

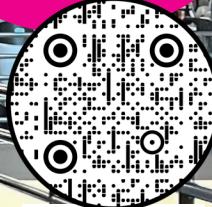
ACTIVITY GUIDE

FALL • SEPTEMBER – DECEMBER 2024

LOVELAND PARKS & RECREATION

HEADS UP!

This is our last
printed Activity Guide.
The most recent guide
will always be
online here:



[lovgov.org/
activityguide](http://lovgov.org/activityguide)



City of
LOVELAND
PARKS & RECREATION

ONLINE REGISTRATION BEGINS
Monday August 5 at 6:00P

WALK-IN REGISTRATION BEGINS
Tuesday August 6 at 8:30A

See pages 18–23 for specific
registration dates for athletics.

Loveland Parks & Recreation

lovgov.org/parksrecreation

500 E. Third St., Suite 200
Loveland, CO 80537 | 970.962.2727
parks@cityofloveland.org



NATIONAL RECREATION & PARK ASSOCIATION'S

3 PILLARS OF PARKS & RECREATION

MAKING AN IMPACT ON QUALITY OF LIFE



1. CONSERVATION

PRESERVING NATURAL RESOURCES

Oftentimes, parks & recreation agencies are the only voice for ensuring that open space is protected, our youth have access to nature-related areas and that services and outdoor education are available. These have quantifiable economic benefits to our community.

2. HEALTH & WELLNESS

IMPROVING HEALTH, ENHANCING LIFE



Our staff are leaders in recreation, sports and nutrition and offer fitness, sports and healthy lifestyle classes for people of all ages and abilities. They seek to reduce obesity, physical inactivity and poor nutrition while strengthening skills that enrich body, mind and attitude.



3. SOCIAL EQUITY

ACCESS & INCLUSION FOR ALL

We strive to be a catalyst for ensuring all residents have equal access to our resources and services. We offer opportunities that transcend barriers of income through outreach activities such as our Mobile Recreation Trailer and Movies in the Park. We also provide scholarships via our Parks & Recreation Foundation.

GET INVOLVED!

LOVE WHERE YOU LIVE, WORK & PLAY



Join us! Enroll in a class or two, explore our open lands and natural areas, ride or walk the 29-mile paved recreation trail, discover a park or take a swing at golf.



VOLUNTEER

GIVE BACK, GET MORE

We're always looking for volunteers.

We couldn't do what we do without them!

Whether it's behind the desk at the Chilson Senior Center, outdoors with environmental education or coaching youth athletics, our volunteers are vital to our community.

OUR MISSION

We are the City of Loveland Parks & Recreation Department with a mission to provide effective, efficient and high quality leisure facilities, sites, services and programs for citizens of and visitors to the community.

OUR VISION

We are committed to our vision to provide a sustainable system of diverse parks, trails, natural areas and facilities that connect people with the natural environment, support good health and offer outstanding community experiences while balancing recreation opportunities with the protection of natural and cultural resources.

OUR COMMUNITY

We are proud to make an impact on quality of life in Loveland by maintaining numerous areas with amenities for the community. Please visit lovgov.org/parks for a full list of facilities.



SMILE! You could be on the next cover! The Parks & Recreation Department reserves the right to use images and/or photographs of anyone in any activity, park or public place in present and/or future printed publications or on the department web pages for promotional purposes, unless told otherwise at the time the image or photograph is taken.

CONTACT US

Parks & Recreation • 970.962.2727

lovgov.org/parksrecreation
Activity Registration (info)
 970.962.2386
lovgov.org/webtrac

Chilson Recreation Center • 970.962.2386

lovgov.org/chilson
Racquetball Reservations
 970.962.2386

Chilson Senior Center • 970.962.2783

lovgov.org/chilson

Athletics • 970.962.2445

lovgov.org/athletics
teamsideline.com/loveland
Weather Cancellations
teamsideline.com/loveland
 Check up to 30 min. before practice or games are scheduled to begin.

Golf • 970.962.2496

lovgov.org/golf
golfloveland.com
 Tee Times Call or go online
 Cattail Creek 970.663.5310
 Mariana Butte 970.667.8308
 The Olde Course 970.667.5256

Open Lands & Trails • 970.962.2727

lovgov.org/openlands
Environmental Ed/Volunteers
 970.962.2643

Parks • 970.962.2727

lovgov.org/parks
Park Shelter Reservations
 970.962.2727
lovgov.org/webtrac

Winona Outdoor Pool • 970.962.2435

lovgov.org/swimming
Weather Cancellations
 970.962.2435, option 2

Follow Us on Social Media



@cityoflovelandparksrecreation
@cityoflovelandchilsoncenter



@cityofloveland



@lovelandparksandrec

On the Cover

Personal trainers at Chilson Recreation Center use strength training equipment to get in a workout.

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All activities, classes, events and programs are subject to change.

Subscribe to our Parks & Recreation e-newsletter to stay up-to-date at lovgov.org/parksrecreation

CHILSON RECREATION & SENIOR CENTER

700 E. Fourth St. • Loveland, CO 80537
Visit us online: lovgov.org/chilson

Recreation Center: 970.962.2386
Senior Center: 970.962.2783
TDD: 970.962.2620

AMENITIES

Fitness | Wellness

- State-of-the-art strength training equipment
- Indoor cycling studio
- Over 50 group fitness classes each week
- Friendly & professional personal training
- TRX classes
- Nutrition/Weight Loss consultations
- LightStim® LED Light Therapy

Aquatics

- Lap pool
- Leisure pool with speed slide
- Aquatics programs & exercise classes
- Hot tubs - indoor & outdoor
- Steam room

Facility

- Indoor walking & jogging track
- 3 racquetball courts
- 2 gyms
- Drop-in childcare
- Conference & event facilities
- Party packages

CELEBRATE YOUR EVENT

Chilson Recreation & Senior Center is a great venue for your next event. Casual or formal, big or small, with audio visual equipment for your training or seminar needs. Chilson has rental space available that may be perfect for you! Call 970.962.2503 to plan your next event. Interested in a swimming, gymnastics or eSports birthday party? Call 970.962.2468 or schedule online at lovgov.org/webtrac – Winona Outdoor Pool rentals are also available!

Close to downtown Loveland, the Chilson Center is easily accessible from I-25, Highway 34 and Highway 287. Our professional, experienced staff are happy to assist in planning your event and are committed to ensuring a memorable experience for you and your guests.

Annual Maintenance & Training

From 8/24–8/30 we are closed to the public, but there is a LOT going on behind the scenes as we work hard to keep Chilson looking and running great for our Loveland community.

QUESTIONS: 970.962.2383

HOURS - Recreation Center

Monday–Friday	5:30A-9:30P	★
Saturday	6:00A-6:00P	Pool closes: 5:30P
Sunday	11:00A-6:00P	Pool closes: 5:30P
★ Pool closes at 8:30P Monday–Friday beginning 9/3. Hours subject to change.		

HOURS - Senior Center

Monday–Friday	8:00A-5:00P	Billiards ends: 4:30P
Saturday/Sunday	CLOSED	

HOLIDAY & MAINTENANCE CLOSURES

Dates	Maintenance & Training	Rec Center	Senior Center
8/24-30	CLOSED	CLOSED	CLOSED
M, 9/2	Labor Day	5:30A-2:00P	CLOSED
Th, 11/28	Thanksgiving	CLOSED	CLOSED
F, 11/29	Day after	5:30A-9:30P	CLOSED
T, 12/24	Christmas Eve	5:30A-2:00P	CLOSED
W, 12/25	Christmas	CLOSED	CLOSED
T, 12/31	New Years Eve	5:30A-5:00P	8A-12P Billiards only

FEES - Chilson Recreation/Senior Center

Infants (1 & under) are FREE w/paid adult

Age	Daily Fee	10-Visit**
Toddlers (2-5 Years)	\$4.50	\$40.00
Youth (6-18 Years)	\$5.50	\$49.00
Adults (19-61 Years)	\$7.00	\$63.00
Seniors (62+)	\$5.75	\$52.00
Age	3 Month ★	
Youth (6-18 Years)	\$90	
Adults (19-61 Years)	\$160	
Seniors (62+)	\$93	
Family*	\$232	

Age	6 Month ★	1 Year ★
	Res NR	Res NR
Youth (6-18 Years)	\$150 \$171	\$248 \$300
Adults (19-61 Years)	\$275 \$305	\$472 \$550
Seniors (62+)	\$167 \$199	\$267 \$325
Family*	\$399 \$430	\$690 \$800
3rd–4th adult	N/A	\$300 \$300

Monthly Billing ★ Pay prorated current month plus next month when signing up (6 month min.)

Age	Res NR
Youth (6-18 Years)	\$22.66 \$27.00
Adults (19-61 Years)	\$41.33 \$47.83
Seniors (62+)	\$24.25 \$29.08
Family*	\$59.50 \$68.67
3rd–4th adult	\$25.00 \$25.00
Childcare (add on)	\$7.50 \$5.00 (1 st child 2 nd +)

* Family = 1-2 adults + child(ren) under age 21 at home
Annual pass can allow up to 2 add'l adults for a fee

** 10-Visit pass is valid for 3 years

★ Pass fees include 1-week facility closure for annual maintenance; additional area closures may also occur

Drop-In Childcare

Parents, legal guardians and persons in charge (immediate family members) participating in classes or working out may utilize drop-in childcare for ages 3 months through 8 years. Infants 3 through 7 months require a reservation. Call 970.962.2466 or stop in for info.

MAX VISIT: 2 hour limit per day

HOURS - Childcare

Monday–Thursday	8:45A-1:30P & 4:00-7:00P
Friday	8:45A-1:30P
Saturday	Only Sept-May 9:00A-12:00P

FEES - Childcare

Daily Fee: \$3.50

10-Visit: \$31.50

Upgrade your annual pass:

\$90 1st child; \$60 ea. additional child
Also see monthly billing options below.

Recreation Center Fees

Fees provide access to fitness equipment, gym, weight room, exercise track, racquetball courts, most fitness classes, swimming pools, hot tubs, steam room and locker room with locker.

Cancellation fee may apply for passes or visit cards.

Group Rate

Bringing a group of 10 or more? Please submit a group attendance request form at lovgov.org/swimming at least 48 hours in advance to be eligible for a \$5.00/person group rate. Group requests may be made only for the current calendar year and are on a first-come, first-served basis, subject to space and staff availability.

Senior Center Fees

No fees are required to enjoy activities in the lobby including billiards, cards, chess, etc. Refer to the Active Generation pages for Senior Activity Card (SAC) benefits and fees for classes/activities.

DID YOU KNOW?

We are a SilverSneakers® and Renew Active™ facility. Stop by the Senior Center and get signed up for your fitness pass!

DROP-IN	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LARGE GYM: West (front) Schedules may be updated periodically; revised schedules at the front desk.							
Basketball 18+ full court	9:30A–3P	9:30A–1P	9:30A–1P 5–9:30P	9:30A–1P	9:30A–1P	3–6P*	3–6P
Family Basketball	3:30–5P	5:30–9:30A 1–9:30P	1–5P	1–5P	5:30–9:30A 1–9:30P	11A–3P*	11A–3P
Pickleball	5:30–9A***	---	5:30–9A	5:30–9A	---	---	---
LARGE GYM: East (back) Schedules may be updated periodically; revised schedules at the front desk.							
Basketball 18+ full court	9:30A–1P	---	---	9:30A–1P	---	---	---
Family Basketball	---	---	3:30–6P	---	6–9P Avail to Rent**	8A–6P*	3–6P
Pickleball	5:30–9A	---	5:30–9A 1:30–3:30P*** 8–9:30P	5:30–9A 1:30–3:30P***	12–4P	---	11A–2P
Volleyball 50+	---	9:15–11:30A	---	---	---	---	---
Volleyball Coed	---	4:30–9:30P	---	---	---	---	---
SMALL GYM: Schedules may be updated periodically; revised schedules at the front desk.							
Family Basketball	---	---	---	---	1:15–3:45P	---	---
Pickleball Adaptive Rec	---	---	9:30–11:30A	---	---	---	---
Volleyball Coed	---	1:30–9:30P	---	---	4–9:30P	---	11A–2P
RACQUETBALL COURTS: Call 970.962.2438 or reserve online: lovgov.org/webtrac Racquetball equipment rental: \$1.50 per person/per hour. Racquetball Challenge Court provides opportunities to meet players/practice. All levels invited; no reservations. Games are played in order of player arrival and are coed. Play to 15 points; winner plays next player waiting, up to 3 consecutive games.							
Reservation Slots	6A–9P	6A–9P	6A–4P & 8–9P	6A–9P	6A–12P & 2–9P	6A–6P	11A–6P
Racquetball Challenge Court	Courts 2, 3 12–2P	Courts 2, 3 12–2P	Courts 2, 3 12–2P & 4–8P★	Courts 2, 3 12–2P	Courts 2, 3 12–2P	---	Courts 2, 3 11A–2P

* Outside of youth leagues ** Rent up to 10 days in advance, \$65/hr: lovgov.org/webtrac *** Begins 9/15/24 ★ Great for beginners

AQUATICS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LAP POOL:							
Lap Lanes 1-3 Appointment Required lovgov.org/webtrac	5:30A–8:30P★	5:30A–8:30P★	5:30A–8:30P★	5:30A–8:30P★	5:30A–8:30P★	6A–5:30P	11A–5:30P
Lap Lanes 4-8 Outside of swim lessons & aqua fitness	5:30–8:30A 10:45A–5:10P 7:30–8:30P★	5:30–7:00A 10:45A–5:10P 7:30–8:30P★	5:30–7:00A 10:30A–6P 7:30–8:30P★	5:30–7:00A 10:45A–5:10P 7:30–8:30P★	5:30–7:00A 8:15–9:15A 10:15A–8:30P★	6:00–8:25A 11:50A–4:00P	11A–5:30P
Aqua Fitness	9:15–10:15A	7:05–7:55A 9:15–10:15A	7:15–8:15A 9:15–10:15A 6:30–7:30P	9:15–10:15A	7:15–8:15A 9:15–10:15A	7:30–8:30 A	---
Please anticipate limited space availability during time frames for aqua fitness & swim lessons (lessons are held: Mon/Tues/Thur 5–7:30P, and Sat 8:30A–Noon). See fitness schedule at front desk or lovgov.org/fitnesswellness for aqua fitness class details.							
LEISURE POOL:							
Open Swim	10A–8:30P**★	10A–8:30P**★	10A–8:30P**★	10A–8:30P**★	10A–8:30P**★	10A–5:30P*	11A–5:30P
Speed Slide	10A–8:30P★	10A–8:30P★	10A–8:30P★	10A–8:30P★	10A–8:30P★	10A–5:30P	11A–5:30P
Zero Depth Area	9–10A**	9–10A**	9–10A**	9–10A**	9–10A**	9–10A**	---
Water Walking For fitness; not for play	6–8A 9:15–10:00A	6–10A No current during fitness classes	6–10A No current during fitness classes	6–8A 9:15–10:00A	6–10A	6–10A	---
Aqua Classes	8:05–9:05A In lazy river	8:20–9:20A In bay	8:20–9:20A In bay	8:05–9:05A In lazy river	---	---	---

* Pool closes at 8:30P Monday–Friday beginning 9/3

* **Swim Lessons** are held during open swim hours in the lap and/or leisure pool: Mon/Tues/Thur 5–7:30P and Sat 8:30A–12P

Open swim pool hours are subject to change without notice. Please see the front desk for any closures or deviations.

** **Zero depth area** for tots/toddlers open Mon–Sat for 1 hour prior to open swim (no water features during this time).

RULES: Children under age 6 must be within arm's reach of and actively supervised by someone 16 or older while in the water. Children ages 6–7 must be directly supervised on the pool deck by someone 16 or older. Youth (under 16) are not permitted to use steam room/outdoor hot tub. Proof of age may be required. The use of flotation devices in all bodies of water is limited to water wings or small inner tubes only. Mermaid tails are permitted in the lap pool only.

Aquatics policies are posted at lovgov.org/chilson and aquatics area.



SPECIAL EVENTS

9/8 Honey Festival

Presented by MeadKrieger Meadery, enjoy several honey vendors, mead tasting, observation beehive, beeswax and bee-themed products. The Mobile Recreation Trailer will also be onsite with several large yard games and recreation toys as part of the Busy Bee Kids Zone. **More Info:** lovgov.org/honeyfestival
Location: Fairgrounds Park, 700 S. Railroad Ave.

Su 9/8 9:00A-1:00P FREE

PLUS!

Honeybee Hustle with Sweetheart City Racing

It's the bee's knees! Participate in the Honeybee Hustle and challenge yourself to how many laps you can run or walk around Fairgrounds Park! **Registration:** sweetheartcityracing.com

Su 9/8 10:00-11:30A \$25 (optional \$15 T-shirt fee)

And for kids under 10 – they can participate in our Mini Honeybee Hustle – a 30 min timed run. **Registration:** sweetheartcityracing.com

Su 9/8 10:00A \$15

9/11 13th Annual Senior Fishing Derby

Enjoy the Senior Fishing Derby co-sponsored by the Loveland Fishing Club and City of Loveland. Fishing license and equipment provided. Free food and prizes! Fish cleaned for you or catch and release. Waiver required; transportation on your own.

Questions: 970.962.2783 **Register:** at Chilson Senior Ctr by 8/28

Age: 65+ **Location:** Flatiron Reservoir, 1800 SCR 31, Loveland

W 9/11 9:00A-1:00P FREE

9/14 Harvest Bazaar

Join us at this fundraising event for the Chilson Senior Advisory Committee where proceeds benefit the Senior Center scholarship program for Loveland seniors. Browse craft tables for handmade gifts while enjoying delicious food and drinks. **Crafters needed!**
Sign up begins in person only on Thurs, 8/8 from 8:30A-5P.

Full Table \$45; Half Table \$30. Location: Chilson Senior Center

Sa 9/14 10:00A-2:00P	FREE to browse
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Meal Deal (drink included)	\$10 in advance \$12 at door
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Age 12 & under	\$5
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Thru 9/29 City of Loveland Farmers Market

Voted one of the 10 best farmers markets in Colorado and voted one of the top 3 best farmers markets in NOCO Lifestyle Magazine! Farm-fresh produce, baked goods, honey, food trucks, crafters and entertainment. FUN for the whole family! SNAP/Double Up onsite. **Questions:** 970.962.2336 or lovgov.org/farmersmarket

Su | 6/2-9/29 | 9:00A-1:00P | Fairgrounds Park, pavilions 1 & 2

9/8 Honey Festival Presented by MeadKrieger Meadery, enjoy several honey vendors, mead tasting, observation beehive, beeswax and bee-themed products. The Mobile Recreation Trailer will be onsite with large yard games and recreation toys as part of the Busy Bee Kids Zone.

9/29 Artist Market Enjoy the last Farmers Market of the 2024 season with an Artist Market! Check out the artists and crafters along with the weekly produce, baked goods and other great products offered!

10/4 Dive-In Movie Night

Enjoy *Elemental* (PG) while floating in the pool with your friends. Bring a float and create lasting memories! Location: Chilson Pool

All ages

F 10/4 7:00-9:00P Daily fee/Chilson pass

10/7-12 Bring a Friend & FUN Week!

Are you a current passholder? Bring a friend during one week this fall and have FUN exploring all the things that Chilson has to offer. Have you tried our brand new True Fitness strength machines? Check out the second floor to see for yourself! If your friend signs up for a pass this week, they get a special discount!

More Info: lovgov.org/PRevents

All ages

M-F	10/7-10/11	5:30A-9:30P
Sa	10/12	6:00A-6:00P

10/11 Glow & Go Bike Ride

Let's glow! Join this guided bike ride for families and their children in unison with the Night on the Town. Come early to decorate your bike with glow sticks. Strider bikes and scooters/strollers welcome. Pre-registration requested. Location: Chilson Recreation Center

All ages

F 10/11	6:30P (check-in begins at 5:30P)
Individuals	\$7 451224-01
Family (up to 5 ppl)	\$32 451224-02

11/1 Glow Swim Party

Come swim in the pool where the lights are dim and the party is bright. Get your glow on with music, glow volleyball, photo booth and much more! Location: Chilson Pool

All ages

F 11/1 7:00-9:00P Daily fee/Chilson pass

11/8 & 11/9 Ski & Sports Swap

SELL old stuff! BUY new stuff! Sell your gently used equipment or buy great ski and sports equipment at a fraction of the cost. Discounted lift tickets, food trucks, giveaways and door prizes add to the FUN! No consignor registration fee. Earn higher percentage with volunteer hours (no volunteer shift, pay 25%; 3 volunteer hours, pay 20%; 6 volunteer hours, pay 15%).

Questions: 970.962.2446 **Seller Info/Details:** lovgov.org/skiswap
Location: Chilson Recreation Center

F 11/8	4:30-5:30P	VIP Entry Only, \$7/adult Must purchase in advance; registration #451902 (Two children under 16 may enter with a paid adult.)
	5:00-8:00P	General admission (no entry fee)
Sa 11/9	9:00A-1:00P	General admission (no entry fee)
	12:00-1:00P	Closeout discounts (select vendors)

11/29 #OptOutside Black Friday Hike

Join the 8th annual #OptOutside Mariana Butte Hill Climb. Open Lands & Trails staff and volunteers lead a guided hike along the trails at Mariana Butte and Hidden Hogback Trail, with an option to summit the Butte. Bring water, wear good walking/hiking shoes and dress for the weather. Weather permitting. **Registration & Info:** offero.cityoffivelake.org
Location: Mariana Butte, 701 Clubhouse Dr.

All ages

F 11/29 9:30-11:00A FREE

WOO HOO!

Celebrate with a party at Chilson!

Swimming Party

Includes one hour in the Party Room and full day admission into the pool for kids and adults. Packages start at \$105.

Gymnastics Party

Includes one hour in the Party Room and one hour of facilitated gymnastics activities with an instructor. Packages start at \$140.

eSports Party

Includes one hour in the Party Room and one hour of facilitated Nintendo Switch™ gaming on projector-sized screens. Packages start at \$140

Call 970.962.2468

CHILSON
Recreation & Senior Center

Kids' Nite Out

Saturday Nights at Chilson!

For kids ages 7-12

Drop off your kids at Chilson for a supervised, structured program in a safe, social environment. Swimming, gym, games, prizes, contests and FUN themes each week! Staff ratio 1:20

\$15 per person | Concessions (\$)
CALL FOR MORE INFO: 970.308.0439

Mobile Recreation Trailer Rental

Interested in renting our Mobile Recreation Trailer for events? It's packed full of FUN games, sports and activities for all ages. For inquiries about renting please call 970.962.2446 or visit lovgov.org/PRevents



PARKS

The City of Loveland Parks & Recreation Department maintains numerous areas with amenities available for the community:

- 22 softball fields • 8 baseball fields • 2 inline skate hockey rinks
- 3 skate parks • 25 outdoor tennis courts • 10 outdoor basketball courts • 18 outdoor pickleball courts • 1 outdoor Fitness Court®
- 1 outdoor swimming pool • 1 swim beach • 27 playgrounds
- 32 parks - 22 with amenities only (no reservable shelters); 10 with amenities and reservable pavilions|gazebos|shelters
- 3 golf courses • Open lands, trails and natural areas • Indoor recreation at the Chilson Recreation & Senior Center • and more!

Memorial Bench & Tree Donations

are made through the Parks & Recreation Department's non-profit Foundation. Call 970.962.3459 for information.

Take a look! Check out Loveland park pavilions, gazebos and shelters at: lovgov.org/parks

See page 52 & 54 for park locations and recreation trail maps.

PAVILIONS | GAZEBOS | SHELTERS

Non-reserved (or unreserved) pavilions, gazebos and shelters without power are available free of charge on a first-come, first-served basis. Reservations must be made at least seven (7) days prior to the desired date. Reservations accepted up to nine (9) months in advance of the event date.

