$46    |
| Little Kickers Soccer  | 22331012   | 3 - 5 yrs | 4/4 - 4/25 | Sa   | 9:15 - 10:00 AM  | JASON    | \$58 | \$46    |
| Little Sluggers T-Ball | 22331111   | 3 - 5 yrs | 4/4 - 4/25 | Sa   | 10:15 - 11:00 AM | JASON    | \$58 | \$46    |

\* Children will learn a different sport each week including soccer, T-ball, flag football, and basketball.

ERC = Englewood Recreation Center, JASON = Jason Park, 4299 S. Jason St.



# ADULT FITNESS

### Drop-In Rates

Daily Group Fitness / Yoga Pass \$10/\$8  
Drop-in not available for Pilates Reformer, Tai Chi for Balance, or Group Personal Training Classes.

### Child Watch

Conveniently located on site at the Englewood Recreation Center, the drop-in child care is a fun environment for children 6 months to 8 years while parents/guardians utilize the Recreation Center.

Hours: M - Th: 4:30 - 8:00 PM, Sa: 8:00 AM - NOON

Fees: \$6 for up to 2 hours of care. Discounted rate of \$5 for up to 2 hours for residents. Premier pass holders: Included.

### Personal Training

Get inspired, boost your confidence, and accomplish your goals! The benefits of working with a personal trainer include:

- Individualized fitness program specifically designed for you
- Efficient workout program with innovative ways to improve your health
- Professional assistance in improving strength, flexibility, posture, endurance, balance, coordination, and cardiovascular health
- Instruction on correct form and technique for cardiovascular exercise and strength training

To schedule an appointment, please call our Personal Training line at 303-762-2678. Each session is 60 minutes.

|                            | Sessions | Fee   | Res Fee |
|----------------------------|----------|-------|---------|
| Private 60-minute sessions | 3        | \$154 | \$123   |
|                            | 6        | \$278 | \$222   |
|                            | 10       | \$425 | \$340   |
| Private 30-minute sessions | 3        | \$109 | \$87    |
|                            | 6        | \$210 | \$168   |
|                            | 10       | \$325 | \$260   |

Small group sessions of 2 - 3 people are available. Please call the Personal Training line for pricing. Note: No-shows and cancellations not made with your personal trainer at least 24 hours in advance will result in loss of the session.

### Nutrition Counseling

The registered dietitians on our referral list offer individualized nutritional counseling for all ages. They can assist with weight management, chronic disease prevention, vegetarian and sports nutrition, medical nutrition therapy, women's health issues, and pediatric nutrition. Call 303-762-2678 for our Registered Dietitian Referral list.

### ERC Fitness Orientation

Ages: 13 yrs +

Learn to correctly operate the Technogym weight machines and cardiovascular equipment in a group setting. Please register at least two days in advance to assure your place in class. This orientation is a prerequisite for all 13- and 14-year-olds wishing to utilize the weight and cardiovascular areas within the Recreation Center.

Location: ERC

|     |    |                 |      |          |
|-----|----|-----------------|------|----------|
| 3/7 | Sa | 9:00 - 10:15 AM | FREE | 22253511 |
| 4/9 | Th | 5:30 - 6:45 PM  | FREE | 22253512 |
| 5/6 | W  | 6:00 - 7:15 PM  | FREE | 22253513 |

### THE ZONE AT ERC CLASS SCHEDULE

| DAY | TIME     | CLASS                  |
|-----|----------|------------------------|
| M   | 6:00 PM  | Ultimate Fitness       |
| Tu  | 10:00 AM | FUNCTIONAL FITNESS     |
| W   | 6:00 PM  | Burn and Build         |
| Th  | 10:00 AM | Balance, Core and More |
| F   | 7:30 AM  | Sports Explosion       |
| Sa  | 9:00 AM  | Ultimate Fitness       |



Classes now in session! Only \$10 per class!

Join Tetro Performance and their certified coaches for a variety of challenging and motivational classes. Be sure to check the front desk or visit [TetroPerformance.com/blog](http://TetroPerformance.com/blog) for class times and descriptions.

Service Provider for **The Zone** at the Englewood Recreation Center

# TETRO PERFORMANCE

BE DEFINED BY YOUR EFFORT

Only \$10 per class

GROUP TRAINING CLASSES - BEGINNER/INTERMEDIATE/ADVANCED LEVELS  
MEDICINE BALL - BATTLE ROPES - KETTLEBELL/TRX - FUNCTIONAL TRAINING  
STRETCHING/FLEXIBILITY

Additional services:  
Personal Training, Online Training, Corporate Wellness, Concierge Service, Nutrition Counseling, Wellness Coaching, Active Older Adults (55+), Athletic Coaching

For class schedule and additional information go to [www.tetroperformance.com/blog](http://www.tetroperformance.com/blog)



**ADULT FITNESS (continued)**

**TRX Boot Camp**

Ages: 13 yrs +  
Fire up your metabolism, burn calories and get stronger and leaner, faster! TRX Suspension Trainers will be incorporated into the workout.  
Location: ERC Instructor: Libby Butler

**Zumba**

Ages: 13 yrs +  
Zumba is a Latin-inspired dance-fitness class that combines energizing music and easy-to-follow moves for a fun, effective cardiovascular workout. Rhythms in this class will tone and sculpt your body.  
Location: ERC Instructor: Lisa Pope

**NEW HIIT**



Ages: 40 yrs +  
Get ready for an exciting workout. HIIT or High Intensity Interval Training offers brief bursts of intense exercise followed by periods of slower work. This is an effective way to help build muscle, regulate insulin, cut fat and increase heart function.  
Location: ERC Instructor: Kate Shapland

**Indoor Cycle**

Ages: 13 yrs +  
Optimum fat burning awaits you on this journey which will simulate varied terrain and drills to give you a great interval workout. Class participants assist with equipment set-up and breakdown. Bike pedals compatible with athletic shoes, SPD and Look cleats. Instructors: TBA (Tuesday), Erica Krier (Wednesday) and Libby Butler (Thursday)  
Location: ERC

**Pop Pilates**

Ages: 13 yrs +  
A total body workout that sculpts a rock-solid core and a lean body. Develop strength and flexibility through resistance work using your own body weight and a yoga mat. Class is for all levels.  
Location: ERC Instructor: Lisa Pope

**NEW Belly Dance Fitness**

Ages: 13 yrs +  
Get a great core and aerobic fitness workout without even noticing! Explore the art of dance and movement through belly dance. Focus on body mechanics and core strength with fun and a twist. Learn technique and skills which will include props and musicality. No prior dance experience necessary.  
Location: ERC Instructor: Adina

**NEW Shimmy Mob**

Ages: 13 yrs +  
Shimmy Mob is a flash mob type of event. It is the largest belly dance event of its kind reaching world wide. United, everyone will dance using the same song and the same choreography. This class will focus on skills to support the dance. Must be signed up for Shimmy Mob to learn the dance. Instructor approval required.  
Location: ERC Instructor: Adina

**Essentrics**

Ages: 13 yrs +  
A low impact, moving and stretching class with a full body workout. It is a combination of yoga, Pilates, Tai Chi and ballet to help you stay flexible and less stiff. Great for athletes seeking an increase in range of motion and an increase in speed and agility.  
Location: ERC Instructor: Paulette Fara-Schembri

**Zumba Toning**

Ages: 13 yrs +  
Perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! Dance to great Latin music while toning arms, legs and core...and have fun!  
Location: ERC Instructor: Lisa Pope

**Fit Body Express**

Ages: 13 yrs +  
A high-intensity endurance-based workout. Shed fat, define muscle, transform the look of your entire physique, and dramatically enhance your overall health and athletic performance. If you are looking for results and are willing to put in the effort – this class is for you!  
Location: ERC Instructor: Libby Butler

**Fitness Fusion**

Ages: 13 yrs +  
You will never get bored with this eclectic blend of exercises. TRX Suspension and Rip Training will be used along with BOSUs, glides, dumbbells and body weight training. You will get the ideal mix of strength, endurance, balance, coordination, flexibility, power and core stability.  
Location: ERC Instructor: Libby Butler

**Retro Step**

Ages: 13 yrs +  
Step up and back into the '90s. Bring step back into your life with fun moves and great music. Strengthen, tone and improve coordination.  
Location: ERC Instructor: Libby Butler

**Barre Sculpt**

Ages: 13 yrs +  
Use the ballet barre, light weights, isometric exercises and your body's balance, to firm, lengthen, lift and sculpt graceful arms, thighs, abs and glutes. It's gentle on the joints but gives powerful results.  
Location: MRC Instructor: Stacy Lochowicz

**Walk for Power**

Ages: 13 yrs +  
Intentional and powerful walking is a great way to burn calories while keeping one mobile. Join Exercise Physiologist and International Masters USATF Race Walker, Liz Shepard. This includes stretching and proper walking technique for fitness and if interested competition. Set your goal and challenge yourself in this unique experience. You should be able to walk one mile under 20 minutes.  
Location: ERC Instructor: Liz Shepard

**NEW** STARRED CLASSES (★) ARE INCLUDED IN THE PREMIER ANNUAL PASS. SEE PAGE 22.

| ADULT FITNESS                    |            |            |      |                     |          |      |         |
|----------------------------------|------------|------------|------|---------------------|----------|------|---------|
| Class                            | Activity # | Dates      | Days | Time                | Location | Fee  | Res Fee |
| ★ TRX Boot Camp                  | 22250411   | 3/2 – 3/30 | M    | 5:25 – 6:25 PM      | ERC      | \$26 | \$21    |
|                                  | 22250412   | 4/6 – 4/27 | M    | 5:25 – 6:25 PM      | ERC      | \$22 | \$17    |
|                                  | 22250413   | 5/4 – 5/18 | M    | 5:25 – 6:25 PM      | ERC      | \$16 | \$13    |
| ★ Zumba                          | 22250911   | 3/2 – 3/30 | M    | 6:35 – 7:35 PM      | ERC      | \$26 | \$21    |
|                                  | 22250912   | 4/6 – 4/27 | M    | 6:35 – 7:35 PM      | ERC      | \$22 | \$17    |
|                                  | 22250913   | 5/4 – 5/18 | M    | 6:35 – 7:35 PM      | ERC      | \$16 | \$13    |
| <b>NEW</b> ★ HIIT                | 22251511   | 3/2 – 3/30 | M    | 4:30 – 5:15 PM      | ERC      | \$26 | \$21    |
|                                  | 22251512   | 4/6 – 4/27 | M    | 4:30 – 5:15 PM      | ERC      | \$22 | \$17    |
|                                  | 22251513   | 5/4 – 5/18 | M    | 4:30 – 5:15 PM      | ERC      | \$16 | \$13    |
| ★ Indoor Cycle                   | 22250311   | 3/3 – 3/31 | Tu   | 6:35 – 7:35 PM      | ERC      | \$26 | \$21    |
|                                  | 22250312   | 4/7 – 4/28 | Tu   | 6:35 – 7:35 PM      | ERC      | \$22 | \$17    |
|                                  | 22250313   | 5/5 – 5/26 | Tu   | 6:35 – 7:35 PM      | ERC      | \$22 | \$17    |
| ★ Pop Pilates                    | 22251111   | 3/3 – 3/31 | Tu   | 5:30 – 6:30 PM      | ERC      | \$26 | \$21    |
|                                  | 22251112   | 4/7 – 4/28 | Tu   | 5:30 – 6:30 PM      | ERC      | \$22 | \$17    |
|                                  | 22251113   | 5/5 – 5/26 | Tu   | 5:30 – 6:30 PM      | ERC      | \$22 | \$17    |
| <b>NEW</b> ★ Belly Dance Fitness | 22251711   | 3/3 – 3/31 | Tu   | 6:15 – 7:15 PM      | ERC      | \$26 | \$21    |
|                                  | 22251712   | 4/7 – 4/28 | Tu   | 6:15 – 7:15 PM      | ERC      | \$22 | \$17    |
|                                  | 22251713   | 5/5 – 5/26 | Tu   | 6:15 – 7:15 PM      | ERC      | \$22 | \$17    |
| <b>NEW</b> ★ Shimmy Mob          | 22251811   | 3/3 – 3/31 | Tu   | 7:30 – 8:30 PM      | ERC      | \$26 | \$21    |
|                                  | 22251812   | 4/7 – 4/28 | Tu   | 7:30 – 8:30 PM      | ERC      | \$22 | \$17    |
| ★ Indoor Cycle                   | 22250321   | 3/4 – 3/25 | W    | 5:30 – 6:30 PM      | ERC      | \$22 | \$17    |
|                                  | 22250322   | 4/1 – 4/29 | W    | 5:30 – 6:30 PM      | ERC      | \$26 | \$21    |
|                                  | 22250323   | 5/6 – 5/27 | W    | 5:30 – 6:30 PM      | ERC      | \$22 | \$17    |
| ★ Essentrics                     | 22251411   | 3/4 – 3/25 | W    | 6:35 – 7:35 PM      | ERC      | \$26 | \$22    |
|                                  | 22251412   | 4/1 – 4/29 | W    | 6:35 – 7:35 PM      | ERC      | \$38 | \$27    |
|                                  | 22251413   | 5/6 – 5/27 | W    | 6:35 – 7:35 PM      | ERC      | \$22 | \$17    |
| ★ Zumba Toning                   | 22251611   | 3/4 – 3/25 | W    | 5:30 – 6:30 PM      | ERC      | \$22 | \$17    |
|                                  | 22251612   | 4/1 – 4/29 | W    | 5:30 – 6:30 PM      | ERC      | \$26 | \$21    |
|                                  | 22251613   | 5/6 – 5/27 | W    | 5:30 – 6:30 PM      | ERC      | \$22 | \$17    |
| ★ Indoor Cycle                   | 22250331   | 3/5 – 3/26 | Th   | 6:35 – 7:35 PM      | ERC      | \$22 | \$17    |
|                                  | 22250332   | 4/2 – 4/30 | Th   | 6:35 – 7:35 PM      | ERC      | \$26 | \$21    |
|                                  | 22250333   | 5/7 – 5/28 | Th   | 6:35 – 7:35 PM      | ERC      | \$22 | \$17    |
| ★ Fit Body Express               | 22250811   | 3/5 – 3/26 | Th   | 5:45 – 6:30 PM      | ERC      | \$22 | \$17    |
|                                  | 22250812   | 4/2 – 4/30 | Th   | 5:45 – 6:30 PM      | ERC      | \$26 | \$21    |
|                                  | 22250813   | 5/7 – 5/28 | Th   | 5:45 – 6:30 PM      | ERC      | \$22 | \$17    |
| ★ Fitness Fusion                 | 22250611   | 3/7 – 3/28 | Sa   | 9:10 – 10:10 AM     | ERC      | \$22 | \$17    |
|                                  | 22250612   | 4/4 – 4/25 | Sa   | 9:10 – 10:10 AM     | ERC      | \$22 | \$17    |
|                                  | 22250613   | 5/2 – 5/30 | Sa   | 9:10 – 10:10 AM     | ERC      | \$26 | \$21    |
| ★ Retro Step                     | 22251911   | 3/7 – 3/28 | Sa   | 8:05 – 9:05 AM      | ERC      | \$22 | \$17    |
|                                  | 22251912   | 4/4 – 4/25 | Sa   | 8:05 – 9:05 AM      | ERC      | \$22 | \$17    |
|                                  | 22251913   | 5/2 – 5/30 | Sa   | 8:05 – 9:05 AM      | ERC      | \$26 | \$21    |
| Barre Sculpt                     | 22251011   | 3/2 – 3/30 | M    | 11:30 AM – 12:15 PM | MRC      | \$37 | \$30    |
|                                  | 22251012   | 4/6 – 4/27 | M    | 11:30 AM – 12:15 PM | MRC      | \$37 | \$30    |
|                                  | 22251013   | 5/4 – 5/18 | M    | 11:30 AM – 12:15 PM | MRC      | \$28 | \$22    |
| Walk for Power                   | 22251211   | 3/2 – 3/30 | M    | 5:30 – 6:30 PM      | ERC      | \$26 | \$21    |
|                                  | 22251212   | 4/6 – 4/27 | M    | 5:30 – 6:30 PM      | ERC      | \$22 | \$17    |
|                                  | 22251213   | 5/4 – 5/18 | M    | 5:30 – 6:30 PM      | ERC      | \$16 | \$13    |

ERC = Englewood Recreation Center, MRC=Malley Recreation Center



# ACTIVE ADULT FITNESS

All of the classes on this page are designed for ages 55 and older; there is space available for ages 18-54.

## Fitness Club

Ages: 55 yrs +

Improve your level of fitness with low impact aerobics and flexibility training, followed by strengthening exercises.

Location: MRC Instructor: Stacy Lochowicz, Claire Martin

## SilverSneakers Classic

Ages: 55 yrs +

Increase strength and range of movement. Hand-held weights, elastic tubing with handles and a ball will be used. A chair is used for support. Class is open to all.

Location: MRC Instructor: Stacy Lochowicz, Claire Martin

## Total Body Fitness

Ages: 55 yrs +

Stay fit, agile and active while increasing muscle strength, cardiovascular function, coordination, balance and range of motion in both the upper and lower body. SilverSneakers welcome.

Location: MRC Instructor: Doug Smith

## Parkinson's & MS Fitness

Ages: 55 yrs +

This class incorporates exercises targeting deficits specific to people with Parkinson's Disease or multiple sclerosis, stroke recovery or movement disorders by emphasizing strength, balance and flexibility movement that targets dexterity, rigidity, akinesia, bradykinesia, postural stability, cognition and gait. The class includes a head-to-toe seated warm-up, followed by unique standing exercises and routines. Participants who use a walker or wheelchair are required to have a caregiver or driver with them during the class. This class is continuous, and new participants can join at any time.

Location: MRC Instructor: Liz Shepard

## Beginning Weight Training

Ages: 55 yrs +

A personal trainer will introduce you to the basics of weight training for one hour twice a week. They will also teach you to utilize the circuit and free weight equipment safely and effectively. Receive one-on-one attention in a group setting.

Location: MRC Instructor: Marty Grims



## Continuing Weight Training

Ages: 55 yrs +

This self-guided class allows you to work out in the weight room with access to a personal trainer between 8:15 – 10:30 AM, M – Th. Prerequisite: Three months of Beginning Weight Training or fitness staff approval. SilverSneakers members use the special number listed to register in person, and swipe your card each time you come in. All others, please use the class number to register.

Location: MRC Instructor: Marty Grims

## Step Smart

Ages: 55 yrs +

Focus on walking basics through motion and body awareness. Students learn to improve their gait, posture and balance in a safe and fun community atmosphere. Liz is B.Sc., Certified Exercise Physiologist and International Masters USATF Race Walker.

Location: ERC Instructor: Liz Shepard

## Walk & Stretch for Power

Ages: 40 yrs +

Intentional and powerful walking is a great way to burn calories while keeping one mobile. Join Exercise Physiologist and International Masters USATF Race Walker, Liz Shepard. This includes stretching and proper walking technique for fitness and if interested competition. Set your goal and challenge yourself in this unique experience. You should be able to walk one mile under 20 minutes.

Location: ERC Instructor: Liz Shepard

## Malley Fitness Orientation

Ages: 55 yrs +

If you are new to the Malley Fitness Center, we suggest attending an orientation. Learn weight room safety, etiquette and receive an introduction to equipment adjustment and proper exercise techniques. This is not a weight training class.

Location: MRC Instructor: Marty Grims, Cathy Rupert

| Activity # | Days | Time            | Fee  | Res Fee  |
|------------|------|-----------------|------|----------|
| 3/4        | W    | 4:00 – 5:00 PM  | FREE | 22263511 |
| 4/4        | Sa   | 9:30 – 10:30 AM | FREE | 22263512 |
| 5/4        | M    | 11:00 AM – NOON | FREE | 22263513 |



**NEW** STARRED CLASSES (★) ARE INCLUDED IN THE PREMIER ANNUAL PASS. SEE PAGE 22.

## ACTIVE ADULT FITNESS

| Class                      | Activity # | Dates       | Days   | Time             | Location | Fee  | Res Fee |
|----------------------------|------------|-------------|--------|------------------|----------|------|---------|
| ★ Fitness Club             | 22260111   | 3/2 – 3/30  | M, W   | 9:00 – 10:00 AM  | MRC      | \$30 | \$24    |
|                            | 22260112   | 4/1 – 4/29  | M, W   | 9:00 – 10:00 AM  | MRC      | \$30 | \$24    |
|                            | 22260113   | 5/4 – 5/27* | M, W   | 9:00 – 10:00 AM  | MRC      | \$24 | \$19    |
| ★ SilverSneakers Classic   | 22261011   | 3/2 – 3/30  | M, W   | 10:15 – 11:15 AM | MRC      | \$30 | \$24    |
|                            | 22261012   | 4/1 – 4/29  | M, W   | 10:15 – 11:15 AM | MRC      | \$30 | \$24    |
|                            | 22261013   | 5/4 – 5/27* | M, W   | 10:15 – 11:15 AM | MRC      | \$24 | \$19    |
| ★ Total Body Fitness       | 22260511   | 3/3 – 3/31  | Tu, Th | 8:30 – 9:30 AM   | MRC      | \$33 | \$26    |
|                            | 22260512   | 4/2 – 4/30  | Tu, Th | 8:30 – 9:30 AM   | MRC      | \$33 | \$26    |
|                            | 22260513   | 5/5 – 5/28  | Tu, Th | 8:30 – 9:30 AM   | MRC      | \$29 | \$23    |
|                            | 22260515   | 3/3 – 3/31  | Tu, Th | 9:45 – 10:45 AM  | MRC      | \$33 | \$26    |
|                            | 22260516   | 4/2 – 4/30  | Tu, Th | 9:45 – 10:45 AM  | MRC      | \$33 | \$26    |
|                            | 22260517   | 5/5 – 5/28  | Tu, Th | 9:45 – 10:45 AM  | MRC      | \$29 | \$23    |
| ★ SilverSneakers Classic   | 22261111   | 3/3 – 3/31  | Tu, Th | 9:45 – 10:45 AM  | ERC      | \$30 | \$24    |
|                            | 22261112   | 4/2 – 4/30  | Tu, Th | 9:45 – 10:45 AM  | ERC      | \$30 | \$24    |
|                            | 22261113   | 5/5 – 5/28  | Tu, Th | 9:45 – 10:45 AM  | ERC      | \$26 | \$21    |
| ★ Parkinson's & MS Fitness | 22260911   | 3/7 – 3/28  | Sa     | 10:45 AM – NOON  | MRC      | \$16 | \$13    |
|                            | 22260912   | 4/4 – 4/25  | Sa     | 10:45 AM – NOON  | MRC      | \$16 | \$13    |
|                            | 22260913   | 5/2 – 5/30  | Sa     | 10:45 AM – NOON  | MRC      | \$21 | \$17    |
| Beginning Weight Training  | 22263211   | 3/2 – 3/30  | M, W   | 9:00 – 11:00 AM  | MRC      | \$32 | \$26    |
|                            | 22263212   | 4/1 – 4/29  | M, W   | 9:00 – 11:00 AM  | MRC      | \$32 | \$26    |
|                            | 22263213   | 5/4 – 5/27* | M, W   | 9:00 – 11:00 AM  | MRC      | \$25 | \$20    |
| Continuing Weight Training | 22263311   | 3/2 – 3/31  | M – Th | 8:15 – 10:30 AM  | MRC      | \$33 | \$26    |
|                            | 22263312   | 4/1 – 4/30  | M – Th | 8:15 – 10:30 AM  | MRC      | \$33 | \$26    |
|                            | 22263313   | 5/4 – 5/28* | M – Th | 8:15 – 10:30 AM  | MRC      | \$33 | \$26    |
| Beginning Weight Training  | 22263231   | 3/3 – 3/31  | Tu, Th | 8:30 – 10:30 AM  | MRC      | \$33 | \$26    |
|                            | 22263232   | 4/2 – 4/30  | Tu, Th | 8:30 – 10:30 AM  | MRC      | \$33 | \$26    |
|                            | 22263233   | 5/5 – 5/28  | Tu, Th | 8:30 – 10:30 AM  | MRC      | \$33 | \$26    |
| Step Smart                 | 22260311   | 3/4 – 3/25  | W      | 8:00 – 8:45 AM   | ERC      | \$22 | \$17    |
|                            | 22260312   | 4/1 – 4/29  | W      | 8:00 – 8:45 AM   | ERC      | \$26 | \$21    |
|                            | 22260313   | 5/6 – 5/27  | W      | 8:00 – 8:45 AM   | ERC      | \$22 | \$17    |
| Walk & Stretch for Power   | 22260711   | 3/4 – 3/25  | W      | 9:00 – 10:00 AM  | ERC      | \$22 | \$17    |
|                            | 22260712   | 4/1 – 4/29  | W      | 9:00 – 10:00 AM  | ERC      | \$26 | \$21    |
|                            | 22260713   | 5/6 – 5/27  | W      | 9:00 – 10:00 AM  | ERC      | \$22 | \$17    |

THESE CLASSES ARE NOT INCLUDED IN THE PREMIER ANNUAL PASS.

No class: 5/25

ERC = Englewood Recreation Center, MRC = Malley Recreation Center

Wellness Insurance Programs =



# YOGA & TAI CHI

## GENTLE YOGA AND TAI CHI

### Tai Chi for Better Balance

**Ages: 55 yrs +**  
 Improve your balance while enhancing your agility and coordination with Tai Chi based movements. The class format and design are one of the few evidence-based interventions for the prevention of falls by the Centers for Disease Control and National Center for Injury Prevention and Control. Beginning and advanced classes are offered. Advanced class participation must be approved by the instructor.

*Location: MRC* *Instructor: Patty Vogt*

### Light Yoga

**Ages: 55 yrs +**  
 For individuals who desire a traditional yoga practice but require modifications for mobility limitations, this class is a perfect fit. Gently ease your way through stretches and poses and feel light on your feet. You must be able to get down and up from the floor. SilverSneakers welcome.

*Location: MRC* *Instructor: Barbara Meadows*

### Chair Yoga

**Ages: 55 yrs +**  
 Move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

*Location: ERC* *Instructor: Catherine Glenn*

### NEW Gentle Yoga

**Ages: 55 yrs +**  
 Let go of stress through a full spectrum of gentle standing, seated and floor poses. Practice with your body. Get detailed explanations of the poses, with time to listen to your body and focus on your alignment in each pose. Focus more on the breath and practice breath work (pranayama). Finish your practice in Savasana with a guided relaxation.

*Location: MRC* *Instructor: Erin Mathiason*

### Therapeutic Tai Chi

**Ages: 55 yrs +**  
 Manage chronic health conditions better and improve overall well-being based on a variety of Tai Chi styles and forms. Movements are performed in a slow, relaxed manner with continual deep breathing to improve concentration and quiet the body. Strengthen muscles and joints, increase flexibility and coordination, improve posture and balance while integrating the mind, body and spirit.

*Location: MRC* *Instructor: Phred Hall*

## ACTIVE YOGA AND TAI CHI

### Tai Chi Yoga Fusion

**Ages: 16 yrs +**  
 Blending the best of both ancient arts, your practice will be filled with gently, fluid movements, stretches and peaceful poses. Gain physical strength and flexibility, increased energy, inner quietness and more.

*Location: MRC* *Instructor: Erin Mathiason*

### Energize Yoga

**Ages: 16 yrs +**  
 Start your day energized, without the caffeine jitters. This combination of hatha and vinyasa moves will leave you stretched, focused and balanced for the day ahead.

*Location: ERC* *Instructor: Erin Mathiason*

### Foundations Yoga

**Ages: 13 yrs +**  
 Learn the basic yoga poses and breathing techniques. Improve strength, flexibility and stress relief. This is the perfect class for someone with little or no previous yoga experience.

*Location: ERC* *Instructor: Roseanna Frechette*

### Hatha Yoga

Increase flexibility, build strength, calm the mind, and open the heart with hatha yoga. Hatha yoga is a balanced combination of sustained poses with attention to alignment principles and integrated with the breath. Beginners are welcome to attend; this is an all-levels class.

*Location: MRC* *Instructor: Erin Mathiason*

### NEW Flow & Restore Yoga

**Ages: 13 yrs +**  
 Practice a variety of poses and breathing techniques. Improve strength, flexibility and reduce stress. Alignment of the body in a sequence of poses linked together by the breath make this vinyasa yoga class an energizing and uplifting choice. Restorative postures and massage ball techniques for myofascial release will be included. Some yoga experience recommended, but not required.

*Location: ERC* *Instructor: Meghan Sposato*

### Core Yoga

Improve flexibility, balance and strength, especially in the core to protect the back. Modifications and props available. Appropriate for beginner to intermediate.

*Location: MRC* *Instructor: Stephanie Turner*

## GENTLE YOGA & TAI CHI

| Class                                | Activity # | Dates      | Days   | Time             | Location | Fee   | Res Fee |
|--------------------------------------|------------|------------|--------|------------------|----------|-------|---------|
| Beginning Tai Chi for Better Balance | 22255311   | 3/3 - 5/14 | Tu, Th | 2:15 - 3:15 PM   | MRC      | \$103 | \$83    |
| Advanced Tai Chi for Better Balance  | 22255411   | 3/3 - 5/14 | Tu, Th | 1:15 - 2:15 PM   | MRC      | \$103 | \$83    |
| Light Yoga                           | 22258211   | 3/3 - 3/31 | Tu, F  | 8:45 - 10:00 AM  | MRC      | \$49  | \$40    |
|                                      | 22258212   | 4/3 - 4/28 | Tu, F  | 8:45 - 10:00 AM  | MRC      | \$43  | \$35    |
|                                      | 22258213   | 5/1 - 5/29 | Tu, F  | 8:45 - 10:00 AM  | MRC      | \$49  | \$40    |
| Chair Yoga                           | 22258311   | 3/3 - 3/31 | Tu, Th | 11:00 AM - NOON  | ERC      | \$47  | \$37    |
|                                      | 22258312   | 4/2 - 4/30 | Tu, Th | 11:00 AM - NOON  | ERC      | \$47  | \$37    |
|                                      | 22258313   | 5/5 - 5/28 | Tu, Th | 11:00 AM - NOON  | ERC      | \$42  | \$33    |
| NEW Gentle Yoga                      | 22258511   | 3/3 - 3/31 | Tu, F  | 10:30 - 11:45 AM | MRC      | \$41  | \$33    |
|                                      | 22258512   | 4/7 - 4/28 | Tu, F  | 10:30 - 11:45 AM | MRC      | \$31  | \$25    |
|                                      | 22258513   | 5/5 - 5/19 | Tu, F  | 10:30 - 11:45 AM | MRC      | \$23  | \$19    |
| Therapeutic Tai Chi                  | 22255111   | 3/5 - 3/26 | Th     | 10:00 - 11:00 AM | MRC      | \$31  | \$25    |
|                                      | 22255112   | 3/5 - 3/26 | Th     | 10:00 - 11:00 AM | MRC      | \$40  | \$31    |
|                                      | 22255113   | 5/7 - 5/28 | Th     | 10:00 - 11:00 AM | MRC      | \$31  | \$25    |
| Chair Yoga                           | 22258321   | 3/6 - 3/27 | F      | 8:30 - 9:30 AM   | MRC      | \$16  | \$13    |
|                                      | 22258322   | 4/3 - 4/24 | F      | 8:30 - 9:30 AM   | MRC      | \$16  | \$13    |
|                                      | 22258323   | 5/1 - 5/29 | F      | 8:30 - 9:30 AM   | MRC      | \$21  | \$17    |

## ACTIVE YOGA & TAI CHI

| Class                   | Activity # | Dates      | Days | Time            | Location | Fee  | Res Fee |
|-------------------------|------------|------------|------|-----------------|----------|------|---------|
| Tai Chi Yoga Fusion     | 22255511   | 3/2 - 3/30 | M    | 4:00 - 5:00 PM  | MRC      | \$40 | \$31    |
|                         | 22255512   | 4/6 - 4/27 | M    | 4:00 - 5:00 PM  | MRC      | \$40 | \$31    |
|                         | 22255513   | 5/4 - 5/18 | M    | 4:00 - 5:00 PM  | MRC      | \$23 | \$19    |
| Energize Yoga           | 22258011   | 3/2 - 3/30 | M    | 7:00 - 8:00 AM  | ERC      | \$50 | \$40    |
|                         | 22258012   | 4/6 - 4/27 | M    | 7:00 - 8:00 AM  | ERC      | \$39 | \$31    |
|                         | 22258013   | 5/4 - 5/18 | M    | 7:00 - 8:00 AM  | ERC      | \$30 | \$24    |
| Foundations Yoga        | 22256211   | 3/4 - 3/25 | W    | 6:45 - 8:00 PM  | ERC      | \$34 | \$27    |
|                         | 22256212   | 4/1 - 4/29 | W    | 6:45 - 8:00 PM  | ERC      | \$42 | \$33    |
|                         | 22256213   | 5/6 - 5/27 | W    | 6:45 - 8:00 PM  | ERC      | \$34 | \$27    |
| Hatha Yoga              | 22256911   | 3/4 - 3/25 | W    | 4:00 - 5:00 PM  | MRC      | \$34 | \$27    |
|                         | 22256912   | 4/1 - 4/29 | W    | 4:00 - 5:00 PM  | MRC      | \$42 | \$33    |
|                         | 22256913   | 5/6 - 5/27 | W    | 4:00 - 5:00 PM  | MRC      | \$34 | \$27    |
| NEW Flow & Restore Yoga | 22257011   | 3/5 - 3/26 | Th   | 6:35 - 7:35 PM  | ERC      | \$31 | \$25    |
|                         | 22257012   | 4/2 - 4/30 | Th   | 6:35 - 7:35 PM  | ERC      | \$40 | \$31    |
|                         | 22257013   | 5/7 - 5/28 | Th   | 6:35 - 7:35 PM  | ERC      | \$31 | \$25    |
| Core Yoga               | 22257111   | 3/7 - 3/28 | Sa   | 9:15 - 10:30 AM | MRC      | \$34 | \$27    |
|                         | 22257112   | 4/4 - 4/25 | Sa   | 9:15 - 10:30 AM | MRC      | \$34 | \$27    |
|                         | 22257113   | 5/2 - 5/30 | Sa   | 9:15 - 10:30 AM | MRC      | \$40 | \$32    |

ERC = Englewood Recreation Center, MRC = Malley Recreation Center



# PILATES

## Step One: Essential Pilates Orientation

**Ages: 16 yrs +**  
Explore Pilates! Pilates is a method of exercise and physical movement designed to stretch, strengthen and balance the body. Learn the history and how the reformer works. Exercises are low impact and may be adapted for individuals of any fitness level. When completed, your instructor will determine which step will be best for you based on your level. Please register in advance.

## Step Two: Pilates Reformer Principals

**Ages: 16 yrs +**  
In these two private sessions learn the core principles and concepts of the Pilates method. Once you have completed the private sessions satisfactorily, you may move into Beginning Pilates Reformer class and as an extra benefit receive a \$10 discount coupon on future classes. Call 303-762-2678 to schedule your first private session.

## Step Three: Beginning Pilates Reformer

**Ages: 16 yrs +**  
Beginning Pilates Reformer will start you on your Pilates road to success. Beginning Pilates Reformer is designed for those who have taken at least two sessions of Essential Pilates Principles or instructor's permission.

## Step Four: Continuing Pilates Reformer

**Ages: 16 yrs +**  
Build upon your skills to learn more dynamic exercises. Enroll in Continuing Pilates Reformer upon completion of four months of Beginning Pilates Reformer classes or instructor's permission.

## Pilates Personal Training

Perfect for: beginners needing one-on-one instruction, experienced exercisers ready for advanced moves, athletes wanting to improve performance, and individuals in post-rehab following an injury. Each session is 60 minutes. To schedule, call 303-762-2678. Your call will be returned within two business days. Yoga Personal Training also available.

| Private: One-on-One |            |       |
|---------------------|------------|-------|
| Fee                 | 1 Session  | \$59  |
|                     | 3 Sessions | \$163 |
|                     | 6 Sessions | \$300 |
| Res. Fee            | 1 Session  | \$47  |
|                     | 3 Sessions | \$130 |
|                     | 6 Sessions | \$240 |

Small group sessions of 2-3 people are available. Please call the Personal Training line for pricing. *Note: No-shows and cancellations not made with your personal trainer at least 24 hours in advance result in loss of the session.*



## PILATES

| Class                                     | Activity #                               | Dates      | Days             | Time                | Instructor      | Location     | Fee  | Res Fee |      |
|---|--|------------|------------------|---------------------|-----------------|--------------|------|---------|------|
| STEP ONE<br>Essential Pilates Orientation | 22254111                                 | 3/2        | M                | 7:10 – 8:10 PM      | Michael M.      | MRC          | FREE |         |      |
|   | 22254112                                 | 3/3        | Tu               | 2:30 – 3:30 PM      | Catherine G.    | MRC          | FREE |         |      |
|   | 22254113                                 | 4/1        | W                | 7:10 – 8:10 PM      | Michael M.      | MRC          | FREE |         |      |
|   | 22254114                                 | 4/3        | F                | 1:00 – 2:00 PM      | Catherine G.    | MRC          | FREE |         |      |
|   | 22254115                                 | 5/4        | M                | 7:10 – 8:10 PM      | Michael M.      | MRC          | FREE |         |      |
|   | 22254116                                 | 5/5        | Tu               | 2:30 – 3:30 PM      | Catherine G.    | MRC          | FREE |         |      |
| STEP TWO<br>Pilates Reformer Principals   | 22254211                                 | 3/2 – 5/29 | M – F            | 8:15 AM – 7:15 PM   | Catherine G.    | MRC          | \$86 | \$69    |      |
| STEP THREE<br>Beginning Pilates Reformer  | 22254311                                 | 3/4 – 3/25 | W                | 6:05 – 7:05 PM      | Michael M.      | MRC          | \$64 | \$51    |      |
|   | 22254312                                 | 4/1 – 4/29 | W                | 6:05 – 7:05 PM      | Michael M.      | MRC          | \$80 | \$64    |      |
|   | 22254313                                 | 5/6 – 5/27 | W                | 6:05 – 7:05 PM      | Michael M.      | MRC          | \$64 | \$51    |      |
|   | 22254321                                 | 3/6 – 3/27 | F                | 9:40 – 10:40 AM     | Catherine G.    | MRC          | \$64 | \$51    |      |
|   | 22254322                                 | 4/3 – 4/24 | F                | 9:40 – 10:40 AM     | Catherine G.    | MRC          | \$64 | \$51    |      |
|   | 22254323                                 | 5/1 – 5/29 | F                | 9:40 – 10:40 AM     | Catherine G.    | MRC          | \$80 | \$64    |      |
|   | 22254331                                 | 3/6 – 3/27 | F                | 11:50 AM – 12:50 PM | Catherine G.    | MRC          | \$64 | \$51    |      |
|   | 22254332                                 | 4/3 – 4/24 | F                | 11:50 AM – 12:50 PM | Catherine G.    | MRC          | \$64 | \$51    |      |
|   | 22254333                                 | 5/1 – 5/29 | F                | 11:50 AM – 12:50 PM | Catherine G.    | MRC          | \$80 | \$64    |      |
|   | 22254341                                 | 3/3 – 3/31 | Tu               | 1:20 – 2:20 PM      | Catherine G.    | MRC          | \$80 | \$64    |      |
|   | 22254342                                 | 4/7 – 4/28 | Tu               | 1:20 – 2:20 PM      | Catherine G.    | MRC          | \$64 | \$51    |      |
|   | 22254343                                 | 5/5 – 5/26 | Tu               | 1:20 – 2:20 PM      | Catherine G.    | MRC          | \$64 | \$51    |      |
|   | STEP FOUR<br>Continuing Pilates Reformer | 22254411   | 3/2 – 3/30       | M                   | 9:00 – 10:00 AM | Catherine G. | MRC  | \$80    | \$64 |
|   |  | 22254412   | 4/6 – 4/27       | M                   | 9:00 – 10:00 AM | Catherine G. | MRC  | \$64    | \$51 |
| 22254413                                  |  | 5/4 – 5/18 | M                | 9:00 – 10:00 AM     | Catherine G.    | MRC          | \$49 | \$39    |      |
| 22254421                                  |  | 3/2 – 3/30 | M                | 5:00 – 6:00 PM      | Michael M.      | MRC          | \$80 | \$64    |      |
| 22254422                                  |  | 4/6 – 4/27 | M                | 5:00 – 6:00 PM      | Michael M.      | MRC          | \$64 | \$51    |      |
| 22254423                                  |  | 5/4 – 5/18 | M                | 5:00 – 6:00 PM      | Michael M.      | MRC          | \$49 | \$39    |      |
| 22254431                                  |  | 3/2 – 3/30 | M                | 6:05 – 7:05 PM      | Michael M.      | MRC          | \$80 | \$64    |      |
| 22254432                                  |  | 4/6 – 4/27 | M                | 6:05 – 7:05 PM      | Michael M.      | MRC          | \$64 | \$51    |      |
| 22254433                                  |  | 5/4 – 5/18 | M                | 6:05 – 7:05 PM      | Michael M.      | MRC          | \$49 | \$39    |      |
| 22254441                                  |  | 3/3 – 3/31 | Tu               | 12:15 – 1:15 PM     | Catherine G.    | MRC          | \$80 | \$64    |      |
| 22254442                                  |  | 4/7 – 4/28 | Tu               | 12:15 – 1:15 PM     | Catherine G.    | MRC          | \$64 | \$51    |      |
| 22254443                                  |  | 5/5 – 5/26 | Tu               | 12:15 – 1:15 PM     | Catherine G.    | MRC          | \$64 | \$51    |      |
| 22254451                                  |  | 3/4 – 3/25 | W                | 5:00 – 6:00 PM      | Michael M.      | MRC          | \$64 | \$51    |      |
| 22254452                                  |  | 4/1 – 4/29 | W                | 5:00 – 6:00 PM      | Michael M.      | MRC          | \$80 | \$64    |      |
| 22254453                                  |  | 5/6 – 5/27 | W                | 5:00 – 6:00 PM      | Michael M.      | MRC          | \$64 | \$51    |      |
| 22254461                                  | 3/6 – 3/27                               | F          | 10:45 – 11:45 AM | Catherine G.        | MRC             | \$64         | \$51 |         |      |
| 22254462                                  | 4/3 – 4/24                               | F          | 10:45 – 11:45 AM | Catherine G.        | MRC             | \$64         | \$51 |         |      |
| 22254463                                  | 5/1 – 5/29                               | F          | 10:45 – 11:45 AM | Catherine G.        | MRC             | \$80         | \$64 |         |      |

MRC = Malley Recreation Center



# EXCURSIONS

Excursion fee includes escort, transportation, tour, admission tickets unless otherwise stated. Restaurant meals and snack/treats are on your own, unless otherwise stated. For outdoor excursions bring closed-toed shoes, jacket, hat, sunscreen and water.

Some excursions include significant walking. Please do not register for an excursion if you are unable to walk more than ¼ mile.

## Excursion Refunds and Transfers

Excursion cancellations or transfers will be refunded less a \$5 administrative fee. NO refunds are granted if you miss the trip due to being late, no-show, or a cancellation within 5 business days prior to trip. There are NO refunds given after listed Early Cancellation Dates.

## MARCH

### Wildlife Experience Museum – Parker

This 151,000 sq. ft. museum connects you with wildlife and habitats in an engaging environment! A blend of interactive exhibits, fine arts gallery, natural history and educational programs. Gain an appreciation and respect for wildlife. Enjoy a movie on their large 3D screen (movie title TBA). Lunch at Kneaders Bakery & Café.

3/4 W 9:00 AM – 2:30 PM \$41/\$33 22060011

### Voice West – Hemisphere’s – Littleton

Friday night out! Like bacon? Good! We’ll start the evening with dinner at the new Bacon Social House. Non-bacon options available. Next we’ll head to the Littleton United Methodist Church to hear the 65-member Voice West choir. Their voices will take you on a trip around the world with a concert inspired by folk music. Arrangements from Africa, South America, Canada, Scandinavia, Japan, Korea and Australia will be shared.

3/6 F 5:00 – 9:30 PM \$36/\$29 22060111

### The Abbey Tavern – Denver

With its Irish hospitality and comfort, the Abbey Tavern is a bring-your-family-and-friends kind of hangout. Their comfort foods include Guinness BBQ Wings, Corned Beef Reubens, Shepherd’s Pie and Irish Potato Skins. A perfect way to celebrate St. Patrick’s Day!



3/11 W 11:00 AM – 1:45 PM \$10/\$8 22060211

### Black Hawk & Central City

Bus will drop you off and pick you up in the heart of it all. You may choose to visit your favorite casino, visit historic sites, or enjoy the mountain air. Activities are on your own. Fee includes escort and transportation.

3/16 M 9:00 AM – 3:00 PM \$17/\$14 22060511

4/13 M 9:00 AM – 3:00 PM \$17/\$14 22060611

5/11 M 9:00 AM – 4:00 PM \$20/\$16 22060711

### iFly Indoor Skydiving – Lone Tree

Enjoy the adventure of a lifetime and float on a cushion of air! No jumping or falling. Perfect for anyone age 3 – 103! Your experience will include a demo from special guest competitive indoor skydiver Kiana (Cheryl’s daughter). Also included will be a first time flyer course, flight gear and two flight rotations with an instructor in the wind tunnel. A link your flight video and a personalized certificate will be provided. Lunch at Mimi’s Café.



3/23 M 10:15 AM – 2:15 PM \$87/\$70 22060311

### Travel Film – On Assignment: Alaska – Northglenn

With entertaining narrative and breathtaking visuals, Rich Reid presents Alaska’s vast landscapes from photo assignments spanning a 30-year career. Shortly after college, he renounced his corporate job to work for tips as an Alaskan camping guide. Since then, he has returned to The Last Frontier every year to photograph its outstanding beauty. Lunch at Cheddar’s Scratch Kitchen.

3/25 W 9:00 AM – 1:15 PM \$25/\$20 22060811

### Dazzle Jazz Lunch – RTD

Lunch while listening to a live Jazz Trio. What more could we ask for? Lunch includes your choice of three chef-inspired entrees; soda, coffee, tea, glass of wine or draft beer; tax and gratuity. Transportation is provided by RTD Senior Ride. Exact departure time TBA one week prior. Join us for this jazzy afternoon!

3/26 Th 10:30 AM – 2:00 PM \$38/\$31 22060911

### Pappadeaux Seafood Kitchen – Greenwood Village

By request! From the shore to dock, prep table to dining table, the name Pappadeaux has become synonymous with fresh, delicious seafood served in a festive atmosphere. Enjoy the Louisiana-style big portions whether you choose Grilled Shrimp & Grits, Catfish Opelousas, or Blue Point Oysters. Fun fact, they bake 2.27 million baguettes each year!

3/31 Tu 11:30 AM – 2:00 PM \$10/\$8 22061011

## APRIL

### Ragtime, the Musical – BDT – Boulder

Dinner and a show! At the dawn of a new century, everything is changing. *Ragtime*, set in the turn-of-the-century New York, explores three distinctly American tales woven together – that of a stifled upper – class wife, a Jewish immigrant and a young Harlem musician. Together, they confront history’s contradictions of what it means to live in America. Cancellation deadline: 3/9.

4/2 Th 5:00 PM – 10:30 PM \$82/\$66 22061111

### Denver Nuggets Game

Let’s watch some hoops! A fun afternoon at the Pepsi Center to root for Denver’s professional basketball team as they take on the Utah Jazz. Applaud for players like Nikola Jokic and Jamal Murray. Be entertained by Supermascot Rocky! The concessions offer a multitude of snacks and food choices for all.

4/5 Su 2:45 PM – 7:15 PM \$50/\$40 22061211

### Red Rocks Amphitheater & Music Hall of Fame – Morrison

Tour this open-air amphitheater built into a geological rock structure phenomenon. The only naturally-occurring acoustically perfect amphitheater in the world! From Sting to The Beatles, artists aspire to play on this magical stage. Then head to the Trading Post to view the colorful and entertaining exhibits devoted to more than 50 Colorado artists like John Denver and Glenn Miller. Music history comes alive! Bring a lunch and enjoy the view.

4/8 W 9:45 AM – 2:00 PM \$27/\$22 22061311

### Colorado Model Railroad Museum – Greeley

Calling all train enthusiasts! Experience 5,500 sq. ft. of a miniature world that awaits you. Truly scenic and a one-of-a-kind museum. Walk through a real cabooses, stroll along the mountain vistas and peek into a miniature world of wonder. With its stunning landscape and realistic train, watch them up close as they roll through towns, river valleys and across high trestles. Lunch at Lonesome Buck Brewing Company for delicious smokehouse food.

4/17 F 10:00 AM – 4:15 PM \$36/\$29 22061411

### Library & Museum of Boulder

Double feature! The museum will provide an experience that celebrates the spirit of Boulder. Through exhibits like Archive 75 you will discover the stories of the past, explore the innovation of the present and the future that represents the people, businesses and events that have taken place. At the Library enjoy the exhibition, “Bigger Views; Earth, Anthropocene, Beauty” and a tour of the beautiful site. Lunch at Sherpa’s Adventures Restaurant.

4/20 M 9:15 AM – 4:00 PM \$35/\$28 22061511

### Moffat Water Treatment Plant – Denver

Established in 1918, Denver Water is Colorado’s oldest and largest water utility. They proudly serve high-quality water to 1.4 million people in the city of Denver and surrounding suburbs. Denver Water runs an impressive, complex system, with a rich history and a proud workforce. Learn the history, conservation measures, and supply plans for the future. Lunch at Davie’s Chuck Wagon Diner. A signed waiver and ID are required for tour.

4/22 W 10:00 AM – 2:45 PM \$16/\$13 22061611

### The Lion, the Witch & the Wardrobe – Niwot

An elegant day out as you enjoy a live performance by the Centennial State Ballet discover the land of Narnia as the four Pevensie children navigate their way through the magical wardrobe! Come watch this story of courage, faith and redemption. Dinner after at the Element Bistro in Gunbarrel.

4/25 Sa 12:30 PM – 7:45 PM \$50/\$40 22061811

### Batter Up!

Take me out to the ballgame! Root for the home team as our Rockies take on the Milwaukee Brewers! Seating along the 3rd base line. Food and drinks are available for you to purchase at the ball park. Need a special needs seat? See Cheryl. Fee includes game ticket, escort and transportation. Early cancellation date: April 10.

4/26 Su 11:30 AM – 5:00 PM \$32/\$26 22061711

### Edward C. Rochette Money Museum – Colorado Springs

This unique museum explores art, history, science and much more to promote the diverse nature of money and related items. Amazing exhibits include the Harry W. Bass Gallery, Mini-Min, Money of Empire, and others. View spectacular rarities, like a coin valued at a million dollars. Learn about the world as seen through money. Lunch at Panino’s Restaurant.

4/30 Th 10:00 AM – 4:30 PM \$32/\$27 22061911

## MAY

### Georgetown Loop Railroad

Enjoy one of Colorado’s first visitor attractions. Completed in 1884, this spectacular stretch of 3-ft. narrow gauge railroad was considered an engineering marvel. Ride along in a comfortable train car for over an hour that reaches 640 feet above the mountainous terrain with trestles, cuts, fills, loops and curves totaling 3.1 miles. A snack and non-alcoholic drink included. Lunch will be in Georgetown at a restaurant of your choice.

5/1 F 8:00 AM – 2:45 PM \$82/\$66 22062011



### International Hearing Dog, Inc. – Henderson

What is the most successful way to bring folks with hearing loss comfort, safety and independence? Hearing dogs! Tour this special non-profit and see how they take shelter dogs and train them to assist person who are deaf or hard of hearing. All of these services are free to the recipient! Opportunities to play with the dogs might be accommodated. Lunch at Cinzetti’s.

5/4 M 9:45 AM – 1:45 PM \$20/\$16 22062111

**Adult Lecture Series at Pace Center – Parker**

Let's Hike Douglas County (Our 1/2 14ers) presented by Jackie Sanderson, Natural Resource Specialist. Enjoy beautiful scenery, rocks, peaks, wildlife, and solitude without fighting the I-70 traffic. Douglas County has protected nearly 17,000 acres of properties that connect to thousands of other undeveloped land. Find out where to travel the back roads and embark on day hikes to discover more. View scenic photos and trail maps to lead you to the outdoors. Early dinner at Mici's, handcrafted Italian food.

5/6 W 4:00 PM – 8:45 PM \$16/\$13 22062211

**Lynn's Tea Shop & Café – Littleton**

Join us for a delectable afternoon at After Noon Tea with flavored scones, a savory course (quiches and salads), and a sweet course such as truffles and cheesecake! Oh, and tea of course. Only natural and the freshest ingredients go in to all their products. Everything is made by hand and freshly baked to perfection each morning. Tea cost, \$37.44 includes tax and gratuity.

5/7 Th 12:30 – 3:30 PM \$15/\$12 22062311

**Norman Rockwell, Imagining Freedom – Denver**

The Denver Art Museum is host to this exhibition. In the 1940s, Franklin D. Roosevelt developed a concept called the Four Freedoms. Rockwell took the challenge to communicate visually the notions of freedom in support of the war efforts. The exhibition narrative showcases his war-era artworks that reinforced the positive approach of bringing Americans together.

5/13 W 1:15 – 4:00 PM \$40/\$32 22062411

**The Wild Animal Sanctuary – Keenesburg**

All animals need love! Experiencing this sanctuary is not like the zoo. The sanctuary provides rescue for 500+ animals from horrific captive situations. Provides rehabilitation so they can live and roam freely within large natural habitats with others of their own kind. Experience the 3-mile elevated walkway and see the incredibly serene setting where tigers, wolves, bears, and prides of African lions roam freely. Lunch on site at the Lion's Den Café or a picnic of your own.

5/15 F 9:00 AM – 3:00 PM \$70/\$55 22062511

**Lucky Three Ranch – Loveland**

Explore the beautiful 127-acre working ranch with world-renown equestrian, Meredith Hodges. Meet her champion mules and experience the equines from draft mules to miniatures. Learn the ranch's history, the attributes of mules and donkeys, and how she trains and cares for the animals. Watch the award-winning film, *History of Lucky Three Ranch* and visit the Loveland Longears Museum and Sculpture Park. Lunch location is to be determined.

5/18 M 8:30 AM – 3:45 PM \$41/\$33 22062611

**Garden of the Gods & Cliff Dwellings – Manitou Springs**

Start the morning with a naturalist-led walk through the park sharing information on flora and fauna, birds, geology and history. Then to the Nature Center for iconic views, interactive exhibits, and the Geo-Trekker Theater movie. Lunch at the center's Bean Sprouts, a hip and healthy café! In the afternoon we'll walk through the dwellings that are comprised of Anasazi ruins that date back to 800-1000 years. Inside the Pueblo tour the Anasazi Museum and incredible gift shop.

5/20 W 8:15 AM – 4:15 PM \$42/\$34 22062711

**Batter Up!**

Take me out to the ballgame! Root for the home team as our Rockies take on the LA Dodgers. Seating along the 3rd base line. Food and drinks are available for you to purchase at the ballpark. Need a special needs seat? See Cheryl. Early cancellation date: May 17.

5/28 Th 11:30 AM – 5:00 PM \$32/\$26 22062811

**I-70 Road Trip**

We'll head to the George Rowe Museum in Silver Plume. First a school house from 1894-1959, displays exhibit local 19th century life. Then a delicious lunch at Coopers on the Creek in Georgetown for some duck pot pie or maple bourbon pork tenderloin. Finish the afternoon with a treat at Lewis Sweet Shop in Empire.

5/29 F 9:30 AM – 2:45 PM \$25/\$20 22062911



**St. Patrick's Day Lunch**

Tuesday, 3/17 • 11:30 AM

Tickets \$9/\$11 at the door

Wear your green and enjoy an Irish lunch of corned beef and cabbage. Sit back and enjoy the Wick School of Irish Dancers performance. Purchase your tickets at the Malley Front Desk, or online at [englewoodrec.org](http://englewoodrec.org). All tickets sales are final.

Location: Malley Recreation Center



**Guest Speaker Butterfly Pavilion - Insect Lore**

Wednesday, 3/25 • 1:30 PM, Tickets \$6

Did Grandmother Spider carry the sun on her back? Do butterflies bring good luck? Enjoy stories as the Butterfly Pavilion brings this fun and interactive program from cultures around the world. Stories told feature butterflies, beetles, dragonflies and spiders. Come meet the live animals that tell the tale. Have a story of your own? We would love to hear it!

Location: Malley Recreation Center



**The Great Egg Scramble**

Saturday, 4/4 • 10:00 AM

Gates open at 9:30 AM. Free entry – donations accepted. Inclement weather makeup date 4/11.

Location: Bellevue Park

**NEW** Accessible Hunt for anyone with special needs sponsored by Developmental Pathways.



**Active Aging EXPO**

Thursday, 4/16 • 3:00 – 6:00 PM • FREE

Get informed, get active and get moving at the 6th Annual Active Aging EXPO for seniors, boomers and adults! Meet with more than 70 agencies that provide nutrition, wellness, health, active aging programs, aging in place, where to get pampered, local community services, safety and much, much more. Professionals will be on hand to answer your questions and provide you with a multitude of information. Refreshments, door prizes, and more! Visit [englewoodco.gov](http://englewoodco.gov) for details.

Location: Malley Recreation Center

**Summer Drama Auditions!**

Friday, 4/24 • 5:00 – 9:00 PM

Saturday, 4/25 • 9:30 AM – NOON

Malley Recreation Center • 3380 S. Lincoln St.

Calling actors ages 8 to 98 to participate in the Englewood Summer Drama Program! This year's musical is still to be determined. To audition, please prepare a one-minute song an accompanist will be available. Call Sara, 303-762-2680 for more information or [englewoodco.gov](http://englewoodco.gov).

**Save the Date:** The Curtain raises 7/24 at Fisher Auditorium at the Englewood Campus.

**Guest Speaker Jeff Norman "Buffalo Bill Experience"**

Wednesday, 4/29 • 1:30 PM

Tickets \$6

Take an untamed frontier journey with re-enactor and impersonator "Gunny" Jeff Norman as he shares the life of Buffalo Bill. Modeled after Hal Holbrook's one-man play, "Mark Twain", the BUFFALO BILL EXPERIENCE portrays Buffalo Bill's amazing life, blended equal parts humor, drama and little-known historical anecdotes into a show as entertaining as it is informative.

Location: Malley Recreation Center



**EXTENDED TRAVEL**

For information on these and more exciting getaways, pick up flyers at Malley Recreation Center.

**PREMIER WORLD DISCOVERY IN 2020**

**June** - Black Hills, Badlands & Legends of the West

**September** - Branson, Memphis & Nashville

**October** - Athens & the Greek Islands

**November** - Highlights of Italy's Amalfi Coast

**December** - Rose Parade New Years



Join us as we encourage and celebrate countless contributions that older adults make to our communities. Fun, active, engaging activities to recognize and celebrate our community's older adults.

Look for dates / times / details in April 2020 and get excited to participate. Come try something new!

- Chair Volleyball Tournament – FREE
- Lunch and a Movie – \$5
- Malley's Largest Yoga Class – Donate a canned good
- Dog Walk Parade – Bring your favorite 4-legged friend

The City of Englewood  
1000 Englewood Parkway  
Englewood, Colorado 80110  
303-762-2300  
www.engagewoodco.gov

# CENSUS DAY – APRIL 1, 2020

*The future of our community depends on you!*

## FIVE REASONS TO TAKE THE CENSUS

1

It determines how many seats each state gets in the U.S. House of Representatives.



2

Data collected is used to inform decisions on funding for roads, schools, hospitals, emergency response services and more!



3

The City of Englewood could lose funding if Census data doesn't accurately represent the city's population size.



4

It's quick, safe and easy! Beginning in March, households can go online to complete the 2020 U.S. Census.



5

It creates job opportunities. Thousands of Census workers are needed to ensure an accurate count.

