

# ENGLEWOOD

## A Look Back

Reflecting on how far Englewood has come [Page 10](#)



**3400 S. BROADWAY**  
**4-10 PM**  
[englewoodco.gov/block-party](http://englewoodco.gov/block-party)

**LIVE MUSIC ★ LOCAL VENDORS ★ INTERACTIVE ART**

**FOOD TRUCKS ★ BEER & COCKTAILS ★ FAMILY FUN**

## Englewood's Award-Winning Departments

City departments shine at regional and international awards



At the Downtown Colorado, Inc. (DCI) Governor's Awards for Downtown Excellence on April 13, the City of Englewood was recognized with the Downtown Excellence Award for its 2022 Economic Development Strategic Plan. This award marks the second year in a row that Englewood's Economic Development Program has been recognized by DCI.

The Englewood Communications Department, Public Works, Utilities and South Platte Renew were recognized with an Award of Excellence by the National Association



of Government Communicators for their public engagement campaign "Flow it Forward." This campaign is focused on communicating improvements to Englewood's three utilities: water, stormwater and wastewater. This annual international awards program recognizes superior government communication products and those who produce them.

South Platte Renew (SPR) was recently recognized through the national Utility of the Future Today program for its new safety program and energy efficiency efforts. After an extensive, collaborative process, SPR unveiled a new safety brand and program called SPR Safe, as well as, a five-year implementation plan to continuously improve safety. A key component of SPR Safe is an employee-led group called the Safety Culture Committee, focused on integrating safety recognition and awareness in SPR's culture.

Additionally, SPR was recognized for how it prioritizes energy efficiency. This year, the organization participated in a Strategic Energy Management cohort and created an Energy Management Master Plan. Through this work, SPR is developing energy-saving policies and goals. It also implemented ammonia-based aeration control in its solids contact tanks, which saves over 200,000 kWh per year.



## Conflict Resolution Month

Colorado celebrates October as Conflict Resolution Month. In 2012, the Englewood City Council recognized October as Conflict Resolution Month in Englewood through a public proclamation. In 2022, the proclamation was renewed and more than 150 participants engaged in events or trainings for the Englewood community, for city employees and within Englewood Schools.



This October promises even more events and opportunities for engagement including:

- A community Conflict Resolution Month kick-off event
- Police-Youth Dialogues and read-a-louds for students in Englewood Schools
- Virtual information session and community volunteer training for the Englewood Municipal Court Restorative Justice Program
- Community book club discussion, film screening and community conversation sponsored by the Englewood Public Library and much more!

This programming is being offered through collaborative efforts of the Englewood Public Library, Englewood Police Department, Municipal Court, Englewood School District, the Greater Englewood Chamber of Commerce and Movement 5280.

Look out for upcoming opportunities to enhance awareness, engage and practice your conflict resolution skills through reflection and community conversations.



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# THE MAYOR'S CORNER



Mayor  
Othoniel Sierra  
District 1  
720-551-3301

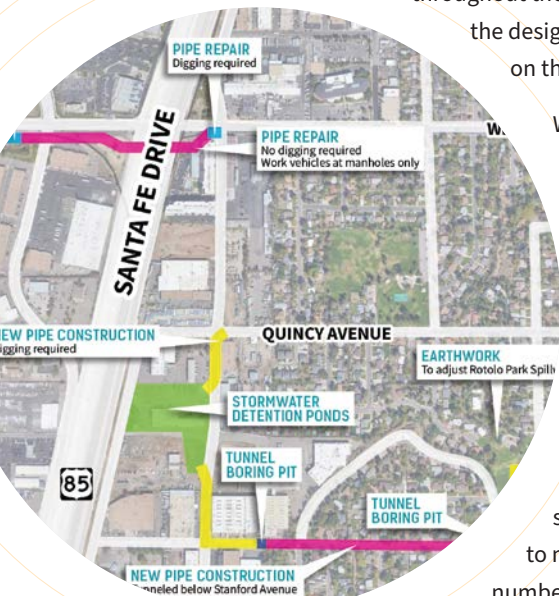
Many Front Range cities have been forced to tackle a variety of infrastructure issues due to the heavier than normal rainfall received this year. Sinkholes associated with the recent weather events have been reported in Littleton, Centennial, Parker, Elbert County, and of course right here in Englewood. Most Front Range jurisdictions have reported heavy street flooding and record flooding in southern Colorado has caused extensive damage. As you know, Englewood has experienced its own share of weather-related complications from sinkholes due to pipe failures.

So, how are we responding? Following 30 years of minimal investment in Englewood's Stormwater System, the city began to aggressively plan for major upgrades.

In 2020, we developed a 15-year stormwater masterplan, the first such plan in more than 20 years. We also updated the city's drainage criteria for developers which included stormwater detention requirements to control excess runoff from private development sites.

In 2019, we began a series of five annual increases to stormwater utility rates based on a stormwater rate and fee study, giving us the ability to fund needed improvements. Based on new stormwater fees, we were able to issue \$8,665,000 in stormwater revenue bonds. The city was also approved for a \$26 million dollar loan from the State Revolving Loan Fund Program to fund the South Englewood Flood Reduction Project. And we spent \$6 million dollars to acquire land in the 4300 block of S. Windermere St. for a new regional stormwater detention facility.

In 2021 and 2022, we invested a total of \$2.5 million in new pipes and upgraded inlets constructed throughout the south-central portion of the city. Next, we completed the design of the regional detention facility to be constructed on the property at 4390 S. Windermere St.

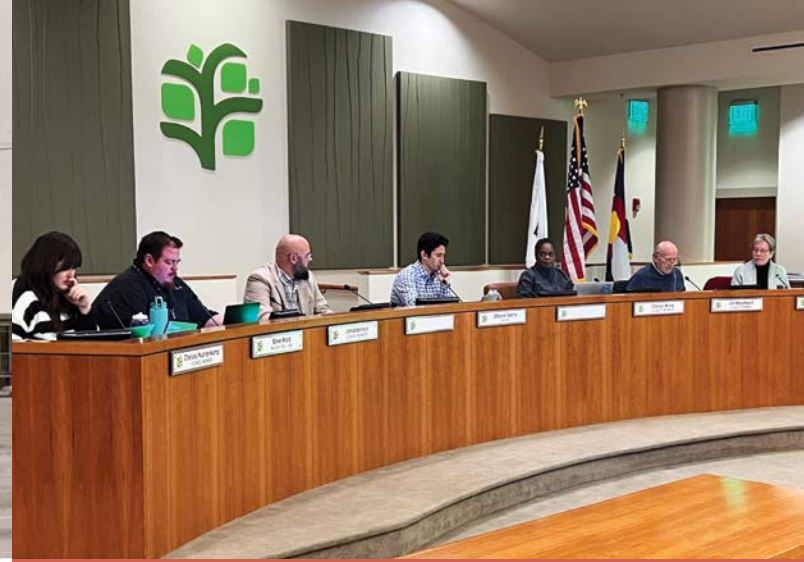


What's next in 2023 and beyond? We've started clearing land now for construction of the regional stormwater facility. And we're beginning construction later this year on the \$18.4 million-dollar South Englewood Flood Reduction Project scheduled for completion in 2024. This project includes installation of a cured in place liner in the Oxford storm sewer outfall pipe to make it more resilient to heavy rainfall events.

While these improvements will ultimately create a safer and more resilient community, it is important to note that there is no infallible solution to the number and intensity of storms we've experienced this spring and summer.

We all appreciate your patience and support as we continue to make these needed improvements to our stormwater infrastructure.

To learn more, please visit [englewoodco.gov/stormwater-projects](http://englewoodco.gov/stormwater-projects).



## CITY OF Englewood CITY COUNCIL



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



Jim Woodward  
At Large  
720-761-0199



Vacant  
At Large

*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.*

When most people hear the word “suburb,” they imagine towns that are spread out and constantly building new subdivisions of hundreds of new homes and huge shopping centers on former farms or undeveloped land. Believe it or not, Englewood is considered a suburb, but it's a different kind of suburb. Incorporated as a city in 1903, Englewood is one of the original suburbs in the metro region. After a century, our community of neighborhoods, long-term residents, newer arrivals and smaller, locally centered commercial districts is surrounded by cities and towns that formed and grew after Englewood was its own, unique place.

Englewood's central location brings the benefit of easy access to all of the jobs, shopping, recreation and cultural amenities throughout the region. There are some burdens associated with being an older, centrally-located suburb including rush hour traffic and some types of crime (although crime tends to be lower than in larger cities). Another unique challenge to cities like Englewood is that new investment and building must take the place of older developments that may have exhausted their lifecycle or appeal to consumers. Attracting new investment through redevelopment of key areas of the city can ensure that Englewood remains responsive to existing residents and attractive to future generations of people and families who would like to call Englewood home.

An example of this approach to community building is CityCenter, which opened in the early 2000s on the site of the former Cinderella City Mall, which replaced Englewood's City Park in 1968. CityCenter was highlighted in books that city planners and designers use: *Halfway to Everywhere*, by William Hudnut, III and *Retrofitting Suburbia* by Ellen Dunham-Jones and June Williamson. After more than twenty years, parts of CityCenter are currently being planned to be retrofit with additional residential, hotel, retail uses as well as public open space. It's a prime example of how an original suburb can evolve to remain a vital place for current and future generations.

Jim Woodward  
At Large  
720-761-0199

## Dr. Cheryl Wink Announces City Council Resignation

Dr. Cheryl Wink resigned her position as an At Large City Council Member at city council's regular meeting on July 17. Dr. Wink began her term on city council on November 13, 2017.

In 2020 Dr. Wink was appointed to the National League of Cities Energy, Environment and Natural Resources Federal Advocacy Committee, invited to join the Family Tree Board of Directors, and accepted to the prestigious Denver Regional Council of Governments (DRCOG) Citizens' Academy.

“I have made the difficult decision to resign my role of Council Member given I have been offered a new opportunity that is the exciting and logical next step in my software engineering career—an opportunity which no longer allows me to fulfill my duties as Council Member,” Dr. Wink said in a letter addressed to Englewood's City Manager Shawn Lewis. “I thank the thousands of wonderfully engaged constituents for the opportunity to serve, and also appreciate the collegiality and hard work demonstrated by our City's Administration. To have worked along side such stellar leadership, including our Police, Code Enforcement and Fire Teams, has been a true joy that I won't soon forget,” she added.

The city council has thirty days to appoint a replacement by majority vote, to fill the position until the November general election. As of publication, the city council had not identified a procedure to fill the vacancy. The November general election will include candidates to fill the remaining two years of Dr. Wink's term.

# ENGLEWOOD

CITY MAGAZINE &  
ACTIVITY GUIDE  
FALL 2023

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**ON THE COVER:**  
Present day Englewood



# 2023 Autumn events

AUGUST

### Silent Disco

Friday, August 11, 6 – 10 p.m.  
CityCenter Amphitheater  
1000 Englewood Pkwy.

### Englewood Block Party!

Saturday, August 26, 4 - 10 p.m.  
3400 S. Broadway

SEPTEMBER

### Coffee with a Cop

Saturday, September 23  
9 - 11 a.m.  
Location TBD

### Homeless Connect Event

Thursday, September 28  
11 a.m. - 2 p.m.  
Cushing Park, 700 W. Dartmouth Ave.

OCTOBER

### Fall Festival Market

Saturday, October 21, 10 a.m. – 2 p.m.  
Civic Center 2nd Floor Parking Lot  
1000 Englewood Pkwy.

### Trunk or Treat

Saturday, October 21, 3-6 p.m.  
Civic Center 2nd Floor Parking Lot  
1000 Englewood Pkwy.

NOVEMBER

### Holiday Bazaar

Saturday, November 4, 9 a.m. - 4 p.m.  
Malley Recreation Center  
3380 S Lincoln St.

### Turkey Fest

Friday, November 17, 12-6 p.m.  
Civic Center  
1000 Englewood Pkwy.

DECEMBER

### Holiday Market and Tree Lighting

Saturday, December 2, 2 - 6 p.m.  
Civic Center Circle  
1000 Englewood Pkwy.

Thank you SCFD!

Thank you Texas Roadhouse, Meadow Gold and Pirates Cove for providing goodies and hosting the Volunteer Recognition event!



## SUMMER FUN IN THE NEIGHBORHOODS

It was a busy summer for Englewood neighbors – from park clean-ups, parades, block parties, crawfish boils and backyard movie kits – residents successfully rocked this summer to the fullest. There is still time to connect with your neighbors and plan a fun fall event with help from neighbor to neighbor programs. You can apply for a Get to Know Your Neighbor Grant, reserve the block party trailer or host a backyard movie night with your neighbors!

To learn more about the neighbor-to-neighbor programs, head over to [englewoodco.gov/neighborhoods](http://englewoodco.gov/neighborhoods).



## STUDENT ART CALENDAR IS BACK!

Submissions for the 2024 Student Art Calendar are open.

Each year, the City of Englewood releases a calendar featuring creations by some of the community's most talented student artists. We're looking ahead to 2024, and now is the time to submit your artwork.

The Student Art Contest is open to Englewood residents and students from kindergarten through 12th grade. The total number of entries will be narrowed down to 51, and artwork included in the calendar will receive recognition by city council.

Visit [englewoodco.gov/student-art](http://englewoodco.gov/student-art) for more information and to submit! Submissions are due September 15.



## NEIGHBORHOOD NIGHTS CONTINUES

Rally your friends and family to enjoy the last three Neighborhood Nights at Jason, Baker and Duncan Parks. Visit [englewoodco.gov/neighborhood-nights](http://englewoodco.gov/neighborhood-nights) for additional information.

**Thursday, August 10** . . . . . Jason Park (4299 S. Jason St.)  
Food Trucks: LB Tacos and Kona Ice

**Thursday, August 24** . . . . . Baker Park (2200 W. Wesley Ave.)  
Food Trucks: LB Tacos and Kona Ice

**Thursday, Sept 7** . . . . . Duncan Park (4880 S. Pennsylvania St.)  
Food Trucks: LB Tacos, Umai Express, Kona Ice and Sweet Cow Ice Cream



## NEIGHBORHOOD MAP

Baker Park? Bates Logan? Whitaker? Which neighborhood do you live in? Residents are using the Englewood Neighborhood Map to identify where they live and build community in their neighborhoods. Neighbors are loving the neighborhood bags and neighborhood stickers. Come get your bag and sticker at the next Englewood event!

Find your neighborhood at [englewoodco.gov/neighborhoodmap](http://englewoodco.gov/neighborhoodmap).



## Updated Short Term Rental Regulations

The Englewood City Council recently updated the city's short term rental (STR) regulations to strengthen compliance, simplify regulations and expand listing requirements. These requirements apply to residential rentals for less than 30 days, usually from Airbnb or VRBO.

### Eligibility

• Either a primary home or an accessory dwelling unit can be used as an STR; in most cases, it must be the primary residence of at least one owner.

- STRs cannot be a rental, camper or temporary structure, owned by a corporation or real estate investment trust, or zoned I-1, I-2 or PUD.
- STRs must obtain a city sales tax license for \$25 and a city STR license (\$755 the first year).

### Operating a STR

- STRs must pay sales tax and lodging tax to the City of Englewood.
- Advertising must include an STR license number, parking plan (at least one space per bedroom) and maximum occupancy (two people per bedroom plus two people, or eight people total – whichever is less).
- No more than two simultaneous rental contracts are allowed.
- Posted information and smoke/carbon monoxide detectors are required.
- Exterior signage is allowed, if non-illuminated, non-animated and no more than one square foot.

Learn more about the STR regulations and the licensing application at [englewoodco.gov/short-term-rentals](http://englewoodco.gov/short-term-rentals).



## Understanding Floodplains within Englewood

### Preserving the Natural Floodplain Functions

Englewood is home to numerous urban stream corridors that function as conveyance systems for storm runoff during flood events. Floodplains in these stream corridors are essential for reducing the speed and volume of floodwater downstream, making it easier to control floods.

To help residents prepare for that risk, the City of Englewood is one of many cities across the nation participating in FEMA's Community Rating System (CRS), part of the National Flood Insurance Program. As a CRS community, Englewood has developed floodplain management practices to reduce the potential for flood damage, educate the public on the risks associated with flooding and encourage residents to purchase flood insurance.

Runoff from hard surfaces, like roofs and parking lots, carries pollutants, such as motor oil, pet waste or trash, down the street and into the nearest storm drain which can impact the health of floodplains. Residents can help keep natural floodplains functioning and stormwater flowing by being aware of trash or debris dropped into the street or storm drain. These simple measures can go a long way in protecting the natural floodplain functions and ensuring a healthy environment for the community.

Residents can access floodplain data within Englewood through the Englewood Floodplain Viewer, an interactive online floodplain map. See if your home or business is located within a floodplain at [englewoodco.gov/maps](http://englewoodco.gov/maps).

It is important to note that any development or redevelopment within the floodplain boundaries requires a Floodplain Development permit from the Public Works Department. By following these guidelines and taking necessary precautions, residents can play an active role in preserving the natural floodplain functions in Englewood and ensuring a healthy environment for generations to come.

#### ADDITIONAL RESOURCES:

Englewood Floodplain Viewer: [englewoodco.gov/maps](http://englewoodco.gov/maps)

Flood Depth Viewer: [englewoodco.gov/GIS](http://englewoodco.gov/GIS)

MHFD Regional Floodplain Map: [mhfd.org/resources/mapping](http://mhfd.org/resources/mapping)

Known flooding areas not shown on FEMA FIRM or Floodplain Maps: [englewoodco.gov/more-floodplains](http://englewoodco.gov/more-floodplains)

Flood Studies: [englewoodco.gov/floodstudies](http://englewoodco.gov/floodstudies)

## Municipal Election Happening November 7

This Election Day, Englewood voters will have the opportunity to elect city council representatives for District 1, District 3 and two at-large positions, each for a four-year term, along with an at-large position for a two-year term. Keep an eye out for profiles of the 2023 candidates this September. Municipal elections are nonpartisan with a focus on qualifications and ideas of the candidates.

This mail-ballot election is coordinated with Arapahoe County. Ballots will arrive to homes in mid-October. Visit [govotecolorado.com](http://govotecolorado.com) to check that your voter registration is active and your mailing address is current. Also, Englewood will hold a special recall election for three city council members tentatively set for October 3.

### Interested in running?

Englewood residents who are interested in running for one of the open city council positions can pick up a candidate information packet from the city clerk's office or find it on the city's website.

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 city council members cannot hold any other public office or employment for which compensation is paid from any municipality, must be Englewood residents and registered electors of their district.

In August, candidates must be nominated by a petition signed by at least 50 registered voters residing within the municipality or the district from which the councilmember is to be elected. Nomination petitions will be available in the city clerk's office on August 8 and must be filed to the Englewood City Clerk by 5 p.m. August 28.

Learn more about the process by contacting the Englewood City Clerk's office at [cityclerk@englewoodco.gov](mailto:cityclerk@englewoodco.gov) or 303.762.2430, or visit [englewoodco.gov/election](http://englewoodco.gov/election).

## Englewood's Citizen of the Year

### Congratulations to Kelly Utter-McCloskey Named 2023 Citizen of the Year

This award was created to recognize the incredible residents who go above and beyond in their commitment to our community and Utter-McCloskey does just that. As an involved member of numerous nonprofit organizations, she easily spends 30-40 hours a week in a volunteer capacity helping community members in need and making Englewood a better place.

Tami Slipher, Director of Development and Community Relations at Movement 5280, describes Utter-McCloskey as a "proactive force in our community" who is constantly working to uplift and support others. In her 25 years as a City of Englewood resident, Utter-McCloskey has not stopped trying to find ways to give back and regularly attends city council meetings to advocate for her community and neighbors in need. Whether through tragedy, snowstorms or sunny days, she continues to model our city's vision statement by providing collaborative problem-solving strategies and treating everyone with fairness, dignity and respect.

Outside of the organizations she is a part of, she is known to regularly participate in community activities and even clean up trash on the streets of downtown Broadway "...just because." For her tireless service and advocacy, we are excited to name Kelly Utter-McCloskey as the 2023 Citizen of the Year.



"A proactive force in our community who is constantly working to uplift and support others."

### Some of the Organizations Kelly Contributes to Include:

- Personal Navigator (case manager) for Movement 5280
- Voucher Distribution Volunteer for HAAT Force
- Volunteer at Rooted 303
- Volunteer at Englewood's Table Food Pantry
- Volunteer at Café 180
- Certified Peer Recovery Coach

# THEN & NOW

A look back at the city's biggest challenges over the last five years – and where they are today



Like any community, those in Englewood are always striving to improve the city and make it a place people are proud to call home. When new challenges arise – each with its own need for unique problem solving – it's how a community responds that shows its true character. In the spirit of growth, we wanted to take a look back at the last five years to reflect on some of the biggest challenges facing Englewood – and showcase how city officials and community members have stepped up with solutions, making the city stronger and more resilient all along the way.



## HOMELESSNESS

	2018	2023
Plan of action to address homelessness	X	✓
Alternative policing programs to reduce homelessness	X	✓
Funds allocated for job training shelter options	X	✓

City of Englewood council members, city manager and staff attended a groundbreaking on June 2 for the new Bridge House Ready to Work facility in Englewood! The city is excited to support this project along with the cities of Sheridan and Littleton and Arapahoe County. Once fully operational, this 50-bed facility will provide housing, employment and support services for individuals transitioning out of homelessness.



## CRIME AND POLICING

	2018	2023
Body worn cameras	X	✓
Robust community engagement programs in police	X	✓
Restorative Justice Program	X	✓

Kids in Englewood are now able to test their batting skills against our officers in four different leveled cages at Cornerstone Park thanks to a new event sponsored by the Englewood Police Department.



## WATER AND SEWER INFRASTRUCTURE

	2018	2023
Long-term plan for improving aging water and sewer infrastructure systems	X	✓
Funding secured for needed improvements	X	✓
Formal letter from City of Littleton alleging under investment in shared wastewater treatment plant	✓	X

The Valve Replacement Program has been progressing steadily. As of July 1, 49 valves in the city's distribution system have been replaced. This program brings the city one step closer to ensuring an even more efficient and reliable water supply for our community.



## STORMWATER INFRASTRUCTURE AND FLOOD PREVENTION

	2018	2023
Long term plan to address aging storm water infrastructure	X	✓
Funding in place for needed improvements	X	✓
Strong policies and regulations in place for new development and redevelopment	X	✓

Thanks to increased investment by residents as authorized by the Englewood City Council, the city has been able to clean 250 storm sewer inlets/pipes since December 16, 2019. This has resulted in 63,500 pounds of rock, sediment and debris being removed from our pipes so they can carry more water during a rainstorm.





## FINANCIAL SUSTAINABILITY

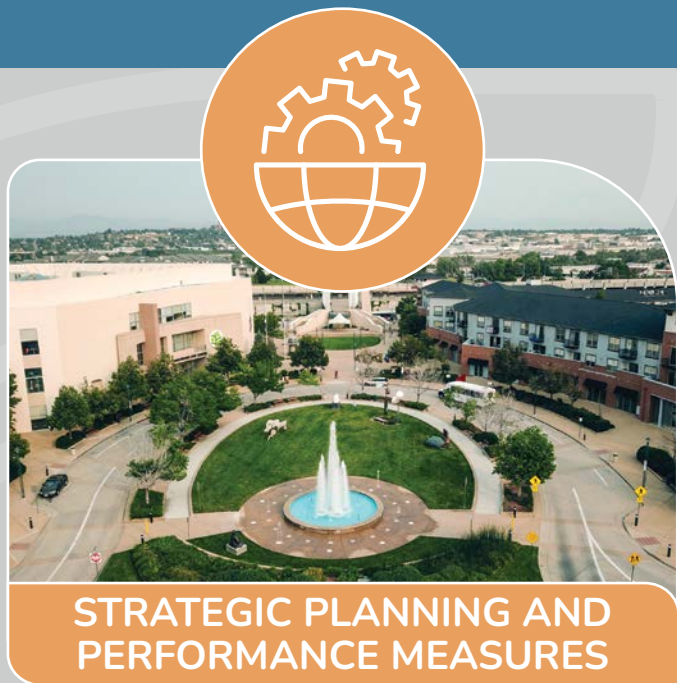
	2018	2023
Top tier credit rating*	X	✓
Comprehensive, long term capital improvement plan for investments in roads, parks, and infrastructure	X	✓
Sustainable levels of liabilities vs assets**	X	✓

**\* 2022** City of Englewood upgraded by Moody's Investors Service\*  
 This upgrading rating indicates municipal bonds have a lower risk of default in 2022 than in 2018.

**Aa3** → **Aa2**

**2018** 160M in assets  
 75M in liabilities

**2023** 174M in assets  
 62M in liabilities



## STRATEGIC PLANNING AND PERFORMANCE MEASURES

	2018	2023
Council approved strategic plan	X	✓
Performance metrics for staff	X	✓
Written customer service standards	X	✓

The City of Englewood Strategic Plan provides a strategic vision for the city, organized into seven outcome areas. Each outcome area includes metrics designed to track our progress in implementing the plan, as well as projects which include key investments.

To view the city strategic plan, scan the QR code:



## CIVIC ENGAGEMENT



## NEIGHBORHOOD CONNECTIONS

	2018	2023
Named Englewood neighborhoods	1	40
Neighborhood led gatherings	18	83
Funds allocated for job training shelter options	X	✓

In 2022, neighbors in the Hawthorn Neighborhood hosted an Oktoberfest Block Party! Neighbors enjoyed brats, pretzels and yard games while celebrating and getting to know one another. The neighborhood received the (Get to Know Your Neighbor) Grant, which helped make the party happen.

**2018** 18 National Night Out gatherings

**2021-2022** 50 Block Party Trailer Rentals  
 33 backyard movie kit rentals

## WHERE WE WERE

- Limited social media presence to keep residents informed and engaged
- No two-way online engagement regarding city initiatives
- Limited direct mail engagement

## WHERE WE ARE TODAY

- 38,140+ followers across five social media platforms
- 40,170 residents engaging through the new online platform, Englewood Engaged—6,937 respondents to city surveys
- The city adopted a strategic communications plan that includes direct mail as a primary tactic to communicate with residents and businesses including the *Englewood* magazines, postcards, door hangers and more.
- The city adopted a community engagement plan



## EMERGENCY MANAGEMENT

	2018	2023
Plans for handling city natural or manmade emergency	X	✓
Emergency management training requirement for city staff	X	✓
Continuity of operations plans for each department in cases of emergency	X	✓
Drills and scenarios-based emergency response trainings	X	✓

In 2022, the City of Englewood, in coordination with Arapahoe County's Emergency Management Team and the Denver Fire Department, conducted an Emergency Operations Center (EOC) activation exercise. The exercise was designed to help Englewood evaluate continuity plans and identify strengths and areas for improvement for an actual incident. The exercise provided training and awareness to staff who had an opportunity to rehearse their roles and responsibilities when an EOC is activated.



# Building with TACT

Local nonprofit teaches students with autism skilled trades

As a father, Danny Combs had always known his son Dylan was amazing. When Dylan was diagnosed with autism, Combs wanted to find ways to continue supporting the strengths that made his child so special.

“He’s so good at making and fixing things,” remembered Combs, who himself comes from a long line of tradesmen. However, he quickly realized there weren’t any opportunities for children with autism to learn a skilled trade. So he decided to create one.

Today TACT, or Teaching the Autism Community Trades, is supporting children and young adults with autism through education and employment in the skilled trades. While it started out of the back of a ‘58 Chevrolet, the local nonprofit recently found a new home at a large shop in Englewood, where it continues to help build jobs and bright futures for the full spectrum of individuals with autism.

**“We’re creating genuine pathways to make opportunities for our kids,” Combs said. “The coolest part is the community that it’s built, because people are recognizing these kids are incredible and bring so much value to the organization. It feels like it’s breaking down a stereotype of what people think is possible.”**

TACT offers a variety of programs for those with autism, from camps for young children to workshops with introductory lessons, all focused on hands-on skills like welding, auto mechanics, carpentry and even guitar making. Whatever the lesson, it’s always paired with encouragement and empowerment along the way, helping students gain confidence in addition to their new skill.

The nonprofit’s career track program – created for students in high school, college and those in their early 30s who are seeking a career – helps participants turn their talents into trades through specialized training and job placements.

In a landscape where the autism community experiences a 90% unemployment rate, TACT is making strides

**“TACT is truly a gift for our son. We are so very grateful for the training it is providing him, and the self-confidence he is developing.”**



to turn that figure around, boasting an 83% placement rate for students. Graduates of the program have been hired by many local businesses, and these individuals are sharing their strengths and skills to build a better community.

“They have so much value and so much worth. I love that we’re able to get these amazing individuals started in their careers,” Combs said.

“For some of the older graduates, for the first time in their life they feel successful and are able to be recognized for something they’re good at. When you see it on their face and their family’s face, it’s really powerful and makes me feel like we’re on the right track.”

For TACT participants and their families, the career opportunities are just the beginning of the program’s impact.

“William is learning valuable hands-on skills, ranging from simple listening and peer cooperation, to technical hands-on training with automobiles, wood and computer hardware,” shared Nickie Fowler, mother of a 13-year-old participant.

“TACT is truly a gift for our son. We are so very grateful for the training it is providing him, and the self-confidence he is developing. William will be extraordinary because that’s the way he was made. But we are thrilled TACT is helping him learn how to share his extraordinary with others.” She continued.

**To learn more about TACT or make a donation, visit [buildwithtact.org](http://buildwithtact.org).**

# In Their Words: People of Tri-Cities



**From homeless to hope, stories from our community**  
**Nick Webber, 42.**

I graduated from Englewood High School in 1999. I joined the Army and served in Afghanistan, Iraq, Romania and Colombia. What’s the Army like? Take the best part of your life and mix it with the worst. You’ll never find a brotherhood like that anywhere else.

Readjusting to civilian life was hard. I worked as a sandblaster, a heavy diesel mechanic and a landscaper. Then my dad died, his house got sold, and I wound up homeless.

I hated mankind. I wanted to die. But I’m too proud to do it.

The things I saw when I was homeless, I didn’t fight for that. I wanted world peace. But when you’re homeless, you see people hurt each other. You’re fighting other homeless people, the police, even yourself. It’s a fight for survival.

The first thing I experienced when I came to Movement 5280 was warmth. Then a hot meal.

I met Jamie, one of the navigators – I went to high school with her! What has 5280 done for me? A better question is what haven’t they done? They got me connected with veterans’ benefits. They got me housing!

There’s hope. You have to pull yourself up, but there are people who will help you. Life isn’t easy, but it’s worth fighting for.

Read more inspiring stories and learn about the Tri-Cities Homelessness Initiative at [tricityeshomeless.com](http://tricityeshomeless.com).



# City Ditch Piping Project will Help Improve Englewood’s Water

Englewood Utilities has embarked on a project that will help to improve the taste, odor and hardness of the city’s drinking water. Although Englewood’s water currently meets safe drinking water regulations, the source of the water can affect the characteristics of the treated water. The City Ditch Piping Project will allow Englewood to source most of its water directly from Chatfield Reservoir, which is higher-quality than water drawn from the South Platte River at Union Avenue.

Water from Chatfield Reservoir travels through the City Ditch to Harvard Gulch Park in Denver. The majority of the ditch is already piped between Chatfield Reservoir and the Allen Water Treatment Plant (WTP) in Englewood; however, 2.5 miles is still open channel. Four stretches of the ditch will be piped between Chatfield Reservoir and the Allen WTP. City Ditch will remain unchanged between the Allen WTP and Harvard Gulch Park.

Piping City Ditch will have numerous benefits for Englewood customers. In addition to improvements in taste, odor and hardness, piping will improve system reliability and safety, reduce evaporation and water loss, and help manage the effects of drought and climate change.



Utilities staff has been working with a team from Jacobs Engineering and Reynolds Construction to develop a preferred pipeline alignment. These alignments were presented at two community meetings in April and May, as well as posted on Englewood Engaged, the city’s community engagement platform. The city has engaged a broad range of stakeholders for the project, including the City of Littleton, historic preservation groups, citizens and local businesses. Since the community meetings, the design team has been reviewing feedback from the public and considering it in the design where possible. These considerations from public feedback include opportunities to acknowledge the historical aspect of the ditch, trail and vegetation impacts, and construction concerns from nearby property owners.

Construction of the project is anticipated to begin in early 2024 and be completed in 2025. City Ditch is one of several projects underway in Englewood to improve water taste, odor and hardness. While all City projects have an impact on rates and fees, the costs associated with the City Ditch Piping Project have been budgeted and accounted for in the long-term financial plan. The return on this investment will be better drinking water to serve residents and local businesses.

**For updates, please visit [www.engaged.englewoodco.gov/city-ditch-piping-project](http://www.engaged.englewoodco.gov/city-ditch-piping-project).**

## Reusable Bags on the Rise

State of Colorado to ban most plastic bags in 2024



In January 2023, Colorado started to impose a 10-cent fee for using single-use plastic and paper bags at many businesses around the state per Colorado House Bill 21-1162. While these mandates come from the state, not the city, they will impact some businesses in the City of Englewood.

Excluding restaurants and small stores that operate solely in Colorado and have three or fewer locations, **stores may only provide recycled paper bags for a 10-cent fee starting January 1, 2024.** Polystyrene foam (Styrofoam) takeout containers at restaurants will also be prohibited starting January 1, 2024.

Make sure you're prepared by bringing a reusable bag to the grocery store and when shopping!

**Tip:** Store reusable bags in your car so you always have one on hand.

# ARAPAHOE COUNTY 911 AUTHORITY

## SIGN-UP FOR EMERGENCY NOTIFICATIONS

ArapAlert utilizes the CodeRed system to allow public safety agencies to warn citizens, residents and/or visitors of danger and other important information.

**SIGN-UP AT: [www.arapalert.org](http://www.arapalert.org)**

## Striving for Justice in Englewood

Learn more at the August 17 State of the Court Event



### Did you know Englewood has its own local, municipal court?

Established by a city charter in 1959, Englewood is the only municipality in Colorado that elects its presiding judge. This helps ensure public trust in the court as undoubtedly independent.

The U.S. and Colorado Constitutions guarantee every person accused of wrongdoing has the right to due process to ensure fundamental fairness, including a right to trial before a competent and independent judge and/or a jury of one's peers. Englewood's Municipal Court ensures these rights by sitting between the government and an accused person. The court also helps protect public safety by preventing and punishing crimes and violations in neighborhoods and around the city.

The municipal court's mission is to ensure justice with dignity for all. The court focuses on the individual circumstances of each case to determine needs for punishment, education, personal

responsibility, rehabilitation and the restoration of the community – all to ultimately reduce recidivism and ensure public safety for everyone in Englewood. Court staff has initiated new programs in response to evolving community needs that work with the defendant and community to understand barriers that have made success difficult and developed a plan to achieve personal responsibility for the defendant's actions. This includes partnering with local agencies to provide resources for mental health and substance abuse counseling, as well as basic needs such as housing, food and employment.

Learn more at The State of the Court from 5:30-7:30 p.m. on August 17 at the Englewood Municipal Court, 1000 Englewood Parkway, 2nd Floor.