Fees and deposits are due upon reservation, and vary depending upon the location and invited guest total. **Call 970.962.2727 or go online for details: lovgov.org/webtrac**

Alcohol permits allow facility users to have alcohol at events. In addition to the shelter & deposit fees, an alcohol permit is a \$50 fee plus a \$50 deposit. Alcohol permits expire on the day of the reservation. **By City ordinance, alcohol is NOT permitted in a City facility without an alcohol permit and facility reservation.**

Large groups may be assessed a site impact fee to recover extra maintenance costs incurred for large group/event reservations. The Police Department may require an added application and approval process for large events. Please inquire for information.

PAVILION | SHELTER RESERVATIONS

Online Reservations: lovgov.org/webtrac

Walk-in reservations are accepted at the Parks & Recreation Administration office, 500 E. Third St., Ste 200 Loveland, CO 80537 Monday–Thursday 8A–4:30P and Friday 8A–3:30P

Please note: the window is closed daily from 12:00–1:00P

- **Benson Sculpture Park** - 1125 W. 29th St.

Features one reservation gazebo and sculpture displays throughout the park. Limited parking; carpooling suggested. Large group reservations (48+) not accepted.

- **Centennial Park** - 977 W. First St.

Features one reservation shelter, baseball fields, stream fishing, pickleball courts, horseshoe courts, playground & rec trail access.

- **Dwayne Webster Park** - 401 W. 13th St.

Features three reservation shelters, basketball, tennis, horseshoe courts, playground and cannon sculpture. Large group reservations (48+) not accepted.

- **Fairgrounds Park** - 700 S. Railroad Ave.

Features two reservation pavilions, basketball, dog park, playgrounds, skate park, spray park, tot lot, ballfields, fishing with river access, historic sites, sculpture and rec trail access.

- **Kroh Park** - 5200 N. Garfield Ave.

Features one reservation shelter, athletic and softball fields, a backstop and playground.

- **Loveland Sports Park** - 950 N. Boyd Lake

Features three reservation shelters, athletic fields, spray playground, skate park, in-line hockey rinks, basketball and volleyball courts & concession area. Large group reservations (60+) not accepted.

- **Mehaffey Park** - 3285 W. 22nd Street

Features two reservation shelters, a dog park, pond fishing, athletic fields, pickleball & tennis courts, skate park, playground, water feature and rec trail access.

- **Namaqua Park** - 730 N. CR 19E (Namaqua Road)

Features one reservation shelter, fishing, horseshoe courts and playground. Large group reservations (48+) not accepted.

- **North Lake Park** - 2750 N. Taft Avenue

Features four reservation shelters, fishing, baseball/softball athletic fields, tennis/basketball/horseshoe courts, pond fishing, mini railroad (seasonal), swim beach (seasonal) and two playgrounds.

- **Seven Lakes Park** - 1975 Park Dr.

Features one reservation shelter, soccer fields, basketball court, playground and rec trail access. Large group reservations (56+) not accepted.

Areas that are reserved in person (not online):

- Athletic fields, ball fields and Hammond Amphitheater

Please call the office at 970.962.2727 to inquire about availability.

Neighborhood parks that do not have reservation areas may still be used on a first-come, first-served basis for small groups.

PARK RULES & REGULATIONS

Park Hours

Most Loveland parks are open from 6:00A–10:30P daily unless otherwise specified onsite. All parks except Viestenz-Smith Mountain Park will remain open in the winter months. Loveland Sports Park may be closed due to weather conditions and restrooms may remain closed for the season and/or during extremely cold temperatures. Please refer to specific park web pages or call 970.962.2727 for more information.

Grills

The grills located in the parks are for charcoal use. When using the grills, you must make sure the coals are completely extinguished before vacating the site. You may leave the remaining coals/ash to continue cooling, and our parks workers will eliminate the ashes when they clean the grills before their next use. If you prefer to use a gas grill, you are welcome to bring your own to the park, as long as you use it on a paved/cement surface and you allow it time to cool so you may take it with you when you leave.

Pets

- Pet owners are required to pick up and remove pet waste. Pets must be leashed and under human control at all times, except in designated dog park enclosures. Dogs at the dog park enclosure must remain under voice control. A leash is still required for arrival/departure at the dog park, or if there are control issues in the dog park areas.
- Pets are NOT allowed inside the Barnes Softball Complex at Fairgrounds Park or Centennial Park baseball complex, on inline hockey rinks, skate park areas, spray park areas, playgrounds, basketball and volleyball courts, the Championship Field at Loveland Sports Park or within 100 feet of any other athletic courts or fields while practices or games are being played.

Permitted Items

- Only small pop-up shade shelters with removable walls are allowed (10' x 10' max) and must be weighted down. No stakes are to be driven into the ground more than 6" for any reason (irrigation lines are present). Camping as defined as setting up a tent or like structure for privacy is prohibited. Overnight parking or camping is prohibited.
- No jump castles, dunk tanks, pony rides or similar set-ups.
- No Silly String, paint or any other item which may contain dyes and cause permanent damage.
- Collecting, removing, destroying or defacing any natural or manmade object is NOT permitted.
- Vending is not allowed in City parks, open land areas or trails without prior permission from the Parks & Recreation Dept.
- Smoking is prohibited, except in designated areas.
- Glass containers/bottles are prohibited.
- No open fires or flames except in provided grills.
- No gathering or cutting firewood.
- Motorized vehicles (except authorized) are not allowed outside of established streets and parking areas.
- Remote control (RC) boating questions are addressed by the Colorado Parks & Wildlife Division through the office in Fort Collins. Please call 970.472.4300 for information. In Loveland, battery powered RC boats have been approved for use on small City-owned bodies of water only; suggested sites would be the Foote Lagoon or North Lake Park - Duck Pond.
- Regulation as of August 1, 2018: No hang gliding, paragliding or powered paragliding in any park or open land area.

For detailed rules: lovgov.org/parks



AQUATICS

Unsure of your swim level for lessons?

Call 970.962.2FUN to set up a test session for best placement.

Private | Semi-Private Swim Lessons

Private swim lessons are a great way to improve skills in a one-on-one setting tailored to your needs and desires. Taught by City of Loveland swim instructors who have excellent experience.

More Info: 970.962.2631

Private: 1 person, 30-min \$30 paid at lesson

Semi-Private: 2 people, 30-min \$40 paid at lesson

Got twinges in your hinges?

Aqua Fitness Schedule: lovgov.org/fitnesswellness

Make a BIG SPLASH with a Swim Party!

Reserve the Chilson Party Room and celebrate your birthday at the Chilson Pool. We offer gymnastics and eSports parties, too!

More Info: 970.962.2468 or lovgov.org/birthdayparties

Dive-In Movie Night

A FUN night to remember! Enjoy *Elemental* (PG) while floating in the Chilson Pool with your friends. Bring a float and create lasting memories! Location: Chilson Pool

All ages

F 10/4 7:00-9:00P Daily fee/Chilson pass

Swim Parent/Infant Min/Max: 4/10

Parents help introduce infants to the water while learning how to work with their child safely in the pool. Basic body position and holding techniques are introduced. One adult per child required.

Age: 0.5-1.5

M	9/9-10/28	5:45-6:15P	\$46	400001-01
M	11/4-12/23	5:45-6:15P	\$46	400001-02
T,Th	9/3-9/26	5:10-5:40P	\$46	400001-10
T,Th	10/1-10/24	5:10-5:40P	\$46	400001-11
T,Th	10/29-11/21	5:10-5:40P	\$46	400001-12
T,Th	12/3-12/19	5:10-5:40P	\$34.50	400001-13
Sa	9/7-10/26	9:00-9:30A	\$46	400001-20
Sa	11/2-12/21	9:00-9:30A	\$46	400001-21

Swim Parent/Toddler Min/Max: 4/10

Parents help introduce toddlers to the water using songs, working on building confidence, becoming comfortable in and around the pool, and staying safe. Basic water activities are introduced. One adult per child required.

Age: 1.5-3

M	9/9-10/28	5:10-5:40P	\$46	400002-01
M	11/4-12/23	5:10-5:40P	\$46	400002-02
T,Th	9/3-9/26	6:20-6:50P	\$46	400002-10
T,Th	10/1-10/24	6:20-6:50P	\$46	400002-11
T,Th	10/29-11/21	6:20-6:50P	\$46	400002-12
T,Th	12/3-12/19	6:20-6:50P	\$34.50	400002-13
Sa	9/7-10/26	10:10-10:40A	\$46	400002-20
Sa	11/2-12/21	10:10-10:40A	\$46	400002-21

Swim Preschool 1 Min/Max: 4/8

For the swimmer with no or limited water experience and who is uncomfortable putting their face in the water. Front and back floats introduced along with interactive water games.

Age: 3-5

M	9/9-10/28	5:10-5:40P	\$46	400003-01
M	9/9-10/28	6:20-6:50P	\$46	400003-02
M	11/4-12/23	5:10-5:40P	\$46	400003-03
M	11/4-12/23	6:20-6:50P	\$46	400003-04
T,Th	9/3-9/26	5:45-6:15P	\$46	400003-10
T,Th	9/3-9/26	6:55-7:25P	\$46	400003-11
T,Th	10/1-10/24	5:45-6:15P	\$46	400003-12
T,Th	10/1-10/24	6:55-7:25P	\$46	400003-13
T,Th	10/29-11/21	5:45-6:15P	\$46	400003-14
T,Th	10/29-11/21	6:55-7:25P	\$46	400003-15
T,Th	12/3-12/19	5:45-6:15P	\$34.50	400003-16
T,Th	12/3-12/19	6:55-7:25P	\$34.50	400003-17
Sa	9/7-10/26	9:00-9:30A	\$46	400003-20
Sa	9/7-10/26	10:45-11:15A	\$46	400003-21
Sa	11/2-12/21	9:00-9:30A	\$46	400003-22
Sa	11/2-12/21	10:45-11:15A	\$46	400003-23

Swim Preschool 2 Min/Max: 4/8

Prerequisite: Preschool 1 or demonstrate requirements. For the swimmer who will comfortably submerge face and head underwater. Learn to float independently on front and back for 5 seconds. Swimming on front is also introduced.

Age: 3-5

M	9/9-10/28	5:45-6:15P	\$46	400004-01
M	9/9-10/28	6:55-7:25P	\$46	400004-02
M	11/4-12/23	5:45-6:15P	\$46	400004-03
M	11/4-12/23	6:55-7:25P	\$46	400004-04
T,Th	9/3-9/26	5:10-5:40P	\$46	400004-10
T,Th	9/3-9/26	6:20-6:50P	\$46	400004-11
T,Th	10/1-10/24	5:10-5:40P	\$46	400004-12
T,Th	10/1-10/24	6:20-6:50P	\$46	400004-13
T,Th	10/29-11/21	5:10-5:40P	\$46	400004-14
T,Th	10/29-11/21	6:20-6:50P	\$46	400004-15
T,Th	12/3-12/19	5:10-5:40P	\$34.50	400004-16
T,Th	12/3-12/19	6:20-6:50P	\$34.50	400004-17
Sa	9/7-10/26	10:10-10:40A	\$46	400004-20
Sa	9/7-10/26	11:20-11:50A	\$46	400004-21
Sa	11/2-12/21	10:10-10:40A	\$46	400004-22
Sa	11/2-12/21	11:20-11:50A	\$46	400004-23

Swim Preschool 3 Min/Max: 4/8

Prerequisite: Preschool 2 or demonstrate requirements. For the swimmer who is able to float independently on front and back for 5 seconds. Learn to swim 5 body lengths on front without stopping and become more comfortable in deeper water. Treading water is also introduced.

Age: 3-5

M	9/9-10/28	6:20-6:50P	\$46	400005-01
M	11/4-12/23	6:20-6:50P	\$46	400005-02
T,Th	9/3-9/26	5:45-6:15P	\$46	400005-10
T,Th	10/1-10/24	5:45-6:15P	\$46	400005-11
T,Th	10/29-11/21	5:45-6:15P	\$46	400005-12
T,Th	12/3-12/19	5:45-6:15P	\$34.50	400005-13
Sa	9/7-10/26	9:35-10:05A	\$46	400005-20
Sa	11/2-12/21	9:35-10:05A	\$46	400005-21

Stay cool in the pool & work in the water!

Join the aquatics team. Check out: lovgov.org/jobs
Become a certified lifeguard and make a difference.

Swim Level 1 Min/Max: 4/8

For the swimmer with little or no water comfort. Become comfortable submerging entire body in the water and learn to float independently on front and back. Swimming on front is also introduced.

Age: 6-16

M	9/9-10/28	5:10-5:40P	\$46	400006-01
M	9/9-10/28	6:20-6:50P	\$46	400006-02
M	11/4-12/23	5:10-5:40P	\$46	400006-03
M	11/4-12/23	6:20-6:50P	\$46	400006-04
T,Th	9/3-9/26	5:45-6:15P	\$46	400006-10
T,Th	9/3-9/26	6:55-7:25P	\$46	400006-11
T,Th	10/1-10/24	5:45-6:15P	\$46	400006-12
T,Th	10/1-10/24	6:55-7:25P	\$46	400006-13
T,Th	10/29-11/21	5:45-6:15P	\$46	400006-14
T,Th	10/29-11/21	6:55-7:25P	\$46	400006-15
T,Th	12/3-12/19	5:45-6:15P	\$34.50	400006-16
T,Th	12/3-12/19	6:55-7:25P	\$34.50	400006-17
Sa	9/7-10/26	9:00-9:30A	\$46	400006-20
Sa	9/7-10/26	10:10-10:40A	\$46	400006-21
Sa	11/2-12/21	9:00-9:30A	\$46	400006-22
Sa	11/2-12/21	10:10-10:40A	\$46	400006-23

Swim Level 2 Min/Max: 4/8

Prerequisite: Successful completion of Level 1 or demonstrate requirements. For the swimmer who can put their face in the water comfortably and float independently. Learn to swim 5 body lengths on front without stopping and learn to tread water.

Age: 6-16

M	9/9-10/28	5:45-6:15P	\$46	400007-01
M	9/9-10/28	6:55-7:25P	\$46	400007-02
M	11/4-12/23	5:45-6:15P	\$46	400007-03
M	11/4-12/23	6:55-7:25P	\$46	400007-04
T,Th	9/3-9/26	5:10-5:40P	\$46	400007-10
T,Th	9/3-9/26	6:20-6:50P	\$46	400007-11
T,Th	10/1-10/24	5:10-5:40P	\$46	400007-12
T,Th	10/1-10/24	6:20-6:50P	\$46	400007-13
T,Th	10/29-11/21	5:10-5:40P	\$46	400007-14
T,Th	10/29-11/21	6:20-6:50P	\$46	400007-15
T,Th	12/3-12/19	5:10-5:40P	\$34.50	400007-16
T,Th	12/3-12/19	6:20-6:50P	\$34.50	400007-17
Sa	9/7-10/26	9:35-10:05A	\$46	400007-20
Sa	9/7-10/26	10:45-11:15A	\$46	400007-21
Sa	11/2-12/21	9:35-10:05A	\$46	400007-22
Sa	11/2-12/21	10:45-11:15A	\$46	400007-23

Swim Level 3 Min/Max: 4/8

Prerequisite: Successful completion of Level 2 or demonstrate requirements. For the swimmer who can swim on front 5 body lengths without stopping. Learn rotary breathing, front crawl and elementary backstroke. Must be able to jump into shallow/deep water and move to the side comfortably.

Age: 6-16

M	9/9-10/28	5:45-6:15P	\$46	400008-01
M	9/9-10/28	6:55-7:25P	\$46	400008-02
M	11/4-12/23	5:45-6:15P	\$46	400008-03
M	11/4-12/23	6:55-7:25P	\$46	400008-04
T,Th	9/3-9/26	5:10-5:40P	\$46	400008-10
T,Th	9/3-9/26	6:55-7:25P	\$46	400008-11
T,Th	10/1-10/24	5:10-5:40P	\$46	400008-12
T,Th	10/1-10/24	6:55-7:25P	\$46	400008-13
T,Th	10/29-11/21	6:55-7:25P	\$46	400008-14
T,Th	10/29-11/21	6:55-7:25P	\$46	400008-15
T,Th	12/3-12/19	6:55-7:25P	\$34.50	400008-16
T,Th	12/3-12/19	6:55-7:25P	\$34.50	400008-17
Sa	9/7-10/26	9:35-10:05A	\$46	400008-20
Sa	9/7-10/26	8:25-8:55A	\$46	400008-21
Sa	11/2-12/21	9:35-10:05A	\$46	400008-22
Sa	11/2-12/21	8:25-8:55A	\$46	400008-23

Swim Level 4 Min/Max: 4/8

Prerequisite: Successful completion of Level 3 or demonstrate requirements. For the swimmer who can swim 25 yards front crawl without stopping and is comfortable in deep water. Learn back crawl, breaststroke, sidestroke while building endurance on front crawl and elementary backstroke.

Age: 6-16

M	9/9-10/28	5:10-5:40P	\$46	400009-01
M	11/4-12/23	5:10-5:40P	\$46	400009-02
T,Th	9/3-9/26	6:20-6:50P	\$46	400009-10
T,Th	10/1-10/24	6:20-6:50P	\$46	400009-11
T,Th	10/29-11/21	6:20-6:50P	\$46	400009-12
T,Th	12/3-12/19	6:20-6:50P	\$34.50	400009-13
Sa	9/7-10/26	11:20-11:50A	\$46	400009-20
Sa	11/2-12/21	11:20-11:50A	\$46	400009-21

Swim Level 5 Min/Max: 4/8

Prerequisite: Successful completion of Level 4 or demonstration of requirements. For the swimmer who can swim 50 yards front crawl, perform the breaststroke and back crawl for 25 yards and can tread water continuously for at least one minute. The butterfly stroke and flip turns on front and back are also introduced.

Age: 6-16

M	9/9-10/28	6:20-6:50P	\$46	400010-01
M	11/4-12/23	6:20-6:50P	\$46	400010-02
T,Th	9/3-9/26	5:45-6:15P	\$46	400010-10
T,Th	10/1-10/24	5:45-6:15P	\$46	400010-11
T,Th	10/29-11/21	5:45-6:15P	\$46	400010-12
T,Th	12/3-12/19	5:45-6:15P	\$34.50	400010-13
Sa	9/7-10/26	10:45-11:15A	\$46	400010-20
Sa	11/2-12/21	10:45-11:15A	\$46	400010-21

Swim Level 6 Min/Max: 4/8

Prerequisite: Successful completion of Level 5 or demonstrate requirements. For the swimmer who can swim a minimum of two laps without stopping and is efficient in competition strokes including front crawl (freestyle), breaststroke, butterfly and back crawl (backstroke). Work on refining strokes, developing power and smoothness over greater distances.

Age: 6-16

Sa	9/7-10/26	11:20-11:50A	\$46	400011-20
Sa	11/2-12/21	11:20-11:50A	\$46	400011-21

Swim Adult Beginner Min/Max: 4/10

Become more comfortable in the water and learn the basic skills to achieve a minimum level of water competency. Focus is on breath control, submerging, floating and learning the front crawl and elementary backstroke.

Age: 16+

Sa	9/7-10/26	8:25-8:55A	\$46	400015-20
Sa	11/2-12/21	8:25-8:55A	\$46	400015-21

Glow Swim Party

Come swim in the pool where the lights are dim and the party is bright! Get your glow on with a DJ dance party with glow volleyball, glow-in-the-dark photo booth and glow jewelry. Glow items will also be available for purchase. Location: Chilson Pool

All ages

F 11/1 7:00-9:00P Daily fee/Chilson pass



Budget Information

For more than 70 years, the City of Loveland has been a full-service City working to keep our community vibrant, healthy and safe. The City's budget process ensures that Loveland can provide exceptional service levels and allows for investment in infrastructure that will benefit our community for years to come. We take pride in effectively managing public funds, ensuring that every dollar is spent wisely and in the best interest of the community. Learn more about the City's budget, ask questions and find helpful resources as the City plans for the 2025 Budget.

LetsTalkLoveland.org/Budget



GROUP FITNESS CLASSES

Included with a pass/punch card/daily admission!



GET MOTIVATED

With over 50 drop-in group fitness classes per week - **included in your daily admission** - there's something for **EVERYONE**. Getting fit is easier when others are rooting for you!

GET RESULTS

Our trained instructors inspire and encourage you to be the **BEST** you can be with safe, effective classes that deliver maximum results. All fitness levels welcome.

GET IN HERE

Challenge yourself to move your body and develop heart-healthy routines. Increase your cardio and muscular endurance. Get stronger, get flexible, get energized...get in here!

GET THE SCHEDULE

Pick up a current fitness schedule in the Chilson or Senior Center lobby. New classes are added throughout the year, so make sure you have the most current schedule. See you soon!

CURRENT FITNESS SCHEDULE:

Class descriptions included with schedule.

lovgov.org/fitnesswellness





FITNESS & WELLNESS

Personal Training

Get maximum results in minimal time! Learn what your body needs and how it reacts to effective exercise. Working with a certified trainer who understands fitness, nutrition and health is one of the fastest, easiest and most successful ways to improve your health. Achieve long-term weight loss and develop healthy life-long habits; receive expert guidance and motivation; enhance sports performance; establish realistic and achievable fitness and nutritional goals. Call 970.962.2630 for more info or inquire at the front desk.

Personal trainer bios: lovgov.org/personaltrainers

Age: 16+

30-Minute Sessions

1 session	\$38
6 sessions	\$190
10 sessions	\$300

60-Minute Sessions

1 hour	\$55
3 hours	\$150
5 hours	\$240

Intro to Personal Training Package

If you are new to training or have not trained in over one year, this is a great place to start! Our trainers will work to inspire and encourage you to develop healthy habits and effective workouts. One hour and two 30-min sessions. Valid for one intro package per person.

3 sessions \$110

Loyal Guest Personal Training Specials

Save cash and earn free sessions when you buy a personal training package. **Specials valid September 2-13.** Limit two packages per person; must use within one year.

Age: 16+

30-Minute Sessions

6 sessions	\$190	Buy 6, Get 1 Free
10 sessions	\$300	Buy 10, Get 2 Free

60-Minute Sessions

5 hours \$240 Buy 5, Get 1 Free Hour

Lift Strong Weight Training for Age 12–13

Not old enough to use the strength equipment without parental supervision? Meet with a personal trainer to learn the fundamentals of weight training. Get set up on a weight training program and receive a wristband showing completion of the class to use the strength equipment on your own (you must wear wristband each time). Parents are NOT required to attend the class with you.

Call Ally Gengel at 970.982.2630, ext. 2.
Age: 13, 13

Age: 12–13

August–December \$30 412001-01

Fitness Equipment Orientation

Our personal trainers can show you how to safely use the fitness equipment. Call 970.962.2386 for an appointment or schedule at the front desk. The orientation does not provide an exercise plan. **FREE** with paid admission

WORK HARD, FEEL GOOD

reDEFINE Fit Boot Camp ♦ Get fit with a structured workout program, nutritional plan and the support of a team. For ALL fitness levels. Pre & post camp assessments plus Saturday bonus camps! Call 970.214.7900 or email ryann@redefinefitco.com for questions or to enroll. Location: Chilson Center

Age: 16+

AM Camp – 3 days per week + Saturday camps

M,W,F	9/4-10/11	6:00-7:00A	\$235
M,W,F	10/28-11/22	6:00-7:00A	\$160
M,W,F	12/2-12/20	6:00-7:00A	\$120

NOON Camp – 2 days per week + Saturday camps

T,Th	9/3-10/10	12:00-1:00P	\$165
T,Th	10/29-11/21	12:00-1:00P	\$108
T,Th	12/3-12/19	12:00-1:00P	\$80

HIIT (High Intensity Interval Training) Min/Max: 5/7

HIIT is a variant of exercising that is the quickest way to burn fat and gain muscle simultaneously. It optimizes your workout time by utilizing a series of short, high-intensity intervals, followed by longer, low-intensity intervals. It boosts your metabolism and continues to burn calories hours after you're done! Loc: Cycling Rm

Age: 14+

T	9/3-9/24	10:00-10:40A	\$36	416115-1
T	10/1-10/29	10:00-10:40A	\$36	416115-2
T	11/5-11/19	10:00-10:40A	\$27	416115-3
T	12/3-12/17	10:00-10:40A	\$27	416115-4
F	9/6-9/27	10:00-10:40A	\$36	416115-5
F	10/4-10/25	10:00-10:40A	\$36	416115-6
F	11/1-11/22	10:00-10:40A	\$36	416115-7
F	12/6-12/20	10:00-10:40A	\$27	416115-8

TRX Suspension Training Min/Max: 5/8

TRX Suspension Training is a workout in which gravity and your own body weight is used to recruit and work many muscles at the same time. Training with TRX leads to enhanced strength, balance, flexibility and core stability. From beginners to athletes, anyone can use the TRX suspension trainer. Location: Small Gym

Age: 14+ *No class 11/26-11/29 & 12/24-1/3

T	9/3-9/24	9:00-9:40A	\$36	416117-03
T	9/3-9/24	5:40-6:20P	\$36	416117-04
Th	9/5-9/26	9:00-9:40A	\$36	416117-06
F	9/6-9/27	9:00-9:40A	\$36	416117-07
T	10/1-10/29	9:00-9:40A	\$45	416217-03
T	10/1-10/29	5:40-6:20P	\$45	416217-04
Th	10/3-10/31	9:00-9:40A	\$45	416217-06
F	10/4-11/1	9:00-9:40A	\$45	416217-07
T	11/5-11/19*	9:00-9:40A	\$27	416317-03
T	11/5-11/19*	5:40-6:20P	\$27	416317-04
Th	11/7-11/21*	9:00-9:40A	\$27	416317-06
F	11/8-11/22*	9:00-9:40A	\$27	416317-07
T	12/3-12/17*	9:00-9:40A	\$27	416417-03
T	12/3-12/17*	5:40-6:20P	\$27	416417-04
Th	12/5-12/19*	9:00-9:40A	\$27	416417-06
F	12/6-12/20*	9:00-9:40A	\$27	416417-07

Senior Strength Training Check your current fitness levels and set goals for improving cardio endurance, flexibility, upper and lower body muscular strength, dynamic balance, agility, coordination and postural stability. The guidance of a trainer and the community of a class! You must complete a fitness orientation prior to class. Instructor: Todd Grauvogl | Location: Circuit Area

Age: 50+ Time: 1:30-2:30P

M	9/9-9/30	\$15	416119-1	M	11/4-11/18	\$10	416119-3
M	10/7-10/28	\$15	416619-2	M	12/2-12/16	\$10	416119-4

EXPERIENCE WELLNESS

Low Carb Living Min/Max: 6/15

Are you pre-diabetic, suffering from type 2 diabetes, obesity, high blood pressure or high cholesterol? Has your doctor informed you a reduced carbohydrate lifestyle may help? You don't have to be keto to enjoy the benefits of reducing your carbohydrate intake. Limiting the intake of carbs may be difficult, but finding alternatives can help. Learn helpful tips to begin and maintain a new reduced carbohydrate intake lifestyle. Lifestyle meetings held every month.

Instructor: Candace Oates | Location: Party Rm

Age: 14+

Th	9/5	10:30-11:30A	\$26	418950-1
Th	10/3	10:30-11:30A	\$26	418950-2
Th	11/7	10:30-11:30A	\$26	418950-3

Hearing Assessments Min/Max: 3/7

Listen up! On the 3rd Tuesday of every other month, audiologist Chris Hollabaugh is at Chilson to do basic hearing assessments. Location: Senior Center Clinic

Age: 18+

*After registration, you will be contacted to schedule a 10-minute appointment time between 8:30-10:30A

T	9/24	8:30-10:30A*	FREE	491067-1
T	11/26	8:30-10:30A*	FREE	491067-2

UCHealth/Aspen Club Balance Screenings

Physical and Occupational Therapists will assess your fall risk using the STEADI (Stopping Elderly Accidents, Deaths, & Injuries) initiative tools and protocols. Balance and fall prevention strategies, programs and resources will be shared based on your results.

Min/Max: 1/40 Location: Chilson Conference Rm

Age: 18+

*After registration, you will be contacted to schedule a 20-minute appointment time between 9:30A-1:30P

W	9/25	9:30A-1:30P*	FREE	491213-2
W	10/23	9:30A-1:30P*	FREE	491213-3
W	11/20	9:30A-1:30P*	FREE	491213-4
W	12/18	9:30A-1:30P*	FREE	491213-5

SPA SERVICES

Therapeutic Massage

Held in a private room, sessions enhance relaxation, stress reduction and injury relief.

Massage Fees: 30-min (\$45), 60-min (\$75) or 90-min (\$100)
Call massage therapists directly to schedule an appointment.

Joyce Meis, LMT - 970.691.3441

Joyce specializes in relaxation, therapeutic, deep tissue, Swedish and prenatal massage. Gift certificates available.

Kirsten Bishop, LMT - 808.462.2096

Kirsten specializes in Swedish massage, neuromuscular techniques, trigger point therapy, sports massage, cupping and chair massage.

Medically Based Foot Care

Patti Krkosa, RN - 720.442.2615

1st & 3rd Thursday, 8:30A-4:00P

Fee: Toenail Care (\$45), Fingernail Care (\$12)

YOGA

NEW! Children's Yoga ♦ Min/Max: 5/10

Experience wellness through yoga-based movement and yoga-based breathing techniques combined with creative movement and music. Location: Fitness/Dance Studio

Age: 6-12

M	9/9-9/30	4:15-5:00P	\$36	414010-01
M	10/7-10/28	4:15-5:00P	\$36	414010-02
M	11/4-11/18	4:15-5:00P	\$27	414010-03
M	12/2-12/16	4:15-5:00P	\$27	414010-04

Somatic Yoga ♦ Min/Max: 5/15

Somatic Yoga uses the physical postures of yoga as an exploration of your inner landscape. This transformative practice invites you into a deeper connection with your body, uniting movement with mindfulness and unlocking a profound sense of awareness and healing. It tunes you in to your body's innate wisdom, allowing you to release tension, restore balance, and move with greater ease and intention. This practice encourages you to rediscover parts of your body you may have been disconnected from and safely reintegrate them back into an experience of wholeness. Location: Hickory/Maple/Spruce Rm

Age: 16+

Th	10/10-10/31	6:30-7:30P	\$36	418007-01
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InBody Yoga ♦ Min/Max: 5/16

Trauma is what happens inside us as a response to a traumatic event. InBody Yoga is an all-level, trauma-informed approach to yoga that helps you reconnect with your body and learn to self-regulate back into a balanced state. The founding principle of this style of yoga is the power of choice. You are given many options for yoga postures and are encouraged to listen to your body and decide how to move through each class.

Instructor: Steph Shore | Location: Fitness/Dance Studio

Age: 16+

W	10/2-11/6	5:45-6:45P	\$54	418501-1
W	11/13-12/18	5:45-6:45P	\$54	418501-2

TAI CHI

Tai Chi – Level 1 & 2 Min/Max: 5/30

Tai Chi is an ancient form of Chinese exercise. Described as meditation in motion, it promotes serenity through gentle, flowing movements with each posture flowing into the next without pause, ensuring that your body is in constant motion. Slow movements develop strong bones from a firm rooting of the feet. It stimulates memory and generates a feeling of confidence and relaxation. Instructor: Dee Gorski

Location: Small Gym

Age: 18+

Level 1	M	9/9-11/11	11:30A-12:30P	\$80	427108-1
	M	11/18-12/9	11:30A-12:30P	\$45	427108-2
Level 2	M	9/9-11/11	12:45-1:45P	\$80	427108-5
	M	11/18-12/9	12:45-1:45P	\$45	427108-6

TAE KWON-DO

Tae Kwon-Do ♦ Min/Max: 5/25

This martial arts class practices the traditional Chan Hun style of Tae Kwon-Do. Students learn to use their training to better their lives with the respect and courtesy that goes along with achieving each rank. Uniforms are not immediately required, but must be purchased before the student's first rank test. Please see the instructor to purchase a uniform. Testing fees are a separate cost, payable to the instructor. **Multiple family member discount – must attend within same month and register at the Chilson front desk (register the highest-ranking student first).**

Instructor: Sheila Shirley, III Dan

Age: 7+ *No class 9/2, 9/4, 9/5, 9/6, 11/27-30, 12/23-27

Beginner Rank: new students thru high white belt

Location: Thurs: Hickory Rm | Fri: Chilson Gymnastics Ctr

Th	9/12-10/24*	6:00-7:15P	\$60	439970-1
F	9/13-10/25*	5:00-6:15P	\$60	439970-2
Th	10/31-12/19*	6:00-7:15P	\$60	439970-3
F	11/1-12/13*	5:00-6:15P	\$60	439970-4

Intermediate Rank: gold belt thru blue belt

Choose to register for either 2 or 3 days per week. If you register for 2 days per week, you can pick the 2 days you wish to attend. This can vary week to week, allowing for flexibility!

Location: Mon/Wed: Hickory Rm | Fri: Chilson Gymnastics Ctr

2 times per week **Tues start at 6:40P, Wed/Fri start at 6:30P

T,W,F	9/10-10/4*	6:30-8:00P**	\$50	439971-1
T,W,F	10/8-11/1	6:30-8:00P**	\$50	439971-2
T,W,F	11/5-11/22*	6:30-8:00P**	\$40	439971-3
T,W,F	12/3-12/20*	6:30-8:00P**	\$40	439971-4

3 times per week **Tues start at 6:40P, Wed/Fri start at 6:30P

T,W,F	9/10-10/4*	6:30-8:00P**	\$60	439973-1
T,W,F	10/8-11/1	6:30-8:00P**	\$60	439973-2
T,W,F	11/5-11/22*	6:30-8:00P**	\$50	439973-3
T,W,F	12/3-12/20*	6:30-8:00P**	\$50	439973-4

Upper Rank: high blue belt & above

Choose to register for either 2 or 3 days per week. If you register for 2 days per week, you can pick the 2 days you wish to attend. This can vary week to week, allowing for flexibility!

Location: Mon/Wed: Hickory Rm | Fri: Chilson Gymnastics Ctr

2 times per week **Tues start at 6:40P, Wed/Fri start at 6:30P

T,W,F	9/10-10/4*	6:30-8:30P**	\$60	439972-1
T,W,F	10/8-11/1	6:30-8:30P**	\$60	439972-2
T,W,F	11/5-11/22*	6:30-8:30P**	\$50	439972-3
T,W,F	12/3-12/20*	6:30-8:30P**	\$50	439972-4

3 times per week **Tues start at 6:40P, Wed/Fri start at 6:30P

T,W,F	9/10-10/4*	6:30-8:30P**	\$70	439974-1
T,W,F	10/8-11/1	6:30-8:30P**	\$70	439974-2
T,W,F	11/5-11/22*	6:30-8:30P**	\$60	439974-3
T,W,F	12/3-12/20*	6:30-8:30P**	\$60	439974-4

VOLUNTEER

WE NEED
YOU

JOIN OUR TEAM!



lovgov.org/volunteer (Variety of Opportunities)
teamsideline.com/loveland (Loveland Athletics)
offer.o.cityofloveland.org (Open Lands & Trails)



LED Light Therapy

LED Light Therapy is a non-invasive and natural treatment that has been proven safe and effective with over 7,000 medical and university studies. It is designed to help REJUVENATE, RENEW and REVIVE your body after workouts to allow for recovery.

The LightStim LED Therapy Bed is the first to gain over-the-counter FDA clearance. It is a soothing and gentle treatment that delivers warmth for a relaxing whole body treatment to maximize your body's potential for peak physiological performance.

Treatment	Fee	Passholder Fee
LED Therapy Bed (40-min, reservation block 50-min)	\$50	\$25
Anti-Aging ProPanel (20-min, reservation block 25-min)	\$25	\$15
Intro Session (40-min, reservation block 50-min)	\$10	\$10
LED Therapy Sessions** (20-min, 10 pack)	\$199	\$99
(40-min, 10 pack)	\$299	\$149

***Passholder = Chilson 6 month, annual and monthly billed passholders; all info & fees subject to change
Sessions are valid for 1 year from date of purchase



BOOK NOW: lovgov.org/webtrac



ADAPTIVE RECREATION

Adaptive Recreation

Loveland Adaptive Recreation (AR) provides activities and services to individuals in the community who have varying levels of physical, emotional or intellectual abilities. The Adaptive Recreation Coordinator will work with individuals with disabilities as requested. Services include, but are not limited to, adaptive exercise, fitness orientations, class and registration information, leisure interest search assistance and advocacy to eliminate barriers.

Adaptive Programs

Adaptive programs are for individuals who may have disabilities and need modified support to participate in activities. These programs are open to everyone but are designed to meet the unique needs of individuals with physical, intellectual and/or emotional disabilities.

Contact Information

For more information, visit lovgov.org/parksrecreation or contact Jasmine Gilkes, at 970.962.2462 jasmine.gilkes@cityofloveland.org

Personal Care Attendants

Individuals who are not independent in activities of daily living may participate with a personal care attendant. There is no fee for personal care attendants unless otherwise noted. Attendants need to register separately and note whom they will be assisting. Notify AR staff to coordinate a support plan prior to class start date.

Unified Sport Leagues

Loveland Parks & Recreation offers unified teams for sports like basketball, soccer and softball. They are teams comprised of players with and without disabilities. These leagues may work with rule additions and changes that allow all players to be supported and make gameplay fair. Unified sports programs promote gross motor coordination, dynamic decision making, inter-player communication, endurance and wellness.

Modifications

If a modification is required to participate in any recreation program, please indicate the modification needed during the registration process. Adaptive Recreation staff will work with program leaders to determine how to most effectively provide needed modifications for full participation. Inquiries about what type of accommodations are available should be made at least two weeks before the class begins.



ADULT ATHLETICS

League Skill Definitions

LEVEL 1 - Competitive (Age 16+)

For teams who wish to play in the highest level of competition. Players should be very proficient in all skills and strategies.

LEVEL 2 & 3 - Recreation (Age 16+)

For teams who wish to play for reasons other than exercise without getting into highly competitive levels of play. Players should have average to above average skills and knowledge of the sport.

LEVEL 4 & 5 - Leisure (Age 16+)

For teams who wish to play for exercise in a low-key environment. Players should be beginners learning skills and techniques.

Payments & Rosters Full payment for each team is required at the time of registration. Major credit cards accepted. Rosters are required prior to the teams' first game. Enroll your team and complete your roster on teamsideline.com/loveland

TeamSideline.com/loveland is used for all sport schedules, tournament dates, information packets, weather notifications and more! Check it out!

Volunteer youth coaches needed!

Many activities need assistance! Call the coordinator for your area of expertise. Have FUN and make a difference this season.

Athletic Coordinators

General Athletics Info	970.962.2445 athletics@cityofloveland.org
Adult & Youth Softball	Dana 970.962.2450 dana.redford@cityofloveland.org
Adult & Youth Basketball	
Adult Kickball	
Youth Flag Football	
Cornhole	
Adult & Youth Volleyball	Savannah 970.962.2445 savannah.maldonado@cityofloveland.org
CARA Track	
Gymnastics	
Volunteer Program	
Adult & Youth Soccer	Karl 970.962.2444 karl.vonzwehl@cityofloveland.org
Youth Baseball & T-Ball	
Pickleball	
Adult & Youth Tennis	Kim 970.962.2437, Program Supervisor kim.miller@cityofloveland.org
Batting Cages	

Fall Softball

Early Bird (thru 7/29).....\$465/team
 Team Fee (7/30-8/5).....\$515/team

Schedules available online. Rosters due 8/22. Play begins 8/26.

Day	Start Date	Level	Class #
T	8/27	Men's 1 (Comp)	474001-1
T	8/27	Men's 2 (Rec)	474002-2
T	8/27	Men's 3 (Leisure)	474002-3
Th	8/29	Men's 2 (Rec)	474002-4
M	8/26	Coed 1 (Comp)	474201-1
M	8/26	Coed 2 (Rec)	474202-2
M	8/26	Coed 3 (Leisure)	474202-3
Th	8/29	Men's Church 2 (Rec)	474301-2

Fall Softball: Doubleheader

Register 7/1-8/5
 Early Bird (thru 7/29).....\$845/team
 Team Fee (7/30-8/5).....\$895/team

Schedules available online. Rosters due 8/22. Play begins 8/28.

Day	Start Date	Level	Class #
W	8/28	Men's DH 1 (Comp)	474003-1

Fall Coed Kickball

Register 7/1-8/5
 Early Bird (thru 7/29).....\$290/team
 Team Fee (7/30-8/5).....\$340/team

Schedules available online. Rosters due 8/16. Play begins 8/21.

Day	Start Date	Level	Class #
W	8/21	Coed 2 (Rec)	476201-1

Fall Coed Soccer

Register 7/1-7/29
 Early Bird (thru 7/23).....\$805/team
 Team Fee (7/24-7/29).....\$855/team

Schedules available online. Rosters due 8/8. Play begins 8/11.

Day	Start Date	Level	Class #
Su	8/11	Coed 1 (Comp)	477201-1
Su	8/11	Coed 2 (Rec)	477201-2

Fall Volleyball

Register 7/1-8/26
 Early Bird (thru 8/19).....\$335/team
 Team Fee (8/20-8/26).....\$375/team

Schedules available online. Rosters due 9/4. Play begins 9/9.

Day	Start Date	Level	Class #
M	9/9	Women's 1 (Comp)	471101-1
M	9/9	Women's 2 (Rec)	471101-2
M	9/9	Women's 2 (Rec/Leisure)	471101-3
W	9/11	Coed 3 (Leisure)	471201-3
Th	9/12	Coed 1 (Comp)	471201-1
Th	9/12	Coed 2 (Rec)	471201-2

Fall Volleyball: Doubleheader

Register 7/1-8/26
 Early Bird (thru 8/19).....\$550/team
 Team Fee (8/20-8/26).....\$590/team

Schedules available online. Play begins 9/13. **NEW!** Indoor 6v6 league with 14-match guarantee + playoffs. Games are self-officiated.

Day	Start Date	Level	Class #
F	9/13	Coed 2 (Rec)	471001-1

Fall Basketball

Register 7/1-9/2
 Early Bird (thru 8/26).....\$435/team
 Team Fee (8/27-9/2).....\$485/team

Schedules available online. Rosters due 9/13. Play begins 9/15.

Day	Start Date	Level	Class #
Su	9/15	Men's 2 (Chilson)	473001-1

Winter Volleyball

Register 11/11-12/9

Early Bird (thru 12/2).....\$335/team

Team Fee (12/3-12/9).....\$375/team

Schedules available online. League begins week of 1/6/25.

Age: 16+

Day	Start Date	Level	Class #
M	1/6	Women's 1 (Comp)	171101-1
M	1/6	Women's 2 (Rec)	171101-2
M	1/6	Women's 2 (Rec/Leisure)	171101-3
W	1/8	Coed 3 (Leisure)	171201-3
Th	1/9	Coed 1 (Comp)	171201-1
Th	1/9	Coed 2 (Rec)	171201-2

Winter Volleyball: Doubleheader

Register 11/11-12/9

Early Bird (thru 12/2).....\$550/team

Team Fee (12/3-12/9).....\$590/team

Schedules available online. Play begins 1/10/25. **NEW!** Indoor 6v6 league with 14-match guarantee + playoffs. Games are self-officiated.

Day	Start Date	Level	Class #
F	1/10	Coed 2 (Rec)	171001-1

Winter Basketball

Register 11/11-12/9

Early Bird (thru 12/2).....\$545/team

Team Fee (12/3-12/9).....\$595/team

Schedules online 12/27 after 4pm. League begins week of 1/12/25.

Age: 16+

Day	Start Date	Level	Class #
T	1/14	Men's 2 (Peakview)	173001-3
Su	1/12	Men's 2 (Chilson)	173001-4

Pickleball: Beginning Skills

Min/Max: 8/10

Learn this FUN sport that's similar to tennis, badminton and ping pong! All equipment provided. Instructors: Bob Monroe, Pam McGee, George Richards

Age: 18+ Fee: \$50 Register online beg 8/5, 6P until filled

Day	Date	Time	Location	Class #
T	9/3-9/24	8:00-10:00A	Sunnyside	476113-70
T	10/8-11/5	7:00-9:00A	Large Gym	476113-71
T	11/5-12/3	7:00-9:00A	Large Gym	476113-73
T	8/27-9/24	2:00-4:00P	Osborn	476113-74
T	10/1-10/22	2:00-4:00P	Large Gym	476113-76
T	10/29-11/19	2:00-4:00P	Large Gym	476113-77
W	9/4-9/25	10:00A-12:00P	Osborn	476113-78
W	10/2-10/23	10:00A-12:00P	Large Gym	476113-79
W	10/30-11/27	6:00-8:00P	Large Gym	476113-80

Pickleball: Level 2 Mentored Play

Min/Max: 8/10

Prerequisite: Completion of the Beginning Skills class within the past 6 months. Move from a beginner to confidently playing within the larger pickleball community. Learn fundamental skills, specific techniques and doubles strategy. Instructor: George Richards

Age: 18+ Fee: \$50 Register online beg 8/5, 6P until filled

Day	Date	Time	Location	Class #
W	9/4-9/25	6:00-8:00P	Osborn	476114-62
W	10/2-10/23	6:00-8:00P	Large Gym	476114-63

W 10/30-11/27 6:00-8:00P Large Gym 476114-64

Age: 18+ Fee: \$50 Register online beg 8/5, 6P until filled

Day	Date	Time	Location	Class #
F	9/6-9/27	4:00-6:00P	Osborn	476115-62
F	10/11-11/1	4:00-6:00P	Large Gym	476115-63
F	11/8-12/6	4:00-6:00P	Large Gym	476115-64



YOUTH ATHLETICS

Youth Athletic Registration Deadlines

Please note the registration deadlines for our Youth Athletic Team Sports. Registration will begin the season prior with hard deadlines approximately 2-3 weeks before the program start date to allow for improved planning and coordination.

Youth Sport	Early Bird Fee	Regular Fee	Registration Deadline	Start Date
FALL soccer, flag football, volleyball	7/1	7/23	8/5	8/26
FALL basketball	7/1	9/17	9/30	10/14
WINTER 2024 basketball	10/21	11/19	12/2	1/13/25

Early Bird registration begins at 6:00P

TENNIS ANYONE? Check out our tennis lessons with Williams Tennis School this fall! All levels and all ages welcome. More info on page 23.

Schools and City Parks map is on page 52.

TeamSideline.com/loveland is used for all sport schedules, tournament dates, information packets, weather notifications and more! Check it out!

Wait List Policy

If a class is full, you may be placed on ONE wait list. You are contacted when there is a cancellation or if a class is added (depends on facility, coach, participants).

Teams Depend on Volunteer Coaches

Volunteer coaches are essential to our athletic programs. **Teams will only run if a coach is identified, so all teams are subject to cancellation.** Coaching is rewarding! And if your child is on the team, their registration fee is waived. All materials and equipment provided. Sign up to coach at teamsideline.com/loveland and go to COACH! > Sign up to COACH!

Youth Athletic T-Shirts

Each participant is required to wear a Youth Athletics T-Shirt unless otherwise noted (purchase at Mountain Rentals, Inc. 401 E. Eisenhower Blvd. in Loveland).

Do you have questions about youth athletics or our volunteer program?

Call 970.962.2445 for more info.

Fall Soccer Pre-K Instructional

Min/Max: 6/10
Drills and fun games are used to introduce soccer basics. Basics are taught during scheduled practice times only. No additional games played on Saturdays. Youth Athletic T-Shirts not required.

Age: 4-6

Register: 7/1-8/26 Fee: \$67 (Early Bird thru 8/5), \$87 (after 8/5)

M,W	9/9-10/2	5:45-6:30P	Kroh 9	433000-01
T,Th	9/10-10/3	5:45-6:30P	Kroh 9	433000-02
M,W	9/9-10/2	4:30-5:15P	Loch Lon 4	433000-03
T,Th	9/10-10/3	5:45-6:30P	Loch Lon 4	433000-04
T,Th	9/10-10/3	5:30-6:15P	NL Train 2	433000-06

Fall Youth Soccer Leagues

Emphasizes equal participation while learning soccer fundamentals and having FUN! Practices held twice/week. Games are Saturdays at Kroh Park. Youth Athletic T-Shirts and shin guards required.

Fall Soccer Pre-K League

Min/Max 6/12

Register: 7/1-8/5 Fee: \$77 (Early Bird thru 7/22), \$97 (after 7/22)

Age: 4-5

M,W	8/26-10/12	4:30-5:30P	Kroh 6	433004-01
M,W	8/26-10/12	5:30-6:30P	Kroh 6	433004-02
T,Th	8/27-10/12	4:30-5:30P	LSP 6	433004-21
T,Th	8/27-10/12	5:30-6:30P	LSP 6	433004-22
M,W	8/26-10/12	5:30-6:30P	LSP 6	433004-23
T,Th	8/27-10/12	4:30-5:30P	NL Train 2	433004-31

Age: 5-6

T,Th	8/27-10/12	4:30-5:30P	Kroh 6	433006-01
T,Th	8/27-10/12	5:30-6:30P	Kroh 7	433006-02
M,W	8/26-10/12	4:30-5:30P	Kroh 8	433006-03
M,W	8/26-10/12	5:30-6:30P	Loch Lon 3	433006-11
M,W	8/26-10/12	5:30-6:30P	LSP 6	433006-21

Fall Soccer 1st & 2nd Grade

Min/Max: 8/12

Register: 7/1-8/5 Fee: \$77 (Early Bird thru 7/22), \$97 (after 7/22)

Boys

T,Th	8/27-10/12	4:30-5:30P	Kroh 3	433011-01
M,W	8/26-10/12	4:30-5:30P	Kroh 3	433011-02
T,Th	8/27-10/12	5:30-6:30P	Kroh 4	433011-03
M,W	8/26-10/12	4:30-5:30P	Loch Lon 3	433011-04
M,W	8/26-10/12	5:30-6:30P	Loch Lon 2	433011-05
M,W	8/26-10/12	4:30-5:30P	LSP 6	433011-06
T,Th	8/27-10/12	5:30-6:30P	LSP 7	433011-07
T,Th	8/27-10/12	4:30-5:30P	NL Train 1	433011-08

Girls

M,W	8/26-10/12	4:30-5:30P	Kroh 7	433021-01
T,Th	8/27-10/12	5:30-6:30P	Loch Lon 3	433021-02
T,Th	8/27-10/12	4:30-5:30P	LSP 6	433021-03
M,W	8/26-10/12	4:30-5:30P	LSP 6	433021-04
M,W	8/26-10/12	4:30-5:30P	NL Train 1	433021-05
T,Th	8/27-10/12	5:30-6:30P	New Vision	433021-06
M,W	8/26-10/12	4:30-5:30P	Kroh 8	433021-09
T,Th	8/27-10/12	4:30-5:30P	Kroh 9	433021-14

Fall Soccer 3rd & 4th Grade

Min/Max 11/15

Register: 7/1-8/5 Fee: \$77 (Early Bird thru 7/22), \$97 (after 7/22)

Boys

M,W	8/26-10/12	4:30-5:30P	Kroh 3	433013-01
T,Th	8/27-10/12	4:30-5:30P	Kroh 7	433013-02
M,W	8/26-10/12	4:30-5:30P	Kroh 4	433013-03
T,Th	8/27-10/12	4:30-5:30P	Kroh 8	433013-04
M,W	8/26-10/12	4:30-5:30P	Loch Lon 1	433013-05
M,W	8/26-10/12	4:30-5:30P	LSP 7	433013-06
T,Th	8/27-10/12	5:30-6:30P	NL Train 1	433013-07

Fall Soccer 3rd & 4th Grade

Min/Max 11/15

Register: 7/1-8/5 Fee: \$77 (Early Bird thru 7/22), \$97 (after 7/22)

Girls

M,W	8/26-10/12	4:30-5:30P	Kroh 4	433023-01
T,Th	8/27-10/12	4:30-5:30P	Kroh 4	433023-02
T,Th	8/27-10/12	5:30-6:30P	LSP 6	433023-03
M,W	8/26-10/12	4:30-5:30P	LSP 7	433023-04
M,W	8/26-10/12	5:30-6:30P	NL Train 1	433023-05
T,Th	8/27-10/12	4:30-5:30P	LSP 7	433023-06
T,Th	8/27-10/12	5:30-6:30P	Kroh 3	433023-09

Fall Soccer 5th & 6th Grade

Min/Max 11/15

Register: 7/1-8/5 Fee: \$77 (Early Bird thru 7/22), \$97 (after 7/22)

Boys

M,W	8/26-10/12	5:30-6:30P	Kroh 4	433015-01
T,Th	8/27-10/12	5:30-6:30P	Kroh 7	433015-02
M,W	8/26-10/12	5:30-6:30P	Kroh 8	433015-03
T,Th	8/27-10/12	5:30-6:30P	Kroh 8	433015-04
M,W	8/26-10/12	5:30-6:30P	LSP 7	433015-05

Girls

M/W	8/26-10/12	5:30-6:30P	Kroh 4	433025-01
M,W	8/26-10/12	5:30-6:30P	Kroh 8	433025-02
M,W	8/26-10/12	5:30-6:30P	Loch Lon 1	433025-03
T,Th	8/27-10/12	5:30-6:30P	Loch Lon 1	433025-04
T,Th	8/27-10/12	4:30-5:30P	Kroh 7	433025-06
M/W	8/26-10/12	5:30-6:30P	LSP 7	433025-07

Fall Soccer 7th & 8th Grade

Min/Max 11/18

Register: 7/1-8/5 Fee: \$77 (Early Bird thru 7/22), \$97 (after 7/22)

Coed

M,W	8/26-10/12	4:30-5:30P	Kroh 1	433017-01
M,W	8/26-10/12	5:30-6:30P	Kroh 1	433017-02
M,W	8/26-10/12	5:30-6:30P	Kroh 1	433017-03
T,Th	8/27-10/12	5:30-6:30P	Kroh 1	433017-04

Grade: 2-3

T,Th	8/27-10/12	5:00-6:15P	Cottonwood EI	437002-01
M,W	8/26-10/12	6:30-7:45P	Centennial EI	437002-02
M,W	8/26-10/12	6:30-7:45P	Coyote Ridge	437002-03
T,Th	8/27-10/12	6:30-7:45P	Coyote Ridge	437002-04
M,W	8/26-10/12	6:15-7:30P	Edmondson EI	437002-05
T,Th	8/27-10/12	5:00-6:15P	Namaqua EI	437002-06
T,Th	8/27-10/12	5:00-6:15P	Centennial EI	437002-07
M,W	8/26-10/12	6:30-7:45P	Namaqua EI	437002-08
T,Th	8/27-10/12	5:00-6:15P	Ponderosa EI	437002-09

Grade: 4-5

T,Th	8/27-10/12	6:30-7:45P	Cottonwood EI	437004-01
M,W	8/26-10/12	5:00-6:15P	Centennial EI	437004-02
M,W	8/26-10/12	5:00-6:15P	Coyote Ridge	437004-03
T,Th	8/27-10/12	5:00-6:15P	Coyote Ridge	437004-04
T,Th	8/27-10/12	6:30-7:45P	Namaqua EI	437004-06
T,Th	8/27-10/12	6:30-7:45P	Centennial EI	437004-07
M,W	8/26-10/12	5:00-6:15P	Namaqua EI	437004-08
T,Th	8/27-10/12	6:30-7:45P	Ponderosa EI	437004-09

Fall Itty Bitty Ballers Basketball

Min/Max 6/10

A fun coed program to learn the fundamentals of basketball with modified rules and basket height. Practices/games held at Chilson.

Register: 7/1-9/30 Fee: \$67 (Early Bird thru 9/16), \$87 (after 9/16)

Grade: K-1 *No class 11/30

Sa	10/26-12/7*	9:00-9:50A	Large Gym	432021-01
Sa	10/26-12/7*	9:00-9:50A	Large Gym	432021-02
Sa	10/26-12/7*	10:00-10:50A	Large Gym	432021-03
Sa	10/26-12/7*	10:00-10:50A	Large Gym	432021-04
Sa	10/26-12/7*	11:00-11:50A	Large Gym	432021-05
Sa	10/26-12/7*	11:00-11:50A	Large Gym	432021-06

Fall Girls Basketball Min/Max: 6/10

Learn fundamentals, enhance current skills, develop good sportsmanship and have FUN! Practices held at area elementary schools twice per week; games played Saturdays beginning 10/26. Required: Youth Athletic T-shirt, non-marking soled shoes

Register: 7/1-9/30 Fee: \$77 (Early Bird thru 9/16), \$97 (after 9/16)

Girls Grade: 2-3 *No practice/games 11/25-11/30

M,W	10/14-12/7*	5:00-5:50P	Centennial El	432023-01
T,Th	10/15-12/7*	5:00-5:50P	Centennial El	432023-02
M,W	10/14-12/7*	5:00-5:50P	Cottonwood	432023-03
T,Th	10/15-12/7*	5:00-5:50P	Coyote Ridge	432023-04
M,W	10/14-12/7*	6:00-6:50P	Edmondson	432023-05
M,W	10/14-12/7*	5:00-5:50P	Garfield El	432023-06
T,Th	10/15-12/7*	5:00-5:50P	Namaqua El	432023-07
T,Th	10/15-12/7*	5:00-5:50P	Ponderosa El	432023-08
T,Th	10/15-12/7*	6:00-6:50P	Winona El	432023-09
T,Th	10/15-12/7*	6:00-6:50P	High Plains Aux	432023-10

Girls Grade: 4-5 *No practice/games 11/25-11/30

M,W	10/14-12/7*	6:00-6:50P	Centennial El	432024-01
T,Th	10/15-12/7*	6:00-6:50P	Centennial El	432024-02
M,W	10/14-12/7*	6:00-6:50P	Cottonwood	432024-03
T,Th	10/15-12/7*	6:00-6:50P	Coyote Ridge	432024-04
M,W	10/14-12/7*	7:00-7:50P	Edmondson	432024-05
M,W	10/14-12/7*	6:00-6:50P	Garfield El	432024-06
T,Th	10/15-12/7*	6:00-6:50P	Namaqua El	432024-07
T,Th	10/15-12/7*	6:00-6:50P	Ponderosa El	432024-08
T,Th	10/15-12/7*	7:00-7:50P	Winona El	432024-09
T,Th	10/15-12/7*	6:00-6:50P	High Plains Main	432024-10

Fall Flag Football Min/Max: 8/12

Elementary-aged children learn the fundamentals of football. Practices held twice per week with games on Saturdays beginning 9/7 at Loveland Sports Park. Required: Youth Athletic T-shirt

Register: 7/1-8/5 Fee: \$77 (Early Bird thru 7/22), \$97 (after 7/22)

Grade: 1-2

T,Th	8/27-10/12	5:30-6:30P	Centennial El	438101-01
T,Th	8/27-10/12	5:30-6:30P	High Plains	438101-02
M,W	8/26-10/12	5:30-6:30P	Kroh 6	438101-03
M,W	8/26-10/12	5:30-6:30P	Loch Lon 4	438101-04
T,Th	8/27-10/12	5:30-6:30P	Loch Lon 4	438101-05
M,W	8/26-10/12	5:30-6:30P	LSP 7	438101-06
T,Th	8/27-10/12	5:30-6:30P	LSP 7	438101-07
M,W	8/26-10/12	5:30-6:30P	Mehaffey N	438101-08

Grade: 3-4

M,W	8/26-10/12	5:30-6:30P	Centennial El	438103-01
T,Th	8/27-10/12	5:30-6:30P	High Plains	438103-02
T,Th	8/27-10/12	5:30-6:30P	Kroh 6	438103-03
M,W	8/26-10/12	5:30-6:30P	Loch Lon 4	438103-04
T,Th	8/27-10/12	5:30-6:30P	Centennial El	438103-05
M,W	8/26-10/12	5:30-6:30P	LSP 7	438103-06
T,Th	8/27-10/12	5:30-6:30P	LSP 7	438103-07
T,Th	8/27-10/12	5:30-6:30P	Mehaffey N	438103-08

Grade: 5-6

T,Th	8/27-10/12	5:30-6:30P	LSP 7	438105-01
T,Th	8/27-10/12	5:30-6:30P	Kroh 6	438105-02
T,Th	8/27-10/12	5:30-6:30P	Loch Lon 4	438105-03
M,W	8/26-10/12	5:30-6:30P	Mehaffey N	438105-04

Athletics e-newsletters and text alerts at teamsideline.com/loveland

Get info for all sport schedules, tournament dates, information packets, weather notifications and more!

Winter Basketball Boys 2nd–5th Grade

Learn fundamentals, enhance current skills, develop good sportsmanship and have FUN! Teams have two one-hour practices per week plus six games on Saturdays beginning 1/25 at the Chilson Recreation Center and local schools. Required: Youth Athletics T-shirt, non-marking soled shoes. Min/Max: 6/10

Register: 10/21-12/2

Fee: \$79 (Early Bird thru 11/18), \$99 (after 11/18)

Grade: 2-3

T,Th	1/14-3/1	6:00-6:50P	Carrie Martin	132013-02
M,W	1/13-3/1	5:00-5:50P	Centennial El	132013-03
T,Th	1/14-3/1	5:00-5:50P	Centennial El	132013-04
M,W	1/13-3/1	5:00-5:50P	Cottonwood	132013-05
T,Th	1/14-3/1	5:00-5:50P	Coyote Ridge	132013-07
M,W	1/13-3/1	6:00-6:50P	Edmondson	132013-08
M,W	1/13-3/1	5:30-6:20P	Garfield El	132013-09
M,W	1/13-3/1	6:00-6:50P	Lincoln	132013-10
T,Th	1/14-3/1	5:00-5:50P	Namaqua El	132013-11
T,Th	1/14-3/1	5:00-5:50P	Ponderosa	132013-12
T,Th	1/14-3/1	5:30-6:20P	Winona El	132013-14
T,Th	1/14-3/1	6:00-6:50P	High Plains Aux	132013-15

Grade: 4

T,Th	1/14-3/1	7:00-7:50P	Carrie Martin	132014-02
T,Th	1/14-3/1	6:00-6:50P	Centennial El	132014-03
M,W	1/13-3/1	6:00-6:50P	Cottonwood	132014-04
T,Th	1/14-3/1	6:00-6:50P	Coyote Ridge	132014-05
M,W	1/13-3/1	7:00-7:50P	Edmondson	132014-06
M,W	1/13-3/1	6:30-7:20P	Garfield El	132014-07
M,W	1/13-3/1	7:00-7:50P	Lincoln	132014-08
T,Th	1/14-3/1	6:00-6:50P	Namaqua El	132014-11
T,Th	1/14-3/1	6:00-6:50P	Ponderosa	132014-12
T,Th	1/14-3/1	6:30-7:20P	Winona El	132014-14
T,Th	1/14-3/1	6:00-6:50P	High Plains Main	132014-15

Grade: 5

M,W	1/13-3/1	6:00-6:50P	Centennial El	132015-02
T,Th	1/14-3/1	7:00-7:50P	Centennial El	132015-03
M,W	1/13-3/1	7:00-7:50P	Cottonwood	132015-04
T,Th	1/14-3/1	7:00-7:50P	Coyote Ridge	132015-05
M,W	1/13-3/1	7:30-8:20P	Garfield El	132015-06
T,Th	1/14-3/1	7:00-7:50P	Namaqua El	132015-07
T,Th	1/14-3/1	7:00-7:50P	Ponderosa	132015-09
T,Th	1/14-3/1	7:30-8:20P	Winona El	132015-10

NEW! Pokémon Go Intro Class Min/Max: 4/15

Uncover the world of Pokémon Go in this introductory class. Join the global gaming sensation and learn the basics of the game, how to play and advanced techniques so you, your friends and family can explore real locations while searching far and wide for Pokémon. Mobile device with cellular service required.

Parent/guardian required to attend with kids 12 years & under.

Age: 6-12 Fee: \$15

Sa 9/21-10/12 10:00-11:00A Oak Rm 458701-1

Age: 13+ Fee: \$15

Sa 9/21-10/12 11:00A-12:00P Oak Rm 458701-2

Guess what?

Family basketball courts are available daily at the Chilson Center for drop-in use. Come play together! See page 3 for gym schedules.

Celebrate with an eSports Party at Chilson!

Includes one hour in the Party Room and one hour of facilitated Nintendo Switch™ gaming on projector-sized screens. We also offer swim and gymnastics parties! Call 970.962.2468 or visit lovgov.org/birthdayparties

SUPERTOTS SPORTS

SuperTots Sports | Age: 2-4 ♦

SuperTots engages kids in physical activity in a non-competitive environment that is safe and FUN! Kids are hardwired to learn through play, so we've designed an engaging, skill-building curriculum where tots learn through a series of fun games. Classes promote physical fitness and instill a LOVE for sports.

Info|Registration: suptots.fun/loveland

SoccerTots ♦ is our flagship program! Classes focus on developing motor skills and self-confidence while learning balance, dribbling, foot-eye coordination and running control. We also introduce an element of light competition. Location: Chilson Small Gym

Age: 2-3

M	9/9-9/30	9:30-10:20A	\$75
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Age: 3-4

M	9/9-9/30	10:30-11:20A	\$75
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1stDownTots ♦ uses a variety of FUN games to engage kids while teaching football and developing fundamental skills. The goal is to build fitness, muscle coordination, football fundamentals and create a love of the game. We do not do any tackling or blocking at this level. Location: Chilson Small Gym

Age: 2-3

M	10/7-10/28	9:30-10:20A	\$75
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Age: 3-4

M	10/7-10/28	10:30-11:20A	\$75
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HoopsterTots ♦ classes focus on building fitness and muscle coordination, while also teaching key basketball fundamentals like dribbling, shot technique, passing and teamwork. We use adjustable hoops and just the right size basketballs Location: Chilson Small Gym

Age: 2-3

M	11/4-11/25	9:30-10:20A	\$75
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Age: 3-4

M	11/4-11/25	10:30-11:20A	\$75
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FITNESS COURT

Fairgrounds Park | 700 S. Railroad Ave.

DID YOU KNOW? Loveland Parks & Recreation partnered with UCHealth to bring FREE fitness to our community!

uchhealth

7 movements in 7 minutes
Use your own body weight to get a full body workout in just 7 minutes! Age 14+

Download the mobile app, learn routines and compete in fitness challenges with your friends. All levels!



INFO: lovgov.org/fitnesscourt



Williams Tennis School, LLC, leads the City of Loveland tennis program. Steve Williams is certified by the USPTA as a P1 Elite Professional and as a High Performance Coach. He is "SafePlay" and "SafeSport" certified by the USTA & USPTA.

Register NOW for:

- **Juniors 4-6 yrs** will be taught hand/eye coordination and motor skills with mini-nets and red balls in a fun and game-based approach to learning.
- **Juniors 7-10 yrs** will be taught proper footwork patterns and mechanics in a fun game-based environment using the orange balls on a 60' court.
- **Juniors 10-14 yrs** will be taught all aspects of tennis with the green dot ball as they progress to the regular yellow ball on the full court.
- **UTR (Universal Tennis Rating)** events and tournaments for all levels of juniors and adults.
- **Adults** learn all aspects of singles and doubles while including proper tactics, shot selection, mental skills, footwork patterns and mechanics.

REGISTER: williamstennisschool.com

QUESTIONS: ukansas1@gmail.com or 970.222.3439

BATTING CAGES OPEN!



Barnes Softball Complex | 405 S. Cleveland

Featuring NEW machines! 3 slow pitch softball, 2 softball and 2 baseball stations with 3 speeds to choose from. Bats/helmets available onsite.



MORE INFO

THE EVOLUTION OF FOOTBALL

NOCOFOOTBALL.COM

PRE/K-12TH GRADE



Paid advertisement

2024
UNITED SOCCER CLUB
THANKSGIVING
SOCCER CAMP

NOVEMBER
25TH & 26TH

9:00 AM - 12:00 PM
\$125 PER PLAYER

LOVELAND SPORTS COMPLEX
950 N. BOYD LAKE AVE
LOVELAND, CO 80531

REGISTER:
UNITEDSOCCERCO.ORG

QR CODE

Paid advertisement

CITY OF LOVELAND

SNOW SQUAD

VOLUNTEER TEAM

**Turn your
compassion
into action!**

Help us provide an
essential service for:

**100+ residents who
will need snow
removal this winter.**

We match you with residents
who live nearby and you
commit to shoveling their
sidewalks within 24 hours
of a snowfall two inches
or more.



**Become a Snow Squad Volunteer and
make a real difference in someone's life!**

Contact

Brianne Totman, Snow Squad Coordinator
970.962.2764 • brianne.totman@cityofloveland.org

Apply to Volunteer ↗
lovgov.org/volunteer





GYMNASTICS & DANCE

Preschool Playtime Min/Max: 4/15

Come run, jump, climb and play in the Chilson Gymnastics Center! Bring an adult buddy to play with. A staff person is present to assist as needed. Pay for child only and **present your receipt to the staff person.**

Age: 3-6 Fee: \$5 ea.

T	9/10	12:30-1:30P	430466-01
T	9/17	12:30-1:30P	430466-02
T	9/24	12:30-1:30P	430466-03
T	10/1	12:30-1:30P	430466-04
T	10/8	12:30-1:30P	430566-01
T	10/15	12:30-1:30P	430566-02
T	10/22	12:30-1:30P	430566-03
T	10/29	12:30-1:30P	430566-04
T	11/12	12:30-1:30P	430666-01
T	11/19	12:30-1:30P	430666-02
T	12/3	12:30-1:30P	430666-03
T	12/10	12:30-1:30P	430666-04

Gymnastics Open Gym Min/Max: 4/12

Drop in for extra workouts or practice skills on our equipment in an unstructured, safe environment. An instructor is present to lead a warm-up, set up stations, spot skills and assist. Pay for child only and **present your receipt to the staff person.**

Age: 6-16 Fee: \$5 ea.

Sa	9/14	2:30-3:30P	430470-01
Sa	9/21	2:30-3:30P	430470-02
Sa	9/28	2:30-3:30P	430470-03
Sa	10/5	2:30-3:30P	430470-04
Sa	10/12	2:30-3:30P	430570-01
Sa	10/19	2:30-3:30P	430570-02
Sa	10/26	2:30-3:30P	430570-03
Sa	11/2	2:30-3:30P	430570-04
Sa	11/16	2:30-3:30P	430670-01
Sa	11/23	2:30-3:30P	430670-02
Sa	12/7	2:30-3:30P	430670-03
Sa	12/14	2:30-3:30P	430670-04

FLIP OUT with a GYMNASTICS PARTY!

Celebrate your birthday with your friends in the gymnastics room with facilitated activities. Visit lovgov.org/birthdayparties for detailed info. We also offer swim parties and eSports parties. Call 970.962.2468 and come jump, tumble and play!

NEW! Mini Movers Exploration Min/Max: 4/12

Spend time with your little one exploring the gym in a less structured environment. Help them increase spatial awareness, gross motor and social skills through FUN obstacle courses, swinging on bars and balancing on beams. Basic safety and spotting covered. An adult buddy is required; all children participating must be registered. Location: Chilson Gymnastics Ctr

Age: Walkers-3 Fee: \$35 *No class 11/25-11/30

M	9/9-9/30	9:15-9:45A	430400-01
W	9/11-10/2	9:15-9:45A	430400-02
F	9/13-10/4	10:45-11:15A	430400-03
M	10/7-10/28	9:15-9:45A	430500-01
W	10/9-10/30	9:15-9:45A	430500-02
F	10/11-11/1	10:45-11:15A	430500-03
M	11/11-12/9*	9:15-9:45A	430600-01
W	11/13-12/11*	9:15-9:45A	430600-02
F	11/15-12/13*	10:45-11:15A	430600-03

Parent/Tot Tumbling Min/Max: 4/12

Ready to try some structure? This class is instructor-led, including a warm-up, stretching, an introduction to basic skills on the apparatus and ending with a group activity. A parent or caregiver is required to direct/assist their child. Location: Chilson Gymnastics Ctr

Age: 2-3 Fee: \$35 *No class 11/25-11/30

Sa	9/7-9/28	9:00-9:30A	430401-01
T	9/10-10/1	9:00-9:30A	430401-02
Th	9/12-10/3	9:45-10:15A	430401-03
Sa	10/5-10/26	9:00-9:30A	430501-01
T	10/8-10/29	9:00-9:30A	430501-02
Th	10/10-10/31	9:45-10:15A	430501-03
T	11/12-12/10*	9:00-9:30A	430601-02
Th	11/14-12/12*	9:45-10:15A	430601-03
Sa	11/16-12/14*	9:00-9:30A	430601-01

Wiggle Worms Min/Max: 4/6

Get your wiggles out as we tumble, climb, bounce and swing! A transitional class for 3 year olds seeking more independence. Parent participation optional. Location: Chilson Gymnastics Ctr

Age: 3 Fee: \$35 *No class 11/25-11/29

M	9/9-9/30	10:00-10:30A	430403-01
T	9/10-10/1	10:45-11:15A	430403-02
Th	9/12-10/3	9:00-9:30A	430403-03
F	9/13-10/4	10:00-10:30A	430403-04
M	10/7-10/28	10:00-10:30A	430503-01
T	10/8-10/29	10:45-11:15A	430503-02
Th	10/10-10/31	9:00-9:30A	430503-03
F	10/11-11/1	10:00-10:30A	430503-04
M	11/11-12/9*	10:00-10:30A	430603-01
T	11/12-12/10*	10:45-11:15A	430603-02
Th	11/14-12/12*	9:00-9:30A	430603-03
F	11/15-12/13*	10:00-10:30A	430603-04

Tumbling Tots Min/Max: 4/6

Experience obstacle courses, increase strength, balance & flexibility in a FUN, creative environment while enhancing socialization and independence. Explore the bars, beams, vault, trampoline and tumbling in this FUN-filled class! Location: Chilson Gymnastics Ctr

Age: 3-4 Fee: \$45

Sa	9/7-9/28	9:45-10:30A	430406-01
M	9/9-9/30	10:45-11:30A	430406-02
T	9/10-10/1	9:45-10:30A	430406-03
W	9/11-10/2	10:00-10:45A	430406-04
W	9/11-10/2	4:30-5:15P	430406-05
Th	9/12-10/3	10:30-11:15A	430406-06
F	9/13-10/4	9:00-9:45A	430406-07
Sa	10/5-10/26	9:45-10:30A	430506-01
M	10/7-10/28	10:45-11:30A	430506-02
T	10/8-10/29	9:45-10:30A	430506-03

Tumbling Tots (continued)**Age: 3-4 Fee: \$45 *No class 11/25-11/30**

W	10/9-10/30	10:00-10:45A	430506-04
W	10/9-10/30	4:30-5:15P	430506-05
Th	10/10-10/31	10:30-11:15A	430506-06
F	10/11-11/1	9:00-9:45A	430506-07
M	11/11-12/9*	10:45-11:30A	430606-02
T	11/12-12/10*	9:45-10:30A	430606-03
W	11/13-12/11*	10:00-10:45A	430606-04
W	11/13-12/11*	4:30-5:15P	430606-05
Th	11/14-12/12*	10:30-11:15A	430606-06
F	11/15-12/13*	9:00-9:45A	430606-07
Sa	11/16-12/14*	9:45-10:30A	430606-01

Tumble Mania Min/Max: 4/8

Is your child constantly jumping, rolling, flipping and bouncing? This class will teach them how to safely do those things and much more. Learn rolls, handstands, cartwheels, roundoffs, backbends and handsprings. Most skills and drills will first be learned on the Tumbl Trak trampoline then progress to the floor exercise mat. As the child progresses, more advance tumbling skills are introduced. Location: Chilson Gymnastics Ctr

Age: 3.5-5 Fee: \$45 *No class 11/25-11/29

M	9/9-9/30	11:45A-12:30P	430408-01
T	9/10-10/1	11:30A-12:15P	430408-02
F	9/13-10/4	11:30A-12:15P	430408-03
M	10/7-10/28	11:45A-12:30P	430508-01
T	10/8-10/29	11:30A-12:15P	430508-02
F	10/11-11/1	11:30A-12:15P	430508-03
M	11/11-12/9*	11:45A-12:30P	430608-01
T	11/12-12/10*	11:30A-12:15P	430608-02
F	11/15-12/13*	11:30A-12:15P	430608-03

Kidnastics Min/Max: 4/8

Age-appropriate skills are taught through the use of obstacle courses and FUN stations for the development of strength, balance and flexibility. Introduction to basic gymnastic skills on the bars, beam, vault and floor exercise. Location: Chilson Gymnastics Ctr

Age 4-5 Fee: \$55 *No class 11/25-11/30

Sa	9/7-9/28	10:45-11:45A	430410-01
M	9/9-9/30	12:45-1:45P	430410-03
M	9/9-9/30	4:30-5:30P	430410-04
W	9/11-10/2	5:30-6:30P	430410-05
Th	9/12-10/3	11:30A-12:30P	430410-06
F	9/13-10/4	12:30-1:30P	430410-07
Sa	10/5-10/26	10:45-11:45A	430510-01
M	10/7-10/28	12:45-1:45P	430510-03
M	10/7-10/28	4:30-5:30P	430510-04
W	10/9-10/30	5:30-6:30P	430510-05
Th	10/10-10/31	11:30A-12:30P	430510-06
F	10/11-11/1	12:30-1:30P	430510-07
M	11/11-12/9*	12:45-1:45P	430610-03
M	11/11-12/9*	4:30-5:30P	430610-04
W	11/13-12/11*	5:30-6:30P	430610-05
Th	11/14-12/12*	11:30A-12:30P	430610-06
F	11/15-12/13*	12:30-1:30P	430610-07
Sa	11/16-12/14*	10:45-11:45A	430610-01

Advanced Kidnastics Min/Max: 4/8

For those 4 and 5 year olds who are ready for advanced skills.

Instructor approval required. Location: Chilson Gymnastics Ctr

Age 4-5 Fee: \$55 *No class 11/27, 11/28

W	9/11-10/2	5:30-6:30P	430415-01
Th	9/12-10/3	12:45-1:45P	430415-02
W	10/9-10/30	5:30-6:30P	430515-01
Th	10/10-10/31	12:45-1:45P	430515-02
W	11/13-12/11*	5:30-6:30P	430615-01
Th	11/14-12/12*	12:45-1:45P	430615-02

Intro to Gymnastics Min/Max: 4/8

New to gymnastics? This is the place to start! Be introduced to all apparatus and terminology so you are prepared for Novice Level 1. Location: Chilson Gymnastics Ctr

Age: 6-12 Fee: 1 day/wk \$55; 2 days/wk \$70

***No class 11/25-11/30**

Sa	9/7-9/28	12:00-1:00P	430417-01
M	9/9-9/30	5:45-6:45P	430417-02
T,Th	9/10-10/3	4:30-5:30P	430417-03
W	9/11-10/2	6:45-7:45P	430417-04
Sa	10/5-10/26	12:00-1:00P	430517-01
M	10/7-10/28	5:45-6:45P	430517-02
T,Th	10/8-10/31	4:30-5:30P	430517-03
W	10/9-10/30	6:45-7:45P	430517-04
M	11/11-12/9*	5:45-6:45P	430617-02
T,Th	11/12-12/12*	4:30-5:30P	430617-03
W	11/13-12/11*	6:45-7:45P	430617-04
Sa	11/16-12/14*	12:00-1:00P	430617-01

Novice Level 1 Min/Max: 4/8

The fundamentals of gymnastics are taught on each event - vault, uneven bars, balance beam & floor exercise. **Instructor approval required.** Location: Chilson Gymnastics Ctr

Age 6-12 Fee: 1 day/wk \$55; 2 days/wk \$70

***No class 11/25-11/30**

Sa	9/7-9/28	12:00-1:00P	430420-01
M	9/9-9/30	5:45-6:45P	430420-02
T,Th	9/10-10/3	4:30-5:30P	430420-03
W	9/11-10/2	6:45-7:45P	430420-04
Sa	10/5-10/26	12:00-1:00P	430520-01
M	10/7-10/28	5:45-6:45P	430520-02
T,Th	10/8-10/31	4:30-5:30P	430520-03
W	10/9-10/30	6:45-7:45P	430520-04
M	11/11-12/9*	5:45-6:45P	430620-02
T,Th	11/12-12/12*	4:30-5:30P	430620-03
W	11/13-12/11*	6:45-7:45P	430620-04
Sa	11/16-12/14*	12:00-1:00P	430620-01

Beginner Level 2 Min/Max: 4/8

For those who have completed and mastered the skills in Novice Level 1 and are ready for more challenging skills.

Instructor approval required. Loc: Chilson Gymnastics Ctr

Age 6-12 Fee: 1 day/wk \$55; 2 days/wk \$70

***No class 11/25-11/30**

Sa	9/7-9/28	1:15-2:15P	430425-01
M	9/9-9/30	7:00-8:00P	430425-02
T,Th	9/10-10/3	5:45-6:45P	430425-03
Sa	10/5-10/26	1:15-2:15P	430525-01
M	10/7-10/28	7:00-8:00P	430525-02
T,Th	10/8-10/31	5:45-6:45P	430525-03
M	11/11-12/9*	7:00-8:00P	430625-02
T,Th	11/12-12/12*	5:45-6:45P	430625-03
Sa	11/16-12/14*	1:15-2:15P	430625-01

Advanced Beginner Level 3 Min/Max: 4/8

This level continues to build a strong foundation of skills on each event. **Instructor approval required.**

Location: Chilson Gymnastics Ctr

Age 6-12 Fee: 1 day/wk \$55; 2 days/wk \$70

***No class 11/25-11/30**

Sa	9/7-9/28	1:15-2:15P	430430-01
T,Th	9/10-10/3	5:45-6:45P	430430-02
Sa	10/5-10/26	1:15-2:15P	430530-01
T,Th	10/8-10/31	5:45-6:45P	430530-02
T,Th	11/12-12/12	5:45-6:45P	430630-01
Sa	11/16-12/14	1:15-2:15P	430630-02

Intermediate Level 4 Min/Max: 4/8

A more involved class focusing on fine tuning and correct execution of all skills on each event while continuing to learn new ones. **Instructor approval required.**

Location: Chilson Gymnastics Ctr

Age 6-12 Fee: \$85 *No class 11/27, 11/28

T,Th	9/10-10/3	6:45-8:15P	430435-01
T,Th	10/8-10/31	6:45-8:15P	430535-01
T,Th	11/12-12/12*	6:45-8:15P	430635-01

Advanced Intermediate Level 5 Min/Max: 4/8

This level corresponds with USAG Level 5 in which advanced skills, strength and flexibility are emphasized. **Instructor approval required.** Location: Chilson Gymnastics Ctr

Age 6-14 Fee: \$85 *No class 11/27, 11/28

T,Th	9/10-10/3	6:45-8:15P	430440-01
T,Th	10/8-10/31	6:45-8:15P	430540-01
T,Th	11/12-12/12*	6:45-8:15P	430640-01

Homeschool Gymnastics Min/Max: 4/8

Join other homeschoolers for an hour of fun gymnastics. We will utilize our developmental program curriculum to ensure growth and progress in a fun and safe environment. A great way to incorporate physical education into your homeschool curriculum. Location: Chilson Gymnastics Ctr

Age: 5-16 Fee: \$55 *No class 11/27

W	9/11-10/2	11:00A-12:00P	430450-01
W	10/9-10/30	11:00A-12:00P	430550-01
W	11/13-12/11*	11:00A-12:00P	430650-01

CHEER TEAMS**The Cheer and Dance Connection****Recreational Performance Team ♡**

Ready, OK! These high energy recreational cheer teams are designed to help you learn dances, tumbling, jumps and stunts through sportsmanship and teamwork. Each session includes a community or in-house performance. Poms are available for use during class. Cheer shirts are worn during performances & practices. **\$20 T-shirt fee paid to instructor.** Min/Max: 4/40 Location: Chilson Gymnastics Ctr

Age: 4-12

Session 1 Fee: \$90

Su	9/8-10/13	1:00-2:00P	439900-01
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Session 2 Fee: \$105

Su	10/20-12/8	1:00-2:00P	439900-02
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No school? Chilson has you covered!

Spend school days out and holiday breaks having FUN at Chilson in our full-day licensed child care programs. **See page 33 for details.**

Children perform better when parents & siblings observe from the viewing area. Thank you for your cooperation!

DANCE WITH ANIMA ARTS

Join us for dance classes with Anima Arts, a local non-profit dedicated to supporting children and families' health through movement education. Anima Arts was founded by Mimi Ferrie Lee, a Northern Colorado native, with over twenty consecutive years in dance and performing arts education. Our team of caring and knowledgeable teachers is dedicated to supporting children's neurological, physical and social-emotional development through joyful and creative dance classes.

Family Dance Party ♦ Min/Max: 6/15

A creative dance party with music, games and activities to get the whole family moving and smiling together! Register one child only who meets the age requirement but bring up to 3 additional family members to join in the FUN. **Parent/Guardian participation is required.** Location: Maple/Spruce Rm

Age: 2-6, but all are welcome

F	10/4	6:00-7:00P	\$15	457022-1
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Mini Dancers: Ballet | Tap | Jazz ♦ Min/Max: 6/8

Preschoolers are introduced to ballet, tap and jazz skills through inspiring music and imagery. This class celebrates the way kids learn best... through play, connection and exploration! Tap shoes are recommended but not required. Location: Cherry Rm

Age: 3-4.25 *No class 11/25

M	9/9-10/14	9:15-9:55A	\$68	457012-1
M	10/21-12/2*	9:15-9:55A	\$68	457012-2

Age: 3.5-5.25 *No class 11/27

W	9/11-10/16	9:15-10:00A	\$68	457012-5
W	10/23-12/4*	9:15-10:00A	\$68	457012-6
W	9/11-10/16	3:15-4:00P	\$68	457012-7
W	10/23-12/4*	3:15-4:00P	\$68	457012-8

Age: 4-5 *No class 11/25

M	9/9-10/14	10:05-10:50A	\$68	457012-3
M	10/21-12/2*	10:05-10:50A	\$68	457012-4

Kids Dance ♦ Min/Max: 6/10

Let's dance! These expressive and high energy classes are all about finding your groove, expression and artistic voice. Dancers will learn elements from multiple dance styles including jazz, ballet and contemporary through skill-building, games and choreography. Tap shoes are recommended but not required. Location: Cherry Rm

Age: 5-7 *No class 11/26, 11/27

T	9/10-10/15	5:15-6:05P	\$68	458082-1
T	10/22-12/3*	5:15-6:05P	\$68	458082-2
W	9/11-10/16	4:05-4:55P	\$68	458082-3
W	10/23-12/4*	4:05-4:55P	\$68	458082-4

Youth Dance ♦ Min/Max: 6/10

These expressive and high-energy classes are about finding your groove, expression and artistic voice. Dancers will learn various dance styles through skill-building, games and choreography. Location: Maple/Spruce Rm

Age: 7.5-11 *No class 11/27

W	9/11-10/16	5:00-5:50P	\$68	458083-1
W	10/23-12/4*	5:00-5:50P	\$68	458083-2

NEW! Youth Breakin' ♦ Min/Max: 6/12

Calling all B-Boys and B-Girls! Learn hip hop culture and dance, including top rocks, foot work, freezes, cyphers and battling in this new class. Location: Small Gym

Age: 7.5-11 *No class 10/31, 11/28

Th	9/12-10/17	5:00-5:50P	\$68	458084-1
Th	10/24-12/5*	5:00-5:50P	\$57	458084-2

ADULT ENRICHMENT DANCE

Line Dance Min/Max: 8/40

Get exercise and socialize! Instructor: Tracey Ingraham

Age: 18+

Country Line Dance – Contemporary

Dance the hottest new line dances to current country music and top 40 hits. Dances vary from beginner to intermediate levels, so some line dancing experience is a plus.

Location: Hickory/Maple/Spruce Rm

W	9/4-9/25	8:00-9:00A	\$22	490012-1
W	10/2-10/30	8:00-9:00A	\$27	490012-2
W	11/6-11/20	8:00-9:00A	\$17	490012-3
W	12/4-12/18	8:00-9:00A	\$17	490012-4

Country Line Dance – Beginning

Learn beginning line dance steps including grapevine, coaster step, triple step, jazz box and more.

Location: Hickory/Maple/Spruce Rm

M	9/9-9/30	9:45-10:45A	\$22	490081-1
M	10/7-10/28	9:45-10:45A	\$23	490081-2
M	11/4-11/18	9:45-10:45A	\$17	490081-3
M	12/2-12/16	9:45-10:45A	\$17	490081-4

Country Line Dance – High Beginning

For those who have taken a beginner class, but aren't quite ready for the Continuing class.

Location: Hickory/Maple/Spruce Rm

W	9/4-9/25	8:00- 9:00A	\$22	490086-1
W	10/2-10/30	9:05-10:05A	\$27	490086-2
W	11/6-11/20	8:05- 9:05A	\$17	490086-3
W	12/4-12/18	8:05- 9:05A	\$17	490086-4

Country Line Dance – Continuing

For those who already know a step or two!

Location: Fitness/Dance Studio

Th	9/5-9/26	10:45A-12:15P	\$26	490080-1
Th	10/3-10/31	10:45A-12:15P	\$32	490080-2
Th	11/7-11/21	10:45A-12:15P	\$19	490080-3
Th	12/5-12/19	10:45A-12:15P	\$19	490080-4

Country Line Dance – Intermediate

Intermediate levels only. Learn more advanced country line dance steps. More dances, faster pace! Location: Fitness/Dance Studio

Th	9/5-9/26	12:30-1:45P	\$26	490085-1
Th	10/3-10/31	12:30-1:45P	\$32	490085-2
Th	11/7-11/21	12:30-1:45P	\$19	490085-3
Th	12/5-12/19	12:30-1:45P	\$19	490085-4

Dance the night away at our community dances twice per month – see page 41.



PRESCHOOL

FALL 2024 SMALL FRIES PRESCHOOL

A quality-rated, state-licensed preschool program for your 3 to 5 year old that includes a balance of play-based, child-directed discovery and teacher-led small group activities. Kindergarten-readiness is ensured through the encouragement of self-regulation, critical thinking and problem-solving skills. The Small Fries Preschool program follows the Colorado Early Learning & Developmental Guidelines to build curriculum in the following content areas:

- Social/Emotional Development
- Cognitive Development
- Language & Early Literacy
- Fine & Gross Motor Skills
- Creative Arts & Expression
- Physical Health & Development
- Logic & Reasoning
- Approaches to Learning

REGISTRATION FOR FALL 2024 BEGAN FEBRUARY 6.
SPACES ARE LIMITED. REGISTRATION IS NOT AVAILABLE ONLINE.

Visit lovgov.org/smallfries to download a registration form and submit it in person at the Chilson Center. Available spaces are filled on a first-come, first-served basis.

Call 970.962.2487 for more information or to schedule a tour.

Small Fries Preschool is a Level 5 rated preschool with the Colorado Shines Program, a quality rating and improvement system that monitors and supports early learning programs. Its primary functions are to help participating programs improve their quality through assessment, training and tools, and to connect Colorado families with quality child care.

- An annual, non-refundable registration fee of \$35 is due at the time of enrollment. Session fees may be paid in full or broken down into monthly tuition payments that are due on the 1st of each month during the session.
- The Fall 2024 session runs September 3–December 20 and generally follows the Thompson School District calendar for district-wide holiday breaks and weather-related closures.
- Parent and Child Orientation meetings are held in August.

***No class 10/11, 10/16, 10/18, 11/25–11/29**

Pre-K Age: 4–5

M-W	9/3-12/18*	9:00-11:30A	\$774
M-W	9/3-12/18*	12:30-3:00P	\$774

Preschool Age: 3–4

Th,F	9/5-12/20*	9:00-11:30A	\$504
Th,F	9/5-12/20*	12:30-3:00P	\$504

LET'S MAKE MUSIC!

Key Magia Music ♦ Min/Max: 5/10

Encourage the development of your child's musical skills with a curriculum that captures children's imagination and builds connections between music, movement and early learning. Classes are designed to teach foundational music skills and also promote increased attention span, impulse control and language skills. **An adult caregiver is required to attend for Musical Baby, Musical Toddler and Musical Child classes.**

Location: Oak Rm

Musical Baby ♦

Increase your baby's curiosity about music and establish a foundation for singing and movement while having FUN together! Includes singing, bouncing, rocking, wiggle games, peek-a-book games and simple instruments.

Age: 3 mo-1.5 *No class 11/28, 11/29

F	9/6-10/25	10:50-11:20A	\$48	460720-1
F	11/1-12/20*	10:50-11:20A	\$48	460720-2

Musical Toddler ♦

Music activities build music competency in your child as their language, motor skills and social skills grow. Includes singing, dancing, finger plays, scarf games, rhythm and tonal pattern games and instrument play.

Age: 1.3-3.5 *No class 11/28, 11/29

Th	9/5-10/24	9:00-9:40A	\$64	460722-01
Th	9/5-10/24	10:00-10:40A	\$64	460722-02
Th	9/5-10/24	11:00-11:40A	\$64	460722-03
F	9/6-10/25	9:00-9:40A	\$64	460722-04
F	9/6-10/25	9:55-10:35A	\$64	460722-05
Th	10/31-12/19*	9:00-9:40A	\$56	460722-06
Th	10/31-12/19*	10:00-10:40A	\$56	460722-07
Th	10/31-12/19*	11:00-11:40A	\$56	460722-08
F	11/1-12/20*	9:00-9:40A	\$56	460722-09
F	11/1-12/20*	9:55-10:35A	\$56	460722-10

Musical Child ♦

Music for your growing preschooler to nurture growing language skills, self-expression and attention span. Includes singing, instrument play, scarf games, movement, circle games and more. We will focus on keeping a steady beat, using tuneful voices and learning music language for rhythm and tonal patterns, the foundations of music education!

Age: 3-5 *No class 11/28, 11/29

Th	9/5-10/24	1:00-1:40P	\$64	460732-1
F	9/6-10/25	11:35A-12:15P	\$64	460732-2
Th	10/31-12/19*	1:00-1:40P	\$56	460732-3
F	11/1-12/20*	11:35A-12:15P	\$56	460732-4

Music Makers ♦

Cultivate your child's musical development as they participate in simple ensembles as well as singing and movement activities. Experimenting with vocal sounds and drawing these sounds on paper will lead to creating simple compositions. They'll also have an opportunity to lead the class in their own musical creations!

No accompanying adult necessary, but are welcome.

Age: 4.5-6 *No class 11/28, 11/29

Th	9/5-10/24	2:00-2:40P	\$64	460742-1
Th	10/31-12/19*	2:00-2:40P	\$56	460742-2

Drop-In Chilson Childcare Drop off kids ages 3 mo thru 8 yrs for FUN! See page 2 for details.

EARLY LEARNERS

Preschool Prep Series Min/Max: 4/10

Children get the hands-on experience they need to start school with excitement. These targeted prep classes focus on the social-emotional AND academic skills they need to take their love of learning to the next level. One adult per child is welcome to stay but is encouraged to initiate the drop-off process. Children are not required to be fully toilet-trained; however, caregivers must remain onsite as restrooms are outside the classroom. Location: Oak Rm

Age: 2.5-3.5

Awesome Autumn Colors

Children explore the world of colors with inspiration from the changing seasons, identify colors in the environment around them and practice color mixing.

T 9/17-10/8 9:30-10:30A \$35 455302-1

Fairy Tale Fun

Children use their imagination to step into the world of knights, princesses and castles, all the while learning and engaging in songs, dramatic play and fantastic art.

T 10/15-11/5 9:30-10:30A \$35 455302-2

Cookies and Kindness

Children enjoy making creative cookies with Play-Doh and process art, while spreading kindness through the classroom with simple, social-emotional activities.

T 11/12-12/10 9:30-10:30A \$35 455302-3



Birthline seeks to form relationships and transform lives of women and couples of unintended pregnancies. We offer many resources to them for healthy families and thriving futures – will you help?

There are many options to help:

- drop off donations of baby or mama items
- help in our sorting room
- hold the hand of a client as she tells her story
- help with reception or administrative needs

We also need volunteers at our Maternity Home (for homeless pregnant women)

Birthline needs volunteers, donations, and ongoing support. Contact us about your role in our organization today.

970.663.2671
24/7 Helpline 800.712.HELP (4357)

To learn more about Birthline Opportunities





YOUTH & TEENS

YOUTH ENRICHMENT

NEW! PokéMon Go Intro Class Min/Max: 4/15
Uncover the world of PokéMon Go in this introductory class. Join the global gaming sensation and learn the basics of the game, how to play and advanced techniques so you, your friends and family can explore real locations while searching far and wide for PokéMon. Mobile device with cellular service required. Location: Oak Rm

Parent/guardian required to attend with kids 12 years & under.

Age: 6-12 Fee: \$15

Sa	9/21-10/12	10:00-11:00A	\$15	458701-1
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Age: 13+ Fee: \$15

Sa	9/21-10/12	11:00A-12:00P	\$15	458701-2
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Reader's Theatre Min/Max: 8/12

Directed by Loveland playwright Rick Padden, this class is for beginning and experienced actors alike, providing small group engagement between participants in out-loud readings of stage plays. The class will culminate in a live, reader's theatre performance. Enjoy the thrill of acting, with no memorization. Location: Chilson Conference Rm

Age: 16+

T	9/17-10/22	1:30-3:30P	\$20	491084-1
Sa	10/26-11/30	1:30-3:30P	\$20	491084-2

Needle Felting Min/Max: 5/6

Needle felting is an old craft that has gained enormous popularity. Use a special needle, pad and wool to learn the basic skills of this FUN and easy craft. By the end of the class, take home your unique 3D sculptures. **\$8 supply fee for wool & needles payable to instructor at class.** Instructor: Debby Widolf | Location: Oak Rm

Age: 12+

Hedgehog

Sa	9/7	9:30A-1:00P	\$30	491405-1
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Halloween Candy Corn

Sa	10/19	9:30A-1:00P	\$30	491405-2
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Gnumpkin (cross between a gnome & pumpkin)

Sa	11/16	9:30A-1:00P	\$30	491405-3
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Holiday Ornaments

Sa	12/7	9:30A-1:00P	\$30	491405-4
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Kumihimo Braiding Min/Max: 5/7

Kumihimo is the ancient art of Japanese braid making. In this introductory class, learn to make decorative braids using a foam disk, weights, embroidery threads and fine-gauge yarn. **\$6 supply fee payable to instructor at class.**

Instructor: Lisa Ragsdale | Location: Chilson Conference Rm

Age: 12+

T	10/15	10:00A-12:00P	\$20	459158-1
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T	10/22	10:00A-12:00P	\$20	459158-2
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YOUTH CAMPS

Adventure Bound Day Camps (ABDC)

Children spend school days out and holiday breaks at the Chilson Center in our full-day licensed child care programs. A variety of crafts, games, enrichment activities and offsite field trips will keep brains and bodies actively engaged in a healthy dose of FUN! More info on daily activity schedules, policies and camper profiles available after registration.

Grade: K-5

An annual \$35 non-refundable registration fee is required (add #356903-1 to your account first). The registration fee is good for all other ABDC programs offered in 2024.

More Info: lovgov.org/abdc **Questions:** 970.962.2467

School Days Out

Registration closes on Mon, 10/7. All required paperwork is due by Wed, 10/9.

Camp Times: 7:30A-5:30P **Camp Fee:** \$60 (single day)**

Min/Max: 6/13 **Location:** Oak Rm

Dates	Themes	Activity #
F 10/11	Creative Campers	456402-1
Th 10/17	Chilson Pool	456402-2
F 10/18	Field Trip (TBD)	456402-3

Winter Break Camp

Registration closes on Mon, 12/16. Online camper profiles must be completed by Wed, 12/18.

Camp Times: 7:30A-5:30P **Camp Fee:** \$60 (single day)**

Min/Max: 6/13 **Location:** Oak Rm

Dates	Themes	Activity #
M 12/23	Ugly Christmas Sweater	456702-1
Th 12/26	Reindeer Games	456702-2
F 12/27	Loco for Cocoa	456702-3
M 12/30	Winter Wonderland	456702-4
Th 1/2	Happy New Year!	456702-5
F 1/3	Snowman Slumber Party	456702-6
M 1/6	Winter S.T.E.A.M.	456702-7
T 1/7	Chilson Pool	456702-8

****Sibling Discount:** 10% off for 2nd child; 15% off for add'l children

LEARN TO SKATE

SkateStart Skateboarding Camps ♦ Min/Max: 5/25

These unique programs target your beginner/never-ever as well as your little ripper. **Helmet, skateboard and proper shoes are required, unless otherwise noted.** Instructor: Patrick O'Toole

Age: 5-12

1-Day Camp Learn the basics using the patented SkateStart skateboard (provided), which helps with proper foot placement. Location: Loveland Sports Park, 950 N. Boyd Lake Ave.

Th 9/28 9:00-10:30A \$60 453913-1

School Day Out Camp Develop skills, learning drop-ins, Ollies and more! Location: Mehaffey Skate Park, 3285 W. 22nd St.

F 10/11 9:00A-12:00P \$80 453913-2
Th 10/17 9:00A-12:00P \$80 453913-3

LEGO® CAMPS

Play-Well TEKnologies LEGO® Camps ♦

Gear up your engineering skills with tens of thousands of LEGO® parts and experienced Play-Well instructors! Min/Max: 10/16
Location: Party Rm

Celebrate Miniature Golf Day Did you know that September 21 is officially known as Miniature Golf Day? Well, it is! Join us to celebrate this day by creating your own LEGO® golfer and designing epic miniature golf courses, while also learning about the engineering concepts that make it all work.

Age: 5-12

M 9/16 4:00-5:30P \$30 461112-1

Pokémon Engineering Calling all Pokémon trainers! With the Pokémon Championship approaching, join us as we build and catch our favorite Pokémon, rescue Pikachu from Team Rocket, take a ride on the S.S. Anne to uncover rare and mystic Pokémon and battle to see who will hold the title of Pokémon Master. Come along on our journey to catch 'em all!

Age: 5-7

M-W 11/25-11/27 9:00A-12:00P \$120 461115-1

Mandalorian Missions Master the way of the Mandalorian in this Star Wars inspired experience. Venture through the galaxy in your custom gauntlet fighter to rescue Baby Yoda, build grappling hooks to pull yourself to safety or rescue an ally from the treacherous Sarlacc Pit!

Age: 7-12

M-W 11/25-11/27 1:00-4:00P \$120 461116-1

Battle Track Workshop Compete for the title of Battle Track Champion! Build a motorized train that will take on other competitors on our monorail tracks. Let your imagination run wild with designing, building and testing different mechanisms to create the ultimate Battle Track machine.

Age: 7-12

M 12/30 4:00-5:30P \$30 461113-1

BABYSITTER'S BOOT CAMP

Ultimate Babysitter's Boot Camp ♦

A comprehensive skills-based class with topics covering business & leadership principles, discipline, communication, safe play, basic care for infants and children, disaster preparedness, preventing accidents, recognizing and responding to emergencies, infant and child CPR, choking and basic first aid. **CPR certification is NOT included.**

Students receive a Child & Babysitting Safety Certificate from the American Safety & Health Institute. Min/Max: 6/16

Location: Party Rm

Age: 11-16

Sa	9/21	9:00A-3:00P	\$79	461702-1
F	10/18	9:00A-3:00P	\$79	461702-2
Sa	11/9	9:00A-3:00P	\$79	461702-3

Calling all cooks!

Get involved in the kitchen this season and learn to create delicious new foods. See page 36 for cooking classes for all ages.



ART & COOKING

ART CLASSES AT ARTISAN YOU!

All supplies included. Completed projects are kiln-fired onsite and ready for pick-up one week after class dates. Min/Max: 1/8
Location: Artisan You! Studio, 405 E. 7th St.

Preschool Storytime: *The Itsy Bitsy Pumpkin* ♦

Listen to the story *The Itsy Bitsy Pumpkin*, then paint a pumpkin of your own...just in time for Halloween!

Age: 2-5

T	9/10	10:30-11:30A	\$15	460102-1
Sa	9/21	10:30-11:30A	\$15	460102-2

Fused Glass Ornament for Kids ♦

Learn the basics of working with glass including how to work with glass safely, how to cut glass and how to layer it to create a FUN penguin and a snowman!

Age: 6-12

Sa	11/16	1:00-2:30P	\$30	461032-1
Sa	11/23	10:30A-12:00P	\$30	461032-2

Cocoa for Santa Mug ♦

Paint a mug with a chimney and Santa getting ready to climb down.

Age: 6-12

Sa	11/30	10:30A-12:00P	\$35	461022-1
Sa	12/14	10:30A-12:00P	\$35	461022-2

Fall Decor Pumpkins ♦

Paint a ceramic pumpkin using a watercolor wash technique that brings out beautiful colors in multiple layers.

Age: 16+

Th	9/19	6:00-8:30P	\$55	462042-1
Sa	10/5	1:00-3:30P	\$55	462042-2

Intermediate Fused Glass Aspen Trees ♦

Create a 3-dimensional scene showing a forest of aspen trees. Choose whether you want it to be a suncatcher or a bowl. Learn techniques for layering, painting on thinfire paper and color mixing with glass frit. Previous experience with glass required.

Age: 16+

Th	10/10	6:00-8:00P	\$55	462043-1
Sa	10/26	1:00-3:00P	\$55	462043-2

Fused Glass Ornaments ♦

Learn how to cut and layer glass in this beginner class and make FUN ornaments – a snowman, pine boughs with berries or a Christmas tree. Choose to make one of each or three of one kind!

Age: 16+

Th	11/14	6:00-8:00P	\$45	462044-1
Sa	11/23	1:00-3:00P	\$45	462044-2

CHILSON POTTERY STUDIO

Use of all tools, glazes and kiln firings included in class fees. Supply list on receipt. Youth classes include use of recycled clay. Adult classes include 25 lbs. of new clay.

You & Me Clay Series Min/Max: 4/8

Work with your child to complete a unique project and create FUN memories! Learn hand-building techniques such as roll, slab, pinch and coil. All projects will be completed stoneware **A guardian is required to attend/participate.** Instructor: Shanel Cass-Caskey

Age: 2.5–5 (9:00–10:30A) Age: 6–12 (11:00A–12:30P)

Toad House

Sa	9/21-9/28	9:00-10:30A	\$32	463043-1
Sa	9/21-9/28	11:00A-12:30P	\$32	463043-2

Haunted House

Sa	10/19-10/26	9:00-10:30A	\$32	463043-3
Sa	10/19-10/26	11:00A-12:30P	\$32	463043-4

Christmas Decorations

Sa	12/14-12/21	9:00-10:30A	\$32	463043-5
Sa	12/14-12/21	11:00A-12:30P	\$32	463043-6

Pottery for Youth & Homeschoolers Min/Max: 4/6

Concentrate on the basics of hand-built stoneware, including various methods of forming pieces, glazing, tools and more! Create pieces you can enjoy. Instructor: Carolyn Pearce ***No class 11/26**

Youth Age: 8–13

T	9/10-10/15	4:30-6:00P	\$90	463016-1
T	10/29-12/10*	4:30-6:00P	\$90	463016-2

Homeschoolers Age: 5–7 (10–11:30A) Age: 8–13 (1:30–3P)

T	9/10-10/15	10:00-11:30A	\$90	463015-1
T	9/10-10/15	1:30-3:00P	\$90	463015-2
T	10/29-12/10*	10:00-11:30A	\$90	463015-3
T	10/29-12/10*	1:30-3:00P	\$90	463015-4

Exploring the Wheel Min/Max: 4/7

For beginning through advanced learners; learn how to throw on the wheel or refine your skills as you focus on making functional forms. Instructor: Shanel Cass-Caskey

Age: 13+

Th	9/12-10/31	9:30A-12:00P	\$240	463008-1
W	11/6-12/18	9:30A-12:00P	\$240	463008-2

Hand Building: Garden Party Min/Max: 4/6

Learn basic hand building techniques and create beautiful items for your outdoor space. Instructor: Mayra Osgood

Age: 13+

W	9/11-10/9	5:30-7:30P	\$150	463044-1
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Hand Building: Beautiful Table Min/Max: 4/6

Create delightful, hand built stoneware place settings and serving dishes for the upcoming holiday season. Instructor: Mayra Osgood

Age: 13+

Su	10/27-11/24	12:00-2:00P	\$150	463045-1
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Hand Building: Holiday Gifts Min/Max: 4/6

Make festive hand built pottery gifts! Instructor: Mayra Osgood

Age: 13+

Su	11/17-12/8	2:30-4:30P	\$120	463046-1
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Hand Building: Basics Min/Max: 4/10

Learn to work with clay to hand build projects using the slab roller, extruder and hand tools. Create one-of-a-kind pieces while learning a variety of glazing techniques. Instructor: Shanel Cass-Caskey

Age: 13+ *No class 11/28, 12/5

Th	11/7-12/19*	9:30A-12:00P	\$150	463007-1
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Open Pottery Studio Min/Max: 4/10

Attend as many of these studio times as you like. An instructor is present to offer ideas, however no formal instruction is provided. Projects may not receive priority. Instructor: Shanel Cass-Caskey

Age: 13+ *No class 11/29, 12/6

M	9/9-10/28	9:00A-12:00P	\$240	463041-1
W	9/11-10/30	9:00A-12:00P	\$240	463041-2
F	9/13-11/1	9:00A-12:00P	\$240	463041-3
M	11/4-12/23	9:00A-12:00P	\$240	463041-4
F	11/8-12/20*	9:00A-12:00P	\$150	463041-5

HOOKS & NEEDLES

Needle Felting Min/Max: 5/6

Needle felting is an old craft that has gained enormous popularity. Use a special needle, pad and wool to learn the basic skills! **\$8 supply fee for wool & needles payable to instructor at class.** Instructor: Debby Widolf | Location: Oak Rm

Age: 12+

Hedgehog

Sa	9/7	9:30A-1:00P	\$30	491405-1
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Halloween Candy Corn

Sa	10/19	9:30A-1:00P	\$30	491405-2
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Gnumpkin (cross between a gnome & pumpkin)

Sa	11/16	9:30A-1:00P	\$30	491405-3
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Holiday Ornaments

Sa	12/7	9:30A-1:00P	\$30	491405-4
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Knitting I Min/Max: 5/7

Learn about yarns and fibers, and become familiar with the tools of the trade. Read patterns and make an easy project such as a scarf, placemat or dishcloth. **\$15 supply fee payable to instructor at first class.** Instructor: Lisa Ragsdale | Location: Chilson Conf Rm

Age: 12+

Th	9/12-9/26	12:30-2:30P	\$40	459150-1
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T	11/5-11/19	12:30-2:30P	\$40	459150-2
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Crochet I Min/Max: 5/7

Learn about yarns and fibers, form basic stitches using a crochet hook and read patterns. Make an easy project such as a scarf, placemat or dishcloth. **\$10 supply fee payable to instructor at first class.** Instructor: Lisa Ragsdale | Location: Oak Rm

Age: 12+

T	9/17-10/1	12:00-1:00P	\$40	459152-1
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W	11/6-11/20	12:30-2:30P	\$40	459152-2
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Advanced Knitting & Crochet Min/Max: 5/7

Continue your skills and learn pattern reading, problem solving, shaping, texture stitches, tips & tricks, using color and gaining confidence with new stitches. **Supply list on receipt.**

Instructor: Lisa Ragsdale | Location: Chilson Conference Rm

Age: 12+

Th	10/10-10/24	12:30-1:30P	\$40	459151-1
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Kumihimo Braiding Min/Max: 5/7

Kumihimo is the ancient art of Japanese braid making using a foam disk, weights, embroidery threads and fine-gauge yarn. **\$6 supply fee payable to instructor at class.** Instructor: Lisa Ragsdale Location: Chilson Conference Rm

Age: 12+

T	10/15	10:00A-12:00P	\$20	459158-1
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T	10/22	10:00A-12:00P	\$20	459158-2
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YOUTH COOKING

Halloween Pancakes ♦ Min/Max: 6/16

Let's have some FUN creating SWEET & SPOOKY pancakes. These recipes are so delicious that you will be surprised at how healthy they really are! All recipes are vegan-vegetarian friendly. A consent form is required. Instructor: Sapna Von Reich Location: Cherry Rm

Age: 6-13

Su 10/27 1:30-3:30P \$30 460647-1

Priceless Pomegranate ♦ Min/Max: 6/16

The ruby red, sweet, tart and edible seeds inside pomegranates are loaded with vitamins, minerals and antioxidants. Learn how to pick, peel and work with this amazing fruit and make some fabulous recipes (vegan-vegetarian friendly). A consent form is required. Instructor: Sapna Von Reich | Location: Cherry Rm

Age: 6-13

Su 11/17 1:30-3:30P \$30 464102-1

Festive Appetizers ♦ Min/Max: 6/16

Join us for ideas on how to help your parents by fixing some appetizers for your holiday parties this season. Your guests will be very impressed with your creations! All recipes are vegan-vegetarian friendly. A consent form is required. Instructor: Sapna Von Reich | Location: Cherry Rm

Age: 6-13

Su 11/24 1:30-3:30P \$30 460659-1

Cooking Cool Christmas Treats ♦ Min/Max: 6/16

Have FUN creating yummy edible treats. These treats make good homemade gifts for family, friends and teachers. A consent form is required. Instructor: Sapna Von Reich | Location: Cherry Rm

Age: 6-13

Su 12/8 1:30-3:30P \$30 461051-1

Let's Bake for the Holidays ♦ Min/Max: 6/16

Learn all the tips and tricks to make sure your baked goodies turn out perfectly every time. All recipes are vegan-vegetarian friendly. Menu: double chocolate cake, pumpkin muffins and peanut butter cookies. A consent form is required. Instructor: Sapna Von Reich Location: Cherry Rm

Age: 6-13

Su 12/15 1:30-3:30P \$30 464103-1

Holiday Snacks ♦ Min/Max: 6/16

Make sweet and savory snacks using a few simple ingredients. And who knows? You might just find a new favorite to make for your next holiday party. All recipes are vegan-vegetarian friendly. A consent form is required. Instructor: Sapna Von Reich | Location: Cherry Rm

Age: 6-13

Su 12/22 1:30-3:30P \$30 464104-1

Winter Cooking Camp ♦ Min/Max: 6/16

This camp is all about warm and comforting, yet healthy and very delicious food. Join us for the full camp or any number of days your holiday schedule allows. The menu will be different each day. All recipes are vegan-vegetarian friendly. A consent form is required. Instructor: Sapna Von Reich | Location: Cherry Rm

Age: 6+

T	12/31	1:30-3:30P	\$30	460663-2
Th	1/2	1:30-3:30P	\$30	460663-3
F	1/3	1:30-3:30P	\$30	460663-4

ADULT COOKING

Curry in a Snap ♦ Min/Max: 6/13

A tasty meal that goes from your stove to your stomach in just 20 minutes! All recipes are gluten-free and vegan-vegetarian friendly. Menu: chana masala, spicy potato curry, tikka masala sauce - add any protein. Instructor: Sapna Von Reich | Location: Cherry Rm

Age: 14+

W 9/11 6:00-8:15P \$49 461900-1

Healthy Ethiopian Dishes ♦ Min/Max: 6/13

Learn basic cooking techniques and explore Ethiopian ingredients such as fresh herbs, grains and spices. Menu: Misir Wot (red lentils), collard Gomen, Duba Wot (butternut squash in berbere sauce), teff flour crepe. Instructor: Sapna Von Reich | Location: Cherry Rm

Age: 14+

T 10/8 6:00-8:15P \$49 460648-1

Slow Cooker Curries ♦ Min/Max: 6/13

Make authentic Indian curry in a slow cooker that is gluten-free, dairy-free and vegan-vegetarian friendly. Menu: spicy lentil soup, garbanzo bean curry, Saag (spinach curry), vegetable korma. Instructor: Sapna Von Reich | Location: Cherry Rm

Age: 14+

M 11/18 6:00-8:15P \$49 461902-1

Homemade Indian Flatbreads ♦ Min/Max: 6/13

Impress your family and friends with some exotic and fantastic Indian breads. Menu: spinach and mint Bread, cauliflower and spiced chickpea flour bread, potato-stuffed bread, Chai tea.

Instructor: Sapna Von Reich | Location: Cherry Rm

Age: 14+

W 12/11 6:00-8:15P \$49 460643-1

Asian Rice Bowls ♦ Min/Max: 5/12

Learn to make easy Asian rice bowls that are quick to make for weeknight meals at home. Menu: Lemongrass chicken and salad with light Thai dressing, Korean spicy pork belly, cucumber salad. **\$35 supply fee payable to instructor.**

Instructor: Sim Suinn | Location: Cherry Rm

Age: 16+

T 9/10 6:00-8:30P \$12 459643-1

Quick Thai Food ♦ Min/Max: 5/12

The uniqueness of Thai food is in the perfect balance of spicy, salty, sweet, sour and aromatic flavors. Menu: Larb (Thai minced salad with shallot, cilantro and fresh lime juice), sticky rice, Tom kha soup, fried banana. **\$35 supply fee payable to instructor.**

Instructor: Sim Suinn | Location: Cherry Rm

Age: 16+

T 10/1 6:00-8:30P \$12 459755-1

Thai Table ♦ Min/Max: 5/12

Cooking Thai food is not that complicated! Learn tips & tricks and how to choose quality ingredients to make your meals taste great. Menu: Stir fry chicken with cashew nuts, stir fry green beans with red curry paste and Kaffir lime, yam in coconut milk. **\$35 supply fee payable to instructor.**

Instructor: Sim Suinn | Location: Cherry Rm

Age: 16+

T 11/12 6:00-8:30P \$12 459501-1

Explore. Give Back. Volunteer.

The Loveland Parks & Recreation Department is fortunate to have the dedicated support of hundreds of local volunteers.

Volunteers assist with community education, coaching, special events, open lands maintenance and clean up, program facilitation/ tracking and more!

Our volunteers are invaluable and crucial to the success of many programs. Come join our team!

GET CONNECTED!
lovgov.org/volunteer (variety of opportunities)
teamsideline.com/loveland (Athletics)
offer.o.cityofloveland.org (Open Lands & Trails)





OPEN LANDS & TRAILS

FREE PROGRAMS & ACTIVITIES

SEPTEMBER

9/5 [Volunteer Training: Canyon Ecosystems](#)
9/6 [Weed Warriors](#)
9/7 Trek the Thompson Community Event
9/8 Bee a Pollinator at the Honey Festival
9/10 [Volunteer Training: Plants & Places](#)
9/12 [Volunteer Training: CSI Programs](#)
9/13 Natural History Hike - Urban Nature
9/13 [Mountain Park Volunteer Workday](#)
9/14 Guided Bird Walk
9/17 Guided Mountain Park History Tour
9/18, 9/20 Sunset Guided Walk
9/19 PEEPs*: Autumn Leaves Are Falling Down
9/20 Astronomy Night
9/21 Restoration Planting Project
9/26, 9/27 Art in Nature - Sketch & Journal
9/28 Family Nature Talk: Bears Along the River

OCTOBER

10/1 Sunset Vista History Tour
10/7 [Weed Warriors](#)
10/11 Natural History Hike - Butte to Bow
10/12 Astronomy Night
10/12 Guided Bird Walk
10/16 Sunset Guided Walk - Autumn Splendor
10/17 PEEPs*: Scarecrows & Crow-Crows
10/17, 10/18 Art in Nature - Sketch & Journal
10/26 Guided Mountain Park History Tour

Details & Registration: offero.cityofloveland.org

NOVEMBER

11/1 [Nature Cabin Winterization Closure](#)
11/2 [Habitat Restoration Project \(fence removal\)](#)
11/5,6,8,9 [Volunteer Training - Naturalist Interpretive Guide](#)
11/9 [Invasive Species Removal \(trees\)](#)
11/12 [Weed Warriors](#)
11/21 PEEPs*: Yip, Yap & Yowl With Clan Coyote
11/21, 11/22 Art in Nature - Sketch & Journal
11/29 #OptOutside Black Friday Guided Hike - [Info on pg 5](#)

DECEMBER

12/5 [Volunteer Appreciation Event](#)
12/10 [Weed Warriors](#)
12/19 PEEPs*: Annual Winter Walk & Birdfeeder Project
12/19, 12/20 Art in Nature - Sketch & Journal
12/21 Winter Solstice Celebration - Here Comes the Sun!

SEPT-OCT: Nature Cabin Open** and [Native Garden Projects**](#)

Have you signed up for Offero yet?

Register for activities, receive program updates, provide feedback & apply to be a volunteer: offero.cityofloveland.org

Events in blue = VOLUNTEER opportunities

*PEEPs = Preschool Environmental Education Program

**Check the calendar at offero.cityofloveland.org for specific dates



	Parking	Restrooms	Picnic Shelter/Table	Information Kiosk	Interpretive Signs	Soft Surface Trail Hiking/Biking	Paved Recreation Trail	Fishing	ADA Fishing Access	Belly Boat Fishing	Leashed Dogs Only	Wildlife Viewing

OPEN LANDS	AMENITIES/RECREATION OPPORTUNITIES											
Boedecker Bluff 4750 W. First St.				✓	✓	✓		✓		✓	✓	
Boise Bend 1225 S. Boise Ave.	✓			✓		✓		✓		✓	✓	
Boyd Lake (State Parks Partnership) 6500 N. Cty. Rd. 11C	✓ Fee	✓	✓	✓			✓	✓		✓	✓	
Cottonwood Run Taft-Wilson along Big Thompson River	✓ at Wilson			✓	✓	✓	✓	✓		✓	✓	
Devil's Backbone (County fee area) 1725 Hidden Valley Dr.	✓	✓	✓	✓	✓	✓				✓	✓	
Emerald Glen Wilson Ave. & 43rd St.				✓			✓			✓	✓	
King's Crossing 990 S. Lincoln Ave.	✓				✓		✓	✓		✓	✓	
Mariana Butte 701 Clubhouse Dr.	✓	✓		✓			No bikes			✓	✓	
Meadowbrook 2000 Cascade Ave.				✓		✓	✓			✓	✓	
Morey Wildlife Reserve 5439 Cedar Valley Dr.			✓	✓		No bikes		✓				✓
Namaqua (and Park) 816 N. Cty. Rd. 19E (Namaqua Rd.)	✓	✓	✓					✓		✓	✓	
Old St. Louis 1010 S. St. Louis Ave.	✓			✓	✓	✓	✓	✓		✓	✓	
Oxbow 1135 & 1140 Rossum Dr.	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	
Prairie Ridge 6400 N. Wilson Ave.	✓	✓		✓	✓	No e-bikes						✓
River's Edge 960 W. First St.	✓	✓	✓	✓	✓	No e-bikes				✓	✓	
Round Mountain 1300 W. Highway 34	✓	✓		✓	✓					✓	✓	
Sunset Vista 1323 W. 57th St.	✓	✓	✓	✓	✓	No bikes				✓	✓	
Viestenz-Smith (Open April-October) 1211 W. Highway 34	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	

KNOW BEFORE YOU GO! Check for trail updates on COTREX at trails.colorado.gov or download the free app. See page 53 for open lands & natural areas map and rules; see page 54 for recreation trail map.

VOLUNTEER OPPORTUNITIES - OPEN LANDS & TRAILS

Trail Host Program

FREE training is available for volunteer Trail Hosts to visit open lands and trails and engage with visitors, answer questions and report information about public use.

Environmental Educators

The Open Lands Division offers FREE training for volunteers to help teach K-5 students about Colorado wildlife, plants and the environment. [Training dates in September & November 2024](#).

Stewardship & Special Projects Volunteers are needed for ongoing stewardship projects, such as native plant restoration, citizen science, trail building, weed removal & cleanup days. No experience necessary. All training & materials provided.

Sign up on Offero: offero.cityofloveland.org

More info: lovgov.org/openlands

Coordinator: 970.962.2643 michele.vanhare@cityofloveland.org



Richard Haro Photography

ADULT ENRICHMENT

STRETCH YOURSELF & THRIVE

Photography: Beyond the Basics Min/Max: 8/12

Beyond the Basics is a "next level" photography class that allows you to apply your foundational photography skills in a more structured format. Each week you'll be given a photo prompt. This will be an assignment to take a specific type of photograph. During the following class we will share photos and discuss responses to the prompt. Location: Oak Rm

Age: 18+ *No class 8/26

M	8/12-10/21*	5:30-7:00P	\$120	491062-1
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Reader's Theatre Min/Max: 8/12

Directed by Loveland playwright Rick Padden, this class is for beginning and experienced actors alike, providing small group engagement between participants in out-loud readings of stage plays. The class will culminate in a live, reader's theatre performance. Enjoy the thrill of acting, with no memorization. Location: Chilson Conference Rm

Age: 16+

T	9/17-10/22	1:30-3:30P	\$20	491084-1
Sa	10/26-11/30	1:30-3:30P	\$20	491084-2

Drop-In Table Tennis

Mon, Wed, Thurs from 1:30-4P **Fee:** donation

Mahjong for Beginners Min/Max: 4/4

Mahjong is a FUN and enormously popular Chinese game of strategy, skill and summation. The classic version of the game uses 136 tiles and requires you to make identical sets and matching pairs from these tiles. Like many memory games, Mahjong is an excellent game to play if you're looking to improve your memory skills and relieve some stress! This class is for first time learners. **\$15 supply fee payable to instructor at first class.** Location: Cherry Rm

Age: 18+ *Min/Max: 4/8

W	10/2-10/23	1:00-3:00P	\$20	491091-1
Th	10/3-10/24	1:00-3:00P	\$20	491091-2
W	10/30-11/20*	1:00-3:00P	\$20	491091-3

Introduction to Chess Min/Max: 6/8

Learn the basics of chess and work on improving concentration and strategic thinking. Gain fast decision-making skills and learn to evaluate alternatives. There are multiple ways to win through guided instruction. You will have opportunities to play opponents. Instructor: Jim Roode | Location: Cherry Rm

See page 45 for info on drop-in chess games in the Senior Center lobby three times per week!

Age: 18+

Th	10/4-10/24	1:30-3:00P	\$15	490026-1
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KICK UP YOUR HEELS

Line Dance Min/Max: 8/40

Get exercise and socialize! Instructor: Tracey Ingraham

Age: 18+

Country Line Dance – Contemporary

Dance the hottest new line dances to current country music and top 40 hits. Dances vary from beginner to intermediate levels, so some line dancing experience is a plus.

Location: Hickory/Maple/Spruce Rm

W	9/4-9/25	8:00-9:00A	\$22	490012-1
W	10/2-10/30	8:00-9:00A	\$27	490012-2
W	11/6-11/20	8:00-9:00A	\$17	490012-3
W	12/4-12/18	8:00-9:00A	\$17	490012-4

Country Line Dance – Beginning

Learn beginning line dance steps including grapevine, coaster step, triple step, jazz box and more.

Location: Hickory/Maple/Spruce Rm

M	9/9-9/30	9:45-10:45A	\$22	490081-1
M	10/7-10/28	9:45-10:45A	\$23	490081-2
M	11/4-11/18	9:45-10:45A	\$17	490081-3
M	12/2-12/16	9:45-10:45A	\$17	490081-4

Country Line Dance – High Beginning

For those who have taken a beginner class, but aren't quite ready for the Continuing class.

Location: Hickory/Maple/Spruce Rm

W	9/4-9/25	8:00- 9:00A	\$22	490086-1
W	10/2-10/30	9:05-10:05A	\$27	490086-2
W	11/6-11/20	8:05- 9:05A	\$17	490086-3
W	12/4-12/18	8:05- 9:05A	\$17	490086-4

Country Line Dance – Continuing

For those who already know a step or two!

Location: Fitness/Dance Studio

Th	9/5-9/26	10:45A-12:15P	\$26	490080-1
Th	10/3-10/31	10:45A-12:15P	\$32	490080-2
Th	11/7-11/21	10:45A-12:15P	\$19	490080-3
Th	12/5-12/19	10:45A-12:15P	\$19	490080-4

Country Line Dance – Intermediate

Intermediate levels only. Learn more advanced country line dance steps. More dances, faster pace! Location: Fitness/Dance Studio

Th	9/5-9/26	12:30-1:45P	\$26	490085-1
Th	10/3-10/31	12:30-1:45P	\$32	490085-2
Th	11/7-11/21	12:30-1:45P	\$19	490085-3
Th	12/5-12/19	12:30-1:45P	\$19	490085-4

LET'S DANCE!

Community Dances with Live Bands ♦

Enjoy live bands! Refreshments are potluck; bring food to share.

Dates: 2nd & 4th Monday, 6:30–9P **Questions:** 970.962.2783

Fee: \$8, \$7.50 w/SAC (cash/check only)

Age: 18+

8/12	Jim Ehrlich	11/11	Dale, Singing Cowboy
8/26	No Dance (Chilson closed)	11/25	High Plains Connection
9/9	Dale, Singing Cowboy	12/9	Big Twang Theory
9/23	Ron and Mark	12/30	TBD
10/14	Big Twang Theory		
10/28	Jim Ehrlich - Octoberfest		

HEALTH & WELLNESS

Building Foundations of Caregiving Min/Max: 4/40

Come explore the role of the caregiver, changes they may experience, building a support team and managing stress.

Instructor: Angel Hoffman | Location: Maple/Spruce Rm

Age: 18+

T 9/17 2:00-3:30P FREE 491010-1

Hearing Assessments Min/Max: 3/7

Listen up! On the 3rd Tuesday of every other month, audiologist Chris Hollabaugh is at Chilson to do basic hearing assessments.

Location: Senior Center Clinic

Age: 18+

*After registration, you will be contacted to schedule a

10-minute appointment time between 8:30–10:30A

T 9/24 8:30-10:30A* FREE 491067-1

T 11/26 8:30-10:30A* FREE 491067-2

UCHealth/Aspen Club Balance Screenings

Physical and Occupational Therapists will assess your fall risk using the STEADI (Stopping Elderly Accidents, Deaths, & Injuries) initiative tools and protocols. Balance and fall prevention strategies, programs and resources will be shared based on your results.

Min/Max: 1/40 Location: Chilson Conference Rm

Age: 18+

*After registration, you will be contacted to schedule a

20-minute appointment time between 9:30A–1:30P

W 9/25 9:30A-1:30P* FREE 491213-2

W 10/23 9:30A-1:30P* FREE 491213-3

W 11/20 9:30A-1:30P* FREE 491213-4

W 12/18 9:30A-1:30P* FREE 491213-5

Supporting Independence Min/Max: 4/40

This workshop focuses on helping the person living with dementia take part in daily activities by providing the right amount of support and balancing safety and independence, while managing expectations. Location: Maple/Spruce Rm

Age: 18+

T 10/15 10:00-11:00A FREE 491018-1

Communicating Effectively Min/Max: 4/40

Learn how dementia affects communication, including tips for communicating well with family, friends and healthcare professionals. Location: Cherry Rm

Age: 18+

T 11/5 10:00-11:00A FREE 491021-1

Responding to Dementia-Related Behaviors

Understand common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed. Min/Max: 4/40

Location: Cherry Rm

Age: 18+

Th 11/7 10:00-11:00A FREE 491025-1

Exploring Care & Support Services Min/Max: 4/40

Examine how to best prepare for future care decisions and changes, including respite care, residential care and end-of-life care. Instructor: Ellen Pihlstrom | Location: Cherry Rm

Age: 18+

T 12/10 10:00-11:00A FREE 491027-01



Richard Haro Photography

Stay Active

Make the most of your SilverSneakers®, Renew Active™ or Chilson pass at Chilson Recreation & Senior Center.

Did You Know? Your SilverSneakers®, Renew Active™ or Chilson pass lets you participate in drop-in fitness classes as well as use the fitness and weight equipment, exercise track, gym, racquetball courts, swimming pools, hot tubs, steam room and locker rooms.

Your pass provides access to over 50 group exercise classes each week! Pick up the group fitness class schedule at the guest services desk or visit lovgov.org/fitnesswellness

FITNESS EQUIPMENT ORIENTATION

Want to exercise on your own? Our personal trainers can show you how to safely use the fitness equipment.

Request an orientation:

Please complete a Fitness Equipment Orientation Request Form. Submit your request to the Chilson guest services desk. A trainer will call you to schedule an appt.

QUESTIONS?

Passes & Class Enrollment
Jacob Lapp | 970.962.2048

**Find a Fitness Class That's Right
For You or General Questions**
Kerry Helke | 970.962.2446



Find YOUR Fit!

- Handyman
- Yardwork
- Housework
- Run Errands
- Pick up Groceries
- Exercise Instruction
- Companionship
- Install ADA & Accessibility Fixtures
- Advocate and Advise During Home Maintenance/Repair Appointments
- ...And More!



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Contact for more info and references!

(970) 590-6482 or freedomkeepersnoco@gmail.com



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LIGHT UP YOUR LIFE



ACTIVE GENERATION

FIND YOUR FIT

Group Fitness Schedules

Available at the Chilson Recreation/Senior Center front desk and online. **See group fitness class info on page 11.** Class schedules subject to change. **Current schedule:** lovgov.org/fitnesswellness

Group Fitness Classes

at Chilson

Drop in for individual classes and use your Chilson pass (including SilverSneakers® or Renew Active passes) or pay the daily fee.

Virtual (online)

Register for virtual classes by the week and use your Chilson pass (including SilverSneakers® or Renew Active passes) or pay the fee below.

Need help registering for a virtual class?
Call 970.962.2446

Fee: \$10/week for unlimited virtual classes (use keyword "virtual"; receipt has Zoom links)

Senior Activity Card (SAC) Benefits! ♦

Benefit #1 Registration priority for day trips

Benefit #2 Discounted fees for day trips

Benefit #3 Reduced admission to senior dances

Anyone age 62+ can purchase a card. The SAC is \$20 per person and is valid for one year from the purchase date. Please refer to listings denoted by this symbol: ♦ for discounted rates.

Spa Services for All Ages

Therapeutic Massage 30-min, 60-min or 90-min
Joyce Meis, LMT: 970.691.3441
Kirsten Bishop, LMT: 808.462.2096

Medically Based Foot Care, Patti Krkosa, RN
720.442.2615 • 1st & 3rd Thursday, 8:30A–4:00P

Welcome & Orientation

Join us for a "get to know you" presentation and tour where we provide info about the Senior Center and answer your questions. Location: Cherry Rm • FREE Tuesdays, 9/24, 10/29, 11/26 • 1:00–2:00P (drop-in)

CLUBS | ACTIVITIES

Bookworms Book Club

2nd Tues of month | 1:30–3P | Party Rm | FREE
Contact: Janette Edwards, 970.962.2759

Card Games, Golden Age Card Club

Mon | 1–4P | Cherry Rm | Donation
Contact: Susan Levine, 954.802.7212

Chilson Senior Advisory Committee

3rd Tues of month | 1–2:30P | Senior Center
Contact: 970.962.2428

Fishing Club

3rd Tues of month | 2–4P | Cherry Rm | FREE
Contact: fishingclubloveland@gmail.com

National Association of Retired Federal Employees (NARFE)

2nd Tues of month (Sept–May only), 1:30P
Contact: Richard Bacon, 970.744.0439

DROP-IN ACTIVITIES

Drop-In Billiards

Mon–Fri | 8A–4:30P | Donation

Drop-In Open Chess Challenge

Mon, Wed, Fri | 1–4:30P | FREE

Drop-In Table Tennis

Mon, Wed, Thurs | 1:30–4P | Donation

NUTRITION | HEALTH

VOA Senior Community Lunch

By reservation only; call 970.472.9630, ext. 1

Fee: \$3 suggested donation

In Person Dining & Meal Pick-Up:

Mon, Tues, Thurs, Fri 11:45A–12:15P

UCHealth Blood Pressure Checks

Community Health Nurse Linda Strauss is available to take your blood pressure and provide good heart health info. No appointments necessary. FREE

Dates: Mon 9/23, 10/28, 11/18, 12/16 **Time:** 9A–12P

See page 41 for health & wellness workshops – they are FREE!

SCHOLARSHIPS | DONATIONS

Senior Scholarship Program

If you are in need of financial assistance to register for our programs, please stop by the Chilson Senior Center to obtain an application and learn more about the program. Scholarship funds are available for most active generation, fitness, health, wellness, adult enrichment, outdoor recreation, art and cooking programs listed in the Loveland Activity Guide. You must be 62 or older and live within the City of Loveland boundaries. Scholarships are granted on a funds-available basis and are provided through the Chilson Senior Advisory Committee (CSAC).

Donate in Someone's Memory

Honor the memory of someone special with a donation in remembrance to the Chilson Senior Center. This donation offers a way to carry on your loved one's positive legacy. Your gift allows others to enjoy recreation programs through our scholarship program and provides funds to purchase equipment and supplies for the Senior Center.

SPECIAL EVENTS

Senior Fishing Derby Enjoy the 13th Annual Senior Fishing Derby co-sponsored by the Loveland Fishing Club and City of Loveland. Fishing license and equipment provided. Free food and prizes! Fish cleaned for you or catch and release. Waiver required; transportation on your own. **Questions** 970.962.2783
Register at Chilson Senior Center by 8/28

Age: 65+ Location: Flatiron Reservoir, 1800 SCR 31
 W 9/11 9:00A–1:00P FREE

Harvest Bazaar Join us at this fundraising event for the Chilson Senior Advisory Committee where proceeds benefit the Senior Center scholarship program. Browse craft tables for handmade gifts while enjoying delicious food and drinks. **Crafters needed! Sign up begins in person only on Thurs, 8/8 from 8:30A–5P. Full Table \$45; Half Table \$30**
 Location: Chilson Senior Center

Sa 9/14	10:00A–2:00P	FREE to browse
Meal Deal (drink included)		\$10 (\$12 at door)
Age 12 & under		\$5

Halloween Bingo Get out, play bingo and win prizes! Dress for the occasion. Location: Cherry Rm

Age: 55+
 Th 10/31 1:00–3:00P \$4 495030-1

DAY TRIP REGISTRATION

- Senior Activity Card (SAC) holders have priority registration for day trips.

In-Person SAC Priority Registration:

Tues, 8/6–Tues, 8/13 beginning at 8:30A

Online SAC Priority Registration

Register online beginning Mon, 8/5 at 6P at lovgov.org/webtrac (limited spots available online).

- Anyone age 62+ can purchase a SAC. The card is \$20 per person and is valid for one year from the purchase date. See page 44.
- **Trip registrations open to all participants age 18+ (unless otherwise noted) on Wed, 8/14.**
- Participants are transported in City van or motor coach from the Senior Center; **check-in required 15 min prior to departure in the senior lobby.**
- Trip cancellations or refunds may be granted pending circumstances of the trip. See page 56 for policies; call 970.962.2428 w/questions.
- Participants must advise staff of any special accommodation at the time of registration; if a wheelchair or walker is needed, please call 970.962.2464 to inquire if the trip is accessible.

Hearts & Horses and Donkeys! ♦

Hearts & Horses is a therapeutic riding facility nestled in the Foothills of Loveland. Its history and healing are unimaginable. Their therapies are making a difference in the lives of those with disabilities, cognitive decline and traumas. Join us as we tour the facility and learn more about what Hearts & Horses provides through use of animal assisted therapy. Following the tour, have lunch at CJ's (**cost on your own for \$15–20**). Good walking shoes are recommended as we will be walking outside on gravel and dirt. Min/Max: 10/14

Destination: Loveland

Day	Date	Time	Fee	SAC	Trip #
W	9/4	9:30A-2:30P	\$29	\$27	493200-1

Niwot Honey Bee Festival ♦ Min/Max: 10/14

Buzz over to Niwot for the Annual Honeybee Harvest Festival! Enjoy a day of live music, mead tasting, bee products, honey, observation hives and more! Following the festival, have lunch at *Raza Fresa Mexican Restaurant* (**cost on your own for \$15–20**). Destination: Niwot

Day	Date	Time	Fee	SAC	Trip #
Sa	9/7	9:00A-3:30P	\$32	\$30	493201-1

Casino Trips: *Bally's* ♦ Min/Max: 35/53

Feeling lucky? Hop aboard a comfortable motor coach as we make our way to Black Hawk for some FUN at *Bally's Black Hawk Casino!* Receive \$10 free slot play OR \$15 food credit upon playing and achieving 100 points. Destination: Black Hawk

Age: 21+

Day	Date	Time	Fee	SAC	Trip #
T	9/10	8:15A-5:00P	\$30	\$28	493035-1
T	11/12	8:15A-5:00P	\$30	\$28	493035-2

Roxborough State Park Hike ♦

Roxborough State Park is known for its dramatic red rock formations, diversity of wildlife and beautiful flowers that blanket the landscape. Come explore the park with us as we hike Fountain Valley, an easy/moderate 2.6 mile loop hike. Volunteer naturalists will join us for a guided educational program. **Bring a brown bag lunch and eat in the park following the hike.** Wear hiking boots and appropriate outdoor clothing, and bring water, sunscreen and hiking poles if needed. Min/Max: 14/28 Destination: Littleton

Day	Date	Time	Fee	SAC	Trip #
Th	9/12	8:00A-2:00P	\$45	\$43	493202-1

Cheyenne Mountain Zoo ♦ Min/Max: 20/23

The Cheyenne Mountain Zoo is a must see! This facility makes it easy to get close to hundreds of furry, scaly and feathery creatures. Feed the giraffes, walk amongst wildlife in beautiful viewing areas and enjoy a beautiful day outdoors in one of the finest zoos ever. **You will encounter a lot of walking and some hills inside the zoo environment so please wear good walking shoes and dress for outdoor weather.** Ride in the comfort of a motor coach to our destination. **Have lunch at the zoo's café or you may bring a brown bag lunch.** Destination: Colorado Springs

Day	Date	Time	Fee	SAC	Trip #
M	9/16	8:00A-5:00P	\$105	\$103	493203-1

Estes Park Rails in the Rockies &

Autumn Gold Festival ♦ Min/Max: 14/28

Rails in the Rockies is a premier model train show held at the event center in Estes Park. Spend the morning viewing the train show and then hop back on the vans to Bond Park in downtown Estes for the 30th Anniversary of the Autumn Gold Festival with bands, brats and beer! Celebrate the changing of the seasons as the aspen leaves turn golden! Enjoy lunch at one of the vendors or dine at one of the many restaurants in Estes (**cost on your own for \$15–20**). Destination: Estes Park

Day	Date	Time	Fee	SAC	Trip #
Sa	9/21	9:00A-4:00P	\$47	\$45	493204-1

Lunch Bunch ♦ Min/Max: 10/14

Explore new dining experiences in Northern Colorado each month. **Meal cost on your own for \$16–22.**

Mishawaka (Poudre Canyon)

Day	Date	Time	Fee	SAC	Trip #
T	9/24	10:45A-3:30P	\$27	\$25	493123-1

Blue Pan Pizza (Golden)

Day	Date	Time	Fee	SAC	Trip #
W	10/23	10:45A-3:15P	\$27	\$25	493123-2

Buca Di Beppo (Broomfield)

Day	Date	Time	Fee	SAC	Trip #
T	11/5	11:00A-3:00P	\$25	\$23	493123-3

Young's Café/Vietnamese (Fort Collins)

Day	Date	Time	Fee	SAC	Trip #
M	12/23	11:30A-3:00P	\$25	\$23	493123-4

Rockies Baseball ♦ Min/Max: 14/28

Root for the Rockies this fall! Our seats are in the Outfield Club Level which are in the shade near 1st base. These tickets have access to the temperature-regulated Club Level concessions area for lunch/refreshments (**cost on your own for \$15–20. We recommend bringing cash and credit card, as different vendors have different rules**). You are allowed a small single pocket purse only inside the stadium. Destination: Denver **Time: 10:30A-5:30P**

Day	Date	Opponent	Fee	SAC	Trip #
Th	9/26	STL Cardinals	\$80	\$78	493101-1

Breckenridge Brewery Tour in Littleton ♦

Tour Breckenridge Brewery in Littleton and enjoy a generous sampling of the brews and a guided tour through the brewhouse, fermentation alley, barrel aging-area and packaging hall. Prior to the tour, eat lunch at the *Farm House Restaurant* at the brewery (**cost on your own for \$16–22**). Min/Max: 14/18

Destination: Littleton

Age: 21+

Day	Date	Time	Fee	SAC	Trip #
T	10/1	10:00A-4:00P	\$32	\$30	493205-1

Fall Colors Drive/RMNP ♦ Min/Max: 14/28

Time to journey into Rocky Mountain National Park for the changing of the leaves, listening to elk bugle and enjoying the crisp mountain air! Weather permitting we will get outside and enjoy time viewing the wildlife if they cooperate and show up! Lunch will follow at *Coffee on the Rocks*, where you will enjoy a beautiful setting for feeding ducks, drinking your favorite hot drink and eating lunch (**cost on your own for \$15–20**). Time permitting, enjoy a walk down Main Street for shopping to end the day. Destination: Estes Park

Day	Date	Time	Fee	SAC	Trip #
M	10/7	9:30A-4:00P	\$33	\$31	493206-1

The Sleeping Beauty – Ballet ♦

Step into a dreamland where classical sensibility meets storybook magic as Colorado Ballet presents *The Sleeping Beauty* at Ellie Caulkins Opera House. A fairy tale romance that culminates in the power of true love's kiss, this iconic masterpiece dazzles with breathtaking variations, sumptuous sets and costumes and Tchaikovsky's enchanting score performed live by the Colorado Ballet Orchestra. Travel in comfort on a motor coach. Dinner to follow at *Cinzettis* (**cost on your own for \$20–25**).

Min/Max: 20/23 Destination: Denver

Day	Date	Time	Fee	SAC	Trip #
Sa	10/12	12:15-7:30P	\$113	\$111	493207-1

Denver Art Museum ♦ Min/Max: 14/28

Enjoy a day at the Denver Art Museum and also the special exhibit - *Wild Things*, named after Maurice Sendak's *Where the Wild Things Are*, the beloved children's book he authored in 1963 that became a cultural touchstone. This is a self-guided tour and you are free to explore the museum. Lunch is on your own at one of the many restaurants within walking distance of the museum (**cost on your own for \$15–20**). Destination: Denver

Day	Date	Time	Fee	SAC	Trip #
W	10/16	8:45A-3:45P	\$52	\$50	493217-1

Always...Patsy Cline – Candlelight Dinner Theatre ♦ Min/Max: 14/28

Based on the true events and enduring friendship between Patsy Cline and an adoring fan, which began in 1961 at a Texas honky-tonk and continued until Patsy's death, this charming musical comes complete with down-home country humor, true emotion and 27 of Cline's greatest hits including "Crazy," "I Fall to Pieces," "Sweet Dreams," & "Walking after Midnight." **Fee includes lunch, show, tax and gratuity (alcoholic beverages & dessert are extra plus tax/gratuity on these items).** Destination: Johnstown

Day	Date	Time	Fee	SAC	Trip #
Sa	10/19	11:30A-5:00P	\$105	\$103	493208-1

Receive discounts on trips and dances offered at the Senior Center – buy a Senior Activity Card (SAC) and also receive priority trip registration! See page 44 for all the details.

Stay Informed on all things happening with Loveland Parks & Recreation. Sign up for our e-newsletter: lovgov.org/parksrecreation

Ghosts of the Pioneers Tour ♦

It's that time of year again, for something a little SPOOKY! Join us as we walk through the streets of Greeley with our tour guides from Weld County Paranormal. Learn about the town as it once was and investigate the local haunts. Hear about the past pioneers of Greeley and where the first buildings and schools were located. Following the tour, have lunch at Austin's downtown (**cost on your own for \$16–22**). Min/Max: 14/28 Destination: Greeley

Day	Date	Time	Fee	SAC	Trip #
M	10/28	9:30A-2:45P	\$49	\$47	493209-1

Colorado Eagles Hockey ♦ Min/Max: 10/14

Come cheer on our Colorado Eagles! Watch them battle it out on the ice at the Blue Area (formerly the Budweiser Event Center). Prior to the game, enjoy an early dinner at *Lazy Dog Restaurant* (**cost on your own for \$15–20**). Destination: Loveland/Johnstown

Day	Date	Time	Fee	SAC	Trip #
F	11/1	4:00-10:00P	\$57	\$55	493218-1

Lift Chocolate Tour ♦ Min/Max: 10/14

Chocolate is special and affects people with JOY in a way that no other food does. Join us as we travel to Boulder's Lift Chocolate where chocolate is uniquely fashioned into delicious items. Prior to our tour, have lunch on Pearl Street at the *West End Tavern* (**cost on your own for \$16–22**).

Destination: Boulder

Day	Date	Time	Fee	SAC	Trip #
F	11/8	10:30A-4:30P	\$33	\$31	493210-1

Butterfly Pavilion ♦ Min/Max: 14/28

Tired of the winter weather already? Join us as we spend a warm morning inside the Butterfly Pavilion. The Pavilion is the first stand-alone Association of Zoos and Aquariums-accredited non profit invertebrate zoo in the world! It exists to foster an appreciation of invertebrates by educating the public about the need to protect and care for threatened habitats globally, while conducting research for solutions in invertebrate conservation. Following our trip, have lunch at *Lazy Dog Restaurant* (**cost on your own for \$15–20**).

Destination: Westminster

Day	Date	Time	Fee	SAC	Trip #
Th	11/14	9:00A-3:30P	\$50	\$48	493211-1

DID YOU KNOW?

We offer several FREE health & wellness workshops each season. See page 41 and learn to take control of your health.

Molly Brown Tea & Tour ♦ Min/Max: 10/14

Molly Brown may be best known as a survivor of the Titanic, but she was so much more. Hear her incredible story as you tour her home with a knowledgeable guide. Learn about her family and the integral roles they played in her life. Mother, wife, philanthropist, suffragist and actress - Molly Brown's story is so much bigger than anything you've seen in the movies! You can also expect a fully decked out Christmas décor experience on this tour. Afterwards, enjoy a tea which includes the Molly Brown blended tea service, scones, tea sandwiches and desserts (**included in the fee**). Destination: Denver

Day	Date	Time	Fee	SAC	Trip #
W	11/20	9:00A-2:00P	\$90	\$88	493212-1
T	11/26	9:00A-2:00P	\$90	\$88	493212-2

Parade of Lights ♦ Min/Max: 14/28

Come out and enjoy a dazzling Parade of Lights in downtown Erie along with FREE carriage rides and a visit from Ol' St. Nick before the parade! There are expected to be 62 floats lining the streets, so bring a small folding chair and dress warmly for this outdoor Christmas event. Have dinner at one of Erie's local restaurants prior to the parade (**cost on your own for \$16–22**). Destination: Erie

Day	Date	Time	Fee	SAC	Trip #
F	12/6	3:30-9:00P	\$29	\$27	493213-1

CU Boulder Holiday Music Festival ♦

If you haven't experienced the CU Boulder Holiday Music Festival you won't want to miss it - it is always a delight! The decades-old celebration brings together student choirs, bands and orchestras along with world-class performers for a concert of holiday favorites. Following the performance, have dinner at *Pinocchio's Incredible Italian* (**cost on your own for \$20–25**). Min/Max: 14/28 Destination: Boulder

Day	Date	Time	Fee	SAC	Trip #
Su	12/8	2:15-8:00P	\$74	\$72	493214-1

EXPLORE.
GIVE BACK.
VOLUNTEER.

• • • • •
Parks & Recreation volunteers are crucial to the SUCCESS of many programs.

JOIN OUR TEAM!

Visit lovgov.org/volunteer for opportunities!

The Governor's Mansion Tour ♦

Join us for a tour of the Colorado Governor's Mansion or more fondly known as "Colorado's Home." Built as a private residence in 1908, the house has been available for use by governors since 1960, serving both as a family home and site for official governor's functions. The halls are expected to be decked for the holidays, as we are touring at the most special time of year! Afterwards, eat lunch at *Gateono's Italian*, another historical site (**cost on your own for \$15–20**). **You might want to bring extra money for the delicious cannoli dessert.** Min/Max: 10/14

Destination: Denver

Day	Date	Time	Fee	SAC	Trip #
F	12/13	8:30A-2:30P	\$33	\$31	493215-1
F	12/20	8:30A-2:30P	\$33	\$31	493215-2

The Boulder Holiday Gift Festival ♦

The 18th Annual Boulder Holiday Gift Festival is Boulder's biggest and best holiday shopping extravaganza. Find a vast array of high-quality gifts that are locally made. Enjoy a FREE concert at noon. Prior to the festival, have brunch at *The Passenger* in Longmont (**cost on your own for \$15–20**). Min/Max: 10/14 Destination: Boulder/Longmont

Day	Date	Time	Fee	SAC	Trip #
Su	12/15	9:00A-3:30P	\$31	\$29	493216-1



2024-25 Season Tickets On Sale Now
www.lovelandperformingarts.org

LEGENDARY LADIES OF COUNTRY LISA BROKOP
 Sunday • September 8, 2024 • 7:00 PM


MILITARY TRIBUTE LETTERS FROM HOME
 Sunday • February 2, 2025 • 7:00 PM


JAZZ CLASSICS NAYO JONES
 Sunday • November 24, 2024 • 7:00 PM


BEACH BOYS TRIBUTE SAIL ON
 Sunday • March 30, 2025 • 7:00 PM


OLD TIME ROCK & ROLL JARED FREIBURG & THE VAGABONDS
 Sunday • May 1, 2025 • 7:00 PM


Roberta L. Price Auditorium
 Thompson Valley High School
 1669 Eagle Drive • Loveland

Learn more at our website: www.lovelandperformingarts.org
 Like us on Facebook

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Everything we offer at Seven Lakes Memory Care is geared toward creating a place our residents are happy to call home. We enhance the everyday experience of our residents with signature programs, exceptional food, and warm, inviting community spaces where they can relax and live well.



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Memory Care**
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Contact us today to schedule a tour at
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SevenLakesMemoryCare.com

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GOLF

GOLF INSTRUCTION WITH JJGA

PGA Junior League ♦

PGA Jr. League is shifting the way youth golf is learned and played, including the adoption of league play, team golf and scoring with flags and points. Over the 10 weeks there are ten instructed practice sessions and five 9-hole competitions played biweekly on Saturdays.

Age: 11-17 Fee: \$400 + \$99 kit

Th	8/29-11/2	4:00-5:00	The Olde Course
Th	8/29-11/2	5:15-6:15	The Olde Course
Th	8/29-11/2	4:00-5:00	Marina Butte
Th	8/29-11/2	5:15-6:15	Marina Butte

Tips & Sips ♦

This class is designed to help people learn a specific skill in a relaxing environment. All clinics focus on one aspect of the game. Included with registration is a drink from the bar! So grab a friend and come out to have some FUN!

Age: 18+ Fee: \$30

F	8/30	5:00-6:00	The Olde Course
F	9/6	5:00-6:00	Marina Butte
F	9/13	5:00-6:00	The Olde Course
F	9/20	5:00-6:00	Marina Butte
F	9/27	5:00-6:00	The Olde Course

Details & Registration: jaxjonesgolfacademy.com

Operation 36° ♦

Operation 36° is an 8-week program based off of two fundamentals: playing golf and developing skills. It is the perfect development program for all beginners and intermediate players.

Over the 8 weeks there are eight instructed practice sessions and four 9-hole events played biweekly on Saturday afternoons. This program is designed to help you set clear goals and achieve them through continuous improvement!

More info about the program: Operation36.golf

Junior Age: 6-17 Fee: \$360

T	9/3-10/26	4:00-5:00	Cattail Creek
T	9/3-10/26	5:15-6:15	Cattail Creek

Ladies Age: 18+ Fee: \$360

W	9/4-10/26	5:15-6:15	Cattail Creek
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Adult Age: 18+ Fee: \$360

W	9/4-10/26	4:00-5:00	Cattail Creek
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TPI Screening ♦

This 45-minute screening involves an assessment of swing mechanics and biomechanics, physical fitness, movement quality, current health and your history. Once this screen is completed, the results are used to create a plan that is unique to you. Our process begins with a physical screening followed by a video swing lesson where you can see your characteristics in action. Our coach will then send you a customized 4-week fitness plan to improve your game. The program finishes with a second screening so you can see measurable progress!

Fee: \$150

Register: jaxjonesgolfacademy.com

Private Instruction ♦

Individual private lessons are 45 minutes long and cover any skill you would like to improve. Whether it is short game, full swing, course management or all of the above, we have you covered!

Fee: \$80

Register: jaxjonesgolfacademy.com

WHAT IS SNAG®?

SNAG® stands for Starting New at Golf. It is a FUN game that is easy to learn at any age and does not require any previous playing experience! Falling somewhere between miniature golf and regulation golf, SNAG® allows for full shots, pitching, chipping and putting. It is played on the 9-hole Mini-Course at the Cattail Creek golf course facility.

Using two unique clubs and a specially designed ball to play your round, players have the opportunity for instant success – even playing their very first round. Practice nets are in place for those who wish to try out a full swing, or just warm up before golfing on a course built just FORE fun. Staff is available to answer any questions.

Golfers of all ages can enjoy playing the Mini-Course as a group. It's the perfect activity to enjoy time together having fun and learning a new skill. Ask us about our SNAG® birthday parties and celebrate your special day with us! Call 970.663.5310 for more info.

GOLF COURSE LOCATIONS

Cattail Creek 2116 W. 29th St. | 970.663.5310

Mariana Butte 701 Clubhouse Dr. | 970.667.8308

The Olde Course 2115 W. 29th St. | 970.667.5256

Loveland golf courses are open year-round. Bring your swing and get out on the course!

DID YOU KNOW?

FUN FACTS ABOUT CATTAIL CREEK

• Free Club Rental

No clubs? No problem! Use our complimentary adult and youth rental clubs. Call for more information or stop by the pro shop.

• 3-Hole Round

Did you know that you can play just three holes at the regulation Par 3 Cattail Creek course? Perfect for beginners! Play a stress-free, fast round any day/time. Clubs and on-course ball included!

• Innovative Driving Range

Cattail Creek's driving range has many built-in learning devices including on-course targets.

• No Tee Times for the Mini-Course

That's right - no tee times are necessary; walk-on players welcome. See you on the Mini-Course!

• All Levels

The Cattail Creek golf course is a favorite among beginners, but don't let that fool you! It offers plenty of challenges with water on five of the nine holes. Stop by the pro shop to stock up on extra balls before heading out!

• Online Tee Times

Make reservations eight days in advance beginning at 7:00P on the 8th day for Cattail Creek or any other Loveland golf course by visiting golfloveland.com

GIFT CERTIFICATES

Looking for an extra special gift for that extra special golfer in your life?

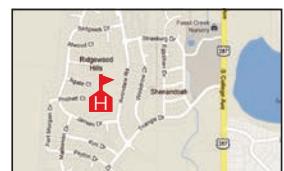
Give the gift of golf! Gift certificates and merchandise can be purchased from the pro shops at all Loveland golf courses or online at golfloveland.com

Contact us for current rates, online tee times, course updates and more.

VISIT: GOLFLOVELAND.COM

CITY OF LOVELAND

Schools | Facilities | City Parks

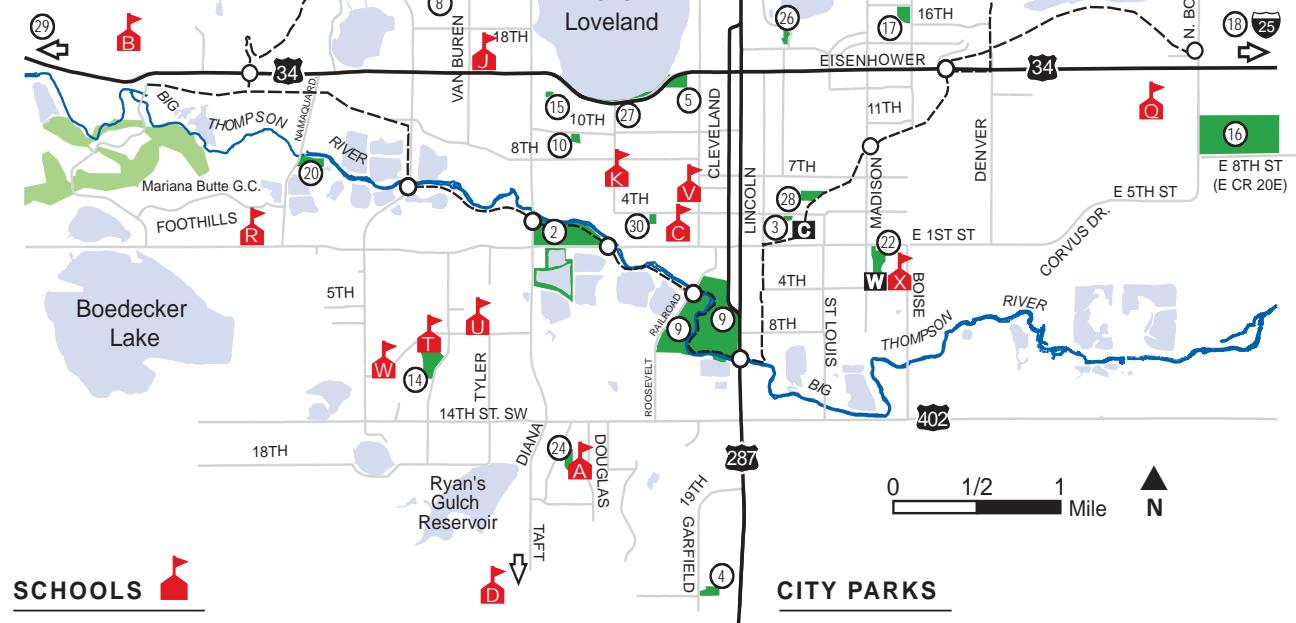
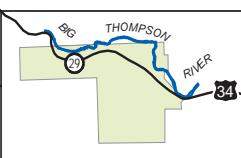


LEGEND

- Existing Underpass
- City Recreation Trail
- ~ Big Thompson River
- Light Blue Lakes and Ponds
- Green Golf Courses
- Green Parks
- Light Green Mountain Park

Viestenz-Smith Mountain Park

12 miles west on HWY 34



SCHOOLS

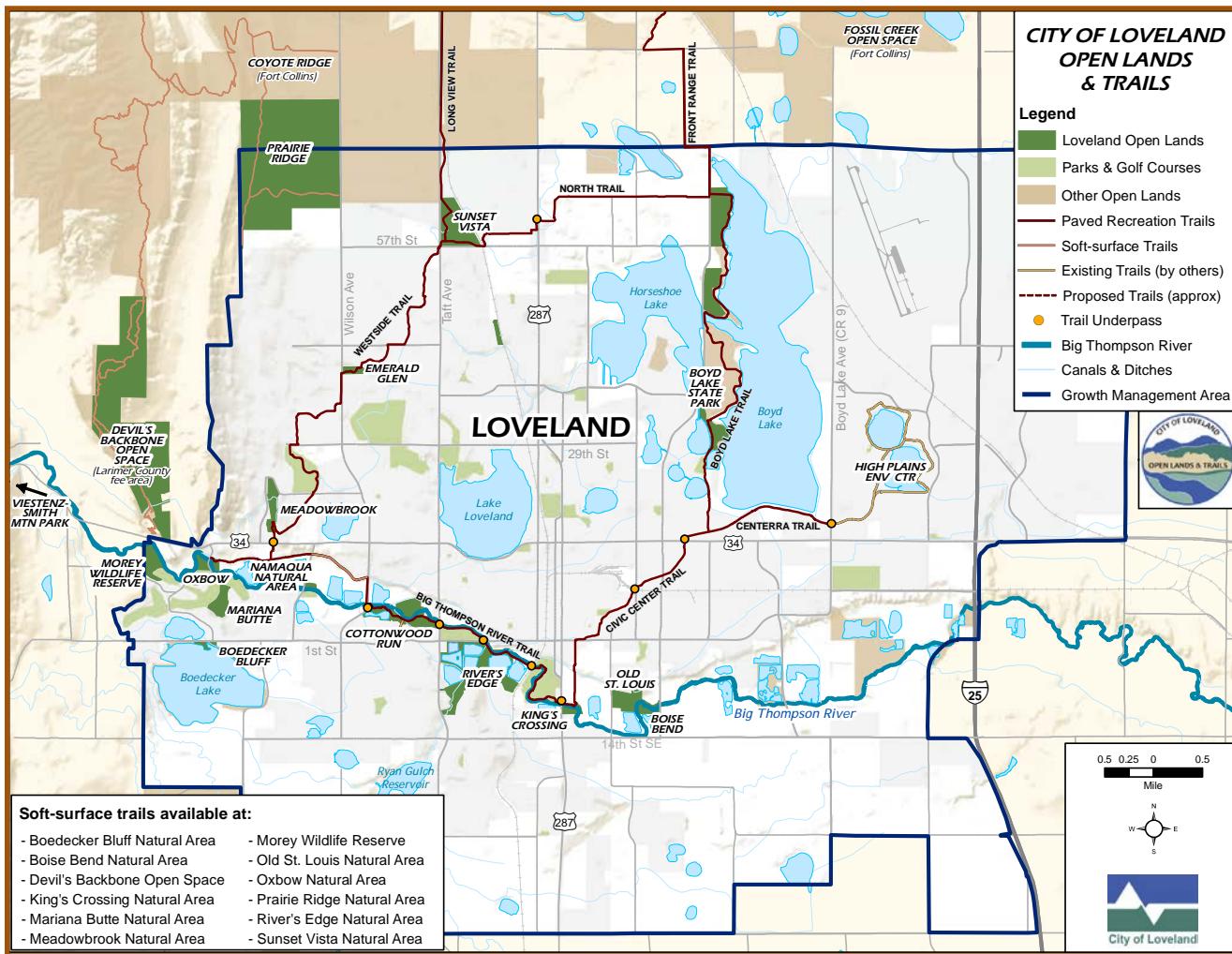
- A B F Kitchen Elementary
- B Big Thompson Elementary
- C Bill Reed Middle School
- D Carrie Martin Elementary
- E Centennial Elementary
- F Conrad Ball Middle School
- G Cottonwood Plains Elementary
- H Coyote Ridge Elementary
- I Early Childhood Center at Stansberry
- J Ferguson High School
- K Garfield Elementary
- L High Plains School
- M Laurene Edmondson Elementary
- N Lincoln Elementary
- O Loveland High School
- P Lucile Erwