ENGLE COD

Global Flavors

Explore Food from Around the World in Englewood Page 12

Englewood

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Spring Events

SPRING IN ENGLEWOOD

Spring Festival: Hop & Shop April 1, 10 a.m. - 2 p.m.

Great Outdoors Art Exhibit April 6 - May 31, (during library hours)

South Platte Renew River Clean-Up April 22, 9 a.m. - noon

Earth Day Celebration April 22

Active Aging Expo April 27, 3 - 6 p.m.

SIGNATURE 2023 EVENTS

Celebrate Englewood May 6, 10 a.m. - 2 p.m.

Food Trucks and Fireworks Show July 4, 5 - 10 p.m.

Market Series June 3, July 1 and August 5, 10 a.m. - 2 p.m.

SunSET Concert Series Thursdays in July, 6–8 p.m.

Englewood Block Party August 26, 4 - 10 p.m.

Tree Lighting and Market December 2, 2 - 6 p.m.

englewoodco.gov/events

THANK YOU to

Holiday Express!



ADVERTISE

in the Englewood Magazine



The City of Englewood's quarterly magazine informs residents about city news and programs as well as recreational and educational activities and events in the community. The magazine is mailed to all businesses and households within the city limits. It is also available online at englewoodco.gov, the Malley and Englewood Recreation Centers, the library and Civic Center.

- **Engage your Customer like Never Before**
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FOR MORE INFORMATION AND RATES

Email: communications@englewoodco.gov

Phone: **303-762-2313**

For the love of the Game

Broken Tee Golf Course (BT) and its men's and women's clubs donated \$5,600 to First Tee - Colorado Rocky Mountains. First Tee's mission is to educate and inspire youth academically, socially and physically through the game of golf. BT also allows the program access to the driving range, practice area and Par 3 course for junior clinics and camps. In 2023, BT hopes to form a golf team with the program.



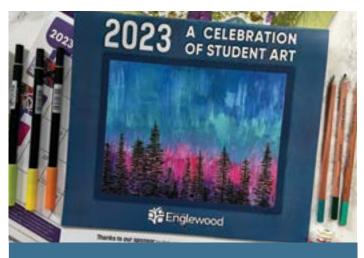






Englewood





2023 Englewood Calendars Available

Pick up a free copy of the 2023 Englewood Calendar, featuring original artwork created by young students who live or go to school in Englewood. The calendar is available for pick up at these locations:

- Englewood Public Library, 1000 Englewood Pkwy., 1st floor
- Frame De Art, 3065 S. Broadway
- Malley Recreation Center, 3380 S. Lincoln St.
- Englewood Recreation Center, 1155 W. Oxford Ave.
- Civic Center, 1000 Englewood Pkwy., 3rd floor

View more of the young finalists' art on the second floor at the Civic Center.



Supporting Students and Teachers through Englewood **Education Foundation**

In order to best support Englewood students and their excellence in education, the Englewood Education Foundation continues to enrich, maintain and expand programs for learners and their teachers throughout the city. The volunteer-run nonprofit supports graduates of Englewood High School and Colorado's Finest High School of Choice with scholarships to help them attend college. Additionally, the nonprofit offers Creativity Grants for teachers, providing funding to help bring to life creative learning ideas that might not otherwise be possible. Community members can support the Englewood Education Foundation by donating, volunteering or joining the annual gala, which will be held this spring. To learn more, visit englewoodfoundation.org.

















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THE MAYOR'S CORNER



Mayor Othoniel Sierra District 1 720-551-3301

No one will be surprised to hear housing has become unaffordable along the Front Range, Englewood included. While Englewood can't control all of the variables that go into housing costs, one factor we can control is to make it much easier to build affordable housing in our city, through changes to our development code.

City council is considering allowing duplexes, triplexes or quadplexes to be built-in single-family areas, under the condition that one of the homes is priced at 30 to 80% AMI (Area Median Income, or for households who

make between \$24,560 to \$89,400/year). This would allow the supply of market rate homes to increase but also provide the "carrot" needed to allow an increase in affordable housing we currently don't possess. In addition, we would look to do something similar within the redevelopment of CityCenter, such as lowering parking requirements in return for more affordable units.

Mixing the housing stock within single family homes wasn't always that foreign for Englewood. Granny flats and accessory dwelling units, or ADUs, are currently scattered across

our city, built when Englewood was growing rapidly in the 1940s along with smaller duplexes and triplexes that zoning later prohibited. Taking a similar approach now and adjusting our

current requirements can help those teaching in our schools, the nurses and support staff at our hospitals, and those working at our shops and restaurants who are struggling to buy in Englewood. According to Zillow Analytics, the current home value in Englewood soared to \$598,000 in May 2022, much more than out of reach for

Ongoing conversations will continue to occur on these potential changes through the first half of 2023. We are considering these potential changes thoughtfully and welcome your input on how we can keep Englewood an affordable place to live and work for generations to come.

many in those careers.

...the current home value in Englewood soared to \$598,000...







Mayor Pro Tem Steven Ward District 4 303-900-8811



Joe Anderson District 3 720-998-6116



Chelsea Nunnenkamp District 2 303-564-5816



Rita Russell At Large 303-639-6181



Cheryl Wink At Large 720-238-1575



Jim Woodward At Large 720-761-0199

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.

he duty to love your neighbor applies to citizens and to city government, but it looks different in each case. A fellow citizen might help you shovel your walk; a government must ensure that toilets flow in one direction and taps deliver clean and safe water. Feeling positive about those things isn't enough – as a government, loving our neighbors means getting the job done.

In other words, we need *wise* and *effective* love. When I began my city council term, I knew our underground infrastructure hadn't received enough attention. Restoring and maintaining that infrastructure was one of my greatest concerns. As a council member, I can help fix that...at the level of policy, planning and finance. But I can't run a water treatment plant or underground pipe system. In order to implement the plans, we need people who love the city and have the technical and managerial excellence to get the job done.

I recently toured South Platte Renew (our wastewater treatment plant) and the Allen Water Treatment Plant with the Director of Utilities, Pieter Van Ry. I am excited to report that we have the right people in place. I was able to see significant improvements in progress at both facilities.

Infrastructure improvements don't happen overnighteven with proper funding, system-wide improvements take years. We still have work to do, but I'm happy to report that we are on the right track thanks to Director Van Ry and his staff who are pursuing excellence and demonstrating love for their city and the neighbors who live in it.

Joe Anderson District 3 720-998-6116

THANK YOU, ENGLEWOOD VOTERS

hen I last wrote in this magazine's Summer 2022 edition, I mentioned that roads and public safety have been chronically underfunded areas in the city's budget. In the November election, Englewood voters passed all the measures the city council placed on the ballot, including more funding for streets and alternate policing. I appreciate the faith you showed in the city's leadership.

I know it wasn't easy to give the government more of your money. It was an act of trust at a time when trust in government seems to be at an all-time low. In the coming year, we will aim to repay your trust by providing the services you were promised on your ballots.

We will work to improve driving conditions around Englewood with the sales tax revenue you approved for streets and roads. And thanks to your approval of dedicated funding for alternate policing programs such as Englewood's partnership with AllHealth Network, which provides co-responders to connect people in crisis with mental health services, we will be able to continue operating such programs when the city's finances are tight.

In the coming year I will remain focused on ensuring that Englewood honors your trust. As 2023 unfolds and we enter the 2024 planning and budget cycle, we will be prioritizing projects and carefully using your tax dollars where they can have the largest positive impact on quality of life in Englewood.

I view every day of my city council term as an opportunity to honor the trust that Englewood voters have placed in me and my peers on council. If you have questions, concerns, compliments or complaints about the City of Englewood, please reach out to me or any of my fellow council members. We cannot solve problems unless we know about them, and it's always refreshing to hear about the things that Englewood is doing well.

Steven WardMayor Pro Tem, District 4
Mayor Pro Tem

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ENGLE WOOD

CITY MAGAZINE & **ACTIVITY GUIDE** SPRING 2023

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ON THE COVER:

Aki Sushi is a Japanese cuisine sushi restaurant and bar that boasts the highest of quality fish for the most reasonable price in the area.



Please recycle me!

Interested in running for office? Here's Everything You Need to Know

This year's municipal election is November 7 - and Englewood residents interested in running for Englewood City Council should get ready to start the candidacy process. Candidate information packets will be available for pick up June 27 from the Englewood City Clerk's office, 1000 Englewood Parkway on the third floor, as well as on the city's website. Those who would like to discuss the process prior to then can contact the city clerk's office to set up an appointment.

In November, voters will elect four council members: a representative from District 1 and District 3, and two at-large. All seats are four-year terms. Note that all municipal elections

Other requirements and steps to keep in mind:

- At the time of election, candidates must be a United States citizen, at least 25 years old and a resident of the city for at least one year preceding the election.
- Elected council members cannot hold any other public office or employment for which compensation is paid from any municipality.
- In August, candidates must be nominated by a petition signed by at least 50 registered electors residing within the municipality, or the district, from which the officer is to be elected.
- · Anyone interested in running for office must contact the Englewood City Clerk's office for information regarding the Colorado Fair Campaign Practices Act (FCPA).
- Learn more about the process by contacting the Englewood City Clerk's office at cityclerk@englewoodco.gov or 303-762-2430.

CELEBRATING 20 YEARS of Englewood Arts

In 2002, Englewood resident and retired Colorado Symphony musician Eric Bertoluzzi had a vision to make music more accessible for children and adults in the community by bringing symphony musicians into local schools. Today, these efforts continue to enrich the lives of Englewood residents through the Englewood Arts organization.

Through the years, this community resource has expanded its efforts to include accessible daytime concerts at Hampden Hall, as well as affordable music lessons for K-12 students in Englewood, in addition to its continued classroom experiences.

This spring, Englewood Arts will celebrate two decades of providing art education, performance and partnerships through the 20th Anniversary Symphony Spotlight program at Clayton Elementary. To learn more, visit englewoodarts.org.





Become everyone's favorite neighbor! With a little help from the City of Englewood, you can bring the fun right to your front porch.

Beginning May 1, you can reserve the block party trailer online at englewoodco.gov/neighborhoods.

What you need to know:

- The trailer can be reserved once per weekend from June 1 to September 30.
- The trailer will have party essentials including tables, chairs, coolers, trash cans and bags, as well as yard games like corn hole, jumbo Jenga, Bocce ball and soccer.
- Talk to your neighbors and decide when you are going to have a block party!

NEIGHBORHOOD NIGHTS READY TO ROCK THIS SUMMER

Guess what's returning this summer? Neighborhood Nights! Grab your chairs and blankets and enjoy live music, food trucks and good times. The schedule will be released this spring at englewoodco.gov/neighborhood-nights.

WHAT WOULD YOUR NEIGHBORHOOD DO WITH \$3,000?

Continuing Englewood's vision of building strong and inclusive neighborhoods, the Neighborhood Resources Program invites neighborhood groups to submit grant proposals for the 2023 Neighborhood Improvement Grant. Neighborhood groups can

apply for up to \$3,000 for their neighborhood project. The most successful projects will bring neighbors together, celebrate your neighborhood's unique character, engage skills and knowledge from neighbors and improve quality of life for everyone.

The Cushing Neighborhood transformed a vacant lot at Floyd Avenue and Cherokee Street into a community space. Neighbors, students from Englewood High School and young people from Colorado Young Leaders all worked together to paint a mural on the lot. They also installed a little free library, benches and planters to make the lot a vibrant space.

In 2022, the Belleview Park Neighbors neighborhood group celebrated the installation of their Community Sharing Box at the Southwest Greenbelt. The community sharing box is a community-resource sharing and exchange center.

We can't wait to see your ideas for 2023!

To apply or to learn more about the neighborhood resources program, visit englewoodco.gov/neighborhoods.

SHINING BRIGHT: 2022 HOLIDAY DECORATING CONTEST WINNERS



Best House: 490 E. Bellewood Dr.



Best Block: 3100 Block of S. Fox St.



Legacy Award: 5041 S. Elati St.



Best Business: Frame De Art, 3065 S. Broadway

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CELEBRATE EARTH DAY with Annual Clean-up Event

In honor of Earth Day, community members are invited to join South Platte Renew (SPR) in the annual clean-up event aimed at helping the earth and protecting our water sources.

> The 2023 River Clean-Up Event happening between April 10 and

> > April 22 – calls on residents of Englewood and Littleton to volunteer by collecting debris and trash from their neighborhoods, local rivers, lakes and parks. All volunteers are also welcome to join the in-person event Saturday,

April 22 from 9 a.m. - noon at Centennial Park, 4630 S. Decatur St. in Englewood.

The event provides an opportunity to spend time outside and give back to the community. Picking up discarded trash and recycling not only helps keep green spaces and waterways looking great, it also improves public health and the environment and prevents pollution from seeping into water sources.

Participants can register at southplatterenewco.gov/ community-events. Volunteers are encouraged to share photos of clean-up efforts and total number of bags collected with Erin Bartlett at ebartlett@englewoodco.gov. Trash and recycle bag totals will be shared on SPR's event page and counted toward SPR's 275 bag goal.

South Platte Renew is the third-largest water renewal facility in Colorado. The facility cleans about 20 million gallons of wastewater a

day from 300,000 customers in Englewood, Littleton and 19 other connector districts. For more information, visit southplatterenewco.gov.

South Platte Renew Awarded \$100,000 for Phosphorus Removal Pilot

South Platte Renew (SPR) was awarded \$100,000 by the Bureau of Reclamation to pilot a project for biological phosphorus removal.

SPR - which is publically owned by Englewood and Littleton and cleans about 20 million gallons of water a day - holds a discharge permit with the Colorado Department of Public Health and Environment, which sets nutrient limits for the water that is released back to the South Platte River. New this year, SPR will be required to meet more stringent limits for phosphorus, and it's currently in the

construction phase of a project for chemical phosphorus removal to meet the new regulation limit.

The grant funding from the Bureau of Reclamation will allow SPR to pilot a biological phosphorus removal process to reduce chemical usage, optimize chemical costs and improve process resiliency and efficiency. It will utilize existing infrastructure to pilot this additional treatment process.

SPR was one of just nine projects in the country to be awarded a Bureau of Reclamation grant, which supports innovative and novel water treatment technologies that may make previously unusable water available. SPR received the full requested grant amount of \$100,000.



IMPROVEMENTS TO DRINKING WATER

When it comes to Englewood's drinking water, community members have expressed the taste, odor and hardness of the water needs to be fixed. In 2022, the city directly captured these opinions through its first annual customer survey and is using this information to track customer opinions for the next several years as improvements are made. This survey will be conducted annually to generate a trend of customer perceptions of the drinking water, as investment in the water system ramps up over the next several years.

> The City of Englewood has more than \$200 million allocated for investment in the water and sewer systems over the next five to seven years. Many of these projects will be focused on upgrades to aging infrastructure and addressing

\$200M new regulations.

A significant portion of the above funding will be directly focused on improving the taste of the city's drinking water. While the water continues to meet all state and federal drinking water standards, the city has heard loud and clear that the aesthetic qualities of the water including, the taste, odor and hardness, need to be addressed.

The 2022 survey was completed by more than 1,330 Englewood residents and business owners. The predominant theme of the customer responses were related to the aesthetics (taste, odor and hardness) and the costs associated with the drinking water.

Nearly half of those who completed the survey shared that they would rate the water as poor, with only 5% of respondents rating the water as excellent. Other findings included:

- 35% have experienced discoloration of the water in the previous six months
- 84% have seen no improvement in taste in the previous year
- 73% use a device at home to filter tap water
- 54% rate the cost of the water as good or excellent

These results have helped capture customer opinions in a quantitative way and are valuable in guiding where the investments are made. No single capital or operational improvement will completely address the water aesthetic issues. Instead, process improvements at the city's Allen Water Treatment Plant, changes to system operations, and ongoing capital investments are needed to wholistically improve the drinking water.

In late 2022, the city initiated the City Ditch Piping Project. City Ditch is one of Englewood's primary water supply systems. It currently consists of buried pipeline, overhead flumes and open channel ditch, and delivers water from Chatfield Reservoir to the Allen Water Treatment Plant. With this project, Englewood intends to improve the source water quality by fully piping the system for this 6.5-mile reach. The project is currently scheduled to be complete in 2025, and it will eliminate contaminants from street runoff that flow directly into the ditch.

To fund this effort, as well as many other ongoing projects identified in the city's master plans, both water and sewer rates are anticipated to continue to increase by 4.5 percent per year. In 2023, the monthly water Capital Improvement Fee was also increased as planned. This fee directly funds source water improvements, as well as other water system projects. Even with these increases, the typical water and sewer bill in Englewood remains one of the lowest in the metro region. It currently costs Englewood water customers less than one penny per gallon to get water delivered directly to their faucets.

The City of Englewood has heard from customers about their ongoing concerns with the drinking water. Look for the 2023 customer survey this August as we continue to focus our improvements on the drinking water system. For more

information, visit englewoodco.gov/flowitforward



Has someone gone above and beyond for you or the community? Nominate them for Englewood Citizen of the Year in 2023

NOMINATION PROCESS

Any Englewood resident or business owner is eligible for nomination, with the exception of current city council members.

Nominees shall:

- Have exemplified outstanding volunteer or philanthropic dedication to the Englewood community.
- Have signed a consent form agreeing to stand for nomination and grant the city permission to release the nominee's name for publicity purposes, if selected as Citizen of the Year.

To be eligible for consideration, all nominations should include:

- Letter of nomination, with nominee's name and address and the name and address of the person making the nomination.
- Documentation of volunteer/philanthropic service: amount of time serving the community, value of service, variety of contribution, impact of service given.
- Support for nomination: type of support given, groups/ individuals supporting nomination.
- Signed waiver from nominee: publicity agreement.
- Submit nomination by Friday, March 31, 2023.

Submit completed forms at englewoodco.gov/COTY or print and mail to:

Madeline Hinkfuss, Communications 1000 Englewood Parkway Englewood, CO 80110

2023 Schedule:

March 31, 2023: Applications due, publicity agreement included April 2023: Citizen of the Year selected by city council May/June 2023: Citizen of the Year recognized by city council

EAB Subsidy Program

The Emerald Ash Borer (EAB) is an insect responsible for the destruction of millions of ash trees throughout the United States and is spreading through the Front Range of Colorado. Englewood is preparing for the arrival of this insect by

supporting the treatment and removal of ash trees located on private property within the city limits. Englewood

residents can receive up to \$500 to treat or remove ash trees on their property by applying for the EAB Subsidy Program. Learn more about the EAB Subsidy Program and download and submit your application at

englewoodco.gov/eab.

Help us protect Englewood's urban forest!

Codes Division Receives Prestigious National Honor



Congratulations to the Englewood Codes Division team members, who were recently named the Department of the Year 2022 by the prestigious American Association of Code Enforcement Officers! Additionally, Code Manager David Lewis was honored with the Excellence in Leadership Award. Please join us in congratulating these officers, who enhance and preserve Englewood neighborhoods and business districts while providing a safe, healthy and environmentally-friendly community.

City Exploring New Opportunities as CityCenter Master Developer Withdraws from Project

Following the withdrawal of the developers in late 2022, the CityCenter redevelopment project is continuing to move forward, setting the stage for the revitalization of this community and transportation hub.

While the withdrawal created a bump in the road for the project, those involved know changes like this are to be expected in an undertaking of this size.

"Downtown Englewood is experiencing a renaissance with hundreds of new residential units under construction and new businesses popping up throughout the district," said City Manager Shawn Lewis. "We will use this opportunity to better define the community's vision for CityCenter in order to create jobs, attract new residents and enhance cultural attractions that everyone can enjoy."

Englewood City Council is working with the Englewood Downtown Development Authority to plan next steps to define the community's shared vision for the area.



THE SNOWBALL EFFECT

of shopping local

The benefits of shopping local have a lasting impact. Independent Englewood businesses circulate and recirculate a far greater percentage of revenue locally compared to chains or online retailers, leading to greater wealth and more jobs in the community.

Every dollar you spend at a local business returns **3x** more money to the local economy than one spent at a chain, and almost **50x** more than buying from an online mega-retailer.

Keeping our dollars in Englewood benefits the city in a number of ways. Spending locally puts your dollars in the hands of other residents, generating lasting impact on the prosperity of other community organizations, businesses and the city itself.

Many Englewood businesses employ Englewood residents. Shopping local means supporting the businesses and individuals providing jobs for your friends and neighbors.

Independently-owned businesses consume less land, use less fossil fuels to transport their products and are located closer to their customers – creating less traffic and air pollution.

Before your start searching the internet for that perfect gift, consider getting out and supporting the local economy.

The city is doing its part to use local vendors as well. The city attorney's office uses a local vendor to scan and digitize the city's permanent files. The certified public accountant firm that performs the city's annual audit is also based in Englewood. And did you know the city utilizes a variety of local printers to print everything from the city's annual budget to the Englewood Art Calendar? The city locally sources apparel, promotional items and utilizes Englewood restaurant catering for special events. As you start to see the city's new gateway and wayfinding signage installed throughout the city, keep in mind that all of these were manufactured locally.

englewoodco.gov





Since 2006, Pedro Bernal has been serving up great food, drinks and desserts, which has proven to be a favorite spot for visitors and regulars alike.

Cuisine: Mediterranean and Middle Eastern

Staff pick: King combo, which includes both veggies and meat, falafels, a grape leaf (dolma), rice, baba ganoush and hummus

Try it for: Lunch, and check out their specials

203 W. Hampden Ave. 303-781-0808 **CHULA** beirutdenver.com ON **BROADWAY**

Formerly 4Gs, Chula has been serving Mexican cuisine since 2017. Owner Myrna Diaz grew up in Mexico, where she learned to cook these family recipes.

Cuisine: Mexican

Staff pick: Tacos Al Alambre, made from charbroiled chopped steak with mushrooms, chorizo, bacon, ham, melted asadero cheese and served with guacamole

Try it for: Family night out or birthday parties

3866 South Broadway 303-789-4444 chulaonbroadway.com Before moving to Englewood, owner Aung Kyaw was a refugee from Burma who escaped to Thailand. It was there he mastered his culinary skills, which he used to open this restaurant in 2015.

Cuisine: Thai

Staff pick: Pad Thai, with thin rice noodles stir-fried with choice of meat, egg, bean sprout, green onion and crushed peanut in tangy sauce

Try it for: Weeknight out or workday lunch

1225 E. Hampden Ave. 303-806-9354 aungsbangkokcafe.com

AUNG'S BANGKOK CAFÉ

Growing up in Asia, owner Bonnie Chen has been in the sushi business for more than 15 years and brings her years of knowledge to this family-friendly restaurant.

Cuisine: Japanese

Staff pick: Aki Roll, featuring salmon and mango inside and topped with big eye tuna and black tobiko

Try it for: Family dinner out

3484 South Broadway 303-781-2922 akienglewood.com AKI

SUSHI

ENGLEWOOD WELCOMES NEW PUBLIC WORKS DIRECTOR

Victor Rachael joined the City of Englewood on December 5 as the new Director of Public Works. He was born and raised in Atlanta, Georgia before moving to Colorado in 2015.

Prior to joining Englewood, Rachael worked for the City of Aurora in various roles. He holds two bachelor's degrees, one in geology and the other in engineering. Rachael has worked in the engineering industry, both private sector and public for more than 21 years. Rachael and his wife Natalie have two teenage boys. His interests include camping with his family in the mountains, cooking on the smoker in the back yard, collecting rocks and coins, and DIY projects with his sons. Welcome to Englewood, Victor!



INTRODUCING ARAPAHOE COUNTY PUBLIC HEALTH DEPARTMENT

After 44 years of sharing public health resources with its neighbors, Arapahoe County has opened the doors to its own, single-county Public Health department. The new Arapahoe County Public Health Department aims to help communities thrive with programs to help prevent disease, reduce accidents and encourage safety. Public services are offered at a variety of locations throughout the county, including in Englewood, Altura Plaza, Aurora South and Willow, with different services offered at each location. At the Englewood branch, 4857 South Broadway, residents can access services pertaining to sexual health, immunizations, nutrition and maternal and child health.

Information on services, locations and contacts is available at arapahoegov.com/health. You can also follow @healthyarapahoe on Twitter and Facebook.

CREATING A LASTING SOLUTION

Thanks to a partnership between a local church, nonprofits and the city, Englewood now offers a new career school that provides an innovative and transformative program to serve community members seeking to move beyond poverty.

The new CrossPurpose Career School recently opened in Wellspring Church at 3885 S. Broadway and 3855 S. Broadway. Now, it's providing six-month intensive programs designed to equip participants with marketable skills, develop the necessary soft skills for career success, invest social capital into the lives of vulnerable community members and place them into career jobs.

Participants enter CrossPurpose from a variety of challenging environments, such as poverty, addiction, histories of abuse, housing or employment insecurities and homelessness.

During the program, they focus on personal development, skill development and job placement. They also have access to mentorship, coaching and many new, supportive relationships.

Wellspring Church, which has a history of caring for the needs of vulnerable community members, is providing the site for the program. The City of Englewood helped fund the renovation costs to outfit the CrossPurpose facility and incorporated the initiative into the Tri-Cities Homelessness Action Plan.

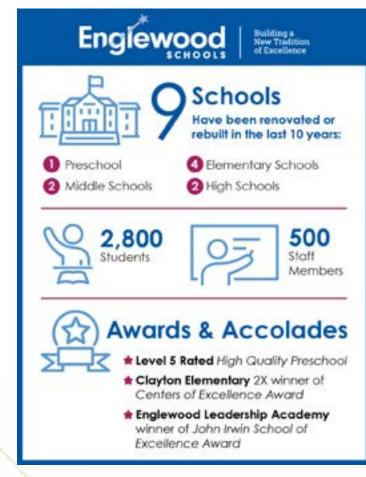
The site will host four classes per year and positively impact the lives of many people. To learn more or get involved, visit crosspurpose.org.

EXPLORE EDUCATIONAL OPPORTUNITIES with Englewood Public Schools

When it comes to education, families looking for big-city opportunities in a small-town environment need to look no further than their neighborhood school in Englewood. Englewood Public Schools is proud to offer a high-quality education, complete with the latest technology and educational advancements, all in a setting where every student is known by name.

"We offer big opportunities for students in schools that are part of a close-knit community," said Julie McMorris, the district's director of communications. "Students are not just a number in our district."

One focus for Englewood public schools is the alignment to STEAM (science, technology, engineering, art and math) curriculum, from preschool through high school. No matter the grade, students are exposed to this kind of critical thinking with lessons that align with their age. For example, a preschooler might learn how a flower grows in their classroom garden. By high school, that same student could be helping operate a full-functioning greenhouse while learning about sustainable agriculture.





"We're preparing students to be successful into the future, starting in preschool," McMorris said.

"Beyond academics, Englewood Public Schools are operated with a student-first focus, and those in schools make decisions based on what's best for kids," McMorris said. "Safety is also a top priority for the district, not only for the physical safety of students but also in supporting their social-emotional health," she added.

There is still time to enroll in an Englewood Public School for the 2023-24 school year. **Visit englewoodschools.net/enroll to learn more.**

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MAKING HISTORY

with new signage project

Englewood history is being brought to life for all to enjoy thanks to a new signage project that places historic markers throughout the city. Created through a partnership between the City of Englewood and Historic Englewood, this undertaking is leading to the creation of signage to mark historic landmarks and buildings to share a brief history of the site and a QR code with links to photographs, videos and more.

For those involved, it's all about capturing the city's history so it can be remembered well into the future.

"Englewood is such a unique, diverse community, and it has a wonderful history that we just want to share," said Lindsey Runyan, Communications Director for Historic Englewood who is spearheading this project. "With the influx of young families and new people moving here, we don't want to lose our history; we want to keep it present."

example, a sign is planned to mark what used to be the north entrance of the

former Tuileries Amusement

Park from the late 1800s - a place passersby might not realize existed without the history signage. Approximately 30 signs will be installed in the downtown area, with six in Englewood's CityCenter. The Wellness District history signs will be designed and manufactured later this year.

The signage marks the second phase of a history project aimed at sharing the rich history of the community. Recently, the city and Historic Englewood published brochures capturing the past of Downtown Englewood, CityCenter and the Wellness District. As Runyan shared, "It's all about community, and sharing where we came from and remembering our past here in Englewood."

The history signage will be placed on historic buildings or featured on a freestanding base in this city's right-of-way. For Note: This photo is an artistic interpretation of the design. It is View our history maps online at englewoodco.gov/historymaps not meant to be an exact rendition. BROKEN TEE THIS ST. PATRICK'S DAY **SAVE BIG ON GREEN FEES!** DON'T MISS OUT! **AVAILABLE MARCH 17-20 ONLY!**

ELECTRIC VEHICLE ACTION PLAN DRIVING THE CITY

toward a more sustainable future

With electric vehicle use growing across the city, state and beyond, the City of Englewood is on the road to better supporting and utilizing this mode of sustainable transportation.

In 2022, the city was selected by Xcel Energy to take part in its Partners in Energy program and to conduct an Electric Vehicle Action Plan. Through the free resource, members of the city have been working with residents to create Englewood's community-driven plan, which will share a vision of what electric vehicle resources could look like in Englewood

"We didn't want this to be a city, top-down plan," said Mel Englund, Englewood Sustainability Coordinator, who is supporting the project. "We wanted it to be community led and community driven."

powered through a large battery. Those involved in the action plan are discussing what policies could be considered to encourage more electric vehicle use in the area. Ideas are future-focused and long-term and have included the possibility of transitioning the city's fleet to electric vehicles as well as providing more charging stations. Supporting this new

Electric vehicles, also called EVs, don't use gasoline and are

technology would not only provide a more sustainable future for the community and lead to cleaner air quality, but it would also create an economic opportunity for Englewood, Englund said.

EVs are booming, with more and more people buying them. Because of that, it's imperative we have the proper infrastructure in place to support this shift, Englund said. "If people have an EV, they need a place to stop and charge them. Having chargers in our downtown business area could be a great way for people to come and spend moneyn in Englewood."

The city conducted a multi-family family resident survey to gather input for the plan. The final action plan will be open for public comment before being presented to city council for review and potential adoption in mid-2023.

> To learn more and follow along with the city's EV work, visit englewoodco.gov/EVs



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BATES LOGAN PARK

upgrades coming soon

Improvements are coming later this year for the Bates Logan Park. Thanks to a \$500,000 grant from Arapahoe County Open Spaces, the City of Englewood is planning important updates for the South Logan Street Park, including a new pavilion and new restroom. These new structures will be built close together with hopes of improving the movement between the pavilion, restroom and park amenities. ADA upgrades to the spaces will also increase accessibility. Construction is set to begin this spring and be completed by fall 2023.



BREAK A SWEAT at the fitness court

If you haven't checked out the new Fitness Court at Cushing Park, it's time to get moving! The outdoor fitness court – made possible by a \$25,000 grant from the Colorado Parks and Recreation Association and the National Grants Committee – opened in 2022 to offer world-class fitness free of charge to anyone looking for a workout. The court uses circuit training to provide a full-body workout in just seven minutes. Adults of all ages and abilities have already been utilizing the new court, as each element is easily adapted for any fitness level. Stop by the Fitness Court today and find a new workout that's right for you.





The Greater Englewood Chamber of Commerce recognized the Malley Recreation Center (MRC) as "Business of the Week" in late December. MRC offers a variety of programs promoting healthy aging and social activities, like fitness, outdoor adventures, education, excursions, arts and crafts, extended travel and more. Participation is open to Englewood residents (valid ID card needed) and non-residents. Resident IDs are available for \$3 and are valid for three years from the date of purchase. MRC also has a variety of rooms, a gymnasium and a kitchen available to rent for your next meeting, event or party.

For more information visit, Play Englewood at englewoodco.gov/play and follow us on social media.

Facebook: @PlayEnglewood
Instagram: @englewoodcoparksandrec







				1	1984			ATT.		生物			
PARKS	BASEBALL/SOFTBALL FIELD	BASKETBALL COURT	MULTI-USE FIELD	OFF-LEASH DOG AREA	OPEN SPACE AREA	PAVILION	PICKLEBALL COURT	PLAYGROUND	RESTROOMS	SKATE PARK	TENNIS COURTS	SLACK LINE POLES	FITNESS COURT
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.													

GET OUT AND EXPLORE!



- 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*

3600 S. Elati St.

11. Barde Park 3150 S. Downing St. 12. Miller Fields

- 13. Brent Mayne & **Union Fields** 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.
- 4880 S. Pennsylvania St. 20. Emerson Park 2929 S. Emerson St.
 - 21. Big Dry Creek **Trail Access** 4700 S. Wyandot St.

*Off-Leash Areas

Park and Open Space Area Hours: 7 days a week, 6:00 a.m. - 11:00 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. Visit englewoodco.gov/parks for more details about Park Use Permits.

Special Event Licenses: Visit englewoodco.gov/events for Special Event requirements, fees and licenses.

Athletic Field Use: Athletic fields must be reserved in advance for any organized play or practice. Email lpeterson@englewoodco.gov for field rental information and availability.

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

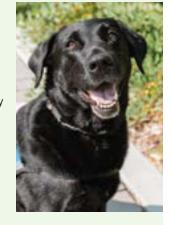
No Smoking: All Englewood parks are smoke- and vape-free.

Pavilions: Reserve your park pavillion online at englewoodco.gov/ pavilions. Pavillions are available to reserve April 15 - October 15. For assistance, call the Englewood Recreation Center at 303-762-2680.

DOGS IN YOUR PARKS

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

Canine Corral: 4848 S. Windermere St. Open daily from 6:00 a.m. -11:00 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.

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



ID Card

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 ages 5 and older 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, please provide proof of residency 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

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/play 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

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.







PARKS, RECREATION & EVENTS TEAM Avery Akers aakers@englewoodco.gov Andi Bethard – Aquatics Pirates Cove abethard@englewoodco.gov Brenna LeBlanc - Aquatics bleblanc@englewoodco.gov **Englewood Recreation Center Supervisors** Joyce Musgrove jmusgrove@englewoodco.gov Sara Stant sstant@englewoodco.gov Shelly Fritz-Pelle sfritz@englewoodco.gov **Malley Recreation Center Supervisor** Nancy Baum nbaum@englewoodco.gov **Parks Supervisor** Tim Holt tholt@englewoodco.gov **Events Supervisor** Toni Arnoldy tarnoldy@englewoodco.gov **Open Space Activities Supervisor Lindsay Peterson** lpeterson@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. F: 6:00 a.m. – 8:00 p.m. Sa & Su: 8:00 a.m. – 5:00 p.m.

POOL CLOSES 30 MIN BEFORE CENTER

Center Closures

CLOSED - EASTER SUNDAY

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: 1	8-54 Years	CHILD/ACTIVE AD	JLT: 3-17/55-82
Туре	Non-Resident	Resident	Non-Resident	Resident
Daily Admission (Recreation ID Required)	\$6.00	\$4.75	\$5.50	\$4.00
25-Visit Pass Valid for 3 years from date of purchase	\$105.00 (CPV \$4.20)	\$84.00 (CPV \$3.36)	\$80.00 (CPV \$3.57)	\$64.00 (CPV \$2.56)
Fitness Drop-In Class	\$10.00	\$8.00	\$10.00	\$8.00
Monthly Membership* Active adults ages 55–82 can enjoy use of both Recreation Centers with this pass for drop-in use.	\$34.50/mo \$390.00 12 months prepaid	\$28.00/mo \$312.00 12 months prepaid	\$25.50/mo \$282.00 12 months prepaid	\$20.75/mo \$225.00 12 months prepaid
Monthly Premier Pass* Upgrade your ERC pass to include eligible group fitness classes, one personal training session and four guest passes. (See pages 49 through 53 for eligible fitness classes.)	\$44.50/mo \$484.00 12 months prepaid	\$34.25/mo \$387.00 12 months prepaid	\$33.25/mo \$375.00 12 months prepaid	\$27.00/mo \$300.00 12 months prepaid
Platinum Pass (83+)	_	_	FREE	FREE

Racquetball/Handball/Walleyball Recognized user groups see Center Supervisor for rates.	ervations are accepted two days in advance.	Fee included in center admission.

Courts are reserved by the hour Res-

*Monthly memberships are auto-renewed monthly until bank card expiration. Fee based on resident status at the time of auto-renewal. Contract required. 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 \$30 service charge will be assessed on any returned check.

MALLEY RECREATION CENTER

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

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 Center Closures

M-Th: 8:00 a.m. - 7:00 p.m. 8:00 a.m. - 5:00 p.m. 9:00 a.m. – 1:00 p.m. CLOSED

2/27 - 3/5 CLOSED FOR ANNUAL MAINTENANCE CLOSED - EASTER SUNDAY CLOSED - 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 11:30 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/play 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 \$11.00.

Visiting Nurse Association

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

Social Pass

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

	ACTIVE ADULT: 55 years and over				
Туре	Resident	Non-Resident			
Social Pass	\$48.00	\$60.00			
Monthly Pass (Multi-Facility)*	\$20.75/mo (\$225.00 – 12 months prepaid)	\$25.50/mo (\$282.00 – 12 months prepaid)			
Premier Pass	\$27.00/mo (\$300.00/mo – 12 months prepaid)	\$33.25/mo (\$375.00 – 12 months prepaid)			
Platinum Pass (83+)	FREE	FREE			

*Multi-Facility pass allows drop-in access to both Malley and Englewood Recreation Center

Pickleball

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

DROP-IN PICKLEBALL SCHEDULE Courts are subject to availability.								t to availability.
	Level	Su	М	Tu	w	Th	F	Sa
MRC	Beg./Int.	_	11:30 a.m. – 2 p.m.	-	_	_	11:30 a.m. – 2 p.m.	9:15 a.m. – 12:15 p.m.
Ξ	Adv.	_	2 – 4:45 p.m.	_	2:15 – 5:30 p.m.	_	2 – 4:45 pm	9:15 a.m. – 12:15 p.m.
ERC	Beg./Int.	_	_	11:30 a.m. – 2 p.m.	_	11:30 a.m. – 2 p.m.	6 – 7:45 p.m.	_
CFHSC	Beg./Int.	_	_	1 – 5 p.m.	_	1 – 5 p.m.	noon – 4:30 p.m.	_
CFE	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 PROGRAMS – REQUIRES SOCIAL 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.	21760611	3/6 - 5/22	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.	21761411	3/7 - 5/23	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.	21762511	3/8 - 5/31	W	2:00 – 4:00 p.m.	MRC	\$17	\$14

DROP-IN PROGRAMS – FREE (OR REQUIRES	SOCIAL	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.	3/6 - 5/22	М	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.	3/8 - 5/30	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.	3/8 - 5/31	W	10:00 – 11:00 a.m.	SOCIAL PASS	
Never B-4 Bingo Have some fun playing the simple, fun game. Play in person or via Zoom. Bingo cards and markers are provided.	3/9, 4/6, 5/11	Th	1:00 – 2:00 p.m.	FREE	
Photography Club Meet with photography expert Cynthia Slade. The group will discuss taking photos and new techniques.	3/6, 4/10, 5/8	М	9:30 – 10:30 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.	3/10, 4/14, 5/12	F	1:00 p.m.	FREE	
To verify if drop-in programs are happening, please call 303-762-2660 or visit englewoodco.gov/play.					

MALLEY RECREATION CENTER



ADULT PROGRAMMING

Book Clubs

Come check out one of the book clubs hosted by the library. E-mail us at epl@englewoodco.gov or go to englewoodco.gov/ library for the current month's pick!

Novels@Night	Second Thursday of the month from 6:00 – 7:30 p.m.
Books@the Bar!	Third Monday of the month from 6:30 – 8:00 p.m. at various locations
Sack Lunch Sagas	Fourth Wednesday of the month from 12:30 – 2:00 p.m.
YA Book Club for Adults	Second Wednesday of the month from 6:00 – 7:30 p.m.

RECURRING PROGRAMS

Resource Connect

Every Monday, 11:30 a.m. – 2:30 p.m. Location: Hampden Hall, 2nd Floor

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.

Creative Writing Group

First and third Wednesdays of the month, 6:00 – 7:30 p.m. Location: Anderson Room

Join our writers group! We meet twice monthly for writing discussions and practice with prompts and exercises. All experience levels are welcome. For adults. No registration required.

Memory Café

Second Monday of the month, 2:00 - 3:30 p.m. Location: Perrin Room

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!

LIBRARY STAFF				
Librarian Corinne Barnett	cbarnett@englewoodco.gov			
Librarian Kimberly Powers	kpowers@englewoodco.gov			

Let's Get Crafty

Second Saturday of the month, 2:00 – 3:30 p.m. Location: Anderson Room

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.

Life, the Universe and Everything

Third Tuesday of the month, 6:00 - 7:30 p.m. Location: Perrin Room

The library, in conjunction with the Masonic Philosophical Society, invites you to delve into the arena of philosophy, exploring a new topic every month and inspiring individuals to self-awareness. For adults. No registration required. Call for more information on the monthly discussion topics.

Sit N Knit

Last Wednesday of the month, 6:00 - 7:30 p.m. Location: Perrin Room

Whether you're an expert or don't know how to cast on, this group could be just what you're looking for! Join us for a relaxing evening to build your skills, share your knowledge and make new friends. For adults and teens. No registration required.

ONGOING PROGRAMS

ELL/Citizenship Tutoring

The library offers English Language and Citizenship tutoring for all levels. Our tutors will work with your schedule and can meet right here in the library for tutoring sessions. Stop in at the library or check our website for an application.

ADULT SUMMER READING

BEGINS MAY 25

Summer Reading isn't just for the kids!

This year, Englewood Public Library plans to bring you an exciting Adult Summer Reading Program. Registration will begin May 25. Look out for more information on the library website at englewoodco.gov/library.

CHILDREN'S PROGRAMMING

Storvtime

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

Storytimes at the Library

TODDLER STORYTIME | Every Mon and Tues at 10:30 a.m. For children 18 months to 3 years old.

This storytime will engage your children with short stories, finger plays, action, rhymes and songs. Your child will learn sounds, letter recognition and new words, all while having fun.

BABY STORYTIME | Every Wednesday at 10:30 a.m. For children up to 18 months

This lap-sit storytime will develop a love of reading using books, songs, movement and rhyme. The program helps improve motor, sensory and social skills with caregiver and baby interactions.

PRESCHOOL/FAMILY STORYTIME | Every Thur and Fri at 10:30 a.m. For children of all ages

This storytime features longer books accompanied by a variety of activities, including songs, flannel boards, finger plays, puppetry and dramatics.

Storytime Extra Programs

These programs are designed as an extra special storytime for toddler- and preschool-aged children. Along with a story, these programs include crafts and games! This program replaces storytime. No registration required.

3/3	F	10:30 a.m.	Winter Wiggles
4/7	F	10:30 a.m.	Fairytale Building Challenge
5/5	F	10:30 a.m.	Preschool Prom

Yoga Storytime

The purpose of this program is to help children to learn to control their bodies and emotions through easy breathing and stretching exercise mixed with books and music. This program replaces storytime. No Registration Required

3/9	Th	10:30 a.m.
1/13	Th	10:30 a.m.
5/11	Th	10:30 a.m.

Messy Process Art Programs

The purpose of this program is to encourage children to be creative by focusing on the process as opposed to the end result. Be sure to dress for the mess! This program replaces storytime. No registration required.

3/16	Th	10:30 a.m
4/20	Th	10:30 a.m

After-School Programs for Children of All Ages

ENGLEWOOD LIBRARY

Head to the library after school for fun programs for kids of all ages. No registration required.

3/9	Th	4:00 p.n
4/13	Th	4:00 p.n
4/27	Th	4:00 p.n
5/4	Th	4:00 p.n

Special Programs for Children of All Ages

SPRING BREAK PROGRAMS

Staying in town for Spring break? Need to get the kids out of the house? Join us for some fun afternoon activities.

3/20	M	2:00 p.m.	Mov
3/21	T	2:00 p.m.	Lego
3/22	W	2:00 p.m.	Fort
3/23	Th	2:00 p.m.	Craf
3/24	F	2:00 p.m.	Lego

EARLY READER BOOK CLUB

The Early Reader Book Club is geared toward children in kindergarten through 2nd grade. We will read books together and individually as we work on reading skills; then we will end with a craft or fun activity. Each month will be a different theme. No registration required.

3/16	Th	4:15 p.m
4/20	Th	4:15 p.m



Every Child Ready to Read At Englewood Public Library we

believe that public libraries can have an even greater impact on early literacy through an approach that focuses on educating parents and caregivers using everyday skills such as: SING

Singing with your child is a fun way to help them get ready to read. Music helps children hear the smaller sounds of words because singing slows down language and often songs have different notes for each syllable. Singing also builds vocabulary as children learn new words and concepts they wouldn't normally hear in everyday conversation. Music can also help with listening skills and memory as it activates a different part of the brain than regular spoken language. Finally, clapping or playing instruments along with musical rhythms improves fine motor skills. So find ways to sing throughout the day with your child: learn or make up songs about routines (like cleaning up or brushing teeth). Songs make ordinary tasks more fun.

TWEEN PROGRAMMING

Tween Programming is geared towards children ages 8-11. No Registration Required.

Sweet Science

Thursday March 2, 4:00 p.m.

Are you ready for some sweet science?! Join us for all sorts of science and engineering fun with marshmallows. We'll build our own marshmallow catapults, enjoy a marshmallow-inspired snack, and more!

Yarn Art

Thursday April 6, 4:00 p.m.

Who knew there was so much you could do with yarn? Come find out just how much when we get crafty at our Yarn Art Tween program. We'll be yarn wrapping letters, assembling craft stick and yarn turtles, weaving on mini llamas, and - last but certainly not least - crafting our own adorable yarn monster pompoms!

TEEN PROGRAMMING

Teen Programming is geared towards teens ages 12-18. No Registration Required.

Teen Hangouts

Join us for regular hangouts in the Teen Room. Every Tuesdays from 5:00-7 p.m.

Board Games and Switch games available most Tuesdays. On occasion we will show movies. Please check the library website or email englewoodteen@gmail.com to get information on which movies we will be showing.

Teen Monthly After-Hours Events:

RUBE GOLDBERG MACHINES

Friday March 17, 6:00 p.m.

Join us for a night of engineering as we make our own Rube Goldberg Machines. Design cool contraptions that create chain reactions to perform simple tasks.

GIANT BOARD GAMES

Friday April 21, 6:00 p.m.

Regular board games, but bigger! Our giant board game night will include lots of fun games where YOU are the game piece.

After hours drop off and pick up on the garage side of the library.

Summer Reading is almost here!

Summer is right around the corner and the Children and Teen Librarians at the Englewood Public Library are busy planning for our summer reading program All Together Now



When: Registration for the summer reading program will begin on Thursday May 25.

Who: The summer reading program will include reading programs for:

• Babies (0 to 12 months) • Children (1 to 11) • Teens (12-18) Each baby, child and teen that completes the reading program will receive a book and fun prizes!

What Else: Since summer isn't just about reading, we are planning lots of fun events for all ages. Summer events will begin on Tuesday May 30.

Why: Our summer reading program is a fun way to help students keep their reading skills solid while encouraging them to read what interests them and explore new genres. Allowing kids to read about what interests them will increase their desire to read and thus their overall love of reading. And what about the little ones who cannot read on their own? Reading to pre-readers is just as important for building reading skills as reading on their own is for elementary, middle and high school students. Spending time together while reading aloud helps to create strong family bonds and promotes healthy brain development.



Technology Assist

Every Tuesday 11 a.m. -2 p.m. Location: Tech Lab

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 in your technology questions and let's see what we can do.

Computer Basics: Just Getting Started

First Saturday Each month, 10:30 a.m.- noon Location: Tech Lab

Need help learning the basics of computer use? Have a tech troubleshooting question? Join us for Computer Basics the first Saturday of the month, where our staff will assist you with your basic computing needs. No computer experience required. No registration required.

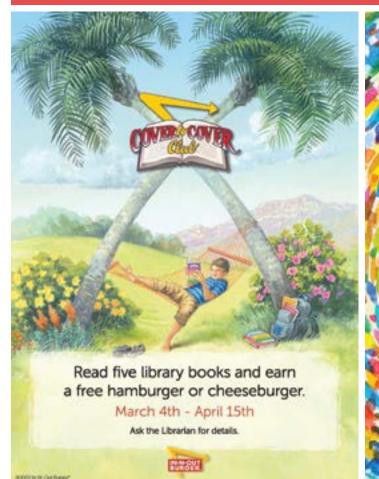
Smartphone and Tablet Basics

3rd Saturday of the month, 10:30 a.m.- noon Location: Tech Lab

Learn the basics of operating your smartphone or tablet. Learn about different operating systems and how to download apps, as well as protecting your personal devices from hacking and identity theft. Have a tablet or smartphone troubleshooting question? Our staff will be on hand to help! No computer experience required. No 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.





SPRING HAPPENINGS Pirates Covered Co

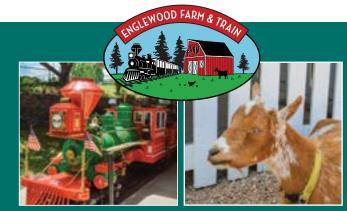


One of the finest public golf facilities in the Rocky Mountain region! **2101 W. Oxford Ave** 303-762-2670 | englewoodco.gov/brokentee

The golf complex offers:

- Championship 18-hole course with Dye design front 9
- Par 3 course with multiple tee boxes a challenge for the serious golfer or fun for the entire family
- Large driving range and one of the best practice areas in Metro Denver
- FootGolf on the Par 3 course
- MetaGolf learning center that provides affordable Individual and group lessons
- Ongoing specials and events for a wide range of abilities and ages
- Wyatt's at Broken Tee serving breakfast burritos, sandwiches, salads and more





Belleview Park, 5001 S. Inca Dr. Englewood 80110

Open daily Memorial Day – Labor Day 9:30 a.m. - 3:30 p.m. \$2.50 per person (children under 2 years are free)

Opens Saturday, May 27, 2023

Come ride the train and enjoy the scenic views of Belleview Park while visiting farm animals along the way. Children must be accompanied by an adult at all times. 303-798-6927



Summer Drama Auditions!

Friday, April 21, 5 - 9 p.m.
Saturday, April 22
9:30 a.m. - Noon
Malley Recreation Center
3380 S. Lincoln St.

Calling actors ages 8 to 98 to participate in the Englewood Summer Drama Program!

This year's musical is still to be determined.

To audition, please prepare a one-minute song, an accompanist will be available.

Call Sara, 303-762-2680 for more information or visit englewoodco.gov/summerdrama

SAVE THE DATE: The Curtain raises July 28, Fisher Auditorium, The Englewood Campus

1225 W Belleview Ave 303-762-COVE (2683) | piratescovecolorado.com

OPERATING HOURS FOR 2023:

10:00 a.m. – 5:30 p.m. Daily May 27 – August 11 10:00 a.m. – 5:30 p.m. Weekends only beginning August 12 10:00 a.m. – 5:30 p.m. Labor Day, September 4

AVAST MATEY, Purchase your season or family pass before

May 1 and save 10%. Season and family pass holders are also eligible for a 10% discount on classes at Pirates Cove and one of our birthday party packages. Passes will be available to purchase at the Englewood Recreation Center located at 1155 West Oxford Ave.

2023 DAILY ADMISSION RATES

	Child/Sr (2-	17 / 55+yrs)	Adult (1	8-54yrs)
	Non-Res	Res	Non-Res	Res
Daily	\$16	\$11	\$17	\$12
Weekends/ Holidays	\$18	\$12	\$19	\$13

SEASON PASS	Res	Non-Res
Child/Senior	\$83	\$120
Adult	\$91	\$133

FAMILY SEASON PASS	Res	Non-Res
Up to 4 in same household Each additional person in same household is \$39	\$201	\$298

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

PARTIES AT PIRATES COVE

It's not too early to book your birthday or sports party at Pirates Cove. **We have two packages to choose from:**



The Captain Cook Party for 1-15 guests for \$340



Billy Bones Package for 16-25 guests for \$413

Parties include admission, cupcakes, ice cream, soda, paper goods and one of our three party locations for 2 hours. Book your party online by visiting our website **piratescovecolorado.com**

Teen Buccaneers: Enjoy Pirates Cove this summer by becoming a Jr. Lifeguard. Jr. Lifeguards assist patrons and lifeguards throughout the facility while learning lifeguard duties. This volunteer program is designed for youth 13-14 yrs old who aspire to become a lifeguard when they reach the age of 15.

Online Tickets: Pirates Cove has online ticketing. Purchase your tickets at piratescovecolorado.com, print off the tickets or pull them up on your mobile device and you can avoid the line.

Cove Cabana Rentals: Rent your very own cabana for up to 8 people and don't worry about finding shade or having a place to sit. Cabanas come with two lounge chairs, four chairs and a small table. Price does not include admission into the park. Visit piratescovecolorado.com for more information and to book your cabana.

May is Swim Safety: May has been designated Swim Safety Month. Look for safety tips at the Recreation Center and our Pirates Cove instagram and Facebook pages during May and the entire summer season. Swim staff would be happy to discuss the tips on staying safe around the water at any time.

UPCOMING SUMMER EVENTS

Mark the following dates on your calendar this summer for a pirate good time.

World's Largest Swim Lesson: June 22

Drowning remains the 2nd leading cause of unintended injury related death of children 1-14. Pirates Cove is proud to be one of hundreds of facilities around the globe promoting Learn to Swim. Come to Pirates Cove on June 22 for a free half-hour swim lesson. After the lesson, stay and work on the skills you learned.

Adult Nights: June 14, July 12, July 26, August 3

We have added another Adult Night this year! Adult nights are reserved for those 18 yrs. and older. Enjoy Pirates Cove without children from 6:00 - 8:00 p.m. Live music and beer will be at select nights. The concession stand will be open so bring your appetite. Cost is only \$6.00.

Food Drive: July 10-15

Bring a non-perishable food item with you and receive \$1 off admission. Items will be donated to Colorado Feeding Kids.



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

30 | Englewood Activity Guide — englewoodrec.org | 31

ADULT & YOUTH ATHLETICS

KIDS CONNECTIONS CAMP

Adult Athletics

The City of Englewood offers men's and women's Adult Athletic Leagues. Adult league schedules, standings and registration: teamsideline.com/englewoodrec

		MEN'S AND WOMEN'S ADULT ATHLETIC LEAGUES							
SPORT	SEASON	REGISTRATION	LEAGUES BEGIN	FEES	FORMAT	OFFERINGS			
Volleyball -	Winter	11/10 – 12/29	Mid-January	,		Tuesday Coed,			
	Fall	7/17 – 9/1	Mid-September	\$335/team	Elimination Playoff	Wednesday Women's, Thursday Men's			
	Winter	10/10 - 12/29	Mid-January			Sunday Men's Comp, Sunday Men's Rec, Monday Men's Open			
5 1 (1 1)	Spring	1/28 – 3/10	Late March		eam 8 Games + Single Elimination Playoff				
Basketball	Summer	5/8 - 6/2	Mid-July	\$475/team					
•	Fall	9/17 – 10/6	Late September						
Softball -	Summer	3/13 – 5/6	Mid-May	\$525/team	10 Games + Single	Thursday Men's			
	Fall	6/27 – 7/28	Mid-August	\$425/team	Flimination 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. If you have any questions regarding team registration, please call Sara Stant at 303-762-2694 or email sstant@englewoodco.gov.

TENNIS AND PICKLEBALL							
Class	Activity #	Ages	Dates	Days	Time	Location	Fee
Red Ball Youth Tennis	22330111	4 - 7 yrs	3/25	Sa	10:00 – 10:45 a.m.	ERC	\$25
-	22330121	4 - 7 yrs	4/4 – 4/27	Tu, Th	4:00 – 4:30 p.m.	Romans	\$95/\$85
-	22330122	4 - 7 yrs	5/2 - 5/25	Tu, Th	4:00 – 4:30 p.m.	Romans	\$95/\$85
Orange Ball Youth Tennis	22330211	7 – 10 yrs	3/25	Sa	10:45 – 11:30 a.m.	ERC	\$25
-	22330221	7 – 10 yrs	4/4 – 4/27	Tu, Th	4:30 – 5:15 p.m.	Romans	\$160/\$145
	22330222	7 – 10 yrs	5/2 – 5/25	Tu, Th	4:30 – 5:15 p.m.	Romans	\$160/\$145
Green Dot Youth Tennis	22330311	10 – 13 yrs	4/4-4/27	Tu, Th	5:15 – 6:00 p.m.	Romans	\$160/\$145
	22330312	10 – 13 yrs	5/2 – 5/25	Tu, Th	5:15 – 6:00 p.m.	Romans	\$160/\$145
Jr Development Tennis	22340111	13 yrs +	4/4 – 4/27	Tu, Th	4:15 – 5:00 p.m.	Romans	\$190/\$170
-	22340112	13 yrs +	5/2 – 5/25	Tu, Th	10:15 – 11:00 a.m.	Romans	\$190/\$170
Learn To Play Tennis	22350111	16 yrs +	4/11 – 4/25	Tu	1:00 – 2:00 p.m.	Romans	\$65
_	22350112	16 yrs +	4/15 – 4/29	Sa	4:00 – 5:00 p.m.	Romans	\$65
	22350121	16 yrs +	5/2 - 5/16	Tu	1:00 – 2:00 p.m.	Romans	\$65
Pickleball Bootcamp	22358011	18 yrs +	4/11 - 4/25	Tu	10:00 – 11:30 a.m.	ERC	\$65
-	22358012	18 yrs +	5/2 - 5/16	Tu	10:00 – 11:30 a.m.	ERC	\$65
-							

General Information

- KidConnections Day Camp sessions are held June 5 - August 4, 2023, Monday - Friday, 7 a.m. - 6 p.m. Location: Colorado's Finest High School of Choice 300 W. Chenango Avenue
- KidConnections Day Camps are a fully licensed day care by the State of Colorado, Department of Human Services for children 5 years old (and have completed kindergarten) through 13 years old.
- Camps offered for:
- 5-9 year olds
- 10-13 year olds
- Participants must bring their own lunch, snacks, and water bottle every day.

Registration and Fees

Annual Registration Fee: \$10 per child due at registration (includes camp t-shirt)

Registration will be completed online at englewoodrec.org/summercamp.

MARCH 16: Priority registration will begin for families who participated in our 2022 Summer Camp Program.

APRIL 3: New Family registration will begin

Fe	es	Resider	nts Fees
Weekly	Daily	Weekly	Daily
\$247	\$61	\$198	\$50

*10% sibling discount for families with 2 or more children enrolled, discount applied to oldest child. To ensure resident rate Englewood residents must have a current resident ID card for each registered child (\$3, purchased at the ERC). To receive resident coupon, you must contact the Program Administrator to confirm that each child to be registered has a current resident ID card. You must complete all required paperwork prior to your child attending camp. Payment plans available.

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

What Makes Us Unique

- · A FUN, SAFE, environment for your child
- Opportunities for growth both socially and emotionally
- Fun, active and new experiences to knock out summer boredom
- Small group sizes
- A well-trained, experienced staff, who are caring, fun, energetic and organized
- Swimming at least once per week (either at Pirate's Cove or ERC pool)
- At least one field trip per week included in tuition

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

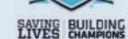
Contact Avery Akers at aakers@englewoodco.gov or 303-762-2652



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.

POOL PARTIES!

Bring your party to us! You'll have two hours to set up and host your own party followed by two hours of swimming. Parties for children under 8 years old require 3–5 adults actively supervising in the water with swimsuits on.

Call or register online. 303-762-2680

Saturday and Sundays

1 - 15 Guest: \$125 12:15 - 2:15 p.m. Room rental 16 - 25 Guest: \$150

(you set up and clean up) 1:45 - 4:30 p.m. Pool time



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.

3/2 – 3/23	Th	5:00 – 5:50 p.m.	\$25/\$20	21250211
3/30 – 4/20	Th	5:00 – 5:50 p.m.	\$25/\$20	21250221
4/27 – 5/18	Th	5:00 – 5:50 p.m.	\$25/\$20	21250231

Agua HIIT

Ages: 16 yrs +

High intensity followed by active recovery = all gain with no pain.						
2/28 - 3/21 Tu 5:00 - 5:50 p.m. \$25/\$20 2125061						
3/28 – 4/18	Tu	5:00 – 5:50 p.m.	\$25/\$20	21250621		
4/25 – 5/16	Tu	5:00 – 5:50 p.m.	\$25/\$20	21250631		

Senior Aqua



Ages: 55 yrs +

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

2/27 – 5/15	M	9:00 - 9:50 a.m.	\$30/\$24	21260121
2/28 - 5/16	Tu	9:00 - 9:50 a.m.	\$30/\$24	21260122
2/28 - 5/16	Tu	10:00 - 10:50 a.m.	\$30/\$24	21260123
3/1 - 5/17	W	9:00 - 9:50 a.m.	\$30/\$24	21260124
3/2 - 5/18	Th	9:00 - 9:50 a.m.	\$30/\$24	21260125
3/3 – 5/19	F	9:00 - 9:50 a.m.	\$30/\$24	21260126

EVENING SWIMMING LESSONS AT ERC							
		MARCH	APRIL	MAY			
Fee: \$48/\$40			Tuesdays & Thursdays				
Class	Time	2/28 - 3/23	3/28 – 4/20	4/25 - 5/18			
Jellyfish	4:30 – 4:55 p.m.	21210211	21210212	21210213			
Seahorse	4:30 – 4:55 p.m.	21220111	21220112	21220113			
Seal	5:00 – 5:30 p.m.	21220211	21220212	21220213			
Otter/Sea Lion	5:35 – 6:05 p.m.	21220311	21220312	21220313			
Stingray	5:00 – 5:30 p.m.	21230111	21230112	21230113			
Dolphin	5:35 – 6:05 p.m.	21230211	21230212	21230213			
Swordfish	6:10 – 6:40 p.m.	21230311	21230312	21230313			
Barracuda/Shark	6:10 – 6:40 p.m.	21230411	21230412	21230413			

	WEEKEND SWIMMING LESSONS AT ERC							
Fee: \$25/\$20		MAI	RCH	АР	RIL	MAY		
*Three classes in	April. Fee: \$18/\$15	Saturdays	Sundays	Saturdays	Sundays	Saturdays	Sundays	
Class	Time	3/4 - 3/25	3/5 - 3/26	4/1 - 4/22	4/2 - 4/23*	4/29 – 5/20	4/30 - 5/21	
Babes	10:00 – 10:30 a.m.	21210131	121210133	21210135	21210137	21210139	21210141	
& Tots	10:35 – 11:05 a.m.	21210132	21210134	21210136	21210138	21210140	21210142	
Jellyfish	9:30 – 9:55 a.m.	21210231	21210232	21210233	21210234	21210235	21210236	
	10:00 – 10:30 a.m.	21220131	21220133	21220135	21220137	21220139	21220141	
Seahorse	10:35 – 11:05 a.m.	21220132	21220134	21220136	21220138	21220140	21220142	
	10:00 – 10:30 a.m.	21220231	21220233	21220235	21220237	21220239	21220241	
Seal	10:35 – 11:05 a.m.	21220232	21220234	21220236	21220238	21220240	21220242	
Otter	8:50 – 9:20 a.m.	21220331	21220332	21220333	21220334	21220335	21220336	
Sea Lion	11:10 – 11:50 a.m.	21220431	21220432	21220433	21220434	21220435	21220436	
	9:15 – 9:55 a.m.	21230131	21230133	21230135	21230137	21230139	21230141	
Stingray	11:10 – 11:50 a.m.	21230132	21230134	21230136	21230138	21230140	21230142	
	9:15 – 9:55 a.m.	21230231	21230233	21230235	21230237	21230239	21230241	
Dolphin	11:10 – 11:50 a.m.	21230232	21230234	21230236	21230238	21230240	21230242	
Swordfish	8:30 – 9:10 a.m.	21230331	21230332	21230333	21230334	21230335	21230336	
Barracuda/ Shark	8:30 – 9:10 a.m.	21230431	21230432	21230433	21230434	21230435	21230436	

^{*} Three classes in April. Fee: \$18/\$15

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

	MARCH		APRIL		MAY	
4 classes	Mondays	Wednesdays	Mondays	Wednesdays	Mondays	Wednesdays
Time	2/27 – 3/20	3/1 – 3/22	3/27 – 4/17	3/29 – 4/19	4/24 -5/15	4/26 – 5/17
4:00 – 4:30 p.m.	21231211	21231221	21231231	21231241	21231251	21231261
4:30 – 5:00 p.m.	21231212	21231222	21231232	21231242	21231252	21231262
5:00 – 5:30 p.m.	21231213	21231223	21231233	21231243	21231253	21231263
5:30 – 6:00 p.m.	21231214	21231224	21231234	21231244	21231254	21231264
6:00 – 6:30 p.m.	21231215	21231225	21231235	21231245	21231255	21231265
6:30 – 7:00 p.m.	21231216	21231226	21231236	21231246	121231256	21231266

	MARCH		AP	RIL	MAY		
	Saturdays	Sundays	Saturdays	Sundays	Saturdays	Sundays	
Time	3/4 – 3/25	3/5 – 3/26	4/1 – 4/22	4/2 – 4/23*	4/29 – 5/20	4/30 – 5/21	
11:55 a.m. – 12:25 p.m.	21231227	21231229	21231247	21231249	21231267	21231269	
12:30 – 1:00 p.m.	21231228	21231230	21231248	21231250	21231268	21231270	

* 3 classes (4/2-4/23 no class on Easter Sunday, 4/9)

HOME SCHOOL SWIMMING

			Wedı	nesdays
Class	Fee	Time	3/1 – 3/22	3/29 – 4/19
3–8 yrs	\$31	1:00 – 3:30 p.m.	21230811	21230821
8 yrs & up	\$26	1:00 – 3:30 p.m.	21230812	21230822





Toddler and Me Dance

Ages: 2 - 3 yrs | Location: ERC

This class involves active participation from an adult as the teacher keeps the music and curriculum moving.

Youth Dance

Ages: 6 – 9 yrs | Location: ERC

These classes are designed to help your child become a wellrounded dancer in styles including tap, jazz, ballet and hip hop.

PeeWee Dance

Ages: 3 – 5 yrs | Location: ERC

This class is focused on dance techniques, safety, fun, movement, coordination, following directions and self-esteem. Classes focus on dance fundamentals and technique that build up to the spring and winter seasons, which include a recital. Parents of children who may require help changing their shoes are asked to remain outside of the classroom to assist with a mid-class shoe change.

Recitals during winter and spring season require a costume rental fee.

ACTIVE KIDS – DANCE								
Class	Activity#	Ages	Dates	Days	Time	Location	Fee	Res Fee
Toddler and Me Dance	21820011	2 – 3 yrs	3/1-3/29	W	3:45 – 4:15 p.m.	ERC	\$35	\$28
	21820012	2 – 3 yrs	4/5 – 4/26	W	4:15 – 4:45 p.m.	ERC	\$35	\$28
	21820013	2 – 3 yrs	5/3 – 5/24	W	3:45 – 4:15 p.m.	ERC	\$35	\$28
	21820014	2 – 3 yrs	3/1 – 3/29	W	4:15 – 4:45 p.m.	ERC	\$35	\$28
	21820015	2 – 3 yrs	4/5 – 4/26	W	4:15 – 4:45 p.m.	ERC	\$35	\$28
	21820016	2 – 3 yrs	5/3 – 5/24	W	4:15 – 4:45 p.m.	ERC	\$35	\$28
	21820021	2 – 3 yrs	3/4 – 4/1	Sa	11:00 – 11:30 a.m.	ERC	\$35	\$28
	21820022	2 – 3 yrs	4/8 – 4/29	Sa	11:00 – 11:30 a.m.	ERC	\$35	\$28
	21820023	2 – 3 yrs	5/6 – 5/20	Sa	11:00 – 11:30 a.m.	ERC	\$35	\$28
PeeWee Dance	21820111	3 – 5 yrs	3/6 – 5/8	М	3:45 – 4:15 p.m.	ERC	\$78	\$63
	21820112	3 – 5 yrs	3/6 – 5/8	М	5:00 – 5:30 p.m.	ERC	\$78	\$63
	21820121	3 – 5 yrs	3/4 – 5/13	Sa	9:15 – 9:45 a.m.	ERC	\$87	\$70
	21820122	3 – 5 yrs	3/4 – 5/13	Sa	9:45 – 10:15 a.m.	ERC	\$87	\$70
	21820131	3 – 5 yrs	3/1 - 5/10	W	4:45 - 5:15 p.m.	ERC	\$87	\$70
	21820141	3 – 5 yrs	3/2 - 5/11	Th	4:00 - 4:30 p.m.	ERC	\$87	\$70
Youth Dance	21820211	6 – 9 yrs	3/6 – 5/8	М	4:15 – 5:00 p.m.	ERC	\$78	\$63
	21820221	6 – 9 yrs	3/4 - 5/13	Sa	10:15 – 11:00 a.m.	ERC	\$87	\$70
	21820231	6 – 9 yrs	3/2 - 5/11	Th	4:30 – 5:15 p.m.	ERC	\$87	\$70

PARENT'S NIGHT OUT

Ages: 5 – 12 yrs | Location: ERC Bring your kids to the Englewood Recreation Center for an evening of fun as you enjoy a well-deserved parents' night out. Children will play games, have pizza for dinner, and watch a

3/10 F 5:30 - 8:00 p.m. \$25/\$20 22321114 \$25/\$20 22321115 4/14 5:30 - 8:00 p.m. 5/12 \$25/\$20 22321116 5:30 - 8:00 p.m.

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.

Tumbling Tykes

Ages: 3 – 5 yrs

Join this interactive class for young tumblers to enhance their balance, strength and learn beginning tumbling skills.

Gymnast Jubilee

Ages: 6 – 9 yrs

Kids will learn rolls, cartwheels and balance, all while having a blast and meeting new friends.

		A	CTIVE KIDS	- TUM	BLING			
Class	Activity#	Ages	Dates	Days	Time	Location	Fee	Res Fee
Toddler & Me Tumbling	22310111	1 – 3 yrs	3/4 - 4/1	Sa	9:30 – 10:00 a.m.	ERC	\$35	\$28
	22310112	1 – 3 yrs	4/8 – 4/29	Sa	9:30 – 10:00 a.m.	ERC	\$35	\$28
	22310113	1 – 3 yrs	5/6 – 5/20	Sa	9:30 – 10:00 a.m.	ERC	\$26	\$21
	22310114	1 – 3 yrs	3/4 – 4/1	Sa	10:30 – 11:00 a.m.	ERC	\$35	\$28
	22310115	1 – 3 yrs	4/8 – 4/29	Sa	10:30 – 11:00 a.m.	ERC	\$35	\$28
	22310116	1 – 3 yrs	5/6 – 5/20	Sa	10:30 – 11:00 a.m.	ERC	\$26	\$21
	22310121	1 – 3 yrs	3/3 - 3/31	F	4:30 – 5:00 p.m.	ERC	\$35	\$28
	22310122	1 – 3 yrs	4/7 - 4/21	F	4:30 – 5:00 p.m.	ERC	\$26	\$21
	22310123	1 – 3 yrs	5/5 - 5/19	F	5:00 – 5:30 p.m.	ERC	\$26	\$21
	22310125	1 – 3 yrs	3/3 - 3/31	F	5:00 – 5:30 p.m.	ERC	\$35	\$28
	22310126	1 – 3 yrs	4/7 - 4/21	F	5:00 – 5:30 p.m.	ERC	\$26	\$21
	22310127	1 – 3 yrs	5/5 - 5/19	F	5:00 – 5:30 p.m.	ERC	\$26	\$21
Tumbling Tykes	22320211	3 – 5 yrs	3/6 – 3/27	М	4:30 – 5:00 p.m.	ERC	\$26	\$21
	22320212	3 – 5 yrs	4/3 – 4/24	М	4:30 – 5:00 p.m.	ERC	\$35	\$28
	22320213	3 – 5 yrs	5/1 - 5/22	М	5:45 – 6:15 p.m.	ERC	\$35	\$28
	22320214	3 – 5 yrs	3/6 – 3/27	М	5:45 – 6:15 p.m.	ERC	\$26	\$21
	22320215	3 – 5 yrs	4/3 – 4/24	М	5:45 – 6:15 p.m.	ERC	\$35	\$28
	22320216	3 – 5 yrs	5/1 - 5/22	М	4:30-5:00 p.m.	ERC	\$35	\$28
	22320221	3 – 5 yrs	3/4 – 4/1	Sa	9:00 – 9:30 a.m.	ERC	\$35	\$28
	22320222	3 – 5 yrs	4/8 – 4/29	Sa	9:00 – 9:30 a.m.	ERC	\$35	\$28
	22320223	3 – 5 yrs	5/6 – 5/20	Sa	9:00 – 9:30 a.m.	ERC	\$26	\$21
	22320224	3 – 5 yrs	3/4 - 4/1	Sa	10:00 – 10:30 a.m.	ERC	\$35	\$28
	22320225	3 – 5 yrs	4/8 – 4/29	Sa	10:00 – 10:30 a.m.	ERC	\$35	\$28
	22320226	3 – 5 yrs	5/6 – 5/20	Sa	10:00 – 10:30 a.m.	ERC	\$26	\$21
	22320231	3 – 5 yrs	3/3 - 3/31	F	5:30 – 6:00 p.m.	ERC	\$35	\$28
	22320232	3 – 5 yrs	4/7 – 4/21	F	5:30 – 6:00 p.m.	ERC	\$26	\$21
	22320233	3 – 5 yrs	5/5 – 5/19	F	5:30 – 6:00 p.m.	ERC	\$26	\$21
Gymnast Jubilee	22320311	6 – 9 yrs	3/6 – 3/27	М	5:00 – 5:45 p.m.	ERC	\$26	\$21
	22320312	6 – 9 yrs	4/3 – 4/24	М	5:00 – 5:45 p.m.	ERC	\$35	\$28
	22320313	6 – 9 yrs	5/1 - 5/22	М	5:00 – 5:45 p.m.	ERC	\$35	\$28
	22320321	6 – 9 yrs	3/4 - 4/1	Sa	11:00 – 11:45 a.m.	ERC	\$35	\$28
	22320322	6 – 9 yrs	4/8 – 4/29	Sa	11:00 – 11:45 a.m.	ERC	\$35	\$28
	22320323	6 – 9 yrs	5/6 – 5/20	Sa	11:00 – 11:45 a.m.	ERC	\$26	\$21

movie all in the Recreation Center gym.



Location: Malley Recreation Center (MRC).

Creative Pottery

Ages: 55 yrs +

Use different methods of hand building and/or sculpting to create three pieces of art. Glazes included. Open to all skill levels. Supply fee \$15 per 25 pounds of clay used payable to instructor.

Instructor: Michael McGrath

3/7 – 4/11	Tu	10:00 a.m. – noon	\$72/\$67	21760411	
4/18 - 5/23	Tu	10:00 a.m. – noon	\$72/\$67	21760412	
3/8 - 4/12	W	10:00 a.m.– noon	\$72/\$67	21760511	
4/19 – 5/24	W	10:00 a.m noon	\$72/\$67	21760512	

Drawing and Painting Class

Ages: 55 yrs +

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.

Instructor: Eileen Hoffman

3/9 – 4/13	Th	10:00 a.m. – noon	\$60/\$55	21761011
4/20 – 5/25	Th	10:00 a.m. – noon	\$50/\$55	21761012

Open Paint Studio

Ages: 55 yrs +

Looking to finish or start a painting? Make new friends? The Open Paint Studio is for you. This class is a self-led activity. Bring your supplies and join others who love to paint. Easels are available for student use.

3/7 - 5/23Tu 1:00 – 3:00 p.m. \$17/\$14 21761411

Absolute Beginning Line Dance



Ages: 55 yrs +

A fantastic form of exercise for both mental and physical rewards. This level is a good place to start for those interested in learning basic steps and enjoying moving to a variety of music. No special shoes required.

Instructor: Judy Curtis

3/8 – 3/29	W	2:00 – 3:00 p.m.	\$17/\$14	21860311	
4/5 – 4/26	W	2:00 – 3:00 p.m.	\$17/\$14	21860312	
5/3 – 5/24	W	2:00 - 3:00 p.m.	\$17/\$14	21860313	

Beginning Line Dance



Ages: 55 yrs +

For those more experienced dancers wanting longer routines and new challenges that are fun and rewarding, this class is for you.

Instructor: Judy Curtis

3/6 – 5/8	W	3:30 – 4:30 p.m.	\$17/\$14	21860411
4/5 – 4/26	W	3:30 - 4:30 p.m.	\$17/\$14	21860412
5/3 – 5/24	W	3:30 - 4:30 p.m.	\$17/\$14	21860413

Advanced Beginner Line Dance



Ages: 55 yrs +

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

Instructor: Judy Curtis

3/8 – 3/29	W	10:00 – 11:00 a.m.	\$17/\$14	21860611
4/5 – 4/26	W	10:00 – 11:00 a.m.	\$17/\$14	21860612
5/3 – 5/24	W	10:00 – 11:00 a.m.	\$17/\$14	21860613



Location: Malley Recreation Center (MRC).

The Probate Process

This program will explore the options available when a loved one passes, what situations are appropriate to open probate? Discover the role of one in a situation to be the personal representative or executor of estate, or role of the beneficiary.

Sponsored Presenter: Ryan Scott of BC Scott Law

10:00 - 11:30 a.m. \$7/\$5 21461111

Fueling for Fitness

This sports nutrition seminar will give you the tools you need to help you at the top of your game – whatever that may be. Learn how to support your body's optimal energy levels and improve your fitness and recovery time with food and supplements

Instructor: Kelly Andis, Nutritional Coach, Natural Grocers

Th 1:00 p.m. \$7/\$5 21460311

The Will Maker-Legal Seminar

Complete a living Will, Medical & or Financial Power of Attorney in this informative, four-hour class. Fee includes materials, witness, notarization & time for individual review & questions.

Please Note: Additional material fee: \$100 paid directly to Rebecca Bennetti at time of workshop. Instructor: Rebecca Bennetti, Lawyer

1/12	W	12:30-4:30 p.m.	\$15/\$12	21460411
5/18	Th	12:30-4:30 p.m.	\$15/\$12	21460412

Maximize Your Health Span

We all desire to live a long and healthy life. But are those extra trips around the sun really quality, healthy years added? The reality is that for most of us, our lifespan far exceeds our health span, meaning there is a gap between the number of years we live and the number of years we live healthfully. Maximizing your health span is all about learning how to put health back into your years, so you can live life to the fullest.

Instructor: Kelly Andis, Nutritional Coach, Natural Grocers

4/20 Th 1:00 p.m. \$7/\$5 21460	0911
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Continuing Bridge Lessons

Take your Bridge playing to the next level in this class designed for already well versed in the game but looking for more of a challenge. Topics covered include play & defense, bidding skills, lecture & supervised play.

Instructor: James Buck

3/8-4/12 W 21465011 21465012 4/19-5/24 W 10 a.m.- noon \$57/\$46

Spanish III

Hola! Bienvenidos a la clase de espanol! Continue to sharpen your conversational Spanish skills in this interactive class that builds upon your current vocabulary and verb conjugation. Further apply grammar skills, pronunciation Some background I Spanish strongly recommended for this advanced level class.

Instructor: Jean Kunkel

8:30-10:30 a.m. 3/6-5/22 \$68/\$56 21465611

Wills, Trusts & Powers of Attorney

Planning for disability and/or death can give you peace of mind, reduce burdens for your loved ones & help you to leave a legacy instead of a mess. Explore available tools including powers of attorney, advance medical directives, wills & trusts. The probate process & long-term considerations will also be reviewed.

Sponsored Presenter: Ryan Scott of BC Scott Law

10-11:30 a.m. \$7/\$5 21460611

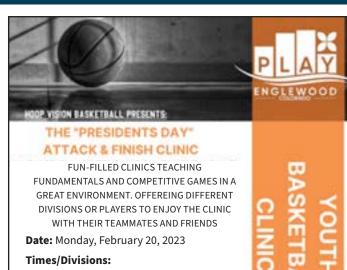
Long-term Care

Take a closer look into long-term care costs. Given rising expenses, learn more about protecting estate and assets, explore options and common ways to pay for care. This program will review key elements, types of insurance, evaluating policies and how and when to incorporate Medicaid into planning.

Sponsored Presenter: Ryan Scott of BC Scott Law

5/15 10-11:30 a.m. \$7/\$5 21461511

VISIT PLAYENGLEWOOD



Date: Monday, February 20, 2023 **Times/Divisions:**

K-2nd Grade: 9 - 11 a.m. 114100 04 3rd - 5th Grade: 11 a.m. - 1 p.m.**114100 05** 6th - 8th Grade: 1 - 3 p.m. 114100 06

Price: \$40 per player* *sibling discount available

REGISTER ONLINE

Locaton:

Englewood Recreation Center 1155 W Oxford Ave Englewood, CO 80110

For additional information or question call Coach Washington at (918) 986-2255





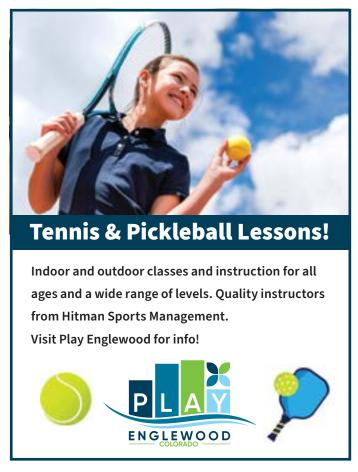
BUILDING COMMUNITY, TRADITION AND EXCELLENCE!

Our vision is to develop the community of Englewood and its youth through high-quality youth sports programs.



Join our email list and register for all youth sports

www.pirateyouthsports.com



Looking for fun, new activities for your kiddos? We've got you covered! Whether your children are at home, online or at school, it is important to keep them engaged in fun, new activities. Check out our toddler, child and youth classes today as well as our amazing outdoor play spaces. Laugh, play, get out and try something new!



Movement, Dance, Tumbling

For toddlers through youth, we are offering an assortment of classes to keep your kids active while they have fun learning something new. Our dance and movment classes are designed to instroduce your child to different styles of dance including tap, jazz, hip-hop and ballet. Check out our new classes being offered on pages 38 & 39.

Family Aquatics





REMEMBER, if you have a credit, don't let it go to waste. Use it for an activities lesson, reserve a lap lane (adults only) or get in a workout!

EXCURSIONS

APRIL

4/3 9:30 a.m. – 3:30 p.m 82/\$66 22062111

Rockies Game

Take me out to the ballgame! Root for the home team as our Rockies take on the Washington Nationals! Concessions available. Need a special needs seat? Let us know.

Th noon - 5:00 p.m. \$35/\$28 22061311

Our Town - Arvada Center

The story of one small town is a portrait of the universal experiences of life, love and death. Deceptively simple, this landmark of American drama proves to be a complex exploration of profound truths. Thornton Wilder's Pulitzer Prize-winning drama Our Town invokes powerful storytelling alongside wit and humor to showcase what it means to be human.

4/15 Sa 12:15 - 5:00 p.m. \$92/\$76 22061111

Chevenne Mountain Zoo 🥊

Experience a zoo like no other on a mountainside overlooking Colorado Springs. Voted one of the top zoos in the country by USA Today, 10 Best and Trip Advisor, you'll get to explore newly renovated and award-winning exhibits. Discover more than 30 species of endangered animals.

4/25 Tu 9:30 a.m. – 1:30 p.m. \$75/\$60 22060911

With Deer Creek winding through the property, Chatfield Farms

boasts a large natural area where you can view deer, birds and other wildlife. Within this natural setting, cultivated areas feature artistic gardens of native and introduced plants that thrive in our Colorado climate. Gain a glimpse into the past through historical buildings that date to the 1800s. Observe how Chatfield Farms agricultural focus continues today with its current food-growing operation.

5/1 M 1:30 - 4:00 p.m. \$45/\$36 22060011

Indian Hot Springs - Idaho Springs 🦞

You may think that it is impossible to have a warm water getaway in the middle of the mountains, but today it's possible. After lunch at Beau Jo's Pizza and time in town, we'll head to the mineral water pool and geo-thermal caves. Soak, relax, unplug and recharge!

5/4 Th 10:30 a.m. – 4:45 p.m. \$75/\$60 22060211

Colorado Springs - Making History Downtown

From the colorful displays of Hispanic heritage at La Fiesta Bonita in Acacia Park, to the anti-Vietnam War protests on the steps of City Hall, history is made downtown. On this walking tour guests will explore the meaning of downtown for previous generations and in their own lives, as they consider stories of celebration and protest, identity and belonging, entrepreneurship and traditions.

5/10 W 1:30 - 4:00 p.m. \$25/\$20 22061011

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. All excursions leave from and return to the Malley Recreation Center.

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 minus 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.

MARCH

3/20

Black Hawk & Central City 👭

Black Hawk or Central City... the bus will drop you off and pick you up in the heart of it all. You may choose to visit your favorite casino, historic sites or enjoy the mountain air. Activities are on your own.

3/13	М	9:00 a.m. – 3:00 p.m.	\$17/\$14	22060511
4/10	М	9:00 a.m. – 3:00 p.m.	\$17/\$14	22060611
5/8	M	9:00 a.m. – 3:00 p.m.	\$17/\$14	22060711

Miramont Castle Museum 🥊

Explore a colorful array of local history. Built in 1895, this Victorian home offers 14,000 square feet and four floors with over 30 rooms to explore. Exhibits include staged vintage artifacts, a local art collection, firefighter and war memorabilia. Lunch TBD

9:00 a.m. – 4:00 p.m. \$55/\$44 22062011

Boulder Dushanbe Tea House

Denver Art Museum

Come with us to experience the tradition of afternoon tea as we sample treats and teas while enjoying decorative elements of the tea house. Hand-carved and hand-painted ceiling, tables, stools, columns and exterior ceramic panels built by more than 40 artisans from several cities of Tajikistan.

U.S. Olympic and Paralympic Museum 🧜

artifact collection. Lunch on site at the Flame Cafe.

We're visiting one of the best attractions in Colorado Springs that

is dedicated to capturing and sharing the history of Team USA in

the Olympic and Paralympic Games. Become inspired by their interactive exhibits, innovative displays and a comprehensive

9:00 a.m. – 3:00 p.m. \$85/\$73

22060411

2:00 - 6:00 p.m. \$70/\$56 22061411 3/23 Th

Founded in 1893 as the Denver Artists' Club, the Denver Art

by Denver artists and the Rocky Mountain region.

1:00 - 5:00 p.m.

Museum is one of the largest art museums between Chicago and

the West Coast. The museum's global art collections represent

cultures around the world with more than 70,000 works of art in

12 collections. The museum's global collections also reflect work

\$36/\$29

22062511

Sahara Restaurant

Sahara restaurant is family-owned since 1993 and prides itself on authentic Mediterranean fare made from the recipes of many generations. Enjoy fresh-made hummus, baba ghannouj, lamb kabobs, chicken and beef dishes, along with a wide array of salads and side dishes. Dinner Menu price menu range: \$8-\$24

4-7:30 p.m. \$12/\$15 22061212

Café Terracotta

Explore the delicious fare at Café Terracotta, an open kitchen design with a neighborhood feel. Short ribs, salmon, ribeye, soups made in-house from scratch, and a decent-sized wine selection, there is sure to be something to please every palette. Dinner menu price range is \$15-\$40.

4/19 W 5:00-7:30 p.m. \$11/\$13 22062411

Grammy's Goodies

ADVENTURES IN DINING

Join us for a fantastic homemade Italian meal from one of the best restaurants in Colorado! Afterwards you can satisfy your sweet tooth and take some of their baked goods home to remind you of the great meal you had earlier.

4/21 F 9:00 a.m. - 4:00 p.m. \$15/\$12 22061211

Blackbird Public House

Explore a delectable menu of comfort foods and seasonally crafted, fresh chef-driven fare that focus on fresh, local ingredients. Menu features burgers, fried chicken, wings, delicious salads and sandwiches. Full cocktail bar available. Dinner menu price range from \$8-\$26.

5/12 F 3:30-6:30 p.m. \$12/\$15 22061213

Pro Rodeo Hall of Fame 🦞

The Pro Rodeo Hall of Fame and Museum of the American Cowboy shares history and impacts on Western American culture and provides recognition to rodeo notables of the past and present. Explore their collections and exhibits of art, inductee items, as well as the stories of rodeo legends. Lunch TBD

9:00 a.m. - 3:00 p.m. \$68/\$56 22060111

47th Annual Denver Powwow

Join us as we visit the annual Denver Powwow. Experience the story tellers, multiple vendors and demonstrations. View the varying dance styles derived from the traditional dances of various tribes. Lunch is on your own.

10:00 a.m. – 3:00 p.m. \$32/\$25 3/18 Sa 22061811

York Street: Denver Botanic Gardens 🦞



Denver Botanic Gardens at York Street, in cooperation with the City and County of Denver, presents a wide range of gardens and collections on 24 acres. The gardens reflect a wide diversity of plants from all corners of the world. Join us for a tour with staff as we talk about water wise plants and how to make your garden lovely.

5/19 1:30 a.m. – 4:00 p.m. \$45/\$36 22060811

Territory Days - Old Colorado City 🦅



For more than 45 years, Territory Days has been Colorado's largest street fair. Shop hundreds of unique vendors with handcrafts from around the world. Enjoy great food, dozens of educational displays, patriotic tributes and live music from 25 bands on three stages.

9:00 a.m. - 4:00 p.m. \$28/\$22 22060311 5/28

Adam's Mountain Café & Manitou Springs Walkabout 🦅

Explore the delicious cuisine of Adam's Mountain Café, a local Manitou Springs staple with an eclectic organic and locally sourced ingredient menu. Carnivores, vegetarians and vegans alike are welcome with many healthy options. After lunch, explore downtown Manitou Springs and the many shops, or take a self-guided 1.7 mile walk of the Pollinator Garden Tour in the city park gardens. Lunch range: \$15-\$25. (Please note: this excursion will include a significant amount of walking)

10 a.m. – 5:45 p.m. \$25/\$27 2062211

Cherry Creek Saturday Fresh Market

Voted "Best Farmer's Market" from Denver's A List, Cherry Creek Fresh Market features an award-winning mix of farm flowers, local produce, handcrafted products and delicious local cuisine. Pick up some healthy locally produced goodies and grab a bite to eata great way to ease into the fresh taste of summer.

5/13 9:00 a.m. - noon \$11/\$13

FREE PROGRAMS

Medicare 101

There are so many varied choices surrounding healthcare and Medicare options. Planning can be difficult! Discover plan option overviews, and explore which options are best tailored to your needs. Sponsored Presenter: Allen McGirl Insurance

3/9	Th	1:30-3:00 p.m.	FREE	21460011
4/13	Th	1:30-3:00 p.m.	FREE	21460111
5/11	Th	1:30-3:00 p.m.	FRFF	21460211

Legal, Financial & Tax Issues

Transferring property to beneficiaries can be complex. Creating in advance a contingency plan is a far better way of dealing with potential pitfalls. You'll discover what legal documents are needed when selling your home? Are there tax implications of owning, selling or transferring property? How should property be deeded to avoid potential future challenges? Join us for this panel discussion to hear first-hand from legal, financial and tax experts. **Panel:** RoadMap for Aging Experts

10:00a.m. – noon FREE 21461011 3/29

Communicating with Adult Children

Are you prepared for the next evolution in your relationship with your adult children? Complex family dynamics, blended families and changing social norms impact both the choices we make and how we communicate them. Join us for a poignant and candid conversation concerning communicating with adult children and caregivers as you age. *Panel:* RoadMap for Aging Experts

10:00 a.m.- noon FREE

Staying Independent as we Age

We all want to be independent and continue to make our own life choices. But, life happens. At this panel discussion about staying independent as you get older, expert panelists will share concepts, ideas and solutions about when we can't manage on our own and who we should rely on to help us when we can no longer independently help ourselves. *Panel:* RoadMap for Aging Experts

10:00a.m.- noon FREE 21461013 5/31

Reverse Mortgage Myths – Real Stories Behind The loans

Gain a solid understanding of exactly what a Reverse Mortgage is and see numerous real-life examples demonstrating the wide variety of ways this single loan product can meet the needs of people in vastly different life and financial situations. Sponsored **Presenter:** Orion Mortgage

3/13 21460511 4/10 FREE 21460512

What Your Heirs Should Know if You Have A Reverse Mortgage

Whether you already have a Reverse Mortgage or are researching your options, this seminar provides an overview of what happens when the last borrower leaves the house. Prepare yourselves, your property and your heirs for a smoother and more advantageous outcome. Sponsored Presenter: Orion Mortgage

5/8 FREE 21461411



Mountain Hiking Adventures

Enjoy our Colorado mountains with our hiking adventures. 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: \$24/\$20

*Some hikes have additional fees to be paid at park. **Easier hikes

Moderate Hikes

Activity#	Date	Day	Time	Location	Length RT.	Start Elev.	Elev. Gain	Difficulty	Near
22162011	4/4	Т	8 a.m. – 5 p.m.	Betasso Preserve	3.3 mi	5770'	429'	M-D	Boulder
22162112	4/12	W	8 a.m. – 5 p.m.	Garden of the Gods**	2-5 mi	6200'	250'	E-M	Colorado Spring
22162213	4/18	Т	8 a.m. – 5 p.m.	Ralph Price Reservor	4.6 mi	5940'	800'	E-M	Lyons
22162314	4/26	w	8 a.m. – 5 p.m.	Walker Ranch**	5 mi	7300'	600'	E-M	Boulder
22162421	5/3	w	8 a.m. – 5 p.m.	Castlewood Canyon SP	3-5 mi	6600'	985'	E-M	Franktown
22162522	5/9	Т	8 a.m. – 5 p.m.	Devil's Backbone* **	4.3 mi	5080'	564'	E-M	Loveland
22162623	5/17	w	8 a.m. – 5 p.m.	Kruger Rock*	4 mi	9276'	977'	E-M	Ft. Collins
22162724	5/23	Т	8 a.m. – 5 p.m.	Staunton SP**	3+ mi	8820'	400+'	E-M	Conifer
22162825	5/31	W	8 a.m. – 5 p.m.	Gem Lake	3.5 mi	7870'	830'	М	Estes Park

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







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

3/11	Sa	9:00 – 10:15 a.m.	FREE	22253511
4/10	M	5:30 – 6:45 p.m.	FREE	22253512
5/11	Th	6:00 - 7:15 p.m.	FREE	22253513

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

TETRO	DAY	TIME	CLASS			
BE DEFINED BY YOUR EFFORT	М	6:00 p.m.	Ultimate Fitness			
No.	W	6:00 p.m.	Burn and Build			
A CONTRACTOR OF THE PARTY OF TH	Sa	9:30 a.m.	Ultimate Fitness			
Classes now in session! Only \$10 per class!						

Personal Training

Get inspired, boost your confidence and accomplish your goals!

The benefits of working with a personal trainer include:

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

To schedule an appointment, please call our Personal Training line at 303-762-2678, or you may complete an online interest form available on our Play Englewood - Fitness - Personal Training webpage.

	Sessions	Fee	Res Fee
D. C. L.	3	\$167	\$134
Private 60-minute	6	\$315	\$252
sessions	10	\$473	\$394
Drivata	3	\$114	\$91
Private 30-minute sessions	6	\$213	\$170
	10	\$320	\$267

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.



TRX® Boot Camp

Ages: 13 yrs +

Fire up your metabolism, burn calories and get stronger and leaner, faster! TRX® Suspension Trainers will be incorporated into the workout.

Location: ERC Instructor: Libby Butler

REB3L® stRength

Ages: 13 yrs +

Choreographed toning routines are set to powerful music. Set your goal for a sculpted body and better physical strength using body weight, minimal equipment and low-impact/highrepetitions training.

Location: ERC Instructor: Kyle Shisler

Indoor Cycling

Ages: 13 yrs +

Optimum fat burning awaits you on this journey, which will simulate varied terrain and drills to give you a great interval workout. Class participants assist with equipment set up and breakdown. Bike pedals compatible with athletic shoes, SPD and Look cleats.

Instructors: Erica Krier, Libby Butler Location: ERC

POP® Pilates

Ages: 13 yrs +

A total body workout that sculpts a rock-solid core and a lean body. Develop strength and flexibility through resistance work using your own body weight and a yoga mat. Class is for all levels.

Location: ERC Instructor: Lisa Pope

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 +

New location! 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: MRC 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.

Instructor: Stacy Lochowicz Location: ERC

REB3L® Groove

Ages: 13 yrs +

It's time to REclaim your life, REnew your outlook on fitness and REshape your body. Check your inhibitions at the door. This intense dance workout is fun, high energy and unapologetic. No dance experience is needed. Feel inspired, motivated, strong and empowered.

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 BOSU balls, 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.

OClass	Activity#	Dates	Days	Time	Location	Fee	Res Fee
★ TRX Boot Camp	22250411	3/6 – 3/27	М	5:25 – 6:25 p.m.	ERC	\$23	\$19
	22250412	4/3 - 4/24	М	5:25 – 6:25 p.m.	ERC	\$29	\$23
	22250413	5/1 - 5/22	М	5:25 – 6:25 p.m.	ERC	\$23	\$19
NEW ★ Reb3l® stRength™	22251711	3/6 – 3/27	М	6:35 – 7:35 p.m.	ERC	\$23	\$19
	22251712	4/3 - 4/27	М	6:35 – 7:35 p.m.	ERC	\$29	\$23
	22251713	5/1 - 5/22	М	6:35 – 7:35 p.m.	ERC	\$23	\$19
★ Indoor Cycling	22250331	3/1 - 3/29	W	5:45 – 6:45 p.m.	ERC	\$29	\$23
	22250332	4/5 – 4/26	W	5:45 – 6:45 p.m.	ERC	\$23	\$19
	22250333	5/3 - 5/31	W	5:45 – 6:45 p.m.	ERC	\$29	\$23
	22250341	3/2 - 3/30	Th	6:35 – 7:35 p.m.	ERC	\$29	\$23
	22250342	4/6 – 4/27	Th	6:35 – 7:35 p.m.	ERC	\$23	\$19
	22250343	5/4 - 5/25	Th	6:35 – 7:35 p.m.	ERC	\$23	\$19
★ Pop® Pilates	22251111	3/7 - 3/28	Tu	5:30 – 6:30 p.m.	ERC	\$23	\$19
	22251112	4/4 - 4/25	Tu	5:30 – 6:30 p.m.	ERC	\$29	\$23
	22251113	5/2 - 5/30	Tu	5:30 – 6:30 p.m.	ERC	\$23	\$19
	22251121	3/4 - 3/25	Sa	8:05 – 9:00 a.m.	ERC	\$17	\$14
	22251122	4/1 - 4/29	Sa	8:05 – 9:00 a.m.	ERC	\$23	\$19
	22251123	5/6 – 5/27	Sa	8:05 – 9:00 a.m.	ERC	\$23	\$19
Essentrics®	22251411	3/1 - 3/29	W	6:00 – 7:00 p.m.	ERC	\$38	\$31
	22251412	4/5 - 4/26	W	6:00 – 7:00 p.m.	ERC	\$38	\$31
	22251413	5/3 - 5/31	W	6:00 – 7:00 p.m.	ERC	\$38	\$31
★ Zumba® Toning	22251611	3/1 - 3/29	W	5:30 – 6:30 p.m.	MRC	\$29	\$23
	22251612	4/5 - 4/26	W	5:30 – 6:30 p.m.	MRC	\$23	\$19
	22251613	5/3 - 5/31	W	5:30 – 6:30 p.m.	MRC	\$29	\$23
★ Fit Body Express	22250811	3/2 - 3/30	Th	5:45 – 6:30 p.m.	ERC	\$29	\$23
	22250812	4/6 – 4/27	Th	5:45 – 6:30 p.m.	ERC	\$23	\$19
	22250813	5/4 - 5/25	Th	5:45 – 6:30 p.m.	ERC	\$23	\$19
Barre Sculpt	22251011	3/9 – 3/30	Th	9:00 - 10:00 a.m.	ERC	\$39	\$31
	22251012	4/6 – 4/27	Th	9:00 - 10:00 a.m.	ERC	\$31	\$25
	22251013	5/4 - 5/25	Th	9:00 - 10:00 a.m.	ERC	\$31	\$25
NEW ★ REB3L® Groove	22251811	3/3 - 3/31	F	5:30 – 6:30 p.m.	ERC	\$29	\$23
	22251812	4/7 – 4/26	F	5:30 – 6:30 p.m.	ERC	\$23	\$19
	22251813	5/5 - 5/26	F	5:30 – 6:30 p.m.	ERC	\$23	\$19
★ Fitness Fusion	22250611	3/4 - 3/25	Sa	9:15 - 10:15 a.m.	ERC	\$23	\$19
	22250612	4/1 - 4/29	Sa	9:15 - 10:15 a.m.	ERC	\$29	\$23
	22250613	5/6 – 5/27	Sa	9:15 - 10:15 a.m.	ERC	\$23	\$19





THURSDAY, APRIL 28 3:00 - 6:00 p.m. Location: Malley Recreation Center FREE Event



Get informed, get active and get moving at our annual Active Aging EXPO benefiting seniors, boomers and adults! Meet with more than 70 agencies that provide nutrition, wellness, health, active aging programs, local community services, safety and much, much, more. Professionals will be on hand to answer your questions and provide you with a multitude of information. Refreshments, door prizes and more!

Visit englewood.gov for more details.



AGING UNBOUND: MAY 2023

May is Older Americans Month! Visit our website and social media for fun and engaging programs.



ST PATRICK'S DAY LUNCH

FRIDAY, MARCH 17

11:30 a.m.

Location: Malley Recreation Center



Tickets \$10 prior event \$12 at door day of event

Wear your green and enjoy a lunch of Irish Stew. Sit back and enjoy festivities. Purchase your tickets at the Malley Front Desk or online at englewoodrec.org. All ticket sales are final.





Come view an incredible collection of local artists' works!

FEBRUARY 1-18

Monday - Thursday, 8:00 a.m. - 7:00 p.m. Friday, 8:00 a.m. - 5:00 p.m. Saturday, 9:00 a.m. - 1:00 p.m. Location: Malley Recreation Center

Fitness Club



Ages: 55 yrs +

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

Location: MRC Instructor: Stacy Lochowicz

SilverSneakers® Classic



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.

Instructor: Stacy Lochowicz, Doug Smith Location: MRC

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.

Location: MRC 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.

Location: ERC Instructor: Kyle Shisler

Parkinson's, MS & More Fitness



Ages: 55 yrs +

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

Location: MRC Instructor: Stacy Lochowicz

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.

3/8	W	noon – 1:00 p.m.	tree	22263511
4/5	W	11:00 a.m. – noon	free	22263512
5/3	W	11:00 a.m. – noon	free	22263513









ERC = Englewood Recreation Center, MRC = Malley Recreation Center

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

		ACTIVE A	ADULT F	ITNESS			
Class	Activity#	Dates	Days	Time	Location	Fee	Res Fee
★ Fitness Club	22260111	3/6 – 3/29	M, W	9:00 – 10:00 a.m.	MRC	\$32	\$25
	22260112	4/3 – 4/26	M, W	9:00 – 10:00 a.m.	MRC	\$32	\$25
	22260113	5/1 – 5/31	M, W	9:00 – 10:00 a.m.	MRC	\$32	\$25
★ SilverSneakers® Classic	22261011	3/6 – 3/29	M, W	10:15 – 11:15 a.m.	MRC	\$32	\$25
	22261012	4/3 – 4/26	M, W	10:15 – 11:15 a.m.	MRC	\$32	\$25
	22261013	5/1 – 5/31	M, W	10:15 – 11:15 a.m.	MRC	\$32	\$25
Muscle, Core and	22263311	3/6 – 3/29	M, W	1:00 – 2:00 p.m.	MRC	\$47	\$38
Balance Training	22263312	4/3 – 4/26	M, W	1:00 – 2:00 p.m.	MRC	\$47	\$38
	22263313	5/1 – 5/31	M, W	1:00 – 2:00 p.m.	MRC	\$47	\$38
★ Total Body Fitness	22260511	3/7 – 3/30	Tu, Th	8:30 – 9:45 a.m.	MRC	\$43	\$33
	22260512	4/4 – 4/27	Tu, Th	8:30 – 9:45 a.m.	MRC	\$43	\$33
	22260513	5/2 – 5/30	Tu, Th	8:30 – 9:45 a.m.	MRC	\$43	\$33
Fitness Foundations	22260411	3/3 – 3/31	F	10:00 – 11:00 a.m.	ERC	\$29	\$23
	22260412	4/7 – 4/28	F	10:00 – 11:00 a.m.	ERC	\$23	\$19
	22260413	5/5 – 5/26	F	10:00 – 11:00 a.m.	ERC	\$23	\$19
★ Parkinson's, MS &	22260911	3/10 - 3/31	F	1:00 – 2:15 p.m.	MRC	\$28	\$21
More Fitness	22260912	4/7 – 4/28	F	1:00 – 2:15 p.m.	MRC	\$28	\$21
	22260913	5/5 – 5/26	F	1:00 – 2:15 p.m.	MRC	\$28	\$21



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

Ages: 55 yrs +

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 evidencebased 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.

Instructor: Patty Vogt Location: MRC

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.

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: VIRTUAL Instructor: Erin Mathiason

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

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: MRC Instructor: Jen Dentry

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		22255311	4/4 – 6/13	Tu, Th	2:30 – 3:30 p.m.	MRC	\$100	\$80	
Advanced Tai Chi for Better Balance		22255411	4/4 – 6/13	Tu, Th	1:30 – 2:30 p.m.	MRC	\$100	\$80	
Light Yoga		22258211	3/7 – 3/31	Tu, F	8:30 – 9:45 a.m.	MRC	\$52	\$42	
		22258212	4/4 – 4/28	Tu, F	8:30 – 9:45 a.m.	MRC	\$52	\$42	
		22258213	5/2 – 5/30	Tu, F	8:30 – 9:45 a.m.	MRC	\$52	\$42	
Seated Yoga	22.	22258311	3/2 – 3/30	Tu, Th	10:00 – 11:00 a.m.	VIRTUAL	\$46	\$37	
		22258312	4/4 – 4/27	Tu, Th	10:00 – 11:00 a.m.	VIRTUAL	\$41	\$23	
		22258313	5/2 – 5/30	Tu, Th	10:00 – 11:00 a.m.	VIRTUAL	\$46	\$37	
Gentle Yoga	2	22258511	3/7 – 3/28	Tu	10:30 – 11:45 a.m.	VIRTUAL	\$34	\$27	
		22258512	4/4 – 4/25	Tu	10:30 – 11:45 a.m.	VIRTUAL	\$34	\$27	
		22258513	5/2 – 5/30	Tu	10:30 – 11:45 a.m.	VIRTUAL	\$34	\$27	

ACTIVE YOGA AND TAI CHI								
Class	Activity#	Dates	Days	Time	Location	Fee	Res Fee	
Tai Chi Yoga Fusion	22255511	3/6 – 3/27	М	4:00 – 5:00 p.m.	MRC	\$26	\$21	
	22255512	4/3 - 4/24	M	4:00 – 5:00 p.m.	MRC	\$26	\$21	
	22255513	5/1 – 5/22	М	4:00 – 5:00 p.m.	MRC	\$26	\$21	
Foundations Yoga	22256211	3/7 – 3/28	Tu	5:45 – 7:00 p.m.	MRC	\$36	\$30	
	22256212	4/4 – 4/25	Tu	5:45 – 7:00 p.m.	MRC	\$36	\$30	
	22256213	5/2 – 5/30	Tu	5:45 – 7:00 p.m.	MRC	\$44	\$35	
Core & Hip Yoga	22257111	3/1 – 3/25	Sa	9:15 – 10:15 a.m.	MRC	\$24	\$20	
	22257112	4/1 – 4/29	Sa	9:15 – 10:15 a.m.	MRC	\$42	\$34	
	22257113	5/6-5/27	Sa	9:15 – 10:15 a.m.	MRC	\$34	\$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 promoting 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.

Location: MRC Instructor: Michael Mathews

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	\$68	\$54			
3 Sessions	\$194	\$155			
6 Sessions	\$347	\$289			

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 Instructor: Michael Mathews

STEP THREE: Beginning Pilates Reformer

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

Location: MRC Instructor: Michael Mathews

STEP FOUR: Continuing Pilates Reformer

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

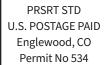
PILATES								
Class	Activity#	Dates	Days	Time	Instructor	Location	Fee	Res Fee
STEP ONE	22254111	3/6	М	6:05 – 7:05 p.m.	Michael M.	MRC	\$10	\$10
Essential Pilates Orientation	22254112	4/3	М	6:05 – 7:05 p.m.	Michael M.	MRC	\$10	\$10
STEP TWO Pilates Reformer Principles	22254211	3/6 – 5/31	M – F	8:15 a.m. – 7:15 p.m. (Call to schedule)	Michael M.	MRC	\$86	\$69
STEP THREE	22254311	3/6 – 3/27	М	11:00 a.m. – noon	Michael M.	MRC	\$68	\$54
Beginning Pilates Reformer	22254312	4/3 – 4/27	М	11:00 a.m. – noon	Michael M.	MRC	\$68	\$54
	22254313	5/1 – 5/22	М	11:00 a.m. – noon	Michael M.	MRC	\$68	\$54
	22254314	3/6 – 3/27	М	12:05 – 1:05 p.m.	Michael M.	MRC	\$68	\$54
	22254315	4/3 – 4/27	М	12:05 – 1:05 p.m.	Michael M.	MRC	\$68	\$54
	22254316	5/1 - 5/22	М	12:05 – 1:05 p.m.	Michael M.	MRC	\$68	\$54
	22254317	3/6 – 3/27	М	5:00 – 6:00 p.m.	Michael M.	MRC	\$68	\$54
	22254318	4/3 – 4/24	М	5:00 – 6:00 p.m.	Michael M.	MRC	\$68	\$54
	22254319	5/1 – 5/22	М	5:00 – 6:00 p.m.	Michael M.	MRC	\$68	\$54
STEP FOUR	22254420	3/8 – 3/29	W	5:00 – 6:00 p.m.	Michael M.	MRC	\$68	\$54
Continuing Pilates Reformer	22254421	4/5 – 4/26	W	5:00 – 6:00 p.m.	Michael M.	MRC	\$68	\$54
	22254422	5/3 – 5/31	W	5:00 – 6:00 p.m.	Michael M.	MRC	\$85	\$68
	22254423	3/8 – 3/29	W	6:05 – 7:05 p.m.	Michael M.	MRC	\$68	\$54
	22254424	4/5 – 4/26	W	6:05 – 7:05 p.m.	Michael M.	MRC	\$68	\$54
	22254425	5/3 – 5/31	W	6:05 – 7:05 p.m.	Michael M.	MRC	\$68	\$54
	22254426	3/9 – 3/30	Th	11:00 a.m. – noon	Michael M.	MRC	\$68	\$54
	22254427	4/6 – 4/27	Th	11:00 a.m. – noon	Michael M.	MRC	\$68	\$54
	22254428	5/4 – 5/25	Th	11:00 a.m. – noon	Michael M.	MRC	\$68	\$54

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