



Neighborhood Rehab Project

TWO DAYS OF SERVICE

Saturday, June 18
Saturday, September 17

VOLUNTEER

Register to give back to your community and help address warmth, dryness and safety needs for homeowners in Englewood.

NEED HELP?

Nominate yourself or a neighbor to be the recipient of the program's support. Projects may include painting, yard maintenance, replacing windows and doors, fence repairs and more.

Learn more at englewoodco.gov/neighborhoods

MANY LANGUAGES, ONE COMMUNITY

More than 20 different languages are spoken in the homes of Englewood students. In order to support and celebrate the multilingual families in the district, Englewood Schools hosts a multilingual family night every six weeks. These meetings offer an opportunity for families, students, teachers and administrators to gather as a community over a fun seasonal activity like pumpkin carving or decorating gingerbread houses. The meetings bring together more than 100 students, families and staff members from throughout the district! Families interested in this program should visit the Culturally and Linguistically Diverse Education program at englewoodschools.net.

REGIONAL PARTNERSHIP AIMS TO PREVENT HOMELESSNESS

The Tri-Cities Homelessness Action Plan was created by representatives from Englewood, Sheridan and Littleton to address the growing incidence of homelessness in our region. Tri-Cities Homelessness Policy Committee members include mayors, city council members, city managers, service providers and representation from law enforcement. The committee presented a comprehensive three-year action plan to coordinate homelessness response systems that leverage collaboration between state, county and local partners.

The recommendations and action steps for this plan strive to find a way to end the cycles of poverty, addiction and homelessness. Through regional collaboration, the plan will be searching for additional funding and expanding the capacity of local providers for individuals and families at risk of or experiencing homelessness in the region.



Englewood . Littleton . Sheridan

For more information on the Tri-Cities Homelessness Action Plan, please visit www.englewoodco.gov/homelessness.

DOWNTOWN IMPROVEMENTS PLANNED FOR BROADWAY PASEOS, OLD HAMPDEN

Thanks to a \$150,000 Colorado Department of Transportation (CDOT) Revitalizing Main Streets Grant, the Englewood Downtown Development Authority (EDDA) and City of Englewood are excited to announce the South Broadway Paseo and Crosswalk Enhancement Project that will improve the area for all. The project is located on the 3400 block of South Broadway.

During the Downtown Matters planning process in 2020, stakeholders identified the paseos and crosswalk as an area that needed a variety of improvements. This grant is a great opportunity to make the area safer, multimodal and accessible for everyone.

The grant will fund new landscaping, lighting, bike racks and a wheelchair charging station. The crosswalk will get new high-visibility pavement markings. The paseos are now designated public consumption areas, which means you can purchase a to-go cocktail at a permitted bar or restaurant and drink it right there!



The EDDA and the city also converted 24 parking spaces on the southeast corner of Lincoln Street and Girard Avenue as a new public parking area. This will provide more conveniently located parking for people to use when shopping or socializing on South Broadway.

The EDDA is also assisting the city with planning to improve Old Hampden between South Broadway and Lafayette Street. The vision is to transform Old Hampden from a high-speed throughway to a safer, multimodal and more accessible main street for the community. The city will replace underground water utilities between South Broadway and Clarkson Street late this year or early next year. For more information on the Old Hampden Public Improvements Project, visit www.engaged.englewoodco.gov/old-hampden-public-improvements.

A REIMAGINED MUSEUM OF OUTDOOR ARTS

Since 1981, the Museum of Outdoor Arts (MOA) has provided our community with a unique and fresh opportunity to appreciate art. The nonprofit organization has been a large part of Englewood's thriving art culture, and its mission of "Making Art a Part of Everyday Life" is evident throughout our community.

Recently, MOA has renewed its focus on outdoor art, and it hopes to reimagine its partnership with the City of Englewood. Indoor art exhibits will no longer be a part of MOA's portfolio, as it will place a priority on outdoor art installations and opportunities. MOA has submitted a proposal for much of its outdoor collection to remain on display in Englewood. MOA has nearly 40 works of art displayed for public view within the downtown Englewood area.

MOA will continue efforts in the city that will likely include arts outreach support and community placemaking projects. MOA is an important part of Englewood's flourishing art culture, and a solid partnership with the City of Englewood will be a collaboration that benefits all of us.

ENGLEWOOD'S RENEWABLE ENERGY INITIATIVE TAKES OFF

Residents of Englewood, Littleton and other nearby communities can breathe easy knowing that another renewable energy source exists in their backyard. In 2019, South Platte Renew (SPR) completed the construction of a biogas pipeline injection system. The system captures more than 95% of the facility's biogas produced in the water renewal process, converts it into clean, renewable natural gas, and injects it directly into Xcel Energy's natural gas pipeline. The biogas system produces roughly 700,000 therms of energy per year, equivalent to the energy usage of 1,700 homes. Additionally, the system captures enough carbon dioxide to offset roughly 9.5 million car miles.

This project aligns with the City of Englewood's energy action plan, an initiative aiming to reduce energy usage by one percent per year through 2030, and furthers Xcel Energy's goal to deliver 100% carbon-free electricity by 2050. In turn, the biogas system produces revenue for SPR. In the first two years of operation, the system has generated more than \$3 million in revenue. To learn more about SPR, visit southplatterenewco.gov.









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OTHONIEL SIERRA MAYOR OF ENGLEWOOD



Warning the public during an ongoing emergency is back in the news after the devastating Marshall Fire impacted thousands in Boulder, Superior and Louisville just before the new year. Englewood has had its share of emergencies over the last few years, but I want to make sure everyone is aware of what you can do to get alerts and where you can find additional information to keep yourself safe.

Englewood contracts its emergency management services through Arapahoe County. In the event that we need to alert the public, we ask that people who work or live in Englewood sign up for ArapAlert at ace911.colorado.gov/arapalert. ArapAlert is the primary system for issuing emergency alerts for Arapahoe County, and it uses your address to determine whether or not you receive an alert. Those with traditional landlines will automatically receive an alert since it is tied to your address in the 911 database.

Depending on the severity of the emergency, FEMA's IPAWS (Integrated Public Alert & Warning System) may also be used, but it relies on GPS or cellphone towers, meaning you may not get notified if you're away from home. Older generation mobile phones are not equipped with the accuracy technology to pinpoint their location and may erroneously issue you an alert, similar to what occurred during the boil alert last summer, when many who don't work or live in the city received one.

The city has published additional information on how you can prepare for an emergency. Please visit **englewoodco.gov/emergency**. You can also scan the QR code below to sign up and start receiving notifications via mobile phone or email.

With thanks,

Othoniel Sierra, Mayor, District 1
osierra@englewoodco.gov • 720-551-3301



Scan this QR code to sign up and start receiving notifications via mobile phone or email.

STEVEN WARD MAYOR PRO TEM, DISTRICT 4



One of my goals as a member of the council is to keep the city focused on honoring its responsibilities to the community. I strive to encourage our city's leadership to see and respond to the things that affect the quality of life in Englewood.

In the next few months, the city will work on its 2023 budget. Council began this process with a

strategic planning retreat at the end of January. At that retreat, the city council members and director-level staff discussed our shared priorities and goals for the City of Englewood. Two of the main priorities right now are infrastructure and safety. Coincidentally, those are also two of the city's biggest expenses.

Over the past several years, we've inventoried the city's assets, surveyed its roads and developed long-term capital plans for water, sewer and stormwater. You've already seen some of those efforts reflected on your utility bill. By planning for the future and ensuring that the city's rates support both our present and future needs, we can avoid a repeat of the sticker shock we all felt when our water bills increased over the last two years.

The city has accomplished a lot, but unmet needs remain. On an annual basis, we budget approximately half of what we need to maintain and rebuild our roads. Additionally, on March 28, the city council received a public safety briefing from police command staff, which included a request for \$1.2 million in additional annual funding.

As we enter the 2023 budget cycle, your feedback on what you value will help us decide how we use your tax dollars. If you have any concerns or questions about something the city is doing, I hope you will contact me or one of my peers on the city council. Please share your vision for Englewood's future and tell us what might need fixing and also what is working well.

Steven Ward, Mayor Pro Tem, District 4 sward@englewoodco.gov • 303-900-8811

The views expressed in the city council member columns are the views of the individual council members and do not necessarily represent the views of the City of Englewood or the city council as a whole.

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JOE ANDERSON

COUNCIL MEMBER

This year city council is working toward a major overhaul of our unified development code. The project is appropriately called CodeNext, indicating a desire to modify the code for the future. This may sound boring, but it's truly important (and for policy nerds like me, it's pretty exciting). The demographics of Englewood residents and desires for housing types have changed dramatically over the last 50 years, but our code still has a previous generation in view.

Today, family sizes are smaller, living arrangements are more complex and varied, and people desire more walkable neighborhoods. Housing prices today, however, for both

renters and buyers are dramatically higher than they were 50 years ago.

Our development code should reflect the needs and desires of our changing community while maintaining Englewood's historical identity. I want to share with you three principles that I will be using to evaluate the options as we move forward with the CodeNext revision.

 No neighborhood should be subject to rapid, radical change and no neighborhood should be frozen in time. Incremental adaptation to a changing world is the way forward.

A large apartment complex going up in the middle of a neighborhood full of single-family homes is an unacceptable radical change. At the same time, we need to allow incremental adaptation of our neighborhoods; there should be places throughout the city where duplexes and triplexes should be legal.

2. It is in the community's best interest to adopt policies that employ the decisions of average people to meet the community's policy aims.

ADUs (accessory dwelling units) are a great example here – if we can make it easy for residents to build or adapt current structures into small, affordable units that generate income for the homeowner or provide housing for college-age or elderly residents, the city will get an increase in affordable housing without having to subsidize it directly.

3. Every member of the community should have a voice in the CodeNext process.

We need to hear from you! Our development code needs to be workable for all citizens of Englewood. Please learn about opportunities for engagement on the CodeNext website: engaged.englewoodco.gov/codenext.

Also, please feel free to reach out to me with any thoughts or questions you might have.

Joe Anderson, Council Member, District 3 janderson@englewoodco.gov • 720-998-6116

ENGLEWOOD

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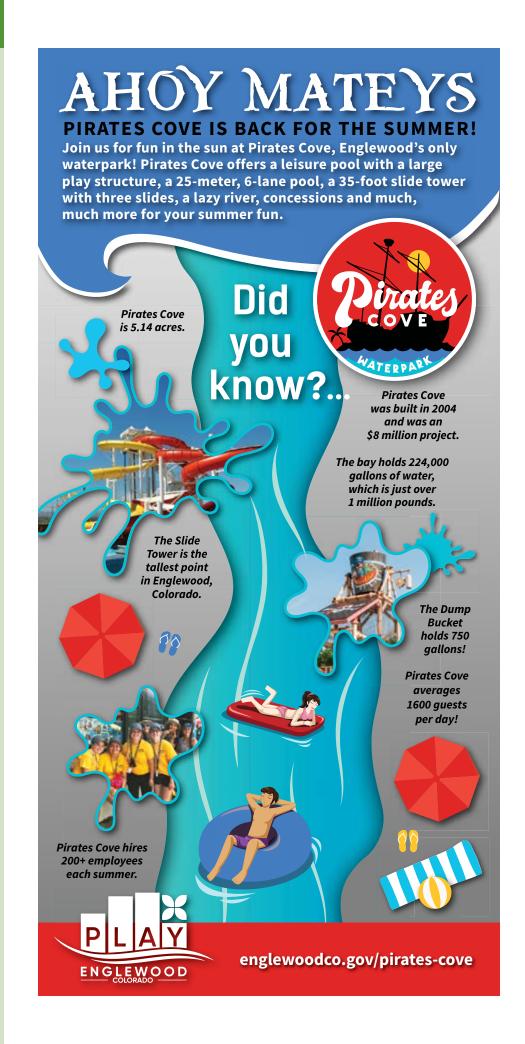
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ON THE COVER:

Mel Englund and Danna Liebert visit Depot Prairie Park to prepare for another summer season. Plants provided by Alameda Wholesale Nursery.







SUNSET CONCERT SERIES

Thursdays • 6 - 8 p.m.

 ${\bf City Center\, Amphitheater \bullet 1000\, Englewood\, Pkwy.}$

Enjoy live music as well as food and vendors.

KIDSTAGE

Tuesdays • 6 p.m.

July 12...... Denver Taiko Drums at Belleview Park

uty 19...... I B

SI GE

INDEPENDENCE DAY CELEBRATION

July 4, 5 p.m. - 10 p.m.

Cornerstone Park & Belleview Park

Celebrate our national holiday with friends and family! Enjoy local vendors and food trucks. Bring a picnic dinner and blankets to watch the fireworks! The fireworks will start at approximately 9:15 p.m.

SILENT DISCO AND FOOD TRUCK FRENZY

August 12, 6 - 10 p.m.

CityCenter Amphitheater - 1000 Englewood Pkwy.

Dance the night away and enjoy tasty eats from our food trucks.

ENGLEWOOD BLOCK PARTY

Saturday, August 27, 4 – 10 p.m. 3400 Block of South Broadway

Families will be able to enjoy activities like face painting, shopping and eating from local vendors. Learn more at **englewoodco.gov/events**.

ENGLEWOOD MARKET SERIES

3rd Saturday of the month May - October, 10 a.m. - 2 p.m.

Stock up on hand-crafted delights at Englewood's farmers market.



MOVIES IN THE PARK

Movies begin at dusk but come early for food trucks and fun!

Saturday, June 25

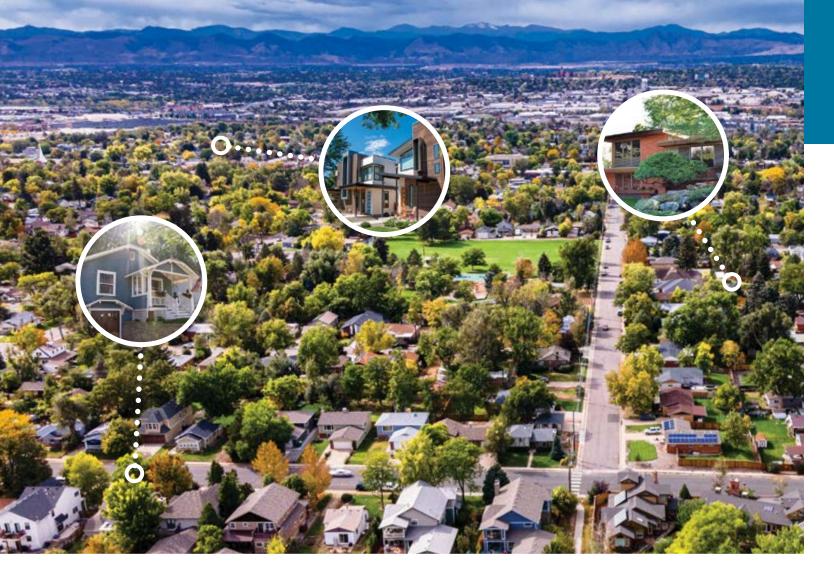
Bates Logan Park (2938 S. Logan St.) Showing: *Encanto*

Saturday August 6

Belleview Park (5001 S. Inca St.) Showing: *Field of Dreams*

Event Updates: englewoodco.gov/events





STEERING THE WAY TO A STRONGER COMMUNITY

The Neighborhood Map Project is on track to be finalized this summer

The City of Englewood has continued its work with the Historic Preservation Commission (HPC) to create a citywide neighborhood map with the goal of strengthening the Englewood communities of today while preserving the city's diverse history. Last fall, the city released a survey calling for feedback from residents on the initial version of the map. The survey closed in December, and according to Neighborhood Resources Coordinator Madeline Hinkfuss, the city was happy with the number of responses and feedback from the community.

The HPC has since met multiple times to review the survey results, incorporating many of the suggested changes into the next iteration

of the neighborhood map, including adding new neighborhoods, adjusting boundaries and modifying neighborhood names.

The Englewood City Council reviewed the new map in late April, and Hinkfuss expects it to be finalized in the next few months. Hinkfuss believes that "Implementing a citywide neighborhood map will help Englewood residents identify where they live, strengthen our community and preserve the city's diverse population. It will empower residents to build relationships with their neighbors, access resources and create the opportunities to connect with neighbors."



Neighborhood Activities for Summer

START YOUR ENGLEWOOD SUMMER DAYS WITH FOOD TRUCKS, BLOCK PARTIES AND MOVIE KITS

Nights

NEIGHBORHOOD NIGHTS

What's a summer without Neighborhood Nights? Rain or shine, food trucks are coming to Englewood neighborhoods. Grab a lawn chair and enjoy an Englewood summer favorite at our parks from 4–8 p.m. Visit **englewoodco.gov/neighborhoodnights** for additional information.

Schedule:

Thursday, May 19 Emerson Park **Thursday, June 2**...... Duncan Park

Thursday, June 23 Bates-Logan Park

Wednesday, July 6.....Romans Park
Wednesday, July 13...Jason Park

Saturday, August 6 Belleview Park (with movie)

Thursday, August 18 ... Cushing Park
Thursday, Sept 1 Centennial Park
Thursday, Sept 8 Rotolo Park



BLOCK PARTY TRAILER

Start planning your neighborhood block party and think about what weekend you want to reserve your trailer! The trailer can be reserved once per weekend from June 1 to September 30. It will be dropped off on the Friday of the weekend you select and picked up the following Monday. Reserve your trailer beginning on May 3 at englewoodco.gov/neighborhoods.



BACKYARD MOVIE KIT

New this summer is the backyard movie kit! The backyard movie kit has everything you need to throw a fun movie night with your neighbors and friends. The kit includes speakers, a projector, a screen and more. The equipment is available from June to October, Thursday through Sunday. Be one of the first to reserve your kit starting May 3 by visiting englewoodco.gov/neighborhoods.





MAKE THIS SUMMER SHINE WITH ADVENTURE

Learn from these local outdoor and travel businesses what you need this summer

The City of Englewood's "Eat, Explore, Enjoy!" campaign was launched to connect community members and visitors with opportunities to experience some of Englewood's greatest assets. Local businesses help our community thrive while enriching our lives and providing amazing opportunities for us.

We're fortunate to live in one of the most sought-after locations in the country to enjoy the outdoors. Colorado has an abundance of opportunities to get outside, be a part of nature and live an active lifestyle. We're also lucky to have many local businesses in Englewood that can help you on your next adventure.

This summer, take advantage of services and products offered by Englewood businesses that specialize in outdoor recreation and active lifestyles. Learn about what gear you should use or where you should travel to next in Colorado from these local businesses:



Backcountry Bliss

For more than 10 years, **Cripple Creek Backcountry** has provided outdoor enthusiasts quality service, expert advice and top-of-the-line products. Its experienced team prides themselves on their passion for the Colorado mountains and knowledge of the gear you need to have a safe, fun and memorable adventure. From backcountry skiing and snowboarding to trail running, biking and climbing, Cripple Creek Backcountry can help start your next trip. Cripple Creek Backcountry is located at 2807 South Broadway.

Roving Through Colorado

For those adventurers who prefer exploring on four wheels, **JC's British & 4x4** offers an extensive array of services. Since 2005, the off-roading experts have provided high-quality service with honesty and fair prices. Its team members are factory-trained Land Rover Master & Certified Technicians. Whether you are the casual sightseer or the more ambitious adventurer, JC's experience and knowledge can help you blaze that off-road trail. Stop by JC's Englewood locations at 4747 South Santa Fe Drive or 1631 West Hamilton Place.

Pedal-Powered Adventures

Bicycling and Colorado seem to be a perfect pair. Whether your passion for pedaling is on a mountain bike, road bike, tandem or cruiser, **Any And All Bicycles** can provide you with everything from tune-ups and service to sales. The family-owned and operated business has been providing cyclists in Englewood with all their bicycling needs since 1988. Pedal into the full-service shop at 3444 South Broadway.

SOUTH ENGLEWOOD FLOOD REDUCTION PROJECT

Enhancing the city's storm sewer system

Localized flooding in the south Englewood storm drainage basin, caused by bottlenecks in the existing storm sewer system, led the City of Englewood to mitigate the problem with the South Englewood Flood Reduction Project.

During heavy rains, the current drainage can't keep up with runoff, and as a result, flooding occurs. The South Englewood Flood Reduction Project will fix the problem by constructing two new stormwater detention ponds and making stormwater pipe improvements.

The project enhances the city's storm sewer system, allowing more stormwater to flow through the system from upstream locations. The proposed detention ponds will be located in the general area bound by West Quincy Avenue to the north, West Stanford Avenue to the south, Windermere Street to the west and Navajo Street to the east.

As of April, the engineering design and property acquisition for the project are nearly complete, and construction could begin as early as this fall or winter.



The city is exploring a variety of funding options for this project, including a Federal Emergency Management Agency (FEMA) grant. The start of construction may be delayed until 2023 to accommodate FEMA's funding schedule.

For more information and to sign up for email updates about the project, visit www.engaged.englewoodco.gov/south-englewoodflood-reduction-project.

ENGLEWOOD CONSIDERS REVENUE SOURCES FOR STREET AND ALLEY UPGRADES

In 2021, the city conducted a pavement rating analysis to determine the Overall Condition Index (OCI) on a scale of 0 (failed pavement) to 100 (new pavement) for each pavement segment in the city. According to the pavement rating analysis, the current OCI of the



city's street network is 59. The assessment and follow-up analysis concluded that Englewood should be spending \$3.3 million annually to maintain roadways.

Over the last five years, Englewood has spent approximately \$6.5 million, or \$1.3 million per year. In order to make up for this shortfall and have funds to maintain alleys, the city is looking at a multi-pronged approach that may include a tax ballot question in November that will seek different resources to help fund Englewood streets and alleys. Among the resources are the following:

- Grants (state, federal, DRCOG, etc.)
- Sales tax
- Property tax
- Head tax (on employers/employees in the city)

Visit Englewood Engaged at **engaged.englewoodco.gov** to weigh in on these options and provide additional suggestions on improvements to our streets and alleys in Englewood.

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WHERE DOES YOUR WATER **COME FROM?**

The inner workings of how your water is treated and available to your faucet

When you turn on your faucet or water your lawn, do you know where your water comes from?

A drop of water journeys a long way before it reaches your tap. It begins with mountain snowpack that, as it melts, becomes the main source of Englewood's water supply. Englewood's mountain system infrastructure allows the city to access its water rights, which are replenished each year. Meadow Creek Reservoir, a mountain reservoir near Winter Park, is owned by Englewood and operated by Denver Water. By agreement, Englewood provides water from Meadow Creek Reservoir to Denver Water in exchange for water from Chatfield Reservoir. The city also owns Boreas Pass Ditch, a small transmountain diversion that conveys water from the western slope to Chatfield Reservoir. McLellan Reservoir,

a water supply reservoir in Littleton also owned by Englewood, is used as water storage for the city and to provide leased water and water storage space to Centennial Water and Sanitation District (CWSD), which serves Highlands Ranch.

Raw water, or untreated water, is delivered from the mountain system to the city's Allen Water Treatment Plant through the South Platte River and City Ditch, a water conveyance system from Chatfield Reservoir to Harvard Gulch Park. Englewood owns and operates City Ditch, which consists of buried pipeline, overhead flumes and an open channel ditch. It is used to deliver water from Chatfield Reservoir to Englewood, CWSD and contract users in Littleton, Englewood and Denver.

The Allen Water Treatment Plant receives water from City Ditch and the Union Avenue Pump Station along the South Platte River, where the water undergoes a multi-step treatment process to meet federal and state drinking water standards. The licensed water treatment operators oversee treatment operations around the clock to ensure safe drinking water is delivered to Englewood citizens.



Once water is treated, it is sent to customers through the city's distribution system, a network of pressurized pipes, two remote pump stations and three storage tanks - two of which are the towers that can be seen above the city's horizon. A dedicated team of operations and maintenance staff manage distribution system operations, infrastructure maintenance, water main repairs, meter reading and water main flushing. This team is on call 24 hours a day, 7 days a week to ensure water is available anytime you turn on your faucet. All of this is accomplished at a cost of less than one penny per gallon for drinking water delivered to homes and businesses.

Once water has been used by the customer and sent down the drain or flushed down the toilet, it flows though Englewood's sewer collection system to South Platte Renew, a regional treatment facility co-owned by the Cities of Englewood and Littleton. South Platte Renew is the third-largest water renewal facility in Colorado and treats nearly 20 million gallons of wastewater a day from 300,000 residents in Englewood, Littleton and 19 other connecting communities.

Englewood is currently ramping up investment in its water and sewer infrastructure to ensure citizens continue to receive reliable and safe drinking water, see improved water aesthetics and have modern treatment facilities to serve this vibrant community well into the future.

For more information, visit englewoodco.gov/flowitforward.



City of Englewood **Water System**

SOUTH PLATTE



SUSTAINABILITY, THE SMART WAY

Englewood is taking on more sustainable efforts to protect the community and planet

he City of Englewood is more committed than ever to sustainability, and in recent years has invested in people and projects working to keep Englewood safe and beautiful for generations to come.

In April 2021, city council adopted a sustainability plan, outlining 10 sustainability goals and related projects from air quality to transportation. In January, the city hired Sustainability Coordinator Melissa Englund to implement these projects and work together with the city's sustainability commission (formerly Keep Englewood Beautiful) to achieve the city's goals and be an earpiece for the community in regards to residents' wants, needs and hopes around sustainability in Englewood. It's a big task, but Englund is up to the challenge – and believes it is of the utmost importance.

The projects the city is currently working on include (but are not limited to):

- Collecting benchmark data for things like energy use, water use and CO₂ emissions in order to create a greenhouse gas inventory. This will help the city establish future targets, demonstrate what's working and where things need to pivot, and forecast data from different scenarios to better see how emissions reduction targets can be met.
- Scoping out project details for the \$200,000 set aside for energy efficiency projects from the American Rescue Plan Act funding.
- Becoming a Love My Air partner through the Tri-County Health Department. This
 program aims to inform, educate and create change around air quality.
- Analyzing what low-cost and easily implementable projects and programs the city may qualify for.

For Englund, sustainability has three primary pillars: people, planet and profit. Effective sustainability efforts benefit everyone and uplift the wellbeing of the community as a whole. They protect the local environment – the places where residents live, work and play – and they're cost-effective for families, businesses and the community (in the short term with savings and in the long term by avoiding costly hazards like flooding and wildfire).

"The environment is where you go to work, it's where you live, it's your children's favorite city park," Englund said.

"When we say sustainability for the planet, we mean we want the environment where you live and play to have clean air, fresh water and be a safe environment for you and future generations to come to enjoy."



HARNESSING THE POWER OF POLLINATOR PLANTS

Depot Prairie Park is a great example of the city's efforts to create sustainable changes that benefit local open spaces while fostering positive environmental education among residents.

The park's recent transition from turf to a primarily Colorado native landscape has greatly reduced water use, labor and carbon footprint while supporting important pollinators like birds, butterflies and insects whose populations are in decline – and who we depend on for food security. Native plants need less water, are resilient, stabilize soil and often don't require pesticides or fertilizer because they are adapted to our local climate and conditions. As a bonus, they add a lot of beauty to an area.

Project lead and resident, Danna Liebert, has been working on the transition for three years and continues to sing the praises of planting native plants.

"If people want to save money and lower their water bills, plant native plants. If people want to take an action to reverse biodiversity loss, plant native plants. If people want to live with beautiful, low-maintenance landscapes, plant native plants," she said.

LEARNING MORE ABOUT BIODIVERSITY

The Butterfly Pavilion staff will lead community volunteers in a one-day intensive biological survey of the plants, invertebrates, and birds that call the Depot Prairie Park home. The data gathered will help build a biological baseline to track changes in biodiversity as the landscape matures.

Depot Prairie Park is currently recruiting volunteers to assist with planting and routine maintenance of the park. For volunteer information and to learn more about the park, visit www.engaged.englewoodco.gov/depot-pollinator-park.

LET'S TALK TRASH

Updates coming for garbage, recycling and compost needs

In late 2021, the city solicited proposals from waste haulers to provide collection to all residential properties. This includes single-family homes, duplexes and triplexes. Per state law, the city cannot require apartment buildings or commercial or industrial businesses to participate in organized garbage collection. Two proposals were received from companies who currently provide service in the city.

Based on the information in the proposals, the city conducted an informational campaign to solicit input from the community, including an informational video, a survey, two public informational meetings, a postcard mailed to all residents and multiple social media posts. The survey garnered more than 1,700 responses! The results showed that people are concerned about cost, reliability of service and yard waste collection. Composting, at an additional cost, was also an area of interest.

A citizen's committee, established by the city council in 2020, has weighed in on the proposals received from waste haulers and provided recommendations to the city council. On April 18, the city council met to discuss the future of garbage and recycling collection in the city as a part of their regular city council meeting. Stay tuned for more information on the next steps by visiting www.engaged.englewoodco.gov/talk-trash.



SANTA FE PLANNING AND ENVIRONMENTAL LINKAGE STUDY

Updates on the development along Santa Fe Drive between C-470 and I-25



Since April 2020, the Colorado Department of Transportation (CDOT) has been working on a planning & environmental linkages (PEL) study to identify future transportation and safety improvements along an 11-mile stretch of Santa Fe Drive between C-470 and I-25.

Santa Fe Drive spans three counties and four municipalities, including Englewood, which are all funding partners in the PEL study.

Why Are Improvements Needed?

From 2016 to 2018, there were 2,282 crashes on Santa Fe Drive, with 10 fatalities. Total crash rates along this stretch of roadway exceed CDOT's average rate for an expressway. Crash types in this area are typically related to vehicle congestion.

Additionally, travel times during the morning and afternoon peak hours are up to 40% longer than the travel time to drive the corridor at free-flow speeds. Unreliable and unpredictable travel times cause difficulty in trip planning and negatively impact commerce.

Currently, there is a lack of sidewalks and pedestrian crossing opportunities near bus stops and inadequate connections across Santa Fe Drive to access the light rail.

Public Input and Next Steps

In August 2021, CDOT hosted an interactive online feedback event where more than 150 people identified project priorities, themes and recommendations.

Now, the project team will use results from the technical evaluation and input from completed public surveys to develop recommendations and an implementation plan. The final PEL report is expected to be available to the public later this spring.

Sign up to receive project updates and read more about the Santa Fe Drive PEL study at codot.gov/projects/santafepel.

EAB SUBSIDY PROGRAM

The City of Englewood is excited to launch the EAB Subsidy Program! The program was launched this year to help subsidize the treatment or removal of ash trees from residential properties. It's an incentive the city hopes the community will participate in this year and in the future to keep our ash trees healthy from the emerald ash borer (EAB). The EAB has destroyed millions of ash trees across the U.S., including Colorado. The last reported case was in Arvada two years ago. By being part of this program, residents will be able to partner with the city to chemically treat or remove ash trees to help with the prevention of EAB. To learn more or be part of this program, visit englewoodco.gov/eab.



RECYCLE YOUR YARD CLIPPINGS



The sun is beaming, the flowers are in bloom and warmer weather is on the horizon. As our lawns welcome the sunny days, the city is reminding owners and occupants to maintain their lawns and alleys by following Englewood's ordinance to keep grass and weeds cut to six inches or less. The city encourages residents to recycle yard clippings and yard waste into compost or use it to conserve moisture in flower and vegetable gardens when maintaining your lawns. A little Englewood tip here – licensed trash haulers will remove yard clippings based on the owner/occupants' service agreement. Grass clippings and yard debris should not be placed or used as weed control in alleys, as this may clog drainage. To learn more about the city's ordinances and lawn maintenance, visit englewoodco.gov/code-enforcement.



A LOOK INTO THE SCHOOL RESOURCE OFFICER PROGRAM

Officer Matthew Creaghe's partnership with Englewood Public Schools



When is a police officer someone who spends the day reading to a second-grade classroom, playing a pickup game of basketball with a group of seventh-graders or helping a high school senior complete a college application letter? When that officer's primary role is to serve as a school resource officer, or SRO.

In Englewood, the SRO program is a partnership between the Englewood Police Department and Englewood Public Schools. Currently, Officer Matthew Creaghe works full time as an SRO, dividing his time between two high schools, one middle school, five elementary schools and four private/alternative learning schools throughout Englewood.

"The SRO program allows law enforcement to cultivate and grow positive relationships with students, staff and our community," explained Officer Creaghe. "Spending the time to create these strong relationships leads to safer schools where police encounter less bullying, fights and other crime."

The responsibilities for an SRO differ vastly from day-to-day. Usually, it includes greeting students in the hallways and checking in with

administrative staff to see if there are any situations that may benefit from an SRO getting involved. Some of the work includes age-appropriate presentations, like how to stay safe online or what it takes to be a police officer. Other times, an SRO will coordinate field trips or demonstrations for classes to get a behind-the-scenes look at everyday police work.

Part of the job also focuses on individual students and their specific needs. In these cases, Officer Creaghe works with them as a mentor. If law enforcement action must be taken, he makes sure to take the time to explain the situation to the student. "I tell them that they are not defined by one negative action," he says. "I will continue to support them and cheer them on throughout the process and after."

These interactions are designed to support schools and are based on the importance of education, relationship-building and communication. The ultimate goal, and Officer Creaghe's hope, is that his work in schools will lead to the Englewood community feeling safe, heard and cared for by law enforcement.

"My favorite part about being an SRO is interacting with and learning from our students," says Officer Creaghe. "Englewood has many talented, gifted, creative and intelligent students who have so much to share. I'm lucky to be the officer who gets to experience and witness this every day!"

16

UPDATES COMING TO CUSHING PARK

We're excited to share two amazing new features being constructed at Cushing Park!



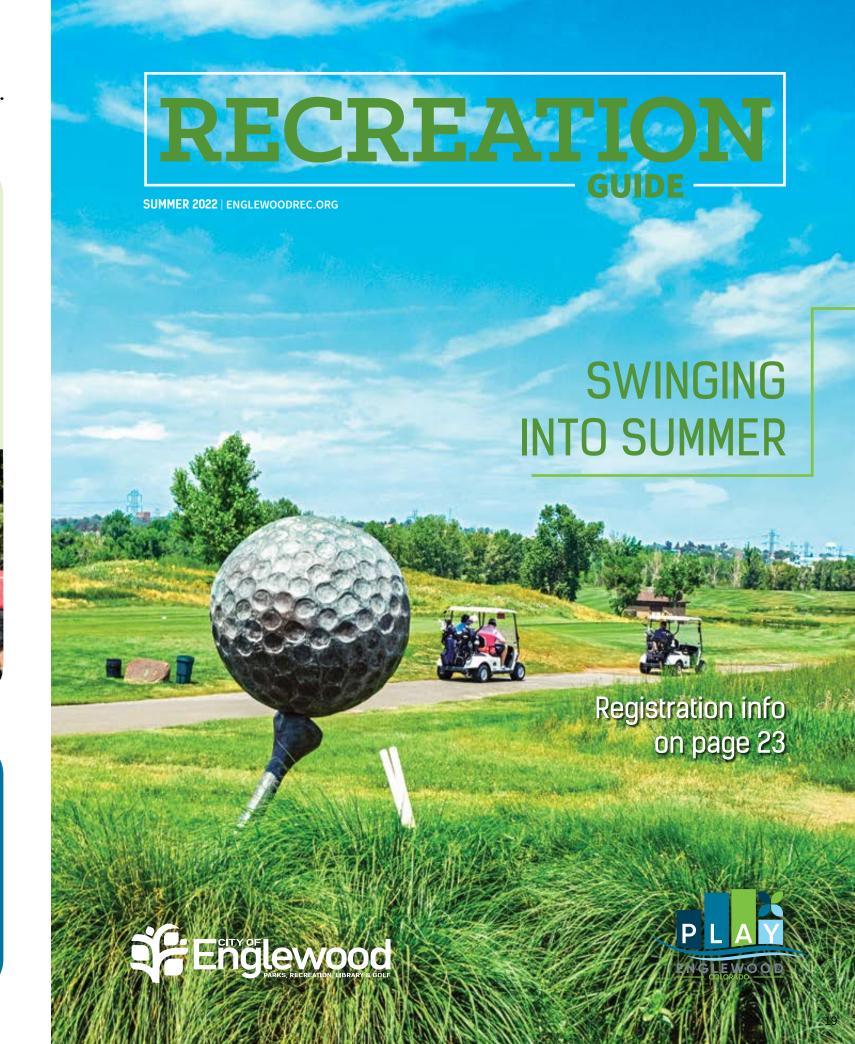
First is the redesigned skate park. The design incorporates beloved features of the current skate park, including a new and improved halfpipe along with built-in drop-in spots. Construction on the new skate park, which will be located in the northwest corner of the park, will start this summer with an anticipated grand opening in August. Thank you to everyone who attended the open house, shared comments and feedback on initial designs and voted on the final two designs!

The second addition is an outdoor Fitness Court®, featuring seven functional training zones, thousands of bodyweight exercises and digital programming for adults of all ages and abilities. The Fitness Court® is redefining fitness in communities across the nation as an innovative outdoor circuit training center. Englewood received a \$25,000 grant that will provide nearly 25% of the \$130,000 total cost to install the Fitness Court®, and the city's contribution will be \$105,000. Installation will begin this summer!

WELCOME ASSISTANT CITY FORESTER, EVAN ANDERSON!

Please welcome our new assistant city forester, Evan Anderson. Evan grew up in Austin, Texas and has traveled the world meeting great people, seeing amazing sites and eating some unique cuisines. Having a forestry degree from Stephen F. Austin State University in Nacogdoches, Texas, a master's from Charles Darwin University in Darwin, Australia, and being an ISA Certified Arborist, we think he's a perfect fit for this position. Evan has been working as a

forester and natural resource manager for 20 years in jobs ranging from the Peace Corps, state agencies, consulting and now with the City of Englewood. Evan is looking forward to the opportunity to help make Englewood's urban forest safe, healthy, sustainable and accessible to all residents and visitors.



BASEBALL/SOFTBALL FIELD **OFF-LEASH DOG AREA** BASKETBALL COURT PICKLEBALL COURT OPEN SPACE AREA SLACK LINE POLES **TENNIS COURTS** PLAYGROUND RESTROOMS 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. COLORADO'S FINEST HIGH SCHOOL OF CHOICE 300 W. Chenango Ave. / / **CUSHING PARK** 700 W. Dartmouth Ave. DUNCAN PARK 4880 S. Pennsylvania St. JASON PARK 4299 S. Jason St. **NORTHWEST GREENBELT** 2222 W. Vassar Ave. **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. ROMANS PARK 1800 E. Floyd Ave. ROTOLO PARK 4401 S. Huron St. **SOUTHWEST GREENBELT 4485 S. Fox St.** Englewood Recreation Guide — englewoodre

GET OUT AND EXPLORE!



Park and Open Space Area Hours: 7 days a week, 6 a.m. – 11 p.m.

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.

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.

No Smoking: All Englewood parks are smoke- and vape-free.

Reserve your park shelter online at **englewoodco.gov/shelters**. Shelters are available to reserve April 16 – October 16. For assistance, call the Englewood Recreation Center at 303-762-2680.

- 1. RiverRun Trailhead 2101 W. Oxford Ave.
- **2. Belleview Park** 5001 S. Inca Dr.
- **3. Cushing Park** 700 W. Dartmouth Ave.
- **4. Centennial Park** 4630 S. Decatur St.
- 5. Jason Park* 4299 S. Jason St.
- **6. Bates/Logan Park** 2938 S. Logan St.
- **7. Baker Park** 2200 W. Wesley Ave.
- **8. Romans Park** 1800 E. Floyd Ave.
- 9. Rotolo Park 4401 S. Huron St.
- 10. Duncan Park*
 4880 S. Pennsylvania St. 20. Emerson Park
- 11. Barde Park 3150 S. Downing St.
- **12. Miller Fields** 3600 S. Elati St.

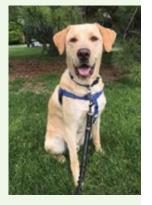
- 13.Brent Mayne & Union Fields
 2. 3501 W. Union Ave.
 - 14. Colorado's Finest High School of Choice 300 W. Chenango Ave.
 - **15. Canine Corral** 4848 S. Windermere St.
 - **16. Englewood Community Garden**601 W. Dartmouth Ave.
 - 17. Northwest Greenbelt* Zuni St. to Pecos St.
 - 18. Southwest Greenbelt Huron St. to Bannock St.
 - **19. Clarkson Park** 2795 S. Clarkson St.
 - 20. Emerson Park 2929 S. Emerson St.
 - 21. Big Dry Creek Trail Access 4700 S. Wyandot St.

*Off-Leash Areas

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 a.m. –11 p.m. 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 during posted hours at Canine Corral, Jason Park, Duncan Park and Northwest Greenbelt. Dogs must have current vaccinations and remain out of playgrounds, pavilions and athletic fields when fields are programmed with activities. Visit englewoodco.gov/offleash for additional information. Note: Jason Park is closed until May for turf restoration due to drought conditions.

Park use and pavilion reservations will follow the most up-to-date health guidelines. Visit englewoodco.gov/play for details.



ID Card

RECREATION FACILITIES

All program and center participants 5 years and older are required to obtain an ID card for access. (No card needed for spectators or rental guests.)

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 discounted Resident Fee rate. A valid photo ID with current address or documentation verifying current City of Englewood address (vehicle registration, utility bill or phone bill, etc.) must be provided. To receive Resident rates for online registrations, household must be set up in person.

Non-Resident ID Cards: Non-residents will receive their first ID Card for free. Must present valid photo ID.

Gymnasium

Full-size gym for basketball, volleyball and other court activities. Visit our website for current gym schedules.

Fitness Amenities

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

The ZONE

Check out this functional training system that will elevate your workout. Multiple exercise stations 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 and check out page 47 for current classes.

Locker Rooms

Events Supervisor

Showers and lockers are 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 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.

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.

Financial Assistance for Recreation Programs for Englewood Residents

Please contact 303-762-2680 or recreation@englewoodco.gov.

Wellness Insurance Programs (WIP)

Englewood and Malley Recreation Centers honor Wellness Insurance Programs, including SilverSneakers, Renew Active, One Pass and One Pass Commercial. Please check with your insurance provider to determine which program they offer 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.









Brad Anderson – Aquatics banderson@englewoodco.gov **Recreation Managers** Allison Boyd – Facility/Programs aboyd@englewoodco.gov **Avery Akers** aakers@englewoodco.gov **Englewood Recreation Center** jmusgrove@englewoodco.gov Joyce Musgrove Supervisors

Malley Recreation Center Cheryl Adamson Shelly Fritz-Pelle **Supervisors**

RECREATION & EVENT STAFF

Open Space Activities Supervisor Lindsay Peterson

Sara Stant sstant@englewoodco.gov cadamson@englewoodco.gov sfritz@englewoodco.gov lpeterson@englewoodco.gov Toni Arnoldy tarnoldy@englewoodco.gov



ENGLEWOOD RECREATION CENTER

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

The Englewood Recreation Center is a community facility with activities for all ages. 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: 6:00 a.m. - 9:00 p.m. 6:00 a.m. - 8:00 p.m. Sa & Su: 8:00 a.m. - 5:00 p.m. POOL CLOSES 30 MIN BEFORE CENTER

INDEPENDENCE DAY ERC ANNUAL
MAINTENANCE WEEK

Center Admission

Admission includes use of fitness amenities: pool, weight rooms, cardio, The ZONE functional training room, running track (approx. 6.5 laps = 1 mile), gymnasium and racquetball/walleyball/handball courts.

	GENERAL:	3 - 54 Years	ACTIVE ADULT	: 55 - 82 Years
Туре	Non-Resident	Resident	Non-Resident	Resident
Daily Admission (Recreation ID Required)	\$6.00	\$4.75	\$5.50	\$4.00
25-Visit Pass	\$105.00 (CPV \$4.20)	\$84.00 (CPV \$3.36)	\$80.00 (CPV \$3.20)	\$64.00 (CPV \$2.56)
Fitness Drop-In Class	\$10.00	\$8.00	\$10.00	\$8.00
Annual Pass Active adults ages 55–82 can enjoy use of both Recreation Centers with this pass for drop-in use.	\$390.00 (\$32.50/mo)	\$312.00 (\$26.00/mo)	\$356.00 (\$29.67/mo)	\$225.00 (\$18.75/mo)
Premier Annual Pass* Upgrade your ERC annual pass to include eligible group fitness classes, one personal training session and four guest passes. (See pages 49 through 53 for eligible fitness classes.)	\$465.00 (\$38.75/mo)	\$387.00 (\$32.25/mo)	\$430.00 (\$35.83/mo)	\$300.00 (\$25.00/mo)
Platinum Pass (83+) Ages 83 and up are free to enjoy drop-in use of the Englewood and Malley Recreation Centers.	ı	1	FREE	FREE
Racquetball/Walleyball/Handball Recognized User Groups see Center Supervisor for rates.	Courts are reser Reservations two days ir	are accepted	Fee included in co	enter admission.

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

HOW TO REGISTER



Corporate Rates

ONLINE: Submit registrations anytime at englewoodrec.org. Payments must be made with Visa, MasterCard, Discover Card or American Express.



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



Call for pricing; pricing based on residency and number of visits purchased.

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's license or Colorado ID card number on them. A \$25 service charge will be assessed on any returned check.

MALLEY RECREATION CENTER

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, include fitness, arts and crafts, outdoor adventures, education, excursions, extended travel, special events, VOA lunch, drop-in activities and more. Home to the highest quality Pilates Reformer machines.

Hours of Operation				
M–Th	8:00 a.m. – 7:00 p.m.			
F	8:00 a.m. – 5:00 p.m.			
Sa	9:00 a.m. – 1:00 p.m.			
Su	CLOSED			
5/30	CLOSED FOR MEMORIAL DAY			

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 and special events are available to all ages.

Wellness Insurance Programs (WIP)

Englewood and Malley Recreation Centers honor Wellness Insurance Programs, including SilverSneakers, Renew Active, One Pass and One Pass Commercial. See page 24 for more information.

Volunteers of America (VOA) Nutrition Program

The Malley Recreation Center and Volunteers of America have teamed up to provide lunch Monday through Friday. Dine-in or to-go options are available. Doors open at 11:30 a.m. and lunch is served from 11:45 a.m. - 12:15 p.m. For to-go, lunch must be picked up by 12:15 p.m. Reservations are required and must be made by noon two days in advance. Please call 303-762-2660 to reserve your space. Monthly menus are available online at englewoodco.gov or at the front desk. Suggested donation is \$2.50 for ages 60 and 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 - FREE in 2022

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.

ACTIVE ADULT: 55 years and over		
Resident	Non-Resident	
FREE	FREE	
\$225.00 (\$18.75/mo)	\$356.00 (\$29.67/mo)	
\$300.00 (\$25.00/mo)	\$430.00 (\$35.83/mo)	
FREE	FREE	
	Resident FREE \$225.00 (\$18.75/mo) \$300.00 (\$25.00/mo)	



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. Due to COVID-19 guidelines, hours of operation are subject to change. For hours of operation, call 303-762-2660 or visit englewoodco.gov/play.

D	DROP-IN PICKLEBALL SCHEDULE				Courts are subject to availability.			
	Level	Su	М	Tu	W	Th	F	Sa
MRC	Beg./Int.	_	11:30 a.m. – 2:00 p.m.	. –	11:30 a.m. – 2:00 p.m.	. -	11:30 a.m. – 2:00 p.m.	9:15 – 11:30 a.m.
Ž	Adv.	_	2:00 – 4:45 p.m.	_	2:00 – 4:45 p.m.	_	2:00 – 4:45 p.m.	9:15 – 11:30 a.m.
ERC	Beg./Int.	_	-	_	-	_	3 – 5 p.m.	-
CFHSC	Beg./Int.	_	_	1 – 5 p.m.	_	1 – 5 p.m.	noon – 4:30 p.m.	_
臣	Adv.	1 – 5 p.m.	_	8 a.m. – noon	_	8 a.m. – noon	_	_

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

MALLEY RECREATION CENTER SOCIAL PASS

SELF-LED PROGR	AMS – RI	EQUIRES	SOCI	AL PASS			
Class	Activity#	Dates	Days	Time	Location	Fee	Res
BYOC Crafters Group 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.	31760611	6/6 – 8/29 No class 7/4	М	1:00 – 3:00 p.m.	MRC	\$17	\$14
Open Paint Studio Looking to finish or start a painting? And make new friends? Then Open Paint Studio is for you! Bring your supplies and join others who love to paint. Easels are available for student use.	31761411	6/7 - 8/30	Tu	1:00 – 3:00 p.m.	MRC	\$17	\$14
Drop-in Woodcarving For carvers with some experience. A carving glove and thumb guard are required.	31762512	6/1 - 8/31	W	2:00 – 4:00 p.m.	MRC	\$17	\$14

DROP-IN PROGRAMS – FREE O	R REQUIRE	S SOCIA	L PASS	
Class	Dates	Days	Time	Fee
Mahjong Group Join us for this Chinese-originated game using various designed tiles. No partner needed. Bring your Mahjong set, if you have one.	6/6 – 8/29 No play 7/4	M	12:30 – 3:30 p.m.	SOCIAL PASS
Table Tennis The sport can be played as single or doubles. Great for beginners and more advanced levels.	6/2 - 8/30	Tu/Th	noon – 4:30 p.m.	SOCIAL PASS
Retirement Support Group Gather with other retirees to share thoughts and stories about retirement topics such as friendship, loss, leisure, purpose and much, much more.	6/1 - 8/31	w	10:00 – 11:00 a.m.	SOCIAL PASS
Movie Time 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 the week of the movie to find out what's playing.	6/10 7/8 8/12	F	1:00 p.m.	FREE

To verify if drop-in programs are happening, please call 303-762-2660 or visit englewoodco.gov/play.

FREE MALLEY SOCIAL PASS

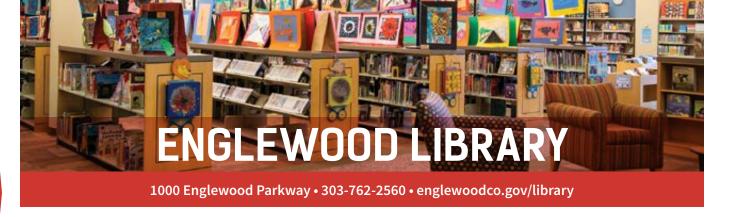
Beginning January 1, 2022, we're providing FREE Malley Social Passes thanks to a generous contribution from the Malley Center Trust Fund. The Malley Social Pass provides 12 months of access to select programs and includes use of our fitness center with cardio, weight and strength equipment. Other center amenities include game room, computers, bridge, bunco, billiards, table tennis, pickleball and gym. The pass is available for residents and non-residents. Please visit Guest Services for details!



Sponsored by the Malley Center Trust Fund

The Malley Center Trust Fund Trustees approved funds to provide 2022 Social Passes to increase usage of the Malley Recreation Center. Come see what we're all about!

MALLEY RECREATION CENTER



ADULT PROGRAMMING

Book Clubs Galore!

You've always wanted to join a book club. Go ahead, admit it. Come check out one of these three book clubs hosted by the library.

Sack Lunch Sagas	4th Wednesday of the month from 12:30 – 2:00 p.m.	
Novels@Night	2nd Thursday of the month from 6:00 – 7:30 p.m.	
Books@the Bar!	3rd Monday of the month from 6:30 – 8:00 p.m. at various locations	

Introduction to Nonviolent Communication

Saturday, June 4, 1:00 – 4:00 p.m.

Saturday, August 27, 1:00 - 4:00 p.m.

In partnership with the Rocky Mountain Compassionate Communication Network, the library is offering this introductory class to Nonviolent Communication (NVC) based on the 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 free class and discover the many ways it can transform your life. For adults and teens. See the library's website for registration link. *Location: Perrin Room*

Let's Get Crafty

Second Saturday of the month, 2:00 - 3:30 p.m.

Seize your opportunity to broaden your crafting horizons. Join us on the second Saturday afternoon of each month to learn a new craft. We'll provide the space, supplies and guidance. No registration required. Space limited.

Location: Anderson Room

Memory Café

2nd Monday of the month, 2:00 - 4:00 p.m.

A fun place to socialize, relax and engage for people experiencing memory loss and their caregivers. Each cafe has an activity to facilitate social connection for individuals with shared experiences. Just be yourself!

June – Q-tip Painting
July – The Joy of Music
August – Walking Club
Location: Perrin Room

The Daydreamerz Project

2nd & 4th Tuesdays of the month, 2:00 -4:00 p.m.

A collective of mindful creators, forming a community to facilitate unique expression of our individual abilities and perspectives in an open space. Any way that creativity can be expressed is welcome here. Writers, podcasters, comedians, performers, artists, cartoonists. All disciplines, all skill levels, all forms of communicating ideas are valid in this place. For adults. No registration required. *Location: Perrin Room*

Resource Connect

Every Monday, 11:30 - 2:30 p.m.

Resource Connect is a library program geared toward bringing individuals together with local resources that can help them get their needs met. Multiple organizations will be available to help with medical and mental health, food and nutrition, family wellness, employment training/certification and placement, housing and supportive services around the house. Drop by to see how we can help. No registration required.

Location: Hampden Hall, 2nd Floor

Resources for Older Adults or Adults With Disabilities

Saturday, June 18, 2:00 - 3:30 p.m.

Learn about the various resources through DRCOG's Area Agency on Aging- Aging and Disability Resource Center. Get information about free programs available to older adults and adults with disabilities, including Medicare counseling, transportation services and many more. No registration required.

Location: Anderson Room

Please visit our website to grab all the details on our regularly scheduled programs and services.

- Books@the Bar! Book Club
- Citizenship Tutoring
- Creative Writing Group
- Daydreamerz Creative Media Group
- English Language Tutoring
- French Conversation Circle
- Life, the Universe and Everything

- Memory Cafe
- Novels@Night Book Club
- Resource Connect
- Sack Lunch Sagas Book Club
- Sit-n-Knit
- Your Next Read!

CHILDREN'S PROGRAMMING

Storytime

Children learn naturally when they read, sing, write, talk and play! Our interactive storytimes combine books, songs, rhymes and fun. No registration required.

TODDLER STORYTIME:

This storytime taps into the boundless energy of toddlers. It will engage children with short stories, finger 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.

Every Monday, Tuesday and Wednesday @ 10:30 a.m.

For children 0 to 3 years old

VIRTUAL PAJAMA STORYTIME:

Join us live via Facebook every Wednesday as we enjoy books, songs and activities designed to help children settle their minds and bodies to get ready for bedtime.

Live on Facebook - Every Wednesday @ 7:00 p.m.

For children of all ages

PRESCHOOL/FAMILY STORYTIME:

Pre-readers will improve literacy skills needed in preschool and kindergarten. This storytime features longer books accompanied by a variety of activities, including simple crafts, flannel boards, puppetry and dramatics. Children will learn letter recognition and new words, all while having fun.

Every Thursday @ 10:30 a.m.

For children of all ages

STORYTIME IN THE PARK:

Join us every Friday for storytime in a local park at 9:30 a.m. or 10:30 a.m. Park locations will be announced weekly. Please bring a blanket for your family to sit on.

Every Friday @ 9:30 and 10:30 a.m.

For children of all ages



All-ages programming

MONDAY MOVIES:

Join us this summer for popcorn and animated movies.

6/6	М	2:00 p.m.	Raya and the Last Dragon
6/13	М	2:00 p.m.	Luca
6/20	М	2:00 p.m.	Finding Nemo
6/27	М	2:00 p.m.	Finding Dory
7/11	М	2:00 p.m.	Shark Tale
7/18	М	2:00 p.m.	Moana
7/25	М	2:00 p.m.	Little Mermaid
8/1	М	2:00 p.m.	Lilo and Stitch
8/8	М	2:00 p.m.	Ice Age

TUESDAY PARTIES:

Join us live and in person for our Summer Water-Themed Parties.

There will be dancing stories crafts and more

THEIR WII	i be dan	cirig, stories, c	raits and more.
5/31	T	2:00 p.m.	Pirate Shindig
6/7	T	2:00 p.m.	Colorado Water Celebration
6/14	T	2:00 p.m.	Boardwalk Carnival
6/21	T	2:00 p.m.	Coral Reef Jubilee
6/28	T	2:00 p.m.	Submarine Soiree
7/5	T	2:00 p.m.	Way Down Deep Hullabaloo
7/12	T	2:00 p.m.	Shark Week Festival
7/19	T	2:00 p.m.	Beach Party
7/26	T	2:00 p.m.	Mystical Underwater Creatures Fet
8/2	T	2:00 p.m.	Luau

WEDNESDAY IN-PERSON PERFORMER EVENTS:

Join us in Hampden Hall for live performers.

Join us ii	і панірс	ien nau for live	e perioriners.
6/1	W	2:00 p.m.	Town Hall Arts
6/8	W	2:00 p.m.	Nature's Educators – Live Animals
6/15	W	2:00 p.m.	Ann Lincoln Magic
6/22	W	2:00 p.m.	Talewise Science
6/29	W	2:00 p.m.	Creative Movement
7/6	W	2:00 p.m.	Nature's Educators – Live Animals
7/13	W	2:00 p.m.	Polynesian Dancers
7/20	W	2:00 p.m.	Science Matters
7/27	W	2:00 p.m.	Jeff and Paige Music Comedy
8/3	W	2:00 p.m.	Rocky Mountain Puppets

THURSDAY IN-PERSON EVENTS:

Join us for fun interactive family events. Each week is a new activity.

5/2	Th	2:00 p.m.	Water Disasters Science
5/9	Th	2:00 p.m.	Indoor Camping
5/16	Th	2:00 p.m.	Summer Crafts
5/23	Th	2:00 p.m.	Water Pollution Science
5/30	Th	2:00 p.m.	Boat Races
7/7	Th	2:00 p.m.	Foam Party
7/14	Th	2:00 p.m.	Ocean Crafts
7/21	Th	2:00 p.m.	Arctic/Antarctic Science
7/28	Th	2:00 p.m.	Stuffy Summer Camp
3/4	Th	2:00 p.m.	Water Sports

Englewood Recreation Guide — englewoodrec.org

TWEEN PROGRAMMING

Tween programming is geared toward children ages 8-11.

Programs for Tweens

Join us for fun programs for kids ages 8 to 11. Kids come to the program without their parents, but we do ask that parents stay in the library for the duration of the program.

	,		1 0
6/1	W	4:00 p.m.	Pirate Party
6/8	W	4:00 p.m.	Torn Paper Landscape Art
6/15	W	4:00 p.m.	Board Games
6/22	W	4:00 p.m.	Recycled Art
6/29	W	4:00 p.m.	Fossil Science
7/6	W	4:00 p.m.	Ocean Snacks
7/13	W	4:00 p.m.	Shark Trivia
7/20	W	4:00 p.m.	Science Matters
7/27	W	4:00 p.m.	Underwater Creature Art Creation
8/3	W	4:00 p.m.	Murder Mystery
			(Registration Required)

SUMMER READING IS HERE!

We have reading programs for all ages. Be sure to come into the library to sign up or check out our website to register online.

Baby Reading Program (ages 0 to 12 months):

Read 10 books to your baby, then come to the library to pick up your free book.

Kids Reading Program (ages 1 to 11 years):

Read 10 hours, then come into the library to pick up your free book and prizes. Need some incentive along the way? Stop by the library and get small prizes for every 2 hours you read.

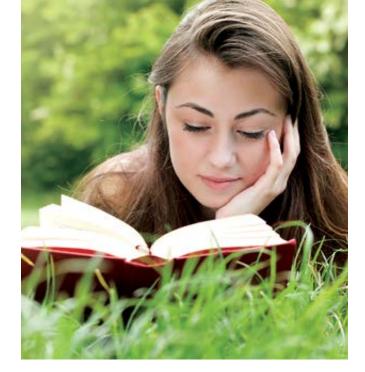
Teen Reading Program (ages 12 to 18 years old):

Read 24 hours, then come to the library to pick up your free book. Need some incentive along the way? Stop by the library and get small prizes for every 6 hours you read.

Note: Reading includes reading on your own, being read to, reading to others and listening to audio books.

What Else: Don't miss out on our fun summer activities. We have lots of fun stuff planned for the summer.





TEEN PROGRAMMING

Teen programming is geared toward teens ages 12-18.

Teen Hangouts:

Join us for weekly hangouts in the Teen Room. Every Tuesday at 5:00 p.m.

Writer's Group: 6/7, 7/5, 8/2

Game Night: 6/14, 7/12, 8/9, 8/30

Book Club: 6/21, 7/19

Movie Night: 6/28, 7/26, 8/24

Email englewoodteen@gmail.com to get information on which movies we will be showing and which books we will be discussing.

Teen Dungeons and Dragons Club

If you would like to join our campaign, please email englewoodteen@ gmail.com to get information about dates/times and how to set up a character.

Programs for Teens:

Join us for fun after-hours programs (6 p.m. to 8 p.m.) every Friday all summer. These programs will be after the library closes, so please drop off and pick up on the garage side of the library.

6/3	F	6:00 p.m.	Pirate Party
6/10	F	6:00 p.m.	Book Pages Crafting
6/17	F	6:00 p.m.	Reader's Theatre
6/24	F	6:00 p.m.	Space Academy (aka Laser Tag)
7/1	F	6:00 p.m.	Canvas and Cookies
7/8	F	6:00 p.m.	Game Show Night
7/15	F	6:00 p.m.	Murder Mystery
			(Registration Required)
7/22	F	6:00 p.m.	Mug Cooking
7/29	F	6:00 p.m.	Pop Culture Classroom
8/5	F	6:00 p.m.	Bermuda Triangle Escape Room
			(Registration Required)



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.

Computer Basics: Just Getting Started

Learn the basics of using a computer and practice using a mouse. No computer experience required. Registration required.

Saturday, June 4, 10:30 a.m. - noon Location: 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.

Saturday, June 18, 10:30 a.m. – noon *Location: Tech Lab*

MS Word: Intermediate

MicrosoftWord 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.

Saturday, July 16, 10:30 a.m. – noon

Location: Tech Lab

MS Word: Advanced

Go beyond basic word processing in our advanced Microsoft Word class, where you'll learn about the sophisticated tools and techniques for dealing with long documents, creating fillable forms, tracking changes for collaboration and much more. Registration required.

Saturday, August 6, 10:30 a.m. – noon

Location: 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 as well as how to create events and invite attendees. Email address required. Registration required.

Saturday, August 20, 10:30 a.m. - noon

Technology Assist!

One of our technology assist volunteers will help you with all sorts of devices such as laptops, smartphones and tablets or even the library's public computers. Bring your technology questions and let's see what we can do. Volunteers and library staff cannot offer tax preparation or legal advice. No registration required.

Tuesdays from 11:00 a.m. - 2:00 p.m.

Location: Tech Lab



ENGLEWOOD LIBRARY

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

- Championship 18-hole course with Dye design front 9
- Par-3 course with multiple tee boxes a challenge for the serious golfer or simple fun for the entire family
- Large driving range and one of the best practice areas in Metro Denver
- Offering FootGolf on the Par-3 course

Junior Golf

Broken Tee is excited to be home of many junior golf opportunities this season for ages 4 and up! Visit englewoodco.gov/juniorgolf for more information.

Food & Beverage Update

Broken Tee will be announcing our new vendor soon along with opening dates and additional details! Until then, golfers may continue to bring their own food and nonalcoholic beverages. No outside alcohol is allowed.

Folds of Honor

On Labor Day, September 5, Broken Tee will be hosting a golf marathon in partnership with Folds of Honor. Folds of Honor provides scholarships to spouses and children of America's fallen and disabled service members. So, what is a golf marathon? Golfers will be able play as many holes as possible while raising funds benefiting the scholarship program. Learn more about the event at englewoodco.gov/foldsofhonor.





JUNE 22, 2022

Food • Fun • Free Range Use Contests • Two-person Scramble

For more information, visit: englewoodco.gov/brokentee

BROKEN TEE GOLF COURSE



Facility Manager: Brad Anderson • banderson@englewoodco.gov • 303-762-2659 Aquatic Supervisor: Brittany Osbon • bosbon@englewoodco.gov • 303-783-6974 1225 W. Belleview Ave., Englewood, CO 80120 • 303-762-COVE (2683) • piratescovecolorado.com

Welcome to a swashbuckling good time at Pirates Cove Waterpark! Pirates Cove offers a leisure pool with a large interactive play structure, a 25-meter, 6-lane pool with drop slides and diving board, a 35-foot slide tower with three slides, a lazy river, concessions and more. Pirates Cove has National Pool and Waterpark trained lifeguards licensed by Jeff Ellis and Associates to ensure your safety. Rules and regulations are online at piratescovecolorado.com.

HOURS OF OPERATION

Open 10:00 a.m. - 5:30 p.m. | Daily: May 28 - August 12* Weekends Only: Aug. 13, 14, 20, 21, 27, 28 Labor Day Weekend: September 3, 4, 5

*Dates subject to change

Pirates Cove Waterpark Admission Rates

Pirates Cove accepts: Visa, MasterCard, Discover, American Express and cash.

	Child/Sr (2 -	17 / 55+ yrs)	Adult (18	-54 yrs)
	Non-Res	Res	Non-Res	Res
Daily	\$15	\$10	\$16	\$11
Weekends/ Holidays	\$17	\$11	\$18	\$12
Season Pass*	\$120	\$83	\$133	\$91
Family Pass*	_	_	\$298	\$201
Over 4 pec	ple on the fam	ily pass will be	charged \$39 p	er person.

^{*}All passes expire 9/5/22. Family Pass price includes up to four people in same household. For discount price, each individual must present a current Englewood Recreation ID.

Avoid the Lines

Prepurchase your tickets so you can spend more time making a splash. Prepurchased tickets can be purchased at the Englewood Recreation Center, as you leave the Cove or online at piratescovecolorado.com.

Water and Sun Safety

At Pirates Cove, our top priority is your safety. Although we have lifeguards stationed throughout the park, it is important that you remain with your child at all times, especially if they are under 8 years of age or unable to swim. Skin cancer is the fastest growing form of cancer in the United States with one million new cases diagnosed each year. It's widely known that protection from the sun's rays could prevent about 90% of all skin cancer cases. Youth are the most at risk for overexposure and have the highest rates of disease due to overexposure before the age of 18. Look for posters inside Pirates Cove all season long for more information on swim and sun safety.

Cove Cabanas

Rent a private cabana for up to 8 people. Cabanas include two lounge chairs, two regular chairs and a small table.

Weekday pricing: \$99/\$109

Weekend and holiday pricing: \$109/\$119

Price does not include park admission. Reserve online or call 303-783-6924.

Patio Rental

During the week, we have a couple of areas that are available for you to call your own. Each area is equipped with tables and umbrellas. It's the perfect spot to host family and friends. Call 303-783-6924 to reserve.

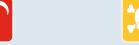
The Treasure Chest

Did you forget your sunscreen? Misplace your towel? No worries! Pirates Cove has you covered. Located inside the entrance, we carry swim goggles, sunscreen, towels, sunglasses, swim diapers, souvenirs and, of course, Pirates Cove T-shirts and hats. Stop by The Treasure Chest and stock up on your favorite items or to enjoy some Dippin' Dots.

Parties and Rentals at Pirates Cove!

Pirates Cove is a great place to celebrate birthdays, teams, sporting groups, corporate events and more. Choose from:







CAPTAIN COOK PARTY for 1–15 guests: \$340

BILLY BONES PARTY for 16-25 guests: \$413

Party packages include all-day admission, private tables for 2 hours, cupcakes, ice cream, soda and paper products. Pizza can be added to all party packages. Book your party online by visiting our website piratescovecolorado.com.

Follow us on Facebook and Instagram: **Piratescovecolorado**





Barnacle Café

Fun in the sun can sure work up an appetite! Join us for lunch or snacks at our very own Barnacle Café. Offerings include hot dogs, hamburgers, french fries, and fresh pizza. Cool off during the day with a Pirates favorite, Blue Bunny ice cream. Enjoy an ice-cold soda in one of our souvenir cups. Purchase the cup and get \$1 refills on soda all summer long. Visit our shaved ice stand and select from over 50 flavors. Funnel fries are back this year, a dough treat that is made in front of your very own eyes.

SUMMER EVENTS

World's Largest Swim Lesson: Thursday, June 23

Drowning remains the second-leading cause of unintended injury related to the death of children ages 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 June 23 for a free half-hour swim lesson. After the lesson, feel free to stay and work on the skills you learned and play for free.

Adult Nights: June 15, July 6 & 20 and August 3

Food Drive: July 11 – 15 Dog Plunge: September 10

Swim Classes

Class registrations are taken at the Englewood Recreation Center, 1155 W. Oxford Ave., and online at englewoodrec.org. Drop-off registrations are accepted at Pirates Cove. Classes that do not meet the minimum requirement will be canceled three days prior to the class start date. Is the class you want to sign up for full? Ask to be on the waiting list. Classes are often added if a sufficient number of names appear on the waitlist. Please check the Accelerated Swimming class descriptions on page 35 prior to enrolling in a class. If you have questions on your child's placement for Pirates Cove classes, contact Desiree by calling 303-762-2682.

MORNING SWIMMING LESSONS AT PIRATES COVE 2 weeks, 8 lessons

0		Monday – Thursday			
	Session 1, 2 & 4: \$55/\$44 *Session 3: \$48/\$39		Session 2	Session 3*	Session 4
Class	Time	6/6 – 6/16	6/20 – 6/30**	7/5 – 7/14	7/18 - 7/28
Babes & Tots	9:00 – 9:30 a.m.		31310121	-	31310141
Seahorse	9:00 – 9:30 a.m.	31320111	31320121	31320131	31320141
Saal	8:25 – 8:55 a.m.	31320211	31320221	31320231	31320241
Seal -	9:00 – 9:30 a.m.	31320212	31320222	31320232	31320242
Otter	8:25 – 8:55 a.m.	31320311	31320321	31320331	31320341
Stingray	9:00 – 9:30 a.m.	31330111	31330121	31330131	31330141
Dolphia	8:25 – 8:55 a.m.	31330211	31330221	31330231	31330241
Dolphin -	9:00 – 9:30 a.m.	31330212	31330222	31330232	31330242
Swordfish	8:25 – 8:55 a.m.	31330311	31330321	31330331	31330341
Barracuda/Shark	8:25 – 8:55 a.m.	31330411	31330421	31330431	31330441

^{**}All classes on 6/23 will be moved to 6/24 due to World's Largest Swim Lesson.

Tidal Waves

Ages: 6–17 yrs

Take your swimming skills to the next level on our year-round CARA recreational swim team. Swimmers must be proficient in freestyle and backstroke for 25 meters. Swim meets are TBD at this time.

Location: Pirates Cove

6/6 - 7/28 M - Th 7:00 - 8:00 a.m. \$100/\$80 31330911

Deep Water Fitness

Ages: 16 yrs +

Enjoy the benefits of a low-impact workout using belts and noodles in our outdoor pool. Participants should be comfortable in deep water. Class size is limited, sign up now. No class 6/23, makeup will be 6/24.

Location: Pirates Cove

6/7 - 6/30 Tu, Th 8:15 - 9:15 a.m. 31350211 \$50/\$42 31350221 7/5 - 7/28 Tu, Th 8:15 - 9:15 a.m. \$50/\$42



Hours

M – Th: 6:00 a.m. – 8:30 p.m. **F:** 6:00 a.m. – 7:30 p.m. **Sa/Su:** 8:00 a.m. – 4:30 p.m.



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
- ADA accessible
- Pool temp 86° year-round

Open Swim

Head on down for an afternoon of fun. Toss the ball, dive for rings or take a ride down the slides. Some features may not be available due to shared programming.

M - F: 1:00 – 4:00 p.m. **Sa/Su:** 1:00 – 4:30 p.m.

Tot Pool: Open daily until close (except 8:00 a.m. – noon

weekends). Check online for more details.

Lap Swim

At least one lane is available at all times of the day. Circle swimming and lap swim etiquette applies. Please check online for a more detailed schedule.

M-Th: 6:00 a.m. - 8:30 p.m. **F:** 6:00 a.m. - 7:30 p.m. **Sa/Su:** 8:00 a.m. - 4:30 p.m.

Following COVID-19 guidelines, schedules and policies may change at any time. There is no evidence that COVID-19 can spread to humans through the use of pools and hot tubs.





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)

This class is for advanced toddlers who go under water willingly and are nearly floating on their own. Instructor approval requested.

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 helps 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/Shark (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.

WATER FITNESS

Aqua Power

Ages: 16 yrs +

Add water to your everyday routine and see the difference.

6/9 – 6/30	Th	5:00 – 5:55 p.m.	\$25/\$21	31250211
7/7 – 7/28	Th	5:00 – 5:55 p.m.	\$25/\$21	31250221
8/4 – 8/18	Th	5:00 - 5:50 p.m.	\$19/\$16	31250231

HIIT Aqua

Ages: 16 yrs +

High intensity followed by active recovery = all gain with no pain.					
6/7 – 6/28	Tu	5:00 – 5:55 p.m.	\$25/\$21	31250611	
7/5 – 7/26	Tu	5:00 – 5:55 p.m.	\$25/\$21	31250621	
3/2 – 8/16	Tu	5:00 – 5:50 p.m.	\$19/\$16	31250631	

Senior Aqua

Ages: 55 yrs +

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

,				
6/6 – 8/15	M	9:00 - 9:50 a.m.	\$30/\$24	31260111
6/7 – 8/16	Tu	9:00 - 9:50 a.m.	\$30/\$24	31260112
6/7 – 8/16	Tu	10:00 - 10:50 a.m.	\$30/\$24	31260113
6/8 – 8/17	W	9:00 - 9:50 a.m.	\$30/\$24	31260114
6/9 – 8/18	Th	9:00 - 9:50 a.m.	\$30/\$24	31260115
6/10 - 8/19	F	9:00 - 9:50 a.m.	\$30/\$24	31260116

Arthritis Aqua

Ages: 55 yrs +

Improve your daily function and reduce pain through aquatic exercise. Reduced impact on your joints will allow for a full body workout focused on strength, flexibility and range of motion. A great option for beginners, pre-surgery and post-surgery.

6/8 – 8/24 W 11:15 a.m. – noon \$30/\$24 3126021

WOKINING SW	IMMING LESS	ONS AT EKC	2 weeks, 8 l	lessons	
Session 1, 2 & 4: \$55	/\$44		Monday -	Thursday	
Session 3: \$48/\$39		Session 1	Session 2	Session 3	Session 4
Class	Time	6/6 – 6/16	6/20 – 6/30**	7/5 – 7/14	7/18 - 7/28
Babes & Tots	10:35 – 11:05 a.m.	31210111	_	31210131	_
Jellyfish	8:50 – 9:15 a.m.	31210211	31210221	-	31210241
	9:20 – 9:50 a.m.	31220111	31220121	31220131	31220141
Seahorse	10:00 – 10:30 a.m.	31220112	_	31220132	31220142
	11:10 – 11:40 a.m.		31220122		_
	9:20 – 9:50 a.m.	31220211	31220221	31220231	31220241
Seal	10:00 – 10:30 a.m.	31220212	_	31220232	31220242
	11:10 – 11:40 a.m.	_	31220222	_	_
	10:35 – 11:05 a.m.	31220311	_	31220331	31220341
Otter/Sea Lion	11:10 – 11:40 a.m.	_	31220321	_	_
	9:20 – 9:50 a.m.	31230111	31230121	31230131	31230141
Stingray	10:00 – 10:30 a.m.	31230112	_	31230132	31230142
	11:10 – 11:40 a.m.	_	31230122	_	_
	9:20 – 9:50 a.m.	31230211	31230221	31230231	31230241
Dolphin	10:00 – 10:30 a.m.	31230212	_	31230232	31230242
	11:10 – 11:40 a.m.	_	31230222	_	_
Swordfish	8:30 – 9:15 a.m.	31230311	31230321	31230331	31230341
SWOLUIISII	10:35 – 11:05 a.m.		<u> </u>		31230341
Darracuda/Charle	8:30 – 9:15 a.m.	31230411	31230421	31230431	
Barracuda/Shark	10:35 – 11:05 a.m.	_	_	_	31230441

^{**}Due to the World's Largest Swim Lesson on 6/23 at Pirates Cove, Thursday's lesson will be rescheduled for Friday, 6/24.

EVENING SWIMMING LESSONS AT ERC 4 weeks, 8 lessons						
		Mondays & Wednesdays				
Fee: \$55/\$44		Session 1	Session 2			
Class	Time	6/6- 6/29	7/6 – 8/1			
Jellyfish	4:00 – 4:25 p.m.	31210213	31210223			
Seahorse	4:00 – 4:25 p.m.	31220113	31220123			
Seal	4:30 – 5:00 p.m.	31220213	31220223			
Otter/Sea Lion	5:05 – 5:35 p.m.	31220313	31220323			
Stingray	4:30 – 5:00 p.m.	31230113	31230123			
Dolphin	5:05 – 5:35 p.m.	31230213	31230223			
Swordfish	5:40 – 6:10 p.m.	31230313	31230323			
Barracuda/Shark	5:40 – 6:10 p.m.	31230413	31230423			

SATURDAY SWIM	SATURDAY SWIMMING LESSONS AT ERC 4 weeks, 4 lessons					
Session 1 & 2: \$27/\$22 *Session 3: \$22/\$18		Session 1	Session 2	Session 3*		
Class	Time	6/11 – 7/2	7/9 – 7/30	8/6 – 8/20		
Babes & Tots	10:00 – 10:30 a.m.	31210114	31210124	31210134		
Danes & Tots	10:35 – 11:05 a.m.	31210115	31210125	31210135		
Jellyfish	9:30 – 9:55 a.m.	31210214	3121024	3121034		
Seahorse	10:00 – 10:30 a.m.	31220114	31220124	31220134		
Seanorse	10:35 – 11:05 a.m.	31220115	31220125	31220135		
Seal	10:00 – 10:30 a.m.	31220214	31220224	31220234		
Seat	10:35 – 11:05 a.m.	31220215	31220225	31220235		
Otter	8:50 – 9:20 a.m.	31220314	31220324	31220334		
Sea Lion	11:10 – 11:50 a.m.	31220414	31220424	31220434		
Ctingua	9:15 – 9:55 a.m.	31230114	31230124	31230134		
Stingray	11:10 – 11:50 a.m.	31230115	31230125	31230135		
Dalahin	9:15 – 9:55 a.m.	31230214	31230224	31230234		
Dolphin	11:10 – 11:50 a.m.	31230215	31230225	31230235		
Swordfish	8:30 – 9:10 a.m.	31230314	31230324	31230334		
Barracuda/Shark	8:30 – 9:10 a.m.	31230414	31230424	31230434		

PRIVATE SWIMMING LESSONS

Sign up for private lessons with our experienced instructors who will provide hands-on instruction in or out of the water, based on your preferences. For an additional fee, a second person can be added to the lesson at the payment screen. Check online for more days and times.

Ages: 3 years - adult 18 months - 3 years, parent assisted at the instructor's discretion

	1 student	2 students
*3 classes	\$72	\$87
4 classes	\$96	\$116

	JUNE		JULY		AUGUST	
	Tuesday	Thursday	Tuesday	Thursday	Tuesday*	Thursday*
Time	6/7 – 6/28	6/9 – 6/30	7/5 – 7/26	7/7 – 7/28	8/2 - 8/16	8/4 – 8/18
4:00 – 4:30 p.m.	31231211	31231221	31231231	31231241	31231251	31231261
4:30 – 5:00 p.m.	31231212	31231222	31231232	31231242	31231252	31231262
5:00 – 5:30 p.m.	31231213	31231223	31231233	31231243	31231253	31231263
5:30 – 6:00 p.m.	31231214	31231224	31231234	31231244	31231254	31231264

	Sunday	Sunday	Sunday*
Time	6/12 - 7/3	7/10 - 7/31	8/7 - 8/21
9:00 – 9:30 a.m.	31231227	31231247	31231267
9:30 – 10:00 a.m.	31231228	31231248	31231268
10:00 – 10:30 a.m.	31231229	31231249	32131269
10:30 – 11:00 a.m.	31231230	31231250	31231270

SWIMMING LESSONS



Creative Pottery

Ages: 16 yrs +

Use different methods of handbuilding and/or sculpting to create three pieces of art. Glazes included. Open to all skill levels. Supply fee: \$25 per 25 pounds of clay used, payable to instructor.

Location: MR	C	11	nstructor: Mic	naei McGratn
6/7 – 7/12	Tu	10:00 a.m. – noon	\$72/\$67	31760411
6/8 – 7/13	W	10:00 a.m. – noon	\$72/\$67	31760311
7/19 – 8/23	Tu	10:00 a.m. – noon	\$72/\$67	31760412
7/20 - 8/24	W	10:00 a.m noon	\$72/\$67	31760312



Drawing & Painting Class

Ages: 16 vrs +

Whether you like to paint, smatter, draw or sketch, this class will bring out creativeness using different mediums such as watercolors, acrylics or pencils. Pick your favorite and enrich your skills in this class. All levels of experience welcome. Bring any works in progress or start something new.

Location: MR	С	Instructor: Ei	leen Hoffman	
6/2 – 7/7	Th	10:00 a.m. – noon	\$60/\$55	31760511
7/14 - 8/18	Th	10:00 a.m. – noon	\$60/\$55	31760512

Open Paint Studio

Ages: 16 yrs +

Learn some of the different techniques used by some of the Masters, such as Michelangelo, DaVinci and others. Class supplies should be purchased by each student prior to the second week of class. Supply list will be provided by the instructor during the first week of class. Materials should not exceed \$75. Easels are available for student use. Location: MRC

\$17/\$14

6/7 – 8/30 Tu 1:00 – 3:00 p.m.

31761411

Ultra Beginning 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: MR	?C	Instructo	r: Judy Curtis	
6/1 – 6/29	W	2:00 – 3:00 p.m.	\$17/\$14	31860311
6/1 – 6/29	W	3:30 - 4:30 p.m.	\$17/\$14	31860314
7/6 – 7/27	W	2:00 – 3:00 p.m.	\$17/\$14	31860312
7/6 – 7/27	W	3:30 - 4:30 p.m.	\$17/\$14	31860315
8/3 - 8/31	W	2:00 – 3:00 p.m.	\$17/\$14	31860313
8/3 - 8/31	W	3:30 - 4:30 p.m.	\$17/\$14	31860316

Beginning Line Dance

Ages: 55 yrs +

Step up the pace. Learn more difficult steps to new choreography and continue learning.

Location: MF	RC .	Instructo	r: Judy Curtis	
6/1 – 6/29	W	10:00 – 11:00 a.m.	\$17/\$14	31860411
7/6 – 7/27	W	10:00 – 11:00 a.m.	\$17/\$14	31860412
8/3 - 8/31	W	10:00 - 11:00 a.m.	\$17/\$14	31860413

Beginning Photography

This course is designed to help you capture better images of the people and places around you using the basic rules of composition in photography. Bring your camera or phone and get ready to have fun. Location: MRC *Instructor: Cynthia Slade* \$27/\$22 6/6 – 6/27 9:30 - 11:30 a.m.



GUEST SPEAKER SERIES

Tickets can be purchased at englewoodrec.org or at the **Malley Recreation Center**

Legendary Ladies

Monday, June 20, 2:00 - 3:00 p.m.

You will travel back in time and hear real stories of real women who made a significant impact on the West. Be entertained with lively, historical portrayals of Portia Mansfield, Anne Evans and Lillie Hitchcock Coit. Experience history come alive. Refreshments included.

Denver's Frontier Days

Kevin Snow with Treasure Box Tours Monday, August 1, 1:30 - 2:30 p.m. Tickets \$6

Remember how your grandparents had to walk three miles in the snow, uphill, both ways, just to get to school? And that was after they had milked the cows, mended clothes, fed the chickens and split the wood. We will go back in time and show you some of Denver's historic legacies to demonstrate the raw truth of these frontier days.

Malley Appreciation Ice Cream Social - FREE! Wednesday, August 17, 2:00 - 3:00 p.m.

Come celebrate the Malley Recreation Center on a hot summer day! Enjoy a delicious ice cream sundae with sprinkles, syrups and whipped cream. Sign up at the Malley front desk to attend. Sponsored in part by: Humana.

THANK YOU FOR ATTENDING!



Over 1,500 guests enjoyed Belleview Park on April 9th. The park was filled with smiling kiddos, treats, crafts, music and the Easter Bunny.

Thanks to all the sponsors that made this event such a huge success:















Thank you to all the vendors, food trucks, volunteers, and staff that made it such a great event! We look forward to seeing you at upcoming Englewood Events!

5001 S. Inca Dr. • 303-798-6927 Sunday - Saturday, 9:30 a.m. - 3:30 p.m.

\$2.50 per train ride and \$2.50 per farm entry (under 24 months free)

Opens Saturday, May 28, 2022



ALL ABOARD!

Come ride our train and enjoy the scenic views of Belleview Park while you're visiting our farm animals. Our farm hosts rabbits, pigs, goats and chickens, just to name a few. All of our barn animals are loaned to us for the summer from surrounding farms. Children must be accompanied by an adult at all times.

Englewood Recreation Guide - englewoodrec.org



The Will Maker - Legal Seminar

In a single sitting, you'll be able to complete a simple will as well as a living will, medical power of attorney and financial power of attorney, all with the help of a licensed attorney. Fee includes material, witnessing, notarizing, individual review and time for questions. You will find that you know all the information you need to complete you will. Bring your ID and a snack. Material fee: \$100 payable to Rebecca Bennetti at the workshop.

Location: MRC Instructor: Rebecca Bennetti, Lawyer

6/9	Th	12:30 - 4:30 p.m.	\$15/\$12	31460411
7/13	W	12:30 - 4:30 p.m.	\$15/\$12	31460511
8/18	Th	12:30 - 4:30 p.m.	\$15/\$12	31460611

From Work to What's Next: Rethinking Retirement in All the Right Ways!

Planning your retirement, new to retirement or have been retired? This workshop is for you! It's never too late to live this chapter of life to the fullest. Learn step by step how to make this transition smooth and successful, along with the four non-financial KEY areas that truly count. Feel empowered to take charge of the years ahead with the right knowledge and resources.

Location: MRC

Instructor: Sue Ronnenkamp, MHA, AgeTHRIVE Teacher, Coach & Author 6/25 Sa 9:30 - 11:30 a.m. \$12/\$10 31460711

Technology Travel Essentials

Traveling for work or pleasure? There is an app for that! Mobile technology enables you to skillfully plan your trip and explore your destination to the fullest. Join us to discuss these apps and tips to help plan your travels plans and maximize your experience. All apps are available for iOS and Android.

Location: MRC Instructor: Patrick Baker, Prime of Life Tech 6/14 Tu 1:30 - 2:30 p.m. \$7/\$5 31460811



Cravings, Weight Gain & Blood Sugar

Learn how nutrient-dense meals support healthy metabolism and which nutrient supplements support healthy blood sugar levels and appetite control.

Location: MRC

Instructor: Kelly Andis, Nutritional Health Coach, Natural Grocers 6/16 Th 2:00 – 3:00 p.m. \$7/\$5 31460911

Ageless Outings

Get out and about with this guidebook for places to visit in the Denver area. Galleries, museums, historical homes, scenic drives, state parks, working farms and 200 other ideas! Listen to author Mary Archer as she shares these fun and interactive activities. Books will be available for purchase.

Location: MRC Instructor: Mary Archer, Ageless Outings Author 6/27 M 10:00 - 11:30 a.m. \$7/\$5 31461011

Fly Tying Class

Assembly required! Come have fun learning to tie your own fishing flies. Class is designed for both beginners and experienced tiers. A required tool and supply list will be given for each fly. Estimated \$100 for the entire session.

Location: MRC Instructor: Dave Densmore 6/29 - 8/10 W 10:00 - 11:00 a.m. \$45/\$36 31461311

Sharing Digital Photos

Digital photography has greatly expanded our ability to record historic and personal moments to share. Now that most phones have quality cameras, your ability to capture precious moments is right in your pocket. Come learn how to manage and share your pictures.

Location: MRC Instructor: Patrick Baker, Prime of Life Tech 7/12 Tu 1:30 – 2:30 p.m. \$7/\$5 31461411

Building Healthy and Delicious Meals

Let's get back to the basics! Discover the importance of getting off the blood sugar roller coaster by using high-quality proteins, fats and carbohydrates to build healthy and delicious meals. Together, we'll make meal planning easy!

Location: MRC Instructor: Kelly Andis, Nutritional Health Coach, Natural Grocers

7/28 Th 10:00 – 11:00 a.m. \$7/\$5 31461611

Fitness Tech

Maintaining our physical and mental well-being is essential to our longevity and quality of life as we age. Join us to discuss fitness technology as we examine wearables, apps and programs for promoting wellness.

Location: MRC Instructor: Patrick Baker, Prime of Life Tech 8/9 Tu 1:30 - 2:30 p.m. \$7/\$5 31461711

Dysboisis: Lifting the Lid Off Digestive Disorder

Do you experience occasional gas, bloating and abdominal discomfort? We know the importance of beneficial bacteria in our gut, but when we have too many, or the wrong types of gut bugs, we can experience digestive discomfort and dysfunction. Discover the importance of having a healthy microbial balance.

Location: MRC

Instructor: Kelly Andis, Nutritional Health Coach, Natural Grocers 8/20 Sa 10:00 – 11:00 a.m. \$7/\$5 3146181:

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Continuing Bridge Lessons

Ages: 55 yrs +

Take your bridge playing to the next level. This class is designed 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

 6/1 - 7/6
 W
 10:00 a.m. - noon
 \$57/\$46
 31465011

 7/20 - 8/24
 W
 10:00 a.m. - noon
 \$57/\$46
 31465012

Spanish III

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

Location: MRC Instructor: Jean Kunkel 6/6 - 8/22 M 8:30 - 10:30 a.m. \$62/\$52 31465611

FREE PROGRAMS

Never B-4 Bingo

Have some fun and prizes are included. Play in person or virtually via Zoom, a link will be sent. Playing at home? Bingo cards can be picked up at Malley prior.

Location: MRC

6/13	М	1:00 – 2:00 p.m.	FREE	31450111
7/11	М	1:00 – 2:00 p.m.	FREE	31450211
8/8	М	1:00 – 2:00 p.m.	FREE	31450311

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, McGirl Insurance

 6/9
 Th
 1:30 – 3:00 p.m.
 FREE
 31460111

 7/14
 Th
 1:30 – 3:00 p.m.
 FREE
 31460211

 8/11
 Th
 1:30 – 3:00 p.m.
 FREE
 31460311

Can I Have Assisted Living While Staying at Home?

When and why should you inquire about home care assistance? What things can assistants do? How do you choose between home care and an assisted living community? Learn what the differences are, what types of care are offered, what questions to ask and discuss, plus benefits and costs.

Location: MRC Instructor: RoadMap for Aging Experts 6/28 Tu 10:30 a.m. – noon FREE 31461111

Stretching Your Grocery Store Dollars

This class will provide insights on practical ways to save money on your groceries and how to eat well without breaking the bank. Come prepared to learn, interact and apply the new "savvy shopper" techniques. Plus, get a few additional money-saving tips.

Location: MRC Instructor: Ben Torrez, CIMA, AIF, MBA, Humana 6/29 W 1:30 – 2:30 p.m. FREE 31461211

Depending on Family as Caregivers?

At least 17.7 million individuals in the U.S. are caregivers of a family member age 65 or older. While the need for caregiving is rapidly increasing, the pool of potential family caregivers is shrinking. Come learn what options are available.

Location: MRC Instructor: RoadMap for Aging Experts
7/26 Tu 10:30 a.m. – noon FREE 31461511

Technology 101

Technology can be frustrating, but no more! We will go over the basics of technology, how to safely navigate the web, plus meaningful ways to stay connected. Learn to have unlimited information at your fingertips.

Location: MRC

Instructor: Katie Nowak, MarketPoint Representative, Humana
7/27 W 1:30 - 2:30 p.m. FREE 31461911

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Aging Happily & the Power of Positive PositivityWhile everyone wants to age happy, it is not always easy to achieve.

The power of positivity and its associated health benefits are strong. Come learn ways to adjust your thought patterns. Class will include specific choices and behaviors that can help one age well.

Location: MRC Instructor: Ben Torrez, CIMA, AIF, MBA, Humana

8/24 W 1:30 – 2:30 p.m. FREE 31462011

Living to 100... the Possibility Is Real!

Statistics are showing more people will be living to 100 or longer. Most of us are not prepared for that! This conversation will include: staying put or moving as you get older, what your options are, living for today and planning for tomorrow, and what you need financially and legally.

Location: MRC Instructor: RoadMap for Aging Experts
8/23 Tu 10:30 a.m. - NOON FREE 31462111



Toddler & Me Tumbling

Ages: 1 – 3 yrs

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 your child and you simple tumbling skills while meeting new friends. *Location: ERC*

Tumbling Tykes

Ages: 3 – 5 yrs

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

Gymnast Jubilee

Ages: 6 – 9 yrs

Kids will learn rolls, cartwheels and 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. *Location: ERC*

Peewee Dance

Ages: 3 – 5 yrs

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.

Location: ERC

Youth Dance

Ages: 6 – 9 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.

Location: ERC

Summer Drama Class

These drama classes will build self-esteem, confidence and creativity through instructions in vocals, dance and acting in a theatrical setting. It's a great way to participate in live theater, as the students will perform a smaller scale show of their own on the final day of class. By registering in the "class only" option, the student will NOT participate in the production of Rodgers and Hammerstein's Cinderella! Class runs Mondays, Wednesdays and Fridays from 9–11 a.m. at the Englewood Campus, Fischer Auditorium, 3800 S. Logan St. All children 8–12 years old who audition and are selected to be in the show must register for class. Email Sara at sstant@englewoodco.gov for more information. Location: Englewood Campus, Fischer Auditorium, 3800 S. Logan St.

DRAMA CLASS ONLY

 FAMILY RATE (2 OR MORE PARTICIPANTS FROM SAME HOUSEHOLD)

 6/6 - 7/22
 M, W, F
 9:00 - 11:00 a.m.
 \$55/\$50
 31970112

 DRAMA CLASS AND PROGRAM FEE

 6/6 - 7/22
 M, W, F
 9:00 - 11:00 a.m.
 \$100/\$95
 31970113

 FAMILY RATE (2 OR MORE PARTICIPANTS FROM SAME HOUSEHOLD)

6/6 – 7/22 M, W, F 9:00 – 11:00 a.m. \$60/\$55

6/6 - 7/22 M, W, F 9:00 - 11:00 a.m. \$95/\$90

31970111

31970114

ENGLEWOOD SUMMER DRAMA COMPANY PRESENTS



The Englewood Campus, Fisher Auditorium 3800 S. Logan St., Englewood, CO 80113 Tickets: \$12/advance, \$15/at door

Back again after a two-year hiatus, the Englewood Summer Drama Program is pleased to announce this year's production of Rodgers and Hammerstein's Cinderella. For all the program details and to purchase tickets, please visit:

Friday, July 29, 7 p.m. Saturday, July 30, 7 p.m. Sunday, July 31, 2 p.m.

englewoodgov.org/summerdrama
Tickets on sale starting Monday, June 27.

			ACTIV	E KIDS				
Class	Activity#	Ages	Dates	Days	Time	Location	Fee	Res Fee
Toddler & Me Tumbling	32310111	1 – 3 yrs	6/8 – 6/29	w	4:00 – 4:30 p.m.	ERC	\$25	\$20
	32310115	1 – 3 yrs	7/13 – 8/10	W	4:00 – 4:30 p.m.	ERC	\$30	\$24
	32310121	1 – 3 yrs	6/4 – 6/25	Sa	9:45 – 10:15 a.m.	ERC	\$25	\$20
	32310122	1 – 3 yrs	6/4 – 6/25	Sa	10:15 – 10:45 a.m.	ERC	\$25	\$20
	32310125	1 – 3 yrs	7/16 – 8/13	Sa	9:45 – 10:15 a.m.	ERC	\$30	\$24
	32310126	1 – 3 yrs	7/16 – 8/13	Sa	10:15 – 10:45 a.m.	ERC	\$30	\$24
Tumbling Tykes	32320211	3 – 5 yrs	6/6 – 6/27	М	5:30 – 6:00 p.m.	ERC	\$26	\$21
	32320215	3 – 5 yrs	7/11 – 8/8	М	5:30 – 6:00 p.m.	ERC	\$31	\$26
	32320221	3 – 5 yrs	6/4 – 6/25	Sa	9:15 – 9:45 a.m.	ERC	\$26	\$21
	32320225	3 – 5 yrs	7/16 – 8/13	Sa	9:15 – 9:45 a.m.	ERC	\$31	\$26
Gymnast Jubilee	32320311	6 – 9 yrs	6/6 – 6/27	М	4:45 – 5:30 p.m.	ERC	\$31	\$25
	32320315	6 – 9 yrs	7/11 - 8/8	М	4:45 – 5:30 p.m.	ERC	\$31	\$26
	32320321	6 – 9 yrs	6/4 – 6/25	Sa	8:30 – 9:15 a.m.	ERC	\$31	\$26
	32320325	6 – 9 yrs	7/16 – 8/13	Sa	8:30 – 9:15 a.m.	ERC	\$39	\$31
Peewee Dance	31820111	3 – 5 yrs	6/6 – 6/27	М	4:00 – 4:30 p.m.	ERC	\$17	\$14
	31820112	3 – 5 yrs	6/6 – 6/27	М	4:45 – 5:15 p.m.	ERC	\$17	\$14
	31820115	3 – 5 yrs	7/11 - 8/8	М	4:00 – 4:30 p.m.	ERC	\$21	\$17
	31820116	3 – 5 yrs	7/11 - 8/8	М	4:45 – 5:15 p.m.	ERC	\$21	\$17
	31820121	3 – 5 yrs	6/8 – 6/29	w	5:00 – 5:30 p.m.	ERC	\$17	\$14
	31820125	3 – 5 yrs	7/13 – 8/10	w	5:00 – 5:30 p.m.	ERC	\$21	\$17
	31820131	3 – 5 yrs	6/9 – 6/30	Th	4:00 – 4:30 p.m.	ERC	\$17	\$14
	31820135	3 – 5 yrs	7/14 - 8/11	Th	4:00 – 4:30 p.m.	ERC	\$21	\$17
	31820141	3 – 5 yrs	6/4 – 6/25	Sa	10:15 – 10:45 a.m.	ERC	\$17	\$14
	31820142	3 – 5 yrs	6/4 – 6/25	Sa	10:45 – 11:15 a.m.	ERC	\$17	\$14
	31820145	3 – 5 yrs	7/16 – 8/13	Sa	10:15 – 10:45 a.m.	ERC	\$21	\$17
	31820146	3 – 5 yrs	7/16 - 8/13	Sa	10:45 – 11:15 a.m.	ERC	\$21	\$17
Youth Dance	31820211	6 – 9 yrs	6/6 – 6/27	М	5:30 – 6:15 p.m.	ERC	\$21	\$17
	31820215	6 – 9 yrs	7/11 - 8/8	М	5:30 – 6:15 p.m.	ERC	\$26	\$21
	31820221	6 – 9 yrs	6/9 – 6/30	Th	4:30 – 5:15 p.m.	ERC	\$21	\$17
	31820225	6 – 9 yrs	7/14 - 8/11	Th	4:30 – 5:15 p.m.	ERC	\$26	\$21
	31820231	6 – 9 yrs	6/4 – 6/25	Sa	11:15 a.m. – noon	ERC	\$21	\$17
	31820235	6 – 9 yrs	7/16 – 8/13	Sa	11:15 a.m. – noon	ERC	\$26	\$21



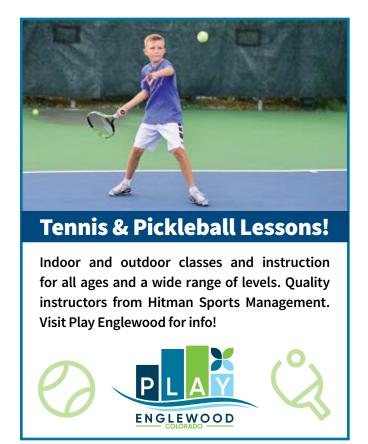


Adult Athletic Leagues

Adult athletic league registration, schedules and standings: teamsideline.com/englewoodrec

	MEN'S AND WOMEN'S ADULT ATHLETIC LEAGUES										
SPORT	SEASON	REGISTRATION	LEAGUES BEGIN	FEES	FORMAT	OFFERINGS					
Volleyball	Winter	10/24 - 12/20	Mid-January	\$335/team	10 Games + Single	Tuesday Coed, Wednesday Women's,					
volleyball	volleyball —————Fall	7/11 – 9/2	Mid-September \$335/team		Elimination Playoff	Thursday Men's					
	Winter 10/24 – 12/20 Mid-January										
Basketball -	Spring	1/17 - 3/18	Late March	\$475/team	8 Games + Single Elimination Playoff	Sunday Men's Comp, Sunday Men's Rec, Monday Men's Open					
DasketDatt	Summer	5/2 - 6/24	Mid-July	\$475/team							
	Fall	8/1 – 9/16	Late September								
Softball	Summer	3/14 – 5/6	Mid-May	\$625/team 10 Games + Single		Thursday Men's					
Soitball	Fall	6/27 – 7/29	Mid-August	\$525/team	Elimination Playoff	Competitive and Recreational					

Don't have a team or need a few more players to complete your team? Go to **teamsideline.com/englewoodrec** to be added to the Free Agent List. You will be contacted by teams looking to add to their roster. If you have any questions regarding team registration, please call Sara Stant at 303-762-2694 or email sstant@englewoodco.gov.



Skyhawks and SuperTotsTeaching life skills through sports

Skyhawks provides sports instruction in our Englewood Parks for ages 4–14. Classes include basketball, volleyball, soccer and multi-sport focuses. For more info, visit skyhawks.com.

SuperTots is perfect for ages 2–5. These classes will meet weekly in our parks. Children will learn the basics of baseball, basketball or soccer. For more information, visit supertotsports.com.







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 • SOCCER
SOFTBALL • RUGBY • VOLLEYBALL • WRESTLING

Join our email list and register for all youth sports programs at pirateyouthsports.com. Contact us at president@pirateyouthsports.com or 303-907-3667. Subject to change due to COVID-19.



Mountain Hiking Adventures

Enjoy Colorado and all its mountain beauty with one of our many hiking adventures, which include moderate and easy levels (see below). For all hikes, 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 appropriate to your ability and fitness level. Locations are subject to change depending on weather or trail conditions.

Fee: \$22/\$18



Moderate Hikes

Number	Date	Day	Time	Location	Length	Elev. Start	Elev. Gain	Difficulty	Near
32160111	6/8	W	7:00 a.m. – 5:00 p.m.	Meyer Ranch	1-4.3 mi	7,843'	167'-1,200'	E-M	Aspen Park
32160211	6/14	Tu	7:00 a.m. – 5:00 p.m.	Pavilion Point	5+ mi	9,170'	833'	E-M	Silver Plume
32160311	6/22	W	7:00 a.m. – 5:00 p.m.	The Crags Trail	5 mi	10,100'	700'	М	Divide
32160411	6/28	Tu	7:00 a.m. – 5:00 p.m.	North Tenmile Creek	7 mi	9,070'	980'	М	Frisco
32160511	7/6	W	7:00 a.m. – 5:00 p.m.	Straight Creek	4 mi	11,200'	1,700'	M-D	Eisenhower Tunnel
32160611	7/12	Tu	7:00 a.m. – 5:00 p.m.	Columbine Lake	5.8 mi	10,046'	1,534'	М	Fraser
32160711	7/20	W	7:00 a.m. – 5:00 p.m.	Silver Dollar Lake	4–6 mi	11,160'	1,581'	E-M	Georgetown
32160811	7/26	Tu	7:00 a.m. – 5:00 p.m.	Butler Gulch	5 mi	10,400	1,200'	М	Empire
32160911	8/3	W	7:00 a.m. – 5:00 p.m.	Lost Lake	4 mi	9,000'	830'	E-M	Eldora
32161011	8/9	Tu	7:00 a.m. – 5:00 p.m.	Cascade Falls	7 mi	8,540'	300'	М	Grand Lake
32161111	8/17	W	7:00 a.m. – 5:00 p.m.	Oro Grande Trail	7 mi	9,280'	520'	E-M	Dillon
32161211	8/23	Tu	7:00 a.m. – 5:00 p.m.	Ute Trail Tundra	4 mi	11,796'	250'	М	RMNP
32161311	8/31	W	7:00 a.m. – 5:00 p.m.	Turquoise Lake	1-6 mi	10,100	0'	Е	Leadville

Easy Hikes

Number	Date	Day	Time	Location	Length	Elev. Start	Elev. Gain	Difficulty	Near
32163011	6/8	W	7:00 a.m. – 5:00 p.m.	Meyer Ranch	1-4.3 mi	7,843'	167'-1,200	E	Aspen Park
32163111	6/14	Tu	7:00 a.m. – 5:00 p.m.	Pavilion Point	5+ mi	9,170'	833'	E	Silver Plume
32163211	7/20	W	7:00 a.m. – 5:00 p.m.	Silver Dollar Lake	4–6 mi	11,160'	1,581'	E	Georgetown
32163311	8/3	W	7:00 a.m. – 5:00 p.m.	Lost Lake	4 mi	9,000'	830'	E	Eldora
32163411	8/17	W	7:00 a.m. – 5:00 p.m.	Oro Grande Trail	7 mi	9,280'	520'	E	Dillon
32163511	8/31	W	7:00 a.m. – 5:00 p.m.	Turquoise Lake	1–6 mi	10,100'	0'	E	Leadville

E = Easy, M = Moderate, D = Difficult



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.

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 ensure 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

6/11	Sa	9:00 – 10:15 a.m.	FREE	32253511
7/14	Th	6:00 – 7:15 p.m.	FREE	32253512
8/3	W	5:30 - 6:45 p.m.	FREE	32253513

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
- 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.

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

Pilates Reformer and Yoga Personal Training available. See page 56 for more information and rates.

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.

The ZONE at ERC Class Schedule

DAY	TIME	CLASS	TETDO
М	6:00 p.m.	Ultimate Fitness	PERFORMANO
W	6:00 p.m.	Burn and Build	BE DEFINED BY YOUR EFFOR
Sa	9:30 a.m.	Ultimate Fitness	
Classe	es now in se	ession!	
Only \$	10 per clas	s!	

Class Only

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 for class times and descriptions.



Englewood Recreation Guide — englewoodrec.org

Indoor Cycling

Ages: 13 yrs +

Morning Classes Added

Get a jump start on your morning with two new rides! 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 setup and breakdown. Bike pedals compatible with athletic shoes, SPD and Look cleats.

ADULT FITNESS

Instructors: David Meadows, Erica Krier & Libby Butler

TRX Boot Camp

Ages: 13 yrs +

Fire up your metabolism and burn calories. Use your own body weight to create resistance and improve strength and endurance. 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

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

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

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: ERC *Instructor: Stacy Lochowicz*

Muscle-Gaining Functional Training

Ages: 13 yrs +

Focus on building strength and endurance to improve your everyday life by utilizing body weight, dumbbells and resistance bands in this class for all fitness levels.

Location: ERC Instructor: Kyle Shisler

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



STARRED CLASSES (★) ARE INCLUDED IN THE PREMIER ANNUAL PASS. SEE PAGE 25.

ADULT FITNESS							
Class	Activity#	Dates	Days	Time	Location	Fee	Res Fee
★ TRX Boot Camp	32250411	6/6 – 6/27	М	5:25 – 6:25 p.m.	ERC	\$23	\$19
	32250412	7/11 – 7/25	М	5:25 – 6:25 p.m.	ERC	\$17	\$14
	32250413	8/1 - 8/22	М	5:25 – 6:25 p.m.	ERC	\$23	\$19
★ Zumba	32250911	6/6 – 6/27	М	6:35 – 7:35 p.m.	ERC	\$23	\$19
	32250912	7/11 - 7/25	М	6:35 – 7:35 p.m.	ERC	\$17	\$14
	32250913	8/1 - 8/22	М	6:35 – 7:35 p.m.	ERC	\$23	\$19
★ Indoor Cycling	32250321	6/7 – 6/28	Tu	6:45 – 7:45 p.m.	ERC	\$23	\$19
middor cycling	32250322	7/5 – 7/26	Tu	6:45 – 7:45 p.m.	ERC	\$23	\$19
	32250323	8/2 - 8/23	Tu	6:45 – 7:45 p.m.	ERC	\$23	\$19
★ Pop Pilates	32251111	6/7 - 6/28	Tu	5:30 – 6:30 p.m.	ERC	\$23	\$19
	32251112	7/5 - 7/26	Tu	5:30 – 6:30 p.m.	ERC	\$23	\$19
	32251113	8/2 - 8/30	Tu	5:30 – 6:30 p.m.	ERC	\$29	\$23
★ Indoor Cycling	32250331	6/1 - 6/29	W	5:45 – 6:45 p.m.	ERC	\$29	\$23
	32250332	7/6 – 7/27	W	5:45 – 6:45 p.m.	ERC	\$23	\$19
	32250333	8/3 - 8/24	W	5:45 – 6:45 p.m.	ERC	\$23	\$19
Essentrics	32251411	6/1 - 6/29	W	6:00 – 7:00 p.m.	ERC	\$39	\$31
	32251412	7/6 – 7/27	W	6:00 – 7:00 p.m.	ERC	\$31	\$25
	32251413	8/3 - 8/24	W	6:00 – 7:00 p.m.	ERC	\$31	\$25
★ Zumba Toning	32251611	6/1 - 6/29	W	5:30 – 6:30 p.m.	ERC	\$29	\$23
	32251612	7/6 – 7/27	W	5:30 – 6:30 p.m.	ERC	\$23	\$19
	32251613	8/3 - 8/24	W	5:30 – 6:30 p.m.	ERC	\$23	\$19
★ Indoor Cycling	32250341	6/2 - 6/30	Th	6:35 – 7:35 p.m.	ERC	\$29	\$23
	32250342	7/7 - 7/28	Th	6:35 – 7:35 p.m.	ERC	\$23	\$19
	32250343	8/4 - 8/25	Th	6:35 – 7:35 p.m.	ERC	\$23	\$19
★ Fit Body Express	32250811	6/2 - 6/30	Th	5:45 – 6:30 p.m.	ERC	\$29	\$23
	32250812	7/7 - 7/28	Th	5:45 – 6:30 p.m.	ERC	\$29	\$23
	32250813	8/4 – 8/25	Th	5:45 – 6:30 p.m.	ERC	\$23	\$19
★ Barre Sculpt	32251011	6/2 - 6/30	Th	9:00 – 10:00 a.m.	ERC	\$48	\$37
·	32251012	7/7 - 7/28	Th	9:00 – 10:00 a.m.	ERC	\$37	\$30
	32251013	8/4 – 8/25	Th	9:00 – 10:00 a.m.	ERC	\$37	\$30
★ Muscle Gaining	32251311	6/2 – 6/30	Th	6:30 – 7:30 a.m.	ERC	\$29	\$23
Functional Training	32251312	7/7 - 7/28	Th	6:30 – 7:30 a.m.	ERC	\$23	\$19
	32251313	8/4 – 8/25	Th	6:30 – 7:30 a.m.	ERC	\$23	\$19
★ Fitness Fusion	32250611	6/4 - 6/25	Sa	9:15 – 10:15 a.m.	ERC	\$29	\$23
	32250612	7/2 - 7/30	Sa	9:15 – 10:15 a.m.	ERC	\$23	\$19
	32250613	8/6 - 8/27	Sa	9:15 – 10:15 a.m.	ERC	\$23	\$19
★ Pop Pilates	32251121	6/4 - 6/25	Sa	8:05 – 9:00 a.m.	ERC	\$23	\$19
A 1 op 1 nates	32251121	7/2 - 7/30	Sa	8:05 – 9:00 a.m.	ERC	\$29	\$23
	32231122	1,2 1/30	Ju	5.55 5.00 a.iii.	LING	723	رعد



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. SilverSneakers welcome. *Instructor: Stacy Lochowicz*

SilverSneakers Classic

Ages: 55 yrs +

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

Location: MRC *Instructor: Stacy Lochowicz*

Muscle, Core and Balance Training

Ages: 55 yrs +

This class will incorporate machine and free weights, core, balance and flexibility exercises in a small group. Formerly known as Beginning Weight Training. Join us for a complete body workout. Location: MRC Instructor: Doug Smith, Stacy Lochowicz

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: VIRTUAL Instructor: Doug Smith

Fitness Foundations

Ages: 18 yrs +

Low to moderate exercise options geared toward seniors but available to anyone, especially those new to exercise. Use a variety of equipment for a whole-body workout with a focus on strength, endurance and balance.

Instructor: Kyle Shisler Location: ERC

Parkinson's, MS & More Fitness



This class incorporates exercises targeting deficits specific to people with Parkinson's disease, 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.

Instructor: Liz Shepard Location: MRC

Malley Fitness Orientation

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.

6/1	W	11:00 A.m. – noon	FREE	32263511
7/6	W	11:00 a.m. – noon	FREE	32263512
8/3	W	11:00 A.m. – noon	FREE	32263513











STARRED CLASSES (★) ARE INCLUDED IN THE PREMIER ANNUAL PASS. SEE PAGE 25.

ACTIVE ADULT FITNESS								
Class		Activity#	Dates	Days	Time	Location	Fee	Res Fee
★ Fitness Club		32260111	6/1 – 6/29	M, W	9:00 – 10:00 a.m.	MRC	\$33	\$27
		32260112	7/6 – 7/27	M, W	9:00 – 10:00 a.m.	MRC	\$26	\$21
	•	32260113	8/1 - 8/31	M, W	9:00 – 10:00 a.m.	MRC	\$38	\$30
★ SilverSneakers Classic		32261011	6/1 – 6/29	M, W	10:15 – 11:15 a.m.	MRC	\$33	\$27
		32261012	7/6 – 7/27	M, W	10:15 – 11:15 a.m.	MRC	\$26	\$21
		32261013	8/1 - 8/31	M, W	10:15 – 11:15 a.m.	MRC	\$38	\$30
Muscle, Core and Balance Training		32263311	6/1 – 6/29	M, W	1:00 – 2:00 p.m.	MRC	\$47	\$38
		32263312	7/6 – 7/27	M, W	1:00 – 2:00 p.m.	MRC	\$47	\$38
		32263313	8/1 - 8/31	M, W	1:00 – 2:00 p.m.	MRC	\$47	\$38
★ Total Body Fitness		32260511	6/2 – 6/30	Tu, Th	8:30 – 9:30 a.m.	MRC	\$33	\$27
		32260512	7/5 – 7/28	Tu, Th	8:30 – 9:30 a.m.	MRC	\$30	\$24
		32260513	8/2 - 8/30	Tu, Th	8:30 – 9:30 a.m.	MRC	\$33	\$27
		32260514	6/2 – 6/30	Tu, Th	9:45 – 10:45 a.m.	MRC	\$33	\$27
		32260515	7/5 – 7/28	Tu, Th	9:45 – 10:45 a.m.	MRC	\$30	\$24
		32260516	8/2 – 8/30	Tu, Th	9:45 – 10:45 a.m.	MRC	\$33	\$27
Fitness Foundations		32260411	6/3 – 6/24	F	10:00 – 11:00 a.m.	ERC	\$23	\$19
		32260412	7/1 – 7/29	F	10:00 – 11:00 a.m.	ERC	\$29	\$23
		32260413	8/5 – 8/26	F	10:00 – 11:00 a.m.	ERC	\$23	\$19
★ Parkinson's, MS &		32260911	6/4 – 6/25	Sa	10:30 – 11:45 a.m.	MRC	\$17	\$14
More Fitness		32260912	7/2 – 7/30	Sa	10:30 – 11:45 a.m.	MRC	\$18	\$22
		32260913	8/6 - 8/27	Sa	10:30 – 11:45 a.m.	MRC	\$17	\$14



NOW OPEN!

Hours: 8:00 a.m. - 5:00 p.m.

Located at the Malley Recreation Center, stop in and check out what all the BUZZ is about!

Discover information and resources about transportation, finances, healthcare, senior services, insurance, volunteering, caregiving, housing and recreation.

Call 303-762-2660 for more information or for an appointment.









GENTLE YOGA AND TAI CHI

Beginning/Advanced Tai Chi for Better Balance

Improve your balance while enhancing your agility and coordination with tai chi-based movements. The class format and design have been acknowledged as 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 Voqt

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

Seated Yoga – Virtual

Ages: 55 yrs +

Move your whole 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: VIRTUAL Instructor: Sky Headland

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 guided relaxation.

Location: MRC Instructor: Erin Mathiason

Therapeutic Tai Chi

Ages: 55 yrs +

Better manage chronic health conditions and improve overall well-being using a variety of evidence-based 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.

Instructor: Phred Hall Location: MRC

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 gentle, fluid movements, stretches and peaceful poses. Gain physical strength and flexibility, increased energy, inner quietness and more.

Location: MRC 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

NEW Hatha Yoga

Ages: 13 yrs +

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-level class.

Location: MRC Instructor: Erin Mathiason

Core and Hip Yoga

Ages: 13 yrs +

Improve flexibility, balance and strength, with a focus on hips and core to protect the back. Modifications and props available. Appropriate for beginner to intermediate.

Location: MRC *Instructor: Stephanie Turner*

GENTLE YOGA AND TAI CHI								
Class		Activity#	Dates	Days	Time	Location	Fee	Res Fee
Beginning Tai Chi for Better Balance		32255311	8/2 – 10/6	Tu, Th	2:30 – 3:30 p.m.	MRC	\$100	\$80
Advanced Tai Chi for Better Balance		22255411	8/2 – 10/6	Tu, Th	1:30 – 2:30 p.m.	MRC	\$100	\$80
Light Yoga	- -	32258211	6/7 – 6/28	Tu, F	8:30 – 9:45 a.m.	MRC	\$44	\$35
		32258212	7/1 – 7/29	Tu, F	8:30 – 9:45 a.m.	MRC	\$49	\$40
		32258213	8/2 – 8/30	Tu, F	8:30 – 9:45 a.m.	MRC	\$49	\$40
Seated Yoga	=:10	32258311	6/2 – 6/30	Tu, Th	10:00 – 11:00 a.m.	VIRTUAL	\$46	\$37
		32258312	7/5 – 7/28	Tu, Th	10:00 – 11:00 a.m.	VIRTUAL	\$43	\$33
		32258313	8/2 – 8/30	Tu, Th	10:00 – 11:00 a.m.	VIRTUAL	\$46	\$37
Gentle Yoga		32258511	6/7 – 6/28	Tu	10:30 – 11:45 a.m.	MRC	\$32	\$39
		32258512	7/5 – 7/26	Tu	10:30 – 11:45 a.m.	MRC	\$32	\$39
		32258513	8/2 – 8/30	Tu	10:30 – 11:45 a.m.	MRC	\$41	\$49
Therapeutic Tai Chi		32255111	6/2 – 6/30	Th	9:00 – 10:00 a.m.	MRC	\$48	\$38
		32255112	7/7 – 7/28	Th	9:00 – 10:00 a.m.	MRC	\$40	\$32
		32255113	8/4 – 8/25	Th	9:00 – 10:00 a.m.	MRC	\$40	\$32

ACTIVE YOGA AND TAI CHI							
Class	Activity#	Dates	Days	Time	Location	Fee	Res Fee
Tai Chi Yoga Fusion	32255511	6/6 – 6/27	М	4:00 – 5:00 p.m.	MRC	\$32	\$39
	32255512	7/11 - 7/25	М	4:00 – 5:00 p.m.	MRC	\$29	\$24
	32255513	8/1 - 8/29	М	4:00 – 5:00 p.m.	MRC	\$41	\$49
Foundations Yoga	32256211	6/7 - 6/28	Tu	5:45 – 7:00 p.m.	ERC	\$36	\$30
	32256212	7/5 - 7/26	Tu	5:45 – 7:00 p.m.	ERC	\$36	\$30
	32256213	8/2 - 8/23	Tu	5:45 – 7:00 p.m.	ERC	\$36	\$30
NEW Hatha Yoga	32256911	6/2 - 6/30	Th	8:30 – 9:30 a.m.	ERC	\$41	\$49
	32256912	7/7 – 7/28	Th	8:30 – 9:30 a.m.	ERC	\$32	\$39
	32256913	8/4 - 8/24	Th	8:30 – 9:30 a.m.	ERC	\$41	\$49
Core and Hip Yoga	32257111	6/4 - 6/25	Sa	9:15 – 10:15 a.m.	MRC	\$33	\$27
	32257112	7/2 – 7/30	Sa	9:15 – 10:15 a.m.	MRC	\$41	\$33
	32257113	8/6 – 8/27	Sa	9:15 – 10:15 a.m.	MRC	\$33	\$27















Pilates exercises with controlled movement improve flexibility, build strength, and develop control and endurance within the entire body. Throughout the class, the priority is to promote alignment and breathing to develop a strong core, which will help improve coordination and balance. The core, which consists of the muscles of the abdomen, lower back and hips, often called the "powerhouse," is thought to be the key to a person's stability. Our program provides safe modifications that range from beginning to advanced, specific to the participant's goals or limitations.

Our 4-Step Pilates Program takes you from an initial orientation to an advanced level for an additional challenge. This program will provide a safe, enjoyable, challenging workout for both the new and experienced Pilates participants.

ENGLEWOOD'S PREMIER 4-STEP PILATES PROGRAM

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. Once complete, the fee from this class will be applied toward the appropriate next class.

Location: MRC

PILATES PERSONAL TRAINING

Pilates is the perfect exercise for beginners needing one-on-one instruction, experienced exercisers ready for advanced moves, athletes looking to improve performance and individuals in post-rehab following an injury. Each session is 60 minutes.

To schedule, call 303-762-2678 and leave a message requesting either Reformer or mat instruction. Your call will be returned within two business days. Yoga personal training is also available.

PRIVATE: ONE-ON-ONE						
	Fee	Res. Fee				
1 Session	\$59	\$47				
3 Sessions	\$163	\$130				
6 Sessions	\$300	\$240				

Small group sessions for 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.

STEP TWO: Pilates Reformer Principles

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 the 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.

Location: MRC

STEP THREE: Beginning Pilates Reformer

Ages: 16 yrs -

Beginning Pilates Reformer will start you on your Pilates road to success. This class is designed for those who have completed Essential Pilates Orientation and one session of Pilates Reformer Principles or with instructor's permission.

Location: MRC

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 with instructor's permission. *Location: MRC*



PILATES								
Class	Activity #	Dates	Days	Time	Instructor	Location	Fee	Res Fee
STEP ONE	32254111	6/6	М	6:05 – 7:05 p.m.	Michael M.	MRC	\$10	\$10
Essential Pilates Orientation	32254112	8/1	М	6:05 – 7:05 p.m.	Michael M.	MRC	\$10	\$10
STEP TWO Pilates Reformer Principles	32254211	6/1 – 8/31	M – F	8:00 a.m. – 7:00 p.m. (Call to schedule)	Michael M.	MRC	\$88	\$71
STEP THREE	32254311	6/6 – 6/27	М	11:00 a.m. – noon	Michael M.	MRC	\$68	\$54
Beginning Pilates Reformer	32254312	7/11 – 7/25	М	11:00 a.m. – noon	Michael M.	MRC	\$51	\$41
	32254313	8/1 – 8/29	М	11:00 a.m. – noon	Michael M.	MRC	\$85	\$68
	32254314	6/6 – 6/27	М	12:05 – 1:05 p.m.	Michael M.	MRC	\$68	\$54
	32254315	7/11 – 7/25	М	12:05 – 1:05 p.m.	Michael M.	MRC	\$51	\$41
	32254316	8/1 – 8/29	М	12:05 – 1:05 p.m.	Michael M.	MRC	\$85	\$68
	32254317	6/6 – 6/27	М	5:00 – 6:00 p.m.	Michael M.	MRC	\$68	\$54
	32254318	7/11 – 7/25	М	5:00 – 6:00 p.m.	Michael M.	MRC	\$51	\$41
	32254319	8/1 – 8/29	М	5:00 – 6:00 p.m.	Michael M.	MRC	\$85	\$68
STEP FOUR	32254420	6/1 – 6/29	W	5:00 – 6:00 p.m.	Michael M.	MRC	\$85	\$68
Continuing Pilates Reformer	32254421	7/6 – 7/27	W	5:00 – 6:00 p.m.	Michael M.	MRC	\$68	\$54
	32254422	8/3 – 8/31	W	5:00 – 6:00 p.m.	Michael M.	MRC	\$85	\$68
	32254423	6/1 – 6/29	W	6:05 – 7:05 p.m.	Michael M.	MRC	\$85	\$68
	32254424	7/6 – 7/27	W	6:05 – 7:05 p.m.	Michael M.	MRC	\$68	\$54
	32254425	8/3 – 8/31	W	6:05 – 7:05 p.m.	Michael M.	MRC	\$85	\$68
	32254426	6/2 – 6/30	Th	11:00 a.m. – noon	Michael M.	MRC	\$85	\$68
	32254427	7/7 – 7/28	Th	11:00 a.m. – noon	Michael M.	MRC	\$68	\$54
	32254428	8/4 – 8/25	Th	11:00 a.m. – noon	Michael M.	MRC	\$68	\$54





Excursion fee includes escort, transportation, tour and admission tickets, unless otherwise stated. Restaurant meals and snacks/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 for a \$5 administrative fee. NO refunds are granted if you miss the trip due to being late, no-show or a cancellation within five business days prior to trip. There are NO refunds given after listed early cancellation dates.

JUNE

Tivoli Tour - Denver

Tour the oldest brewery in Colorado and soak in the rich history! You might see a ghost along the way. Taste the beer directly out of the tanks, get a full overview of their brewing process and enjoy a flight of their finest brew! Lunch at Bad Daddy's Burger Bar on site.

6/7 Tu 11:30 a.m. – 3:30 p.m. \$52/\$42 32060111

Black Hawk and Central City

Black Hawk or Central City... you decide! 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.

6/13	M	9:00 a.m. – 4:00 p.m.	\$20/\$16	32060611
7/11	М	9:00 a.m. – 4:00 p.m.	\$20/\$16	32060711
8/8	М	9:00 a.m. – 4:00 p.m.	\$20/\$16	32060811



Rockies Game!

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Take me out to the ballgame! Root for the home team as our Rockies take on their opponents! Enjoy great seats along the baseline. Concessions are available. Need a special needs seat? See Cheryl. Early cancellation date: one week prior.

6/16 Th 11:30 a.m. - 5:00 p.m. \$35/\$28 32060911

Evergreen Rodeo

A Colorado mountain tradition full of cowboys, cowgirls, horses, bulls, mutton bustin' and, of course, the clown. You will see it all! Concessions available.

6/18 Sa 2:15 - 8:30 p.m. \$47/\$38 32060211

Stanley Hotel & Estes Park

The Stanley Hotel opened in 1909 by creator and original owner, F.O. Stanley. Find out why he chose Estes Park and learn about the influence on Stephen King, celebrities and pop culture. Enjoy lunch and shopping in town.

6/21 Tu 8:15 a.m. – 5:00 p.m. \$66/\$54 32060311

Ralph Carr Justice Center - Denver

Your tour includes the Ralph L. Carr Colorado Judicial Center and its public art, Colorado Supreme Court Library and the Colorado Judicial Learning Center – if available, a courtroom too. Plus, a discussion about the Colorado court system and Judicial Branch. Lunch at Blue Bonnet.

6/23 Th 9:15 a.m. - 2:15 p.m. \$22/\$17 32060411

JULY

The Two Gentleman of Verona - CU Boulder

Friend or foe? While traveling abroad in Northern Italy, best friends Valentine and Proteus find themselves at odds over the same girl. Shakespeare delivers an adventure, complete with romantic intrigue, disorderly servants and a band of honorable outlaws. Mary Rippon Outdoor Theatre with complimentary seatbacks. Bring a picnic to enjoy prior to the show.

7/13 W 4:30 – 10:00 p.m. \$77/\$63 32060511

Humphrey History Park, Museum & Tea - Evergreen

Tour the historic Humphrey home and enjoy the Lady Bug Tea. Then take a self-guided look of Kinnikinnick Ranch and see the daily activities like it's the 1930s. Explore the summerhouse, croquet court, cattery and playhouse. Plus, shop at the Trading Post.

7/19 Tu 10:45 a.m. – 3:30 p.m. \$45/\$36 32061011

Lariat Lodge Brewing - Evergreen

Take a scenic drive to the mountain town of Evergreen for some upscale comfort food. Enjoy one of the best burgers and a classic brewed beer at this homey lodge-feeling restaurant overlooking Bear Creek.

7/22 F 11:00 a.m. - 2:15 p.m. \$14/\$11 32061111

Olympic & Paralympic Museum – Colorado Springs

Awarded Best New Attraction in 2020 by USA Today! With 60,000 sq. ft., the building's dynamic spiraling form allows you to descend the galleries in one common path. With more than 12,000 U.S. athletes and over 100 years of history, there are endless stories to be told. Your guided tour explores the 12 galleries and the athletes' incredible journeys to the games. Lunch on site at the Flame Café.

M 9:15 a.m. - 3:30 p.m. \$55/\$44

Vail Farmers Market & Village

Spend a summer day in the mountains and experience one of the largest farmers markets and art shows in the state. You are bound to find something special with over 140 vendors sampling and selling produce, jewelry, syrup, art and many other one-of-a-kind items. Enjoy lunch on your own at one of the specialty food tents or in the Vail Village.

7/31 Su 9:00 a.m. -5:30 p.m. \$38/\$31 32061411

AUGUST

Leadville Train Ride

All aboard! Take the 2½ hour journey through the Rocky Mountains, the untamed wilderness along the Arkansas River Valley all from the "highest incorporated city in North America! Lunch on your own in town.

8/10 W 8:30 a.m. - 6:45 p.m. \$100/\$80 32061611

Adams Mystery Playhouse - Denver

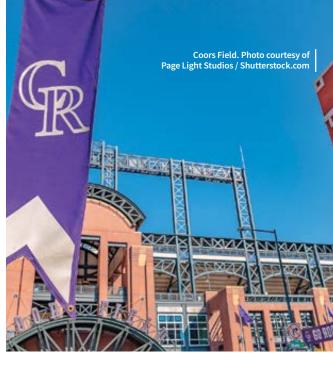
An evening of crime, suspense and murder... can you help solve the mystery? The exact show is to be determined. Dinner, drinks and gratuity included.

8/11 Th 5:00 – 8:30 p.m. \$85/\$65 32061811

Colorado Views Tours with Kevin Snow

Presented by Denver History Tours, this trip shows the breathtaking scenery of the Front Range, with a dose of history. If you are ready to have the splendor of Colorado sweep you away in a little mountain meditation, this is the tour for you! There is a break for lunch.

8/12 F 9:00 a.m. - 4:00 p.m. \$53/\$42 32061711



Lake Dillon Theater Company

MALA is a darkly funny tale about what it means to put our loved ones first, right to the very end, and what happens when we strive to be good but do not always succeed. It is a comical and brutally honest look at family dynamics. Picnic with sandwiches from Spinelli's included.

8/16 Tu 3:30 - 10:45 p.m. \$107/\$86 32061911

Echo Lake Lodge Restaurant - Idaho Springs

Take a scenic drive to the Echo Lake Lodge, built in 1926, located at the entrance to Mt. Evans. Experience some excellent food, from the buffalo chili to pan-fried trout. Be sure to leave room for pie! Visit the gift shop, take a walk or just enjoy the views.

8/22 M 10:30 a.m. – 3:00 p.m. \$20/\$16 32062011

Rockies Game

32061211

Take me out to the ballgame! Root for the home team as our Rockies take on their opponents! Enjoy great seats along the baseline. Concessions are available. Need a special needs seat? Contact Malley. Early cancellation date: one week prior.

8/24 W 11:30 a.m. - 5:00 p.m. \$35/\$28 32061311

Nederland Bound!

This quaint mountain town offers a scenic view of the Indian Peaks Wilderness. Visit a variety of restaurants, cafes and shops, as well as some unique family-friendly attractions that cannot be found anywhere else! Stops will include: Visitor Center, the Carousel of Happiness and Blue Owl Books, among others.

8/25 Th 10:00 a.m. – 4:30 p.m. \$26/\$22 32061511

Bishop Castle - Rye

Find an impressively monumental statue in stone and iron that cries loud testament to the beauty and glory of not only having a dream, but sticking with your dream. Three full stories of interior rooms, complete with a grand ballroom, soaring towers and bridges with vistas of a hundred miles. Brunch in Pueblo on the way.

8/30 Tu 8:00 a.m. – 4:45 p.m. \$46/\$37 32062111





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OPENING MAY 28 AT BELLEVIEW PARK!