## Emerald Ash Borer Found in Arapahoe County

What to do if you have ash trees

In June, Arapahoe County identified its first case of Emerald Ash Borer (EAB), an invasive insect that infests and kills all species of ash trees. The case was detected in a small area in northeast Littleton and was confirmed by Arapahoe County agencies, Colorado State University Extension specialists and experts from surrounding municipalities.

Ash trees comprise approximately 15% of Colorado's urban forest, and it is estimated that there are 20,000 ash trees in the City of Englewood.

### Not sure what you can do?

- Determine if you have an ash tree on your property.
- Educate yourself and others about the threat from Emerald Ash Borer.
- Decide if tree removal or treatment is right for you.
- Apply for the City of Englewood's EAB Subsidy Program.
- Only plant non-ash trees on your property.

### EAB Subsidy Program Details

- Subsidize the removal and/or chemical treatment of ash (*Fraxinus* spp.) trees.
- The subsidy covers 25% (Max. of \$500) of the total cost for tree removal and/or chemical treatment.

Learn more about the EAB and EAB Subsidy Program at [englewoodco.gov/eab](http://englewoodco.gov/eab).



## Available Now!

Passport applications are now being accepted at the Englewood Civic Center!

Visit [englewoodco.gov/passports](http://englewoodco.gov/passports)

## COMPOST COLORADO

### COMMUNITY DROP OFF

**Englewood Recreation Center**  
1155 W. Oxford Ave.  
N. Parking Lot

**24/7 Bin Access**  
**\$15/month**  
**BYO Container**

Just drop off your compostables and pick up what you need for your garden.

**Sign Up**  
[compost-colorado.com](http://compost-colorado.com)



# Englewood Unveils Renovated Parks

## Baker Park 2200 W. Wesley Avenue

Baker Park is Englewood's first, fully renovated park in almost 20 years. Updates include a new playground, restrooms, walking path and pavilion.

## Centennial Park 4630 S. Decatur Street

Located in the Centennial Acres neighborhood, Centennial Park was freshened up with a variety of new amenities including a half-court basketball court, new playground, restrooms and pavilion.



# ACTIVITY GUIDE

## Fall Fun

Registration for activities begins:

- Aug 9 for residents
- Aug 11 for non-residents
- See page 23 for information



There is a **BRAND NEW** text messaging notification system coming soon to the City of Englewood! Residents will be able to sign up for the following categories: City News, Alerts, Events and Parks, Recreation, Library & Golf News

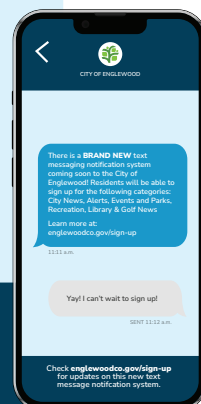
Learn more at: [englewoodco.gov/sign-up](http://englewoodco.gov/sign-up)

11:11 a.m.

Yay! I can't wait to sign up!

SENT 11:12 a.m.

Check [englewoodco.gov/sign-up](http://englewoodco.gov/sign-up) for updates on this new text message notification system.



## ADVERTISE in the Englewood Magazine



- 1 Engage your Customer like Never Before
- 2 Increase your Advertising Impact
- 3 Affordable and Effective Direct Marketing
- 4 Reach 21,000+ People Each Quarter
- 5 New rates!

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](http://englewoodco.gov), the Malley and Englewood Recreation Centers, the library and Civic Center.

FOR MORE INFORMATION AND RATES  
Email: [communications@englewoodco.gov](mailto:communications@englewoodco.gov)  
Phone: 303-762-2313



Fall Youth Programs  
Page 39

New Programs at the Rec Center  
Page 51





# PARKS AT A GLANCE

## PARKS

### AMENITIES

	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
<b>BAKER PARK</b> 2200 W. Wesley Ave.					●	●		●	●				
<b>BARDE PARK</b> 3150 S. Downing St.					●								
<b>BATES/LOGAN PARK</b> 2938 S. Logan St.		●	●		●	●		●	●				
<b>BELLEVIEW PARK</b> 5001 S. Inca Dr.	●	●	●		●	●		●	●		●		
<b>CENTENNIAL PARK</b> 4630 S. Decatur St.	●	●	●		●	●		●	●				
<b>COLORADO'S FINEST HIGH SCHOOL OF CHOICE</b> 300 W. Chenango Ave.		●	●				●						
<b>CUSHING PARK</b> 700 W. Dartmouth Ave.		●	●		●	●		●	●	●			●
<b>DUNCAN PARK</b> 4880 S. Pennsylvania St.		●	●	●	●	●	●	●	●				
<b>JASON PARK</b> 4299 S. Jason St.		●	●	●	●	●		●	●				
<b>NORTHWEST GREENBELT</b> 2222 W. Vassar Ave.				●	●			●					
<b>RIVERRUN TRAILHEAD</b> 2101 W. Oxford Ave. Access to Mary Carter Greenway Trail. "Surf the Platte" on Colorado's only river wave shaper. Learn more at <a href="http://endlesswaves.net/waves/river-run-park">endlesswaves.net/waves/river-run-park</a> .					●	●		●	●				
<b>ROMANS PARK</b> 1800 E. Floyd Ave.		●	●		●	●		●	●		●	●	●
<b>ROTOLO PARK</b> 4401 S. Huron St.			●		●	●		●					
<b>SOUTHWEST GREENBELT</b> 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\***  
4880 S. Pennsylvania St.
- 11. Barde Park**  
3150 S. Downing St.
- 12. Miller Fields**  
3600 S. Elati St.
- 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.
- 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](http://englewoodco.gov/parks) for more details about Park Use Permits.

**Special Event Licenses:** Visit [englewoodco.gov/events](http://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](mailto: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.

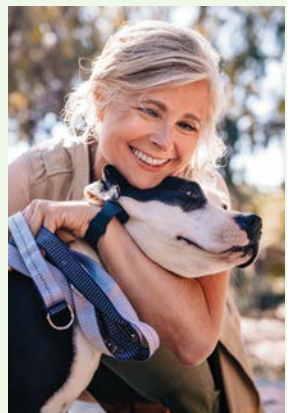
**Pavilions:** Reserve your park pavillion online at [englewoodco.gov/pavilions](http://englewoodco.gov/pavilions). Pavillions are available to reserve April 15 - October 15. For assistance, call the Englewood Recreation Center at 303-762-2680.

Park use and pavilion reservations will follow the most up-to-date health guidelines. Visit [englewoodco.gov/play](http://englewoodco.gov/play) for details.

## 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](http://englewoodco.gov/offleash) for additional information.



## 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**  
 8/28 - 9/4 ANNUAL MAINTENANCE CLOSURE  
 11/23 THANKSGIVING

### ID Card

All program and center participants 5 years and older are required to obtain a photo 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 and reserve online.

### 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, tire flip and dozens of attachment points for straps. Tetro Performance offers a variety of fitness classes using The ZONE room. Register online at [tetroperformance.com](http://tetroperformance.com) and check out page 50 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](http://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](mailto:recreation@englewoodco.gov).

### Individuals with Disabilities Program

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

### Financial Assistance

The City of Englewood Recreation Centers partner with Integrated Family Community Services for financial assistance for our programming. Qualified individuals and families who reside in Englewood can receive vouchers for center admission or classes. Please reach out to IFCS at 303-789-0501 or [ifcs@ifce.org](mailto:ifcs@ifce.org) for more information and to see if you qualify.

### 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.

### Center Admission

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

Type	GENERAL: 18–54 Years		CHILD/ACTIVE ADULT: 3–17/55–82	
	Non-Resident	Resident	Non-Resident	Resident
Daily Admission (Recreation ID Required)	\$6.00	\$4.75	\$5.50	\$4.00
25-Visit Pass An ideal pass for any age. Active adults 55+ can enjoy use of both Recreation Centers with this pass for drop-in use.	\$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 Membership* Upgrade your Monthly Premier Membership 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.	Courts are reserved by the hour. Reservations are accepted two days in advance.	Fee included in center admission.
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Corporate Rates Call for pricing; pricing based on residency and number of visits purchased.

\*Monthly memberships are auto-renewed monthly until bank card expiration. Fee based on resident status at the time of auto-renewal. Contract required. Active adult passes and memberships valid at both ERC and Malley for individuals over the age of 55. Does not include Social Pass.

## HOW TO REGISTER



**ONLINE:** Submit registrations anytime at [englewoodrec.org](http://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.



**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.

## PARKS, RECREATION & EVENTS TEAM

<b>Englewood Recreation Center Supervisors</b>	Avery Akers Brenna LeBlanc – Aquatics Joyce Musgrove Sara Stant	aakers@englewoodco.gov bleblanc@englewoodco.gov jmusgrove@englewoodco.gov sstant@englewoodco.gov
<b>Malley Recreation Center Supervisors</b>	Shelly Fritz-Pelle Nancy Baum	sfritz@englewoodco.gov nbaum@englewoodco.gov
<b>Parks Supervisor</b>	Tim Holt	tholt@englewoodco.gov
<b>Events Supervisor</b>	Toni Arnoldy	tarnoldy@englewoodco.gov
<b>Open Space Activities Supervisor</b>	Lindsay Peterson	lpeterson@englewoodco.gov

# 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

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

### Center Closures

9/4 LABOR DAY  
 11/23 THANKSGIVING

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 23 for more information.

### Volunteers of America (VOA)

The VOA and Malley Recreation Center have teamed up to provide lunch Monday thru Friday from 11:30 a.m. - 12:15 p.m. Completed application and reservations are required two days in advance by calling 303-762-2660. Suggested donation of \$2.50 per meal for those age 60+ or eligible spouse. Guests dining under age 60 are \$11.

### Colorado Visiting Nurses Association (CVNA)-Medical Foot Care Clinic

Footcare with CVNA allows patients to receive preventative care and discuss health concerns with a medical professional. CVNA can also provide referrals to physicians. By appointment only: 303-698-6496.

### Heat and Energy Assistance (LEAP) Low-Income Energy Assistance

The Colorado Low-income Energy Assistance Program (LEAP) is a federally funded program that helps eligible hard-working Colorado families, seniors and individuals pay a portion of their winter home heating costs. The LEAP program works to keep our communities warm during the winter (November 2022 through May 1, 2023) by aiding with heating costs, equipment repair and/or replacement of inoperable heating tools. While the program is not intended to pay the entire cost of home heating, we aim to help alleviate some of the burdens that come with Colorado's colder months.

Questions? Email: LEAPhelp@goodwillcolorado.org Call: 866-432-8435

### Arapahoe County Homemakers & Chore Services Program

Maintain a healthy, active and independent life. Program provides free light housekeeping and assistance with heavier household chores for older adults. Services include yardwork, washing first floor windows, household cleaning and organizing. For info, call 303-738-8080 or email SeniorResources@arapahoegov.com.

### Social Pass

12 months of access to all the MRC programs that do not include a class number. Include fitness center, game room, computers, billiards, lobby access, table tennis, pickleball and drop-in gym.

Type	ACTIVE ADULT: 55 years and over	
	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)
25 Visit Pass (Multi-Facility)	\$64 (Cost per visit: \$2.56)	\$80 (Cost per visit: \$3.57)
Premier Pass	\$27.00/mo (\$300.00/mo – 12 months prepaid)	\$33.25/mo (\$375.00 – 12 months prepaid)
Platinum Pass (83+)	FREE	FREE

\*Monthly memberships are auto-renewed monthly until bank card expiration. Fee based on resident status at the time of auto-renewal. Contract required. Active adult passes and memberships valid at both ERC and Malley for individuals over the age of 55. Does not include Social Pass.

### 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.						
	Level	Su	M	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.
	Adv.	—	2 – 4:45 p.m.	—	2:15 – 5:30 p.m.	—	2 – 4:45 pm	9:15 a.m. – 12:15 p.m.
CFHSC	Beg./Int.	—	—	11:30 a.m. – 2 p.m.	—	11:30 a.m. – 2 p.m.	6 – 7:45 p.m.	—
	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
<b>Craft &amp; Community</b> Join other crafters in your community and socialize while working on a craft project of your choice. Patrons bring all necessary supplies for projects. No instructor provided. Large craft tables and sink available.	41760611	9/11 - 11/27	M	1:00 – 3:00 p.m.	MRC	\$17/\$14
<b>Open Paint Studio</b> Come together with folks from the community to work on a painting. Whether you are an amateur or an expert, open studio welcomes you. This program is a student-led workshop and does not have an instructor. Students bring personal supplies for Open Paint Studio.	41761411	9/5 - 11/28	Tu	1:00 – 3:00 p.m.	MRC	\$17/\$14
<b>Drop-in Woodcarving</b> Bring along your current woodcarving project and join other experienced carvers in completing a masterpiece! This is a drop-in group of folks that socialize while carving in a self-led workshop setting. Required Supplies: carving glove and thumb guard.	41762512	9/6 - 11/29	W	2:00 – 4:00 p.m.	MRC	\$17/\$14
<b>TLC Embroidery</b> Gather with other needle crafters to create various embroidery crafts, engage and support one another. Patrons are required to provide their own materials. This program is a casual setting, patrons must have knowledge on how to embroider. Needlepoint crafts include embroidery, bunka, needlepoint, cross stitch, quilting, crochet and knitting. Please bring own supplies.	41761511	9/2 - 11/25 No Class on 10/14 & 11/4	Sa	10:00 a.m. - 12 p.m.	MRC	\$17/\$14

## DROP-IN PROGRAMS – FREE OR REQUIRES SOCIAL PASS

Class	Dates	Days	Time	Fee	
<b>Mahjongg</b> Bring along your Mahjongg set and join us for this complex game that originated in China, which has up to 144 game tiles. The first person to match a hand of 14 tiles wins the game calling out "Mahjongg!"	9/2 - 11/25	M	12:30 – 3:30 p.m.	SOCIAL PASS / FREE	
<b>Table Tennis</b> Also known as ping-pong or whiff-whaff, this is a sport which can be played in singles or doubles and is great for beginners or more advanced levels.	9/5 - 11/30 No Play on 11/23	Tu/Th	noon – 4:30 p.m.	SOCIAL PASS / FREE	
<b>Bingo</b> Join this game of chance in person or via Zoom. Malley Recreation Center has the best Bingo crew and fun prizes! Join us this month.	41450711 41450712 41450713	9/14 10/12 11/9	Th Th Th	1:00 – 2:00 p.m. 1:00 – 2:00 p.m. 1:00 – 2:00 p.m.	FREE FREE FREE
<b>Stayin' Alive Retirement Support Group</b> Gather with other retirees to share thoughts and stories or simply socialize. Topics are guided by the group and can include friendship, companionship, purpose, reflection and much more.	9/7 - 11/29	W	1:00 – 2:00 p.m.	SOCIAL PASS / FREE	
<b>Movie Time</b> Join us the second Friday of each month to watch a free movie on the big screen. Popcorn is available for 25 cents. Watch for monthly flyers or call 303.762.2660 the week of to inquire on movie.	9/8, 10/13, 11/10	F	1:00 - 3:30 p.m.	FREE	

To verify if drop-in programs are happening, please call 303-762-2660 or visit [englewoodco.gov/play](http://englewoodco.gov/play).



**Englewood Public Library Hours**

Mon - Thur: 9:30 a.m. - 7:30 p.m.  
 Fri - Sat: 9:30 a.m. - 5 p.m.  
 Sunday: noon - 5 p.m

**ENGLEWOOD LIBRARY**

**TWEEN PROGRAMMING**

**Tween Programming**

Tween Programming is for children ages 8-11 only and is designed to promote autonomy and friendships. Tweens will come into the program on their own, but we ask that parents stay in the library during the program.

**Nature Art and Science**

Thur, Sept 7th at 4:00 a.m.

Be inspired by the beauty and power of nature and give our nature art and science projects a whirl! We'll try our hands at foliage bookmarks, leaf necklaces and key chains, harvest season mosaics, apple STEM challenges and more.

**World Animal Day Celebration**

Thursday October 5, 4:00 p.m.

Celebrate World Animal Day! We'll have an array of crafts inspired by animals of all shapes and sizes, recommendations for how you can help our animal friends beyond the library, and maybe even some animal-themed Minute to Win It games to top it all off.

**Play With Your Food**

Thursday November 2, 4:00 p.m.

With Thanksgiving around the corner we're saying, "Go ahead, play with your food!" Or at least come have a blast playing with the snacks we'll have on-hand for this food-focused engineering program! We'll provide an assortment of fruits and veggies, dips and spreads, and more so you can engineer your very own scrumptious sculptures and more.

**TEEN PROGRAMMING**

**Teen Programming**

Teen programming is for teens ages 12-18 only.

**Teen Hangouts:**

Come hangout with us every Tuesday in the Teen Room from 5:00 to 7:00 p.m. Generally, we play games, but occasionally we show a movie.

**Teen Monthly After Hours Events:**

**College Preparation Night [AFTER HOURS!]**

Friday September 22, 6:00 p.m.

Come learn what you need to know to get ready for college. We will have counselors from Englewood High School to provide information about college applications, scholarship applications and financial aid applications. We will also have information regarding College Entrance Exam (ACT and SAT) preparation and essay writing. Teens will meet with advisors from 6:00 to 7:30 p.m. Parents will be invited to meet with advisors at 7:30 p.m. Recommended for teens age 14-18.



**Halloween Party [AFTER HOURS!]**

Friday October 20, 6:00 p.m.

Ready for Halloween? After the library closes, we will be hosting a teen-only Halloween party! Dress up in your best Halloween costume, and join us for a variety of spooky Halloween activities and scary good snacks.

**Friendsgiving plus Crafts [AFTER HOURS!]**

Friday November 17, 6:00 p.m.

Join us for our first ever Friendsgiving event. We will start by gathering together to enjoy time with good friends and good food. Then we will have a variety of craft projects. Dinner will be served.



**CHILDREN PROGRAMMING**

**STORYTIME PROGRAMMING**

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

**Storytime in the park | Every Friday at 9:30 a.m. and 10:30 a.m. For children of all ages**

Join us every Friday in September for storytime in a local park 9:30 a.m. or 10:30am. Please bring a blanket to sit on and check the library event calendar for locations.

9/1	F	9:30 and 10:30 a.m.
9/8	F	9:30 and 10:30 a.m.
9/15	F	9:30 and 10:30 a.m.
9/22	F	9:30 and 10:30 a.m.
9/29	F	9:30 and 10:30 a.m.

Friday storytimes will transition back to the library for October and November

**Storytime at the Library**

**Toddler Storytime | Every Mon & Tues at 10:30 a.m.**

For children 18 months up 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 Wed 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 will help improve motor, sensory and social skills with caregiver and baby interactions.

**Preschool/family Storytime | Every Thurs at 10:30 a.m.**

Every Friday in October and November @ 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.

**Yoga Storytime**

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

9/12	T	10:30 a.m.
10/10	T	10:30 a.m.
11/14	T	10:30 a.m.

**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**

10/13	F	10:30 a.m.
11/3	F	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**

9/19	T	10:30 a.m.
10/16	M	10:30 a.m.
11/14	T	10:30 a.m.

**After School Programs for Children of All Ages**

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

9/14	Th	4:00 p.m.
9/28	Th	4:00 p.m.
10/12	Th	4:00 p.m.
11/9	Th	4:00 p.m.

**Special Programs for Children of All Ages**

**JamBOOree - Halloween Party**

Join us for our Annual JamBOOree event! Featuring gruesome games, creepy crafts and more. Don't forget to wear your costume! **No Registration may be required.**

10/28	Sa	10:00 a.m. – 12:00 p.m.
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**Fall Break Programs**

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

11/20	M	2:00 p.m. Movie
11/21	T	2:00 p.m. Fall Crafts
11/22	W	2:00 p.m. Fort Building

**Early Reader Book Club**

The Early Reader Book Club is geared towards 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.**

9/21	Th	4:15 p.m.
10/19	Th	4:15 p.m.
11/16	Th	4:15 p.m.



ADULT PROGRAMMING

**Book Clubs**  
Come check out one of the book clubs hosted by the library. E-mail us at [cbarnett@englewoodco.gov](mailto:cbarnett@englewoodco.gov) or go to [englewoodco.gov/library](http://englewoodco.gov/library) for this month's pick and how to get a copy!

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

Join us on Mondays to connect with local resources for assistance. Multiple organizations will be available to help with medical and mental health, food & nutrition, family wellness, employment training/certification and placement. Please check our website at [englewoodco.gov/library](http://englewoodco.gov/library) for which groups will be present each week. No registration required.

**Creative Writing Group**  
First and third Wednesday of the month, 6:00 p.m. – 7:30 p.m.  
Location: Anderson Room

Join our writer's group! We meet twice monthly for discussion, practice with prompts and other writing exercises. All experience levels are welcome. For ages 16+. No registration required.

**English Conversation Circle**  
Second and fourth Saturday of the month, 1:00 – 3:00 p.m.  
Location: Perrin Room

Are you looking to improve your English-speaking skills? Would you like tutoring in ESL or help with citizenship prep? Join us for our twice monthly English Conversation Circle! Our staff and volunteers will help beginners and intermediate learners with their language skills. No registration required.

**Let's Get Crafty**  
Second Saturday of the month, 2:00 – 3:30 p.m.  
Location: Anderson Room

Broaden your creative horizon! Join us on Saturday afternoons each month to create a new craft, and maybe learn a new skill! We'll provide the space, supplies and guidance. No registration required, but space is limited.

LIBRARY STAFF	
Librarian Corinne Barnett	<a href="mailto:cbarnett@englewoodco.gov">cbarnett@englewoodco.gov</a>
Librarian Kimberly Powers	<a href="mailto:kpowers@englewoodco.gov">kpowers@englewoodco.gov</a>

**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 ages 14+. No registration required.

**Tabletop/RPG Game Night**  
Second and fourth Thursday of the month, 5:00 – 7:30 p.m.  
Location: Perrin Room

Need a place to meet new people, play your tabletop games or even hold a tabletop RPG session? Join us for our twice-monthly meetup! New players are always welcome. Ages 14+. No registration required.

ONGOING PROGRAMS

**Homebound Services**  
Are you or a loved one unable to get to the library regularly to pick up materials? Our homebound services team delivers holds to several patrons weekly! E-mail us at [libraryhomedelivery@englewoodco.gov](mailto:libraryhomedelivery@englewoodco.gov) or call 720-254-1092 for more information.

STAND ALONE PROGRAMS

**Genealogy: Expand Your Genealogical Research**  
Wednesday, September 6, 1:00 – 3:00 p.m.  
Location: Anderson Room

If you've started researching your ancestors but have hit some brick walls, this class will give you some additional resources. We'll look at archives, historical newspapers, land records, military records, immigration sources and more. The library has copies of "How to Do Everything Genealogy, Fourth Edition" by George G. Morgan. This class will feature highlights from Part II of this excellent book. Presented by Barbara Elliott, past president, and Jean Adams, education coordinator, Columbine Genealogical and Historical Society. No registration required.



**Technology Assist**  
Every Tuesday and Thursday, noon - 2:30 p.m.  
Location: Tech Lab

Library staff will help you with all of your technology needs in this twice weekly program. Bring in your own laptop, smartphone, tablet or other device for troubleshooting, or get one on one help at one of the library's public computers. We'll strive to answer all of your technology questions!

**Computer Basics: Just Getting Started**  
First Saturday of the month, 2:00 - 3:30 p.m.  
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.

**Smartphone and Tablet Basics**  
Third Saturday of the month, 2:00 - 3:30 p.m.  
Location: Tech Lab

Learn the basics of operating your smartphone or tablet. Learn about different operating systems and how to download apps. You can also learn how to protect 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.

**PLEASE NOTE:** Computer classes take place in the Englewood Public Library.

Registration is not required, but space is limited.

CONFLICT RESOLUTION MONTH EVENTS

**Conflict Resolution Month Featured Film - Tuesday, October 10, 6:00 p.m.**  
Location: Community Room

In conjunction with the city-wide celebration of Conflict Resolution Month, the library will screen a movie with conflict resolution themes.

**Conflict Resolution Month Book Club - Tuesday, October 17, 6:00 - 7:30 p.m.**  
Location: Hampden Hall

In conjunction with the city-wide celebration of Conflict Resolution Month, the library will host a community book club, where everyone will come together to read the same title with conflict resolution themes. For one night only, join us to discuss the book. No registration required.

**ENGLEWOOD PUBLIC LIBRARY BOOK SALE**

September 15-18. Proceeds will help fund 2024 Summer Reading Program.

**BOOK CLUB KITS AVAILABLE FOR CHECK OUT**

Kits include everything you need to make your book club a hit!





# AQUATICS

### 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.



SAVING LIVES BUILDING CHAMPIONS

### 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.



# SWIMMING LESSONS

### 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 with parents in a fun, family environment.

#### Level 0.5: Tadpoles (2½ – 3½ yrs)

For our youngest students, gaining more independence and confidence in the water. We will introduce floating, but comfort is our goal!

### Preschool

#### Level A1: Guppies (3 - 5 yrs)

To join Level A1 Guppies, kids must be comfortable in the water on their own. To graduate from this class, they will need to be able to float on their own.

#### Level A2: Clownfish (3 - 5 yrs)

To join Level A2: Clownfish, kids must be comfortable floating on their own, with their face in the water. To graduate from this class, they will need to be able to roll on their back to breathe.

#### Level A3: Pufferfish (3 - 5 yrs)

To join Level A3: Pufferfish, kids must be comfortable rolling on their own. To graduate from this class, they need to be able to swim independently across the tot pool.

#### Level A4: Sunfish (3 - 5 yrs)

To join Level A4: Sunfish, kids must be swimming independently

across the tot pool with rolls to breath. This is the highest-level class for this age group. We will begin to introduce deep end skills and arms with kicking.

### School Age

#### Level B1: Stingray (6 - 14 yrs)

School Age, Level B1: Stingray, introduces basic swimming skills like floating on front and back. To graduate, kids must be comfortable putting their face in the water and rolling on their own.

#### Level B2: Dolphin (6 - 14 yrs)

School Age Level B2: Dolphins must be able to roll onto their back and go underwater. To graduate, kids must be able to swim 15 meters, comfortably rolling on their back to breathe.

#### Level B3: Orca (6 - 14 yrs)

School Age Level A3: Orcas must be able to swim 15 meters, comfortably rolling to breathe. To graduate, kids must be able to swim 25 meters front and back, and perform basic freestyle, with side breathing, and backstroke for 15 meters.

#### Level B4: Shark (6 - 14 yrs)

School Age Level B4: Sharks must be able to swim 25 meters front and back, with basic freestyle, with side breathing, and Backstroke skills for 15 meters. To graduate, kids must be able to swim 50 meters front and back, with basic knowledge of breaststroke and butterfly kicks for 15 meters. This is the highest level, but if your kid would like a challenge, we offer a Swim Team.

## WATER FITNESS

### Aqua Power Ages: 16 yrs +

Add water to your everyday routine and see the difference.

9/14 - 10/12	Th	6:00 - 6:50 p.m.	\$25/\$21	41250211
10/19 - 11/16	Th	6:00 - 6:50 p.m.	\$25/\$21	41250221

### Aqua HIIT Ages: 16 yrs +

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

9/12 - 10/10	Tu	5:00 - 5:50 p.m.	\$25/\$21	41250611
10/17 - 11/21	Tu	5:00 - 5:50 p.m.	\$25/\$21	41250621

### Aqua Dance Ages: 16 yrs +

This water-based dance class combines the benefits of dance and aquatic fitness, providing a low-impact workout that promotes cardiovascular health, muscle toning, and flexibility.

9/11 - 10/9	M	5:45 - 6:45 p.m.	\$25/\$21	41260210
10/16 - 11/13	M	5:45 - 6:45 p.m.	\$25/\$21	41260211

### Senior Aqua

Ages: 55 yrs +

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

9/11 - 11/20	M	8:00 - 8:50 a.m.	\$30/\$24	41260120
9/11 - 11/20	M	9:00 - 9:50 a.m.	\$30/\$24	41260121
9/12 - 11/21	Tu	9:00 - 9:50 a.m.	\$30/\$24	41260122
9/12 - 11/21	Tu	10:00 - 10:50 a.m.	\$30/\$24	41260123
9/13 - 11/23	W	9:00 - 9:50 a.m.	\$30/\$24	41260124
9/14 - 11/16	Th	8:00 - 8:50 a.m.	\$30/\$24	41260125
9/16 - 11/13	Th	9:00 - 9:50 a.m.	\$30/\$24	41260126
9/15 - 11/17	F	9:00 - 9:50 a.m.	\$30/\$24	41260127

## 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 guests: \$125 / \$145\***  
 Room rental: 12:15 - 2:15 p.m.      **16 - 25 guests: \$150 / \$170\***  
 (you set up and clean up)  
 Pool time: 1:45 - 4:30 p.m.      \*Blue Spruce Room



### EVENING SWIMMING LESSONS AT ERC

		SEPTEMBER – OCTOBER	OCTOBER – NOVEMBER
Fee: \$55/\$44		Mondays & Wednesdays	
Level 0.5: Tadpole	4:00 – 4:25 p.m.	41210211	41210212
Level A1: Guppies	4:00 – 4:25 p.m.	41220111	41220112
Level A2: Clownfish	4:30 – 5:00 p.m.	41220211	41220212
Level A3: Pufferfish	5:05 – 5:35 p.m.	41220311	41220312
Level A4: Sunfish	5:40 – 6:10 p.m.	41220411	
Level B1: Stingray	4:30 – 5:00 p.m.	41230111	41230112
Level B2: Dolphin	5:05 – 5:35 p.m.	41230211	41230212
Level B3: Orca	5:40 – 6:10 p.m.	41230311	41230312
Level B4: Shark	5:40 – 6:10 p.m.		41230412

### WEEKEND SWIMMING LESSONS AT ERC

		SEPTEMBER – OCTOBER		OCTOBER – NOVEMBER	
Fee: \$30/\$25		Saturdays	Sundays	Saturdays	Sundays
		9/16 – 10/14	9/17 – 10/15	10/21 – 11/18	10/22 – 11/19
Babes & Tots	9:05 – 9:35 a.m.	41210131			
	9:40 – 10:10 a.m.		41210133	41210135	41210137
	10:15 – 10:45 a.m.	41210132	41210134	41210136	41210138
Level 0.5: Tadpole	9:05 – 9:35 a.m.		41210232	41210233	41210234
	10:50 – 11:20 a.m.	41210231			
Level A1: Guppies	9:40 – 10:10 a.m.	41220131	41220133	41220135	41220137
	10:15 – 10:45 a.m.	41220132	41220134	41220136	41220138
Level A2: Clownfish	9:40 – 10:10 a.m.		41220233	41220235	41220237
	10:15 – 10:45 a.m.	41220232	41220234	41220236	41220238
	10:50 – 11:20 a.m.	41220231			
Level A3: Pufferfish	8:30 – 9:00 a.m.		41220332	41220333	41220334
	10:50 – 11:20 a.m.	41220331			
Level A4: Sunfish	9:40 – 10:10 a.m.	41220431			
	10:50 – 11:20 a.m.		41220432	41220433	41220434
Level B1: Stingray	9:05 – 9:35 a.m.	41230132	41230133	41230135	41230137
	10:15 – 10:45 a.m.	41230131			
	10:50 – 11:20 a.m.		41230134	41230136	41230138
Level B2: Dolphin	8:30 – 9:00 a.m.	41230231			
	9:05 – 9:35 a.m.	41230232	41230233	41230235	41230237
	10:50 – 11:20 a.m.		41230234	41230236	41230238
Level B3: Orca	8:30 – 9:00 a.m.	41230331	41230332		41230334
	8:30 – 9:10 a.m.			41230333	
Level B4: Shark	8:30 – 9:00 a.m.		41230432		41230434
	8:30 – 9:10 a.m.	41230431		41230433	

### 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
5 Classes:	\$115	\$140
4 Classes:	\$96 *	\$116 *

\*only for section 10/17 - 11/14 which includes Halloween. No class on Tues, 10/31.

5 classes Time	SEPTEMBER – OCTOBER		OCTOBER – NOVEMBER	
	Tuesdays	Thursdays	Tuesdays *	Thursdays
	9/12 – 10/10	9/14 – 10/12	10/17 – 11/14	10/19 – 11/16
4:00 – 4:30 p.m.	41231201	41231211	41231241	41231251
4:30 – 5:00 p.m.	41231202	41231212	41231242	41231252
5:00 – 5:30 p.m.	41231203	41231213	41231243	41231253
5:35 – 6:05 p.m.	41231204	41231214	41231244	41231254
6:05 – 6:35 p.m.	41231205	41231215	41231245	41231255
6:35 – 7:05 p.m.	41231206	41231216	41231246	41231256

Time	SEPTEMBER – OCTOBER		OCTOBER – NOVEMBER	
	Saturdays	Sundays	Saturdays	Sundays
	9/16 – 10/14	9/17-10/15	10/21- 11/18	10/22 – 11/19
11:25 a.m. – 11:55 p.m.	41231227	41231229	41231267	41231269
12:00 – 12:30 p.m.	41231228	41231230	41231268	41231270

### HOME SCHOOL SWIMMING

Class	Fee	Time	Wednesdays	
			9/13 – 10/11	10/18 – 11/15
3–8 yrs	\$30	1:00 – 3:30 p.m.	41230811	41230821
8 yrs & up	\$25	1:00 – 3:30 p.m.	41230812	41230822

Home school and remote students wanted. Assessments will be done on the first day and students will be grouped by age and ability for the remaining lessons. Your child will receive a 30-minute lesson during this time frame. We ask that you watch your children in and out of the water and follow all facility rules, so everyone can have a safe and fun time together!

### TIDAL WAVES

Class	Fee	Time	Mondays & Wednesdays	
			9/11 – 11/22	
6-17 yrs	\$100/\$80	5:30 – 6:30 p.m.	41230911	

Take your swimming skills to the next level on our year round CARA recreational swim team. Swimmers must be proficient in freestyle and backstroke for 25 meters.



# CULTURAL PROGRAMS

Location: Malley Recreation Center (MRC).

## NEW Full-Day Weaving Class

Ages: 55 yrs +

Explore the world of weaving with Robin Wilton of the Rocky Mountain Weaver's Guild! Discover weaving basics on a rigid heddle loom and create a scarf to show off your talents! Class instruction includes how to figure wrap and weft, simple design possibilities, and weaving technology. Supply list emailed to registered students one week prior to class start. **Instructor: Robin Wilton**

9/29	F	9:00 a.m. – 4:00 p.m.	\$58/\$46	41760111
11/17	F	9:00 a.m. – 4:00 p.m.	\$58/\$46	41760112

## Creative Pottery

Ages: 55 yrs +

Explore various methods of hand-building, slip casting and sculpting to create three pieces of art in each six-week session. All glazes, under glazes and kiln firings are included. Clay fee is \$15 for every 25 pounds of clay, payable to Instructor.

**No Class on 10/11. Instructor: Michael McGrath**

9/5 – 10/10	Tu	10:00 a.m. – noon	\$72/\$67	41760411
10/17 – 11/21	Tu	10:00 a.m. – noon	\$72/\$67	41760412
9/6 – 10/18	W	10:00 a.m. – noon	\$72/\$67	41760311
10/25 – 11/29	W	10:00 a.m. – noon	\$72/\$67	41760312
9/6 – 10/18	W	4:30 – 6:30 p.m.	\$72/\$67	41760313
10/25 – 11/29	W	4:30 – 6:30 p.m.	\$72/\$67	41760314

## Drawing and Painting Class

Ages: 55 yrs +

Join Eileen Hoffman to explore the world of art by drawing, painting and sketching! This class welcomes a variety of medium options including colored pencil, watercolor and acrylic paint- you choose! Escape to a creative place where your skills can sharpen, and your imagination can run wild. All levels are welcome.

**No class on 10/12 & 11/23. Instructor: Eileen Hoffman**

9/7 – 10/19	Th	10:00 a.m. – noon	\$60/\$55	41760511
10/26 – 11/30	Th	10:00 a.m. – noon	\$60/\$55	41760512

## Craft & Community Group

Ages: 55 yrs +

Join other crafters in your community and socialize while working on a craft project of your choice. Patrons bring all necessary supplies for projects. This group is more of a gathering of like-minded crafters that enjoy company while completing a craft

of their own. No instructor provided. Large craft tables and sink available..

9/11 – 11/27	M	1:00 – 3:00 p.m.	\$17/\$14	41760611
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## Open Paint Studio

Ages: 55 yrs +

Come together with other folks from the community to work on a painting. Whether you are an amateur an expert, open-studio welcomes you! This program is a workshop setting without an instructor. Students bring personal supplies for open studio.

9/5 – 11/28	Tu	1:00 – 3:00 p.m.	\$17/\$14	41761411
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## NEW TLC Embroidery Studio

Ages: 55 yrs +

Gather with other needle crafters to create various embroidery crafts, engage, and support one another. Patrons must provide all own materials. TLC Embroidery is an open format setting without an instructor. Patrons must have prior knowledge on needle crafts. This open studio is available for all needle crafts including embroidery, bunka, needlepoint, cross stitch, quilting, crochet and knitting. **No classes on 10/14 & 11/4.**

9/2 – 11/25	Sa	10:00 a.m. – noon	\$17/\$14	41761511
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## 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**

9/6 – 9/27	W	2:00 – 3:00 p.m.	\$22/\$18	41860311
10/4 – 10/25	W	2:00 – 3:00 p.m.	\$22/\$18	41860312
11/1 – 11/29	W	2:00 – 3:00 p.m.	\$22/\$18	41860313

## 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**

9/6 – 9/27	W	3:30 – 4:30 p.m.	\$22/\$18	41860411
10/4 – 10/25	W	3:30 – 4:30 p.m.	\$22/\$18	41860412
11/1 – 11/29	W	3:30 – 4:30 p.m.	\$22/\$18	41860413

Continued on page 35



# MALLEY SPECIAL EVENTS

Register at: Englewoodrec.org | Special Event Location: Malley Recreation Center

## Monday Night Football Party

Are you ready for some FOOTBALL? Join us for some grub and kickoff the fall football season in style! Game time menu includes green chili, cornbread and dessert. Wear your favorite team gear, as we start the season with the Buffalo Bills vs New York Jets.

9/11	M	5:30 – 9:00 p.m.	\$7
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## Oktoberfest

Enjoy delicious German cuisine including bratwurst, sauerkraut and brezel, and stay for the live entertainment! Ein Prost! Entertainment by Rudy Lucero with the Thirsty 5 & Jim Ehrlich.



10/6	F	11:30 a.m. – 1:00 p.m.	\$12
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## Haunted Denver

Not everyone likes ghosts and spooky things. One local guide, Kevin Snow, tried to do everything possible to avoid the ghosts of Denver... but they found him anyway! He ended up with so many ghost stories that he, in fact, wrote not one book but two about the subject. Join our reluctant ghost hunter for a tour of the haunted heart of Denver. It's guaranteed to be a gruesomely good time!

10/31	Tu	1:00 – 2:00 p.m.	41451011	\$13
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## Billiards & Burgers

Swing on by and enjoy a game or two of pool and a burger for lunch! Get a tour of Malley Recreation Center and learn about upcoming programs and events. Lunch served from 12:00 - 1:00 p.m.

11/14	Tu	noon – 2:00 p.m.	\$3
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## Arsenic and Old Lace Live Radio Play

Adapted from the 1948 live radio broadcast by four professional actors playing all the roles and providing all the sound effects. This is a ghoulish, gleeful comedy about caustic, theatre critic, Mortimer Brewster and his dear, sweet, spinster aunts, who wouldn't hurt a fly, or would they? Afterall, insanity runs in the family, it practically gallops! Doors open at 1:20 p.m.

11/17	F	1:30 – 3:30 p.m.	\$13
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## SENIOR SAFETY SYMPOSIUM

Join us for a full day of programs and activities that will focus on personal safety, mental and overall health, fraud detection and prevention and much more! Guest experts will present on various topics. Lunch provided. Space is limited. Free, registration is required.



9/20	W	10:00 a.m. – 3:00 p.m.	FREE
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## CULTURAL PROGRAMS

### Advanced Beginner Line Dance

Ages: 55 yrs +

Step up the pace. Learn more difficult steps to new choreography and continue learning. **Instructor: Judy Curtis**

9/6 – 9/27	W	10:00 – 11:00 a.m.	\$22/\$18	41860611
10/4 – 10/25	W	10:00 – 11:00 a.m.	\$22/\$18	41860612
11/1 – 11/29	W	10:00 – 11:00 a.m.	\$22/\$18	41860613

### Drop-In Woodcarving

Ages: 55 yrs +

Bring along your current woodcarving project and join other experienced carvers in completing your masterpiece! This is a drop-in group of folks that socialize while carving in a self-led workshop setting. No instructor provided. Required Supplies: carving glove and thumb guard. Students must have woodcarving experience and be able to work independently.

9/6 – 11/29	W	2:00 – 4:00 p.m.	\$17/\$14	41762512
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# ENRICHMENT & EDUCATION

Location: Malley Recreation Center (MRC).

## Continuing Bridge Lessons

Take your bridge game to the next level in this class designed for those already well versed in the game but looking for more of a challenge. Topics covered include play & defense, bidding skills, lecture & supervised play. James Buck Location: MRC

9/6 - 10/11	W	10:00 a.m. - noon	\$57/\$46	41465011
10/18 - 11/22	W	10:00 a.m. - noon	\$57/\$46	41465012

## Basic Photography Composition

Grab your smartphone or camera and explore how to better capture images by applying the basic elements of composition in photography. Instructor: Cynthia Slade Location: MRC

9/8 - 9/29	F	1:00 - 2:00 p.m.	\$27/\$22	41460811
10/7 - 10/28	Sa	9:30 - 10:30 a.m.	\$27/\$22	41460812
11/3 - 11/17	F	1:00 - 2:00 p.m.	\$27/\$22	41460813

## Digital Photography Techniques

Discover how to use the settings on your camera, whether shooting a portrait, landscape or sporting event. Learn the three sides of the exposure triangle and how to use them to capture the photo you want. Instructor: Cynthia Slade Location: MRC

9/8 - 9/29	F	2:30 - 3:30 p.m.	\$27/\$22	41460711
10/7 - 10/28	Sa	11:00 - noon	\$27/\$22	41460712
11/3 - 11/17	F	2:30 - 3:30 p.m.	\$27/\$22	41460713

## Spanish III

Continue to sharpen your conversational Spanish skills in this interactive class that builds upon your current vocabulary and verb conjugation. Some prior Spanish knowledge strongly recommended for this advanced level class. Jean Kunkel Location: MRC

9/11 - 11/27	M	8:30 - 10:30 a.m.	\$68/\$56	41465611
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## The Will Maker - Legal Seminar

Complete a living Will or assign Medical or Financial Power of Attorney in this informative workshop. Fee includes materials, and witness for notarization of documents. Time allotted for individual review and questions. Please note: Workshop requires additional \$100 fee paid directly to the workshop instructor, Rebecca Bennetti- Attorney of Estate Planning Law. Location: MRC

9/26	Tu	12:30 p.m. - 4:30 p.m.	\$15/\$12	41460411
10/24	Tu	12:30 p.m. - 4:30 p.m.	\$15/\$12	41460512
11/28	Tu	12:30 p.m. - 4:30 p.m.	\$15/\$12	41460512

## Jumpstart Healthy Habits

Making a lasting behavior change is rarely a simple process. It involves a significant amount of time, effort, and emotion. Success is often worth it! Join this sponsored class to gain insight into steps to take to age happily and healthfully. Sponsored by Humana. MRC

9/25	M	11:00 a.m. - 1:00 p.m.	\$7/\$5	41450811
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## Building Physician Partnership

Explore ways to have a more active role in self-advocacy by building your relationship with your physician. This presentation will also review various types of healthcare providers, how to identify your individual "patient personality", and how to get the most out of each visit to the doctor. Take a close look at Medicare resources and join medical professionals for a round-table discussion. *Sponsored Presenter: Ben Torrez, Humana*

10/30	M	11:00 a.m. - 1:00 p.m.	\$7/\$5	41450911
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## Haunted Denver

Join Kevin Snow of Treasure Box Tours on this spectacular and spooky presentation on the haunted jaunts of Denver. This will be a one-hour presentation taking place at Malley Recreation Center.

10/31	Tu	1:00 - 2:00 p.m.	\$13	41451011
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## NEW Feed Your Brain: Nutrition for Concentration & Focus

Explore how to foster brain health at any age, combat periodic brain fog, and gain tools to sharpen concentration and focus. This class will also spotlight tricks to combat irritability and moodiness. *Presenter: Kelly Andis, Natural Grocers*

9/28	Th	1:00 - 2:30 p.m.	\$7/\$5	41460511
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## NEW Young at Heart

Discover the importance of CoQ10 at the cellular level, and how this supplement can help to support cell development as one ages. *Presenter: Kelly Andis, Natural Grocers*

10/26	Th	1:00 - 2:00 p.m.	\$7/\$5	41460611
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Continued on page 38



# COMMUNITY PROGRAMS

Location: Malley Recreation Center (MRC).

## Medicare 101

With so many varied choices surrounding healthcare and Medicare options, planning can be difficult! Discover some of the available plan options in the area and explore several tailored options. *Sponsored presenter: Allen McGirl Insurance* Location: MRC

9/14	Th	1:30 - 3:00 p.m.	FREE	41460111
10/12	Th	1:30 - 3:00 p.m.	FREE	41460211
11/9	Th	1:30 - 3:00 p.m.	FREE	41460311

## NEW Senior Medicare Patrol

The Senior Medicare Patrol (SMP) empowers and assists Medicare beneficiaries, their families, and caregivers. This class offers information to prevent, detect, and report health care fraud as well as errors and abuse. Location: MRC

Colorado Senior Medicare Patrol: 888-696-7213  
dora\_seniormedicarepatrol@state.co.us

9/8	F	9:00 - 11:00 a.m.	FREE	41461411
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## Bingo

Join this game of chance in person or via Zoom. Malley Recreation Center has the best Bingo crew and fun prizes. Join us this month. Location: MRC

9/14	Th	1:00 - 2:00 p.m.	FREE	41450711
10/12	Th	1:00 - 2:00 p.m.	FREE	41450712
11/9	Th	1:00 - 2:00 p.m.	FREE	41450713

## Reverse Mortgage-What Heirs Should Know

The reality is, most borrowers with a reverse mortgage may not be the one closing out the loan, this responsibility may fall to an heir or executor. Gain insight into how to prepare for self and loved ones as well as ending to what is needed when the last borrower leaves the home.

*Sponsored presenter: Orion Mortgage, Inc.* Location: MRC

11/6	M	10:00 a.m. - 11:00 a.m.	FREE	41461311
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## Reverse Mortgage Myths

This class will provide basic information regarding reverse mortgage loans, and how they can be uniquely structured to fit various types of financial situations

*Sponsored Presenter: Orion Mortgage* Location: MRC

10/9	M	10:00 a.m. - 11:00 a.m.	FREE	41461011
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## NEW Social Security Basics

Join Josh Weller, a Public Affairs Specialist with the Social Security Admin, to review the basics of SS topics: Retirement, disability and survivor & dependent benefits. Note: Class may be broadcast live-virtually or in-person depending on number of attendees. Many opportunities for Q & A. Free, registration is required. Location: MRC

9/15	F	10:00 a.m. - noon	FREE	41461211
10/27	F	10:00 a.m. - noon	FREE	41461212
11/17	F	10:00 a.m. - noon	FREE	41461213

## NEW Denver Regional Council of Governments (DRCOG) - Area Agency on Aging - Choice Services Program

DRCOG Services include Case Management, SHIP, Transportation services, In-Home services, and an Information and Assistance line to answer your questions and connect to resources. This one-hour program will be an informative overview of local resources available to older adults. Questions? Contact DRCOG: 303-480-6700. *Presenter: Malorie Miller, Program Manager, Area Agency on Aging* Location: MRC

11/15	W	11:00 a.m. - noon	FREE	41460011
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## NEW What's New in Medicare for 2024?

Your Medicare coverage and costs can change each year, so it is important to understand and review your benefits. An overview of what's new in 2024 will be provided. Please note: this class may be broadcast live-virtually at the Malley Recreation Center or provided in-person depending on number of attendees. *Presented by the Denver Regional Council of Governments - State Health Insurance Program.*

11/10	F	9:00 a.m. - 11:00 a.m.	FREE	41461611
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## NEW LEAP, Energy Outreach & Solar Presentation

LEAP-approved applicants may qualify for weatherization or furnace repair or replacement through the Crisis Intervention Program (CIP). Information about Energy Outreach of Colorado (EOC) grants, the new time-of-use meters for electricity, and the Community Solar Garden Program for Xcel electric customers will also be available. *Presenter: Arapahoe County - Beth Harris / Robin Roe*

11/27	M	1:00 - 2:00 p.m.	FREE	41461711
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Continued on page 38

## ENRICHMENT & EDUCATION

### **NEW** Super Simple Immunity Support

Learn more about how vitamins and minerals support the immune system while working in tandem with optimal nutrition to ensure the body maintains prime function.

*Instructor: Kelly Andis (Natural Grocers)*

11/30 Th 1:00 - 2:00 p.m. \$7/\$5 41460911

### **NEW** Wills, Trusts & Power of Attorney

Planning for potential disability or death can offer peace of mind, reduce burdens on loved ones and help to leave a legacy. Explore available tools including power of attorney advance medical directives, wills, and trusts. The probate process and long-term considerations will also be addressed.

*Presenter: Ryan Scott of BC Scott Law*

9/18 M 10:00 - 11:30 a.m. \$7/\$5 41461111

### **The Probate Process**

Explore the options that are available when a loved one passes, as well as situations that are appropriate to probate. Discover the role of the personal representative or executor of estate, as well as the role of the beneficiary.

10/16 M 10:00 - 11:30 a.m. \$7/\$5 41461511

### **NEW** Nymb! Science Digital App 101

The scientifically proven Nymb! app is free to ages 60+ in the Greater Denver Area! Join 20,000+ local Coloradans who are improving their balance and active lifestyle (while having fun) with Nymb! It's free, fun, and only 10 minutes a day! Please bring your digital device, tablet, smartphone along- Nymb! is a digital app that will be downloaded during class for use in any location.

*Presenter: Sasha Story, Nymb! Community Outreach*

10/23 M 1:00 - 2:00 p.m. \$7/\$5 41461811

### **NEW** Physician Series: Orthopedic Joint Inflammation and Care

Join a Physician Specialist from Swedish Medical Center to learn more about the causes, symptoms, treatment options and basics behind joint inflammation.

9/11 M 12:30 - 1:30 p.m. \$7/\$5 41461911

### **NEW** Physician Series: Mental Health Awareness and YOU

Did you know that October is Mental Health Awareness month? Join a Physician from Swedish Medical Center- Behavior Health to be part of the conversation and gain insight surrounding this topic. Expand your personal toolkit to educate yourself and others on how essential mental health is to overall well-being.

10/10 Tu 12:30 - 1:30 p.m. \$7/\$5 41461912

### **NEW** Grab & Graze Charcuterie

Elevate your culinary skills and embrace the art of charcuterie in this hands-on class! Discover the craft of preparing a delightful assortment of cured meats, artisanal cheeses, fresh fruits, and accompaniments. Lisa Collins, owner of Graze Craze - a local charcuterie board company will show you the essential techniques for arranging and garnishing visually stunning and flavorful charcuterie boards. Take home a board with you at the end of class!

9/8 F 3:00 p.m. - 5:00 p.m. \$25/\$20 41462211

11/13 M 2:00 p.m. - 4:00 p.m. \$25/\$20 41462212

## COMMUNITY PROGRAMS

### **NEW** Alzheimer's Association Education: Healthy Living for your Brain and Body

For centuries, we have known that the health of the brain and the body are connected. Science is able to provide insight on how to optimize our physical and cognitive health as we age. This class will provide details on the latest research in areas of diet and nutrition, exercise, cognitive activity and social engagement. Additional information will overview hands-on tools that help incorporate recommendations for healthy aging.

*Presenter: Representative with the Alzheimer's Association*

Location: MRC

9/13 W 1:00 - 2:00 p.m. FREE 41462311

### **NEW** Alzheimer's Association Education: 10 Warning Signs of Alzheimer's

Join this class to explore the ten most common warning signs and what to watch for in yourself and others. This class session will also provide insight into typical age-related changes concerning brain function, how to approach someone about memory concerns, early detection, and the benefits of a diagnosis as well as diagnostic process. Additional resources provided by the Alzheimer's Association.

*Presenter: Representative with the Alzheimer's Association*

Location: MRC

10/18 W 1:00 - 2:00 p.m. FREE 41462312

### **Medicare & Me (Humana)**

Dive into a more comprehensive view of Medicare options, and considerations tailored specifically to your needs. Discuss options and make comparisons to find the most beneficial coverage in line with budget, lifestyle, and personal needs. Medicare Advantage plan will be reviewed specifically with Humana, as well as a closer look at Part C.

*Sponsored Presenter: Ben Torrez, Humana*

11/20 M 11:00 a.m. - 1:00 p.m. FREE 41462011



### **Young Artists**

Join this fun class as we explore different art styles and mediums to get your creative juices flowing. Staff will help children learn different techniques and practice their budding art talents with new friends.

9/16 - 9/30 Sa 10:00 - 11:00 a.m. \$87/\$70 41731011

10/07 - 10/21 Sa 10:00 - 11:00 a.m. \$87/\$70 41731012

10/28 - 11/18 Sa 10:00 - 11:00 a.m. \$87/\$70 41731013

### **Escape the Rec.**

Enjoy puzzles, brain teasers, challenges, or just want to have fun? Join our staff as you stretch your mind try to complete a different escape room challenge each week. At the end of each session students will test each other's skills in challenges they've created!

10/4 - 10/18 W 4:30 - 6:00 p.m. \$55/\$45 41431011

11/1 - 11/15 W 4:30 - 6:00 p.m. \$55/\$45 41431012

## SCHOOL DAZE OUT

If the kids are stuck at home with nothing to do let them enjoy a few hours at the Englewood Recreation Center instead of being planted in front of the television. Days will included games, crafts, sports, and may include swimming in the Englewood Recreation Center's pool!

9/4	M	9:00 a.m. - noon	\$30/\$25	41530301
9/4	M	1:00 p.m. - 4:00 p.m.	\$30/\$25	41530302
9/15	F	9:00 a.m. - noon	\$30/\$25	41530303
9/15	F	1:00 p.m. - 4:00 p.m.	\$30/\$25	41530304
9/6	F	9:00 a.m. - noon	\$30/\$25	41530305
9/6	F	1:00 p.m. - 4:00 p.m.	\$30/\$25	41530306
10/20	F	9:00 a.m. - noon	\$30/\$25	41530307
10/20	F	1:00 p.m. - 4:00 p.m.	\$30/\$25	41530308
11/3	F	9:00 a.m. - noon	\$30/\$25	41530309
11/3	F	1:00 p.m. - 4:00 p.m.	\$30/\$25	41530310
11/20	M	9:00 a.m. - noon	\$30/\$25	41530311
11/20	M	1:00 p.m. - 4:00 p.m.	\$30/\$25	41530312
11/21	Tu	9:00 a.m. - noon	\$30/\$25	41530313
11/21	Tu	1:00 p.m. - 4:00 p.m.	\$30/\$25	41530314
11/22	W	9:00 a.m. - noon	\$30/\$25	41530315
11/22	M	1:00 p.m. - 4:00 p.m.	\$30/\$25	41530316



## 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 movie all in the Recreation Center gym.

9/26	Tu	5:30 - 8:00 p.m.	\$25/\$20	42321111
10/24	Tu	5:30 - 8:00 p.m.	\$25/\$20	42321112
11/14	Tu	5:30 - 8:00 p.m.	\$25/\$20	42321113



Accommodations for individuals who are not independent in daily living activities or need extra supervision or assistance are encouraged to register and participate with a personal care attendant. Attendants must register separately from the individuals they are assisting. At time of registration, please notify Nancy Baum (nbaum@englewoodco.gov) of any necessary accommodations.

When registering for ticketed events, accommodations can only be guaranteed until the non-refundable date noted in the description. After that date we will make every effort to accommodate needs, but we cannot guarantee ticket availability. Excursion and hike cancellations prior to 5 business days of trip will be refunded minus a \$5 administrative fee.

No refunds are granted due to late arrival or no-show. Cancellations five business days or less are not refunded. No refunds issues after "Cancel by" date has lapsed.

SEPTEMBER

Scenic Mountain Fall Color Excursions

**Black Hawk and Central City**

Try your luck at Black Hawk or Central City- we will drop you off and pick you up so you can hit the big jackpot and be in the heart of it all. Visit your favorite casino, check out the local town, or simply take in that fresh mountain air. All activities on your own. Registration Deadline: 3 full business days prior to excursion date.

Priority given to those 55 years and older. Persons under 55 can call 303-762-2660 and ask for availability.

9/11	M	9:00 a.m. – 4:00 p.m.	\$25/\$20	42060311
9/18	M	9:00 a.m. – 4:00 p.m.	\$25/\$20	42060312
10/9	M	9:00 a.m. – 4:00 p.m.	\$25/\$20	42060313
10/16	M	9:00 a.m. – 4:00 p.m.	\$25/\$20	42060314
11/13	M	9:00 a.m. – 3:00 p.m.	\$25/\$20	42060315
11/20	M	9:00 a.m. – 3:00 p.m.	\$25/\$20	42060316

**Rockies**

Take me out to the ballgame! Join us for some Autumn baseball! Games are in the late afternoon (1:15 p.m. start) and seats are prime- located on the main level. We will depart Malley at 12:15 p.m., and plan to return by 6 p.m. Food and refreshments are on your own. Cancellations must be done one week prior to game date, no refunds after that date.

*Colorado Rockies vs Los Angeles Dodgers*

9/26	Tu	12:15 – 6:00 p.m.	\$48/\$38	42060711
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*Rockies vs. Detroit Tigers*

10/1	Su	12:15 – 6:00 p.m.	\$48/\$38	42060712
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**NEW** Mystery Matinee & Meal

The Chez Artiste Theater in Denver shows classics, international and foreign films. We will catch a matinee followed by an early dinner in town. Add a little mystery to your life and register! Mums the word on this matinee and meal until you board the bus!

Registration includes transportation, escort and matinee ticket. Meal is paid for on your own.

9/6	W	12:45 p.m. - 5:30 p.m.	\$30/\$25	42060111
10/18	W	12:45 p.m. - 5:30 p.m.	\$30/\$25	42060112
11/1	W	12:45 p.m. - 5:30 p.m.	\$30/\$25	42060113

**NEW** Museo de las Americas Art Muesum & Lunch- Denver

Museo de las Americas is the premier Latin American Art Museum in the Rocky Mountain region. In the heart of the historic Santa Fe Arts District, Museo has been celebrating the artistic and cultural achievements of Latinos for three decades and is still going strong. View the colorful artworks and follow up with lunch at Taco de Mexico, a family-owned classic Mexican restaurant in Denver. Lunch is on your own. Menu price range is \$10-\$20.

9/12	Tu	11:30 a.m. – 3:30 p.m.	\$36/\$30	42060411
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**Beautiful Boreas Pass Scenic Drive & Lunch- Breckenridge**

The Miners of Colorado once chased gold with a pan. Join Malley as we chase gold on the bus...with a camera! Grab a chance to view the golden shades of yellow and orange throughout Boreas Pass as we reach 11,493' in elevation at the highest point. From there, we will take some time to roam Breckenridge and enjoy lunch in town on your own.

9/14	Th	8:00 a.m. – 5:00 p.m.	\$44/\$37	42061911
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**Crazy Hair Alpacas Farm Tour & Lunch- Castle Rock**

Andrea Blocher and her son started their farm of alpacas in 2018 in Franktown and have since grown to 22 alpacas. Crazy Hair Alpacas breeds and shows these animals, and processes the fiber into yarn as well as felted and woven products. We will do a 30-minute tour of the farm and follow up with lunch at Castle Cafe in Castle Rock. Lunch is on your own. Menu price range is \$7-\$26.

9/16	Sa	10:30 a.m. – 3:00 p.m.	\$51/\$42	42061311
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**NEW** Majestic Rocky Mountain National Park Bus Tour & Lunch

Immerse yourself in the wilderness, wildlife and wonder of Rocky Mountain National Park! Explore the breathtaking landscapes of the Rocky Mountains with a guided tour by bus! Dave Lively of Lively Tours & Talks will guide this tour and share his vast knowledge and expertise of the park. Catch a glimpse of the inspiring views of the 14,259' Longs Peak and discover hidden narratives of the Native Americans and pioneer settlers that once

called this area home. This excursion includes transportation, trip escort, guided tour and box lunch.

9/22	F	8:00 a.m. – 6:00 p.m.	\$86/\$72	42060611
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**Autumn Artistry-Peak to Peak Scenic Drive- Estes Park**

Established in 1918, the Peak to Peak is Colorado's oldest scenic byway and a fan favorite for viewing autumn colors. Take in the gorgeous landscapes, roam in Estes Park, grab a bite for lunch. A stop at the Colorado Cherry Company will follow on the way home. All activities in town are on your own.

9/25	M	8:00 a.m. – 5:00 p.m.	\$48/\$40	42061211
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**NEW** Sprout City Farms Tour (Denver Green School ) & Zaidy's Lunch

The Denver Green School Community Farm, a one-acre organic vegetable farm was established in 2011 with Denver Public Schools. Sprout City Farms set a precedent partnering with the public-school district producing and supplying the school kitchen with farm grown food. The farm produces an average of 10,000 pounds of food per year. Enjoy this guided tour and learn about this community organization. Lunch afterward; location TBD and on your own.

9/28	Th	10:00 a.m. – 3:00 p.m.	\$55/\$46	42061711
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OCTOBER

**Lariat Loop Scenic Fall Colors & Lunch- Evergreen**

Experience the thrill of the foothills and golden colors of fall on this scenic driving tour of Lariat Loop! This loop connects Golden, Morrison, Lookout Mountain and Evergreen while featuring spectacular mountain views and wildlife viewing opportunities. We will make a quick stop at Lookout Mountain Nature Center and Preserve to take in the sights and then off to Evergreen to lunch at Murphy's Mountain Grill. Lunch is paid on your own.

10/2	M	10:00 a.m. – 3:00 p.m.	\$30/\$25	42061011
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**NEW** Polish Pottery Outlet & Lunch- Littleton

This showroom has the most expansive selection of Polish pottery in the western United States! Owner Anthony will guide us through the showroom sharing pottery highlights. Bonus, participants will receive a 35% discount for shopping after the tour! After shopping, we will head to a traditional meal at the Pierogies Factory in Littleton. Menu fare includes pierogies (of course), kielbasa and sauerkraut. Lunch is on your own.

10/10	Tu	9:45 a.m. – 3:00 p.m.	\$27/\$22	42060511
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Scenic Mountain Fall Color Excursions

**National Renewable Energy Lab Tour & Lunch**

NREL offers in-person, staff-led tours of its South Table Mountain campus in Golden to US citizens ages 18 and older. Learn about the research and work producing clean energy technologies, reducing waste, and eliminating atmospheric pollution. After the 90-minute guided tour, we will head to lunch at Golden Diner, menu price range is \$9-\$16, lunch is on your own. Please Note: proof of US Citizenship status and email address is required for participation in the NREL tour.

Please Note: proof of US Citizenship status and email address is required for participation in the NREL tour.

10/13	F	9:00 a.m. – 3:00 p.m.	\$36/\$30	42061611
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**Guanella Pass Scenic Fall Colors & Lunch - Evergreen**

An hour from Denver, we will visit Georgetown, a town known as the Silver Queen of the Rockies. Our route leapfrogs the steep divide between the South Platte and Clear Creek watersheds and passes thick forested areas along the creeks flanked by Mt. Bierdstadt and Mt. Evans. We will stop for lunch at 511 Rose, a sweet cafe with tempting dishes that include pumpkin mascarpone ravioli and crispy skin duck breast. Menu price range is \$20-\$30. Lunch is on your own.

10/23	M	10:00 a.m. – 2:30 p.m.	\$30/\$25	42061111
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**Balistreri Winery Tour & Lunch- Denver**

Balistreri Vineyards is family-owned and operated, all-natural winery located 10 minutes outside of downtown Denver. Enjoy a tour of Balistreri Vineyards packed with information about the grape and its many flavor notes, followed by a tasting of 15 varieties of wines created with Colorado-grown grapes. After the tour and tasting, enjoy a light lunch of seasonally prepared soup, salad, bread and dipping oil.

10/24	Tu	11:00 a.m. – 3:30 p.m.	\$78/\$66	42060811
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**Cripple Creek Caravan**

Enjoy the bus ride to Cripple Creek, a historic gambling and mining town. The restored Old West brick buildings along Bennett Avenue, surrounded by majestic mountains, boast nine casinos as well as great restaurants and shops. Spend the day taking in the historic sights in town, enjoy lunch with friends or try your luck at a casino. All activities on your own.

10/27	F	8:00 a.m. – 5:00 p.m.	\$42/\$34	42060211
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NOVEMBER

**Candlelight Dinner Theater: Million Dollar Quartet- Johnstown**

Check out the Tony Award-nominated musical, Million Dollar Quartet. On December 4, 1956 a twist of fate brought Johnny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley together for what would be one of the greatest jam sessions ever. This musical brings that legendary night to life with an irresistible tale of broken promises, secrets, betrayal and celebrations. Fee includes transportation, trip escort, dinner entree with salad, coffee, tea, soda, taxes, fees and gratuity. No refunds for cancellations after 10/9.

11/2	Th	4:00 p.m. – 9:00 p.m.	\$102/\$89	42060911
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**NEW Boulder Shambala Retreat Center-Meditation Morning**

In this introductory class, you will receive the technique, guidance and experience necessary to start a mindfulness, awareness or peaceful-abiding meditation practice in a beautiful, inspirational setting. Your teacher will give you detailed meditation instruction followed by practice and instruction. This program is ideal for beginners or students wanting to refresh their meditation technique. Wear comfortable clothes for this excursion. Class is from 10am-noon. Bring sack lunch to enjoy on bus on return to Malley.

11/5 Su 9:00 a.m. – 1:00 p.m. \$55/\$46 42061411

**Capital Tea-English Style High Tea- Denver**

Capital Tea offers a proper English-style high tea, including an assortment of finger sandwiches, mini scones with clotted cream and jam, decadent mini desserts and unlimited pots of hot tea with over 100 varieties of loose-leaf tea to choose from. No cancellations after 10/31.

11/9 Th 10:30 a.m. – 1:30 p.m. \$80/\$67 42065511

**City of Englewood History Tour & Lunch**

Capital Tea offers a proper English-style high tea, including an assortment of finger sandwiches, mini scones with clotted cream and jam, decadent mini desserts and unlimited pots of hot tea with over 100 varieties of loose-leaf tea to choose from. No cancellations after 10/31.

11/16 Th 10:00 a.m. – 3:00 p.m. \$30/\$25 42061511

**Denver Mob Tour & Gaetano's Lunch**

Join Tom Hackett, this classic Denver Mob Tour that visits 20 locations by bus with a guided tour of crime scenes, murder scenes, homes of bootleggers and mobsters who lived and operated in North Denver in the '70s and '80s. This tour will end with lunch at Gaetano's Restaurant (once owned and operated by the Saldone Crime Family). Lunch offered is a set menu, details to come. Please note any dietary restrictions at time of registration. Fee includes transport, transport escort, guided bus tour, and lunch. No cancellations after 11/15/23.

11/29 W 10:15 a.m. – 3:30 p.m. \$125/\$105 42061811

**ADVENTURES IN DINING**

Dining Adventures include transportation and a trip escort, all dining fees are separate and paid for by patrons at time of meal.

**Gaetano's Italian Restaurant- Dinner- Denver**

Cozy up to the bar and enjoy a classic gangster cocktail, soak up the retro ambiance and historic vibes of Denver's former mobster headquarters. Menu price range is \$10-\$42.

9/7 Th 4:30 p.m. – 7:00 p.m. \$18/\$15 42062011

**Sushi Katsu- Dinner- Greenwood Village**

Voted Best Sushi Bar by Westword Magazine! Explore fresh, quality sushi and Japanese dishes. Menu options include sushi rolls, soups, salads, appetizers, nigiri and desserts. A wide variety of options in addition to sushi. All you can eat sushi: \$31. General menu price range is \$15-\$40.

9/21 Th 4:30 p.m. – 7:30 p.m. \$18/\$15 42062111

**Culinary Drop-Out Lunch- Denver**

Culinary Dropout serves classic meals done right. Try the crowd pleasing pretzel bites and provolone fondue, 35-hour pork ribs or famous fried chicken drizzled with honey. There is something on the menu for every palette. Wash it all down with an ice-cold beer or house-made cocktail. Menu range \$20-\$30.

10/5 Th 11:15 a.m. – 3:00 p.m. \$26/\$22 42065411

**Yanni's Greek Restaurant- Dinner - Greenwood Village**

Explore Mediterranean taverna style dining, originating from this family-owned restaurant, where all the recipes started in Kalamata, Greece. Enjoy savory lamb chops, souvlaki, fresh seafood, rich moussaka, tangy spanakopita or mouth watering avgolemono soup! Menu price range \$12-\$35.

10/12 Th 4:00 p.m. – 7:30 p.m. \$17/\$14 42062211

**Sam's No. 3 Diner- Lunch- Glendale**

The third of three Coney Island-style diners opened by Sam Armatas throughout the 20s, this family-owned diner has been serving Papou Sam's menu for over 90 years! Peruse the 16-page menu for a comfort food meal that you will not soon forget! Large portions, scratch made and breakfast served all day! Menu price range \$10-\$23.

10/26 Th 11:00 a.m. – 2:00 p.m. \$17/\$14 42062311

**Cracovia Polish- American Restaurant Lunch - Westminster**

Cracovia Polish-American Restaurant & Bar prides itself on being family-owned, using only the freshest ingredients and ensuring each dish has the warmth of a traditional home-cooked meal. The owners are executive chefs from Poland and bring over 20 years of experience to their cuisine. Menu specials include golabki (minced meat and rice stuffed in cabbage rolls), Pierogi, kielbasa and sauerkraut. Menu price range is \$13-\$38.

11/10 F 11:45 a.m. – 3:30 p.m. \$21/\$17 42062411

**Brown Palace- Ship Tavern-Dinner - Denver**

The Ship Tavern at The Brown Palace Hotel opened in 1934 after the repeal of prohibition. The decor includes a full sail, mast and a crow's nest, an old ship's clock, Jamaican run barrels and a collection of old sailing ship models. Try the famous melt-in-your-mouth prime rib, burgers, sandwiches, seafood and steaks as well as a wide selection of beers, wines and unique cocktails. Menu price range \$11-\$75+.

11/30 Th 4:45 p.m. – 7:30 p.m. \$23/\$19 42062611



**Mountain Hiking Adventures | All Levels**

Fall is a beautiful time in Colorado. Enjoy the changing of the leaves and fresh air with one of our many levels of hiking adventures, which now includes strolls. For any hike, come prepared with a daypack, hiking boots, sack lunch, water (more if it's hot), rain gear, hat, sun lotion, insect repellent, whistle, warm clothing and money for an ice cream stop. Please pick hike appropriate to your ability and fitness level. Locations are subject to change depending on weather or trail conditions.

Fee: \$24/\$20

\*Easier hikes

Activity #	Date	Day	Time	Location	Length RT.	Start Elev.	Elev. Gain	Difficulty	Near
42160111	9/5	Tu	7 a.m.-5 p.m.	Deserted Village	6 mi.	7800'	600'	E-M	Estes Park
42160212	9/13	W	7 a.m. – 5 p.m.	Mesa Cortina*	9.5 mi	9217'	1354'	E-M	Silverthorne
42160313	9/19	Tu	7 a.m. – 5 p.m.	Gold Dust	4-8 mi	9217'	500'	E-M	Como
42160414	9/27	W	7 a.m. – 5 p.m.	Caribou Ranch*	2-5 mi	8533'	353'	E-M	Nederland
42160521	10/3	Tu	7 a.m. – 5 p.m.	Surprise Lake	6.5 mi	8652'	1489'	M	Silverthorne
42160622	10/11	W	8 a.m. – 5 p.m.	Chavez Trail*	5 mi	6562'	1260'	E-M	Genesee Park
42160723	10/17	Tu	8 a.m. – 5 p.m.	Mueller State Park	4 mi	9400'	200'	E-M	Divide
42160824	10/25	W	8 a.m. – 5 p.m.	Meyer Ranch*	1-4.3 mi	7483'	167'-1200'	D	Aspen Park
42160925	10/31	Tu	8 a.m. – 5 p.m.	Mueller State Park	4.2 mi	6555'	780'	M	Golden
42161031	11/7	Tu	11 a.m. – 2 p.m.	End of Season Hiker Potluck @ Malley"	0 mi	0'	0'	Free	MRC



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.



# ACTIVE KIDS

Winter dance class recital 6pm Friday, December 22nd!

## Toddler & Me Tumbling

Ages: 1 – 3 yrs | Location: ERC

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 | Location: ERC

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

## Gymnast Jubilee

Ages: 6 – 9 yrs | Location: ERC

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

## Youth Dance

Ages: 6 – 9 yrs | Location: ERC

These classes are designed to help your child become a well-rounded 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.

## Preteen Dance

Ages: 10 – 12 yrs | Location: ERC

This class is for students wanting to continue their dance journey and are looking for more challenging instruction. Styles include tap, jazz, ballet and hip hop.

## ACTIVE KIDS – DANCE

Class	Activity #	Ages	Dates	Days	Time	Location	Fee	Res Fee
Toddler and Me Dance	41820012	2 – 3 yrs	9/6 – 9/27	W	4:15 – 4:45 p.m.	ERC	\$25	\$20
	41820014	2 – 3 yrs	10/4 – 10/25	W	4:15 – 4:45 p.m.	ERC	\$25	\$20
	41820016	2 – 3 yrs	11/1 – 11/29	W	4:15 – 4:45 p.m.	ERC	\$25	\$20
	41820017	2 – 3 yrs	9/9 – 9/30	Sa	11:00 – 11:30 a.m.	ERC	\$25	\$20
	41820018	2 – 3 yrs	10/7 – 10/21	Sa	11:00 – 11:30 a.m.	ERC	\$19	\$15
41820019	2 – 3 yrs	10/28 – 11/18	Sa	11:00 – 11:30 a.m.	ERC	\$19	\$15	
PeeWee Dance	41820111	3 – 5 yrs	9/11 – 12/4	M	3:45 – 4:15 p.m.	ERC	\$90	\$84
	41820112	3 – 5 yrs	9/11 – 12/4	M	5:00 – 5:30 p.m.	ERC	\$90	\$84
	41820121	3 – 5 yrs	9/9 – 12/9	Sa	9:15 – 9:45 a.m.	ERC	\$90	\$84
	41820122	3 – 5 yrs	9/9 – 12/9	Sa	9:45 – 10:15 a.m.	ERC	\$90	\$84
	41820131	3 – 5 yrs	9/6 – 12/6	W	4:45 – 5:15 p.m.	ERC	\$98	\$91
41820141	3 – 5 yrs	9/7 – 12/7	Th	4:00 – 4:30 p.m.	ERC	\$98	\$91	
Youth Dance	41820211	6 – 9 yrs	9/11 – 12/4	M	4:15 – 5:00 p.m.	ERC	\$90	\$84
	41820221	6 – 9 yrs	9/9 – 12/9	Sa	10:15 – 11:00 a.m.	ERC	\$90	\$84
	41820241	6 – 9 yrs	9/7 – 12/7	Th	4:30 – 5:15 p.m.	ERC	\$98	\$91

## ACTIVE KIDS – TUMBLING

Class	Activity #	Ages	Dates	Days	Time	Location	Fee	Res Fee
Toddler & Me Tumbling	42310111	1 – 3 yrs	9/9 – 9/30	Sa	9:30 – 10:00 a.m.	ERC	\$35	\$28
	42310112	1 – 3 yrs	10/7 – 10/21	Sa	9:30 – 10:00 a.m.	ERC	\$26	\$21
	42310113	1 – 3 yrs	10/28 – 11/18	Sa	9:30 – 10:00 a.m.	ERC	\$26	\$21
	42310114	1 – 3 yrs	9/9 – 9/30	Sa	10:30 – 11:00 a.m.	ERC	\$35	\$28
	42310115	1 – 3 yrs	10/7 – 10/21	Sa	10:30 – 11:00 a.m.	ERC	\$26	\$21
	42310116	1 – 3 yrs	10/28 – 11/18	Sa	10:30 – 11:00 a.m.	ERC	\$26	\$21
	42310121	1 – 3 yrs	9/8 – 9/29	F	4:30 – 5:00 p.m.	ERC	\$35	\$28
	42310122	1 – 3 yrs	10/6 – 10/27	F	4:30 – 5:00 p.m.	ERC	\$35	\$28
	42310123	1 – 3 yrs	11/3 – 11/17	F	4:30 – 5:00 p.m.	ERC	\$35	\$28
	42310124	1 – 3 yrs	9/8 – 9/29	F	5:00 – 5:30 p.m.	ERC	\$35	\$28
	42310125	1 – 3 yrs	10/6 – 10/27	F	5:00 – 5:30 p.m.	ERC	\$35	\$28
	42310126	1 – 3 yrs	11/3 – 11/17	F	5:00 – 5:30 p.m.	ERC	\$35	\$28
Tumbling Tykes	42320211	3 – 5 yrs	9/11 – 9/25	M	4:30 – 5:00 p.m.	ERC	\$26	\$21
	42320212	3 – 5 yrs	10/9 – 10/30	M	4:30 – 5:00 p.m.	ERC	\$35	\$28
	42320213	3 – 5 yrs	11/6 – 11/27	M	4:30 – 5:00 p.m.	ERC	\$26	\$21
	42320214	3 – 5 yrs	9/11 – 9/25	M	5:45 – 6:15 p.m.	ERC	\$26	\$21
	42320215	3 – 5 yrs	10/9 – 10/30	M	5:45 – 6:15 p.m.	ERC	\$35	\$28
	42320216	3 – 5 yrs	11/6 – 11/27	M	5:45 – 6:15 p.m.	ERC	\$26	\$21
	42320221	3 – 5 yrs	9/9 – 9/30	Sa	9:00 – 9:30 a.m.	ERC	\$35	\$28
	42320222	3 – 5 yrs	10/7 – 10/21	Sa	9:00 – 9:30 a.m.	ERC	\$26	\$21
	42320223	3 – 5 yrs	10/28 – 11/18	Sa	9:00 – 9:30 a.m.	ERC	\$26	\$21
	42320224	3 – 5 yrs	9/9 – 9/30	Sa	10:00 – 10:30 a.m.	ERC	\$35	\$28
	42320225	3 – 5 yrs	10/7 – 10/21	Sa	10:00 – 10:30 a.m.	ERC	\$26	\$21
	42320226	3 – 5 yrs	10/28 – 11/18	Sa	10:00 – 10:30 a.m.	ERC	\$26	\$21
	42320231	3 – 5 yrs	9/8 – 9/29	F	5:30 – 6:00 p.m.	ERC	\$35	\$28
	42320232	3 – 5 yrs	10/6 – 10/27	F	5:30 – 6:00 p.m.	ERC	\$35	\$28
	42320233	3 – 5 yrs	11/3 – 11/17	F	5:30 – 6:00 p.m.	ERC	\$26	\$21
Gymnast Jubilee	42320311	6 – 9 yrs	9/11 – 9/25	M	5:00 – 5:45 p.m.	ERC	\$26	\$21
	42320312	6 – 9 yrs	10/9 – 10/30	M	5:00 – 5:45 p.m.	ERC	\$35	\$28
	42320313	6 – 9 yrs	11/6 – 11/27	M	5:00 – 5:45 p.m.	ERC	\$26	\$21
	42320321	6 – 9 yrs	9/9 – 9/30	Sa	11:00 – 11:45 a.m.	ERC	\$35	\$28
	42320322	6 – 9 yrs	10/7 – 10/21	Sa	11:00 – 11:45 a.m.	ERC	\$26	\$21
42320323	6 – 9 yrs	10/28 – 11/18	Sa	11:00 – 11:45 a.m.	ERC	\$26	\$21	
Preteen Dance	41820311	10 – 12 yrs	9/13 – 12/6	W	5:00 – 5:45 p.m.	ERC	\$98	\$91
	41820312	10 – 12 yrs	9/9 – 12/9	Sa	11:00 – 11:45 a.m.	ERC	\$90	\$84
	41820313	10 – 12 yrs	9/8 – 12/8	F	5:00 – 5:45 p.m.	ERC	\$98	\$91



**ENGLEWOOD HOLIDAY EXPRESS 2023**

SANTA x CRAFTS  
UNLIMITED TRAIN RIDES  
S'MORES

**DECEMBER 3:30 - 8 9 15 16 8:30 P.M.**

ENGLEWOOD FARM AND TRAIN x 5001 S. INCA DR.  
TICKETS ON SALE MID-OCTOBER: ENGLEWOODCO.GOV/HOLIDAY-EXPRESS

**PIRATE YOUTH SPORTS**

BUILDING COMMUNITY, TRADITION AND EXCELLENCE!

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

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

Join our email list and register for all youth sports  
www.pirateyouthsports.com

**Tennis & Pickleball Lessons!**

Classes and instruction for all ages and a wide range of levels. Quality instructors from Ryan Freeman Tennis. Visit Play Englewood for info!

**PLAY ENGLEWOOD COLORADO**



# ADULT LEAGUES

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

Don't have a team or need a few more players to complete your team? Go to [teamsideline.com/englewoodrec](https://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 [ssant@englewoodco.gov](mailto:ssant@englewoodco.gov).

MEN'S AND WOMEN'S ADULT ATHLETIC LEAGUES						
SPORT	SEASON	REGISTRATION	LEAGUES BEGIN	FEES	FORMAT	OFFERINGS
Volleyball	Winter	11/10 - 12/29	Mid-January	\$335/team	10 Games + Single Elimination Playoff	Tuesday Coed, Wednesday Women's, Thursday Men's
	Fall	7/17 - 9/1	Mid-September			
Basketball	Winter	10/10 - 12/29	Mid-January	\$475/team	8 Games + Single Elimination Playoff	Sunday Men's Comp, Sunday Men's Rec, Monday Men's Open
	Spring	1/28 - 3/10	Late March			
	Summer	5/8 - 6/2	Mid-July			
	Fall	9/17 - 10/6	Late September			
Softball	Summer	3/13 - 5/6	Mid-May	\$525/team	10 Games + Single Elimination Playoff	Thursday Men's Competitive and Recreational
	Fall	6/27 - 7/28	Mid-August	\$425/team		

**NEW Intro to Racquetball for adults**

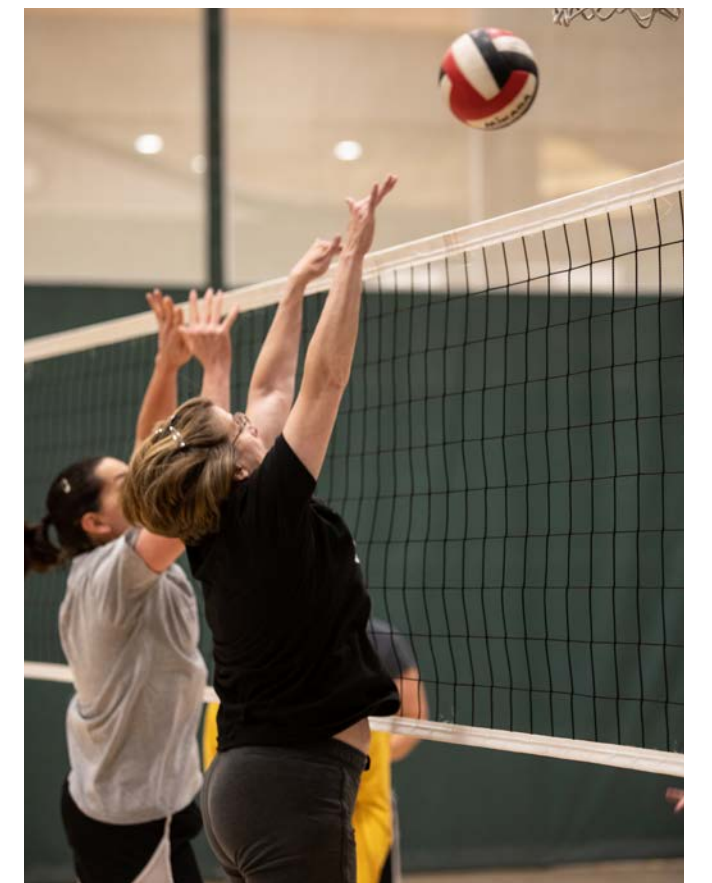
16+ years | Location: ERC

Learn the basic fundamentals of racquetball including forehand, backhand and rules! Racquets and protective eye wear provided. Expert instruction with professional instructor and Masters Racquetball Association Hall of Fame member, Marcia Richards.

9/20	W	6:00 - 7:00 p.m.	\$12/\$10	42353411
10/18	W	6:00 - 7:00 p.m.	\$12/\$10	42353412
11/15	W	6:00 - 7:00 p.m.	\$12/\$10	42353413

**Pirates COVE WATERPARK**

THANK YOU FOR A GREAT SEASON  
SEE YOU NEXT YEAR!





**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 +

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

Location: ERC

9/9	Sa	9:00 – 10:15 a.m.	FREE	42253511
10/12	Th	5:30 – 6:45 p.m.	FREE	42253512
11/1	W	12:15 – 6:45 p.m.	FREE	42253513

**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.

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

**The Zone at ERC Class Schedule**

	DAY	TIME	CLASS
	M	6:00 p.m.	Ultimate Fitness
	W	6:00 p.m.	Burn and Build
	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
Private 60-minute sessions	3	\$167	\$134
	6	\$315	\$252
	10	\$473	\$394
Private 30-minute sessions	3	\$114	\$91
	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.

**Fitness Court® Orientation**

Have you tried the new free outdoor Fitness Court® at Cushing Park? The Fitness Court® is designed to provide a full body workout in only seven minutes. Rotate through all seven zones for a circuit training workout. Join us outside for an orientation. Download the Fitness Court® app for additional information.

9/23/2023	Sa	9:30 a.m. – 10:30 a.m.	FREE	42253723
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**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/high-repetitions 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.

Location: ERC Instructors: Erica Krier, Libby Butler

**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

**NEW Hack Your Metabolism Nutrition Lecture**

Join us as we discuss how the metabolism works, how many calories you burn and some of the nuances of nutrition. During this lecture, we will bust myths. Immediately following the class, stay for a free consultation with our nutritionist. **Instructor: Abby McNeill, Certified Nutritionist and Sports Nutritionist** Location: Malley

10/7	Sa	3:00 p.m. - 5:00 p.m.	\$19/\$16	41468611
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**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.

Location: ERC Instructor: Stacy Lochowicz

**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



Class	Activity #	Dates	Days	Time	Location	Fee	Res Fee
★ TRX Boot Camp	42250411	9/11 – 9/25	M	5:25 – 6:25 p.m.	ERC	\$17	\$14
	42250412	10/2 – 10/30	M	5:25 – 6:25 p.m.	ERC	\$29	\$23
	42250413	11/6 – 11/27	M	5:25 – 6:25 p.m.	ERC	\$23	\$19
★ Reb3l® stRength™	42251711	9/11 – 9/25	M	6:35 – 7:35 p.m.	ERC	\$23	\$19
	42251712	10/2 – 10/30	M	6:35 – 7:35 p.m.	ERC	\$29	\$23
	42251713	11/6 – 11/27	M	6:35 – 7:35 p.m.	ERC	\$17	\$14
★ Indoor Cycling	42250311	9/6 – 9/27	W	5:45 – 6:45 p.m.	ERC	\$23	\$19
	42250312	10/4 – 10/25	W	5:45 – 6:45 p.m.	ERC	\$23	\$19
	42250313	11/1 – 11/29	W	5:45 – 6:45 p.m.	ERC	\$29	\$23
	42250321	9/7 – 9/28	Th	6:35 – 7:35 p.m.	ERC	\$23	\$19
	42250322	10/5 – 10/26	Th	6:35 – 7:35 p.m.	ERC	\$23	\$19
	42250323	11/2 – 11/30	Th	6:35 – 7:35 p.m.	ERC	\$23	\$19
★ Pop® Pilates	42251111	9/5 – 9/26	Tu	5:30 – 6:30 p.m.	ERC	\$23	\$19
	42251112	10/3 – 10/31	Tu	5:30 – 6:30 p.m.	ERC	\$23	\$19
	42251113	11/7 – 11/28	Tu	5:30 – 6:30 p.m.	ERC	\$23	\$19
	42251121	9/9 – 9/30	Sa	8:05 – 9:00 a.m.	ERC	\$23	\$19
	42251122	10/7 – 10/28	Sa	8:05 – 9:00 a.m.	ERC	\$23	\$19
	42251123	11/4 – 11/25	Sa	8:05 – 9:00 a.m.	ERC	\$23	\$19
Essentrics®	42251411	9/6 – 9/27	W	6:00 – 7:00 p.m.	ERC	\$31	\$25
	42251412	10/4 – 10/25	W	6:00 – 7:00 p.m.	ERC	\$31	\$25
	42251413	11/1 – 11/29	W	6:00 – 7:00 p.m.	ERC	\$38	\$27
NEW Essentrics®	42251421	9/6 – 9/27	W	9:00 – 10:00 a.m.	ERC	\$31	\$25
	42251422	10/4 – 10/25	W	9:00 – 10:00 a.m.	ERC	\$31	\$25
	42251423	11/1 – 11/29	W	9:00 – 10:00 a.m.	ERC	\$38	\$27
★ Zumba® Toning	42251611	9/6 – 9/27	W	5:30 – 6:30 p.m.	MRC	\$23	\$19
	42251612	10/4 – 10/25	W	5:30 – 6:30 p.m.	MRC	\$23	\$19
	42251613	11/1 – 11/29	W	5:30 – 6:30 p.m.	MRC	\$29	\$23
★ Fit Body Express	42250811	9/7 – 9/28	Th	5:45 – 6:30 p.m.	ERC	\$29	\$23
	42250812	10/5 – 10/26	Th	5:45 – 6:30 p.m.	ERC	\$23	\$19
	42250813	11/2 – 11/30	Th	5:45 – 6:30 p.m.	ERC	\$23	\$19
Barre Sculpt	42251011	9/7 – 9/28	Th	9:00 – 10:00 a.m.	ERC	\$32	\$36
	42251012	10/5 – 10/26	Th	9:00 – 10:00 a.m.	ERC	\$32	\$36
	42251013	11/2 – 11/30	Th	9:00 – 10:00 a.m.	ERC	\$32	\$36
	42251014	9/5 – 9/26	Tu	9:00 – 10:00 a.m.	ERC	\$32	\$36
	42251015	10/3 – 10/31	Tu	9:00 – 10:00 a.m.	ERC	\$40	\$32
	42251016	11/4 – 11/25	Tu	9:00 – 10:00 a.m.	ERC	\$32	\$36
★ REB3L® Groove	42251811	9/8 – 9/29	F	5:30 – 6:30 p.m.	ERC	\$23	\$19
	42251812	10/6 – 10/27	F	5:30 – 6:30 p.m.	ERC	\$23	\$19
	42251813	11/3 – 11/24	F	5:30 – 6:30 p.m.	ERC	\$23	\$19
★ Fitness Fusion	42250611	9/9 – 9/30	Sa	9:15 – 10:15 a.m.	ERC	\$23	\$19
	42250612	10/7 – 10/28	Sa	9:15 – 10:15 a.m.	ERC	\$23	\$19
	42250613	11/4 – 11/25	Sa	9:15 – 10:15 a.m.	ERC	\$23	\$19

STARRED CLASSES (★) ARE INCLUDED IN THE PREMIER ANNUAL PASS. SEE PAGE 24.

# ENHANCE YOUR LIFESTYLE AT OUR RECREATION CENTERS

DID YOU KNOW...?



### We offer “one on one” or small group training for Yoga, Pilates, and General Fitness.

Be inspired, boost your confidence, and meet your goals! Whether you are getting back into fitness or just need a jump start to meet your fitness goals, now is the time to commit to a personal trainer. Our personal trainers are certified professionals who bring their own specialties, areas of interest, and philosophies to fitness to customize a program just for you!

Working with a personal trainer allows you the freedom to create your own workout schedule to meet your lifestyle.

Call the Englewood Personal Training line 303-762-2678 to schedule an appointment.

### NEW! We offer Nutrition Coaching at our recreation centers.

Healthy eating can lower the risk for heart disease, diabetes, high cholesterol, stroke and obesity. Importantly, healthy food choices may increase your energy, help you sleep better, and improve your overall well-being.

- Nutrition Coaching provides:**
  - One on one meetings to discuss healthy eating for you or your family.
  - Healthy menu ideas for picky eaters and dietary needs.
  - Guidance for healthy choices when out and about whether it's fast food or fine dining.

Our new Nutritionist, **Abby McNeill**, is available for sessions. *Certified Health Coach, NASM, Certified Nutrition Coach, NASM, Certified Nutritionist, ISSA Sports Nutritionist, ISSA* Abby also teaches **Hack Your Metabolism Nutrition Lecture**. See page 49 for more information.

Call the Englewood Personal Training line 303-762-2678 to schedule an appointment.



### The ZONE! Functional Training Center is available with a daily admission pass.

The functional training system will elevate your workout and is like no other - offering multiple exercise stations that can be custom configured for your workout. The ZONE! is available for drop-in use during ERC hours except when classes are being held.

- Stations include:**
- Squat Rack
  - Heavy Bag
  - Rebounder
  - Plus, dozens of attachment points for straps and accessories
  - Renegade Station
  - Monkey Bars
  - Jump Platform
  - High-Low Pulleys
  - Traversing Walls

### NEW TIREFLIP 180®

The patented TireFlip 180® is an innovative functional training system that gives you all the benefits of tire training in a safe, space-saving design. Flipping is just the beginning. Perform hundreds of exercises including strength, power, and agility in only 4x5 feet of space.



# ACTIVE ADULT FITNESS

## Fitness Club

Ages: 55 yrs +

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

Location: MRC Instructor: Stacy Lochowicz

## SilverSneakers® Classic

Ages: 55 yrs +

Increase strength and range of movement. Hand-held 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

## **NEW** Functional Strength Training

Ages: 50 yrs +

An exhilarating strength and mobility adventure that combines free weight, machine, and body weight exercises that promote healthy exercise. Functional Strength Training is adaptable to any fitness level.

Location: ERC/MRC Instructor: Abby McNeill

## Total Body Fitness

Ages: 55 yrs +

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

Location: MRC Instructor: Doug Smith

## Fitness Foundations

Ages: 55 yrs +

Low to moderate exercise options geared towards 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. SilverSneakers & Renew Active Welcome.

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 Lockowicz

## Malley Fitness Orientation

Age: 55 yrs & older






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.

9/6	W	11:00 a.m. – noon	FREE	42263511
10/4	w	11:00 a.m. – noon	FREE	42263512
11/1	W	11:00 a.m. – noon	FREE	42263513



ERC = Englewood Recreation Center, MRC = Malley Recreation Center

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

ACTIVE ADULT FITNESS							
Class	Activity #	Dates	Days	Time	Location	Fee	Res Fee
★ Fitness Club 	42260111	11/6 – 9/27	M, W	9:00 – 10:00 a.m.	MRC	\$37	\$29
	42260112	10/2 – 10/30	M, W	9:00 – 10:00 a.m.	MRC	\$37	\$29
	42260113	11/1 – 11/28	M, W	9:00 – 10:00 a.m.	MRC	\$37	\$29
★ SilverSneakers® Classic 	42261011	9/6 – 9/27	M, W	10:15 – 11:15 a.m.	MRC	\$37	\$29
	42261012	10/2 – 10/30	M, W	10:15 – 11:15 a.m.	MRC	\$37	\$29
	42261013	11/1 – 11/24	M, W	10:15 – 11:15 a.m.	MRC	\$37	\$29
<b>NEW</b> Functional Strength Training	42260311	9/11 – 9/25	M	9:00 – 10:00 a.m.	ERC	\$25	\$21
	42260312	10/2 – 10/30	M	9:00 – 10:00 a.m.	ERC	\$42	\$35
	42260313	11/6 – 11/27	M	9:00 – 10:00 a.m.	ERC	\$35	\$28
<b>NEW</b> Functional Strength Training	42260314	9/7 – 9/28	Th	5:30 – 6:30 p.m.	MRC	\$34	\$28
	42260315	10/5 – 10/26	Th	5:30 – 6:30 p.m.	MRC	\$34	\$28
	42260316	11/2 – 11/30	Th	5:30 – 6:30 p.m.	MRC	\$34	\$28
★ Total Body Fitness 	42260511	9/5 – 9/28	T, Th	8:30 – 9:45 a.m.	MRC	\$43	\$33
	42260512	10/3 – 10/31	T, Th	8:30 – 9:45 a.m.	MRC	\$42	\$33
	42260513	11/2 – 11/31	T, Th	8:30 – 9:45 a.m.	MRC	\$43	\$33
Fitness Foundations 	42260411	9/8 – 9/29	F	10:00 – 11:00 a.m.	ERC	\$23	\$19
	42260412	10/6 – 10/27	F	10:00 – 11:00 a.m.	ERC	\$23	\$19
	42260413	11/3 – 11/24	F	10:00 – 11:00 a.m.	ERC	\$23	\$19
★ Parkinson's, MS & More Fitness 	42260911	9/1 – 9/29	F	1:00 – 2:15 p.m.	MRC	\$32	\$26
	42260912	10/6 – 10/27	F	1:00 – 2:15 p.m.	MRC	\$32	\$26
	42260913	11/10 – 11/24	F	1:00 – 2:15 p.m.	MRC	\$32	\$26

## ONLY AT THE MALLEY RECREATION CENTER!



Stop in and see what all the **BUZZ** is about!  
Discover information and resources about transportation, finances, healthcare, senior services, insurance, volunteering, caregiving, housing and recreation.

**HOURS OF OPERATION**  
Mon-Thurs: 8 a.m. – 7 p.m.  
Fri: 8 a.m. – 5 p.m.  
Sat: 9 a.m. – 1 p.m.  
Sun: Closed

**CALL 303-762-2660 FOR MORE INFORMATION OR AN APPOINTMENT.**





# YOGA & TAI CHI

## 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 evidence-based interventions for the prevention of falls by the Centers for Disease Control and National Center for Injury Prevention and Control. Beginning and advanced classes are offered. Advanced class participation must be approved by the instructor.

**Location:** MRC **Instructor:** Patty Vogt

### Light Yoga

Ages: 55 yrs +

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

**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

### 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



## MARK YOUR CALENDARS!

## BLACK FRIDAY & END OF THE YEAR SALES COMING SOON

## ENGLEWOOD RECREATION CENTER & MALLEY REC CENTER



## GENTLE YOGA AND TAI CHI

Class	Activity #	Dates	Days	Time	Location	Fee	Res Fee
Beginning Tai Chi for Better Balance	42255311	10/3– 12/14	Tu, Th	2:30 – 3:30 p.m.	MRC	\$109	\$90
Advanced Tai Chi for Better Balance	42255411	10/3– 12/14	Tu, Th	1:30 – 2:30 p.m.	MRC	\$109	\$90
Light Yoga 	42258211	9/5 – 9/29	Tu, F	8:30 – 9:45 a.m.	MRC	\$61	\$49
	42258212	10/3 – 10/31	Tu, F	8:30 – 9:45 a.m.	MRC	\$61	\$49
	42258213	11/3 – 11/30	Tu, F	8:30 – 9:45 a.m.	MRC	\$55	\$43
Seated Yoga 	42258311	9/5 – 9/28	Tu, Th	10:00 – 11:00 a.m.	VIRTUAL	\$41	\$33
	42258312	10/3 – 10/31	Tu, Th	10:00 – 11:00 a.m.	VIRTUAL	\$46	\$37
	42258313	11/2 – 11/30	Tu, Th	10:00 – 11:00 a.m.	VIRTUAL	\$46	\$37
Gentle Yoga 	42258511	9/5 – 9/26	Tu	10:30 – 11:45 a.m.	VIRTUAL	\$41	\$33
	42258512	10/3 – 10/31	Tu	10:30 – 11:45 a.m.	VIRTUAL	\$51	\$41
	42258513	11/7 – 11/28	Tu	10:30 – 11:45 a.m.	VIRTUAL	\$41	\$33

## ACTIVE YOGA AND TAI CHI

Class	Activity #	Dates	Days	Time	Location	Fee	Res Fee
Foundations Yoga	42256211	9/5 – 9/26	Tu	5:45 – 7:00 p.m.	MRC	\$36	\$30
	42256212	10/3 – 10/31	Tu	5:45 – 7:00 p.m.	MRC	\$44	\$35
	42256213	11/7 – 11/28	Tu	5:45 – 7:00 p.m.	MRC	\$36	\$30
Core & Hip Yoga	42257111	9/2 – 9/30	Sa	9:15 – 10:15 a.m.	MRC	\$45	\$36
	42257112	10/7 – 10/28	Sa	9:15 – 10:15 a.m.	MRC	\$36	\$29
	42257113	11/11 – 11/11	Sa	9:15 – 10:15 a.m.	MRC	\$26	\$21





# PILATES

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

### 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
<b>1 Session</b>	\$68	\$54
<b>3 Sessions</b>	\$194	\$155
<b>6 Sessions</b>	\$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 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

#### 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

Ages: 16 yrs +

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

Ages: 16 yrs +

Build upon your skills to learn more dynamic exercises. Enroll in Continuing Pilates Reformer upon completion of four months of Beginning Pilates Reformer classes or with instructor’s permission.

**Location:** MRC

PILATES								
Class	Activity #	Dates	Days	Time	Instructor	Location	Fee	Res Fee
<b>STEP ONE</b> Essential Pilates Orientation	42254111	8/28	M	6:05 – 7:05 p.m.	Michael M.	MRC	\$0	\$0
	42254112	10/2	M	6:05 – 7:05 p.m.	Michael M.	MRC	\$0	\$0
<b>STEP TWO</b> Pilates Reformer Principles	42254211	9/1 – 11/30	M – F	8:15 a.m. – 7:15 p.m. (Call to schedule)	Michael M.	MRC	\$91	\$73
<b>STEP THREE</b> Beginning Pilates Reformer	42254311	9/11 – 9/25	M	11:00 a.m. – noon	Michael M.	MRC	\$55	\$44
	42254312	10/2 – 10/30	M	11:00 a.m. – noon	Michael M.	MRC	\$73	\$58
	42254313	11/6 – 11/27	M	11:00 a.m. – noon	Michael M.	MRC	\$73	\$58
	42254314	9/11 – 9/25	M	12:05 – 1:05 p.m.	Michael M.	MRC	\$55	\$44
	42254315	10/2 – 10/30	M	12:05 – 1:05 p.m.	Michael M.	MRC	\$73	\$58
	42254316	11/6 – 11/27	M	12:05 – 1:05 p.m.	Michael M.	MRC	\$73	\$58
	42254317	9/11 – 9/25	M	5:00 – 6:00 p.m.	Michael M.	MRC	\$55	\$44
	42254318	10/2 – 10/30	M	5:00 – 6:00 p.m.	Michael M.	MRC	\$73	\$58
<b>STEP FOUR</b> Continuing Pilates Reformer	42254319	11/6 – 11/27	M	5:00 – 6:00 p.m.	Michael M.	MRC	\$73	\$58
	42254420	9/6 – 9/27	W	5:00 – 6:00 p.m.	Michael M.	MRC	\$73	\$58
	42254421	10/4 – 10/25	W	5:00 – 6:00 p.m.	Michael M.	MRC	\$73	\$58
	42254422	11/1 – 11/29	W	5:00 – 6:00 p.m.	Michael M.	MRC	\$88	\$73
	42254423	9/6 – 9/27	W	6:05 – 7:05 p.m.	Michael M.	MRC	\$73	\$58
	42254424	10/4 – 10/25	W	6:05 – 7:05 p.m.	Michael M.	MRC	\$73	\$58
	42254425	11/1 – 11/29	W	6:05 – 7:05 p.m.	Michael M.	MRC	\$88	\$73
	42254426	9/7 – 9/28	Th	11:00 a.m. – noon	Michael M.	MRC	\$73	\$58
42254427	10/5 – 10/26	Th	11:00 a.m. – noon	Michael M.	MRC	\$73	\$58	
42254428	11/2 – 11/30	Th	11:00 a.m. – noon	Michael M.	MRC	\$88	\$73	


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# RENOVATED PARKS UNVEILED IN THE CITY

CHECK OUT PAGE 18 TO  
SEE ALL THE NEW AMENITIES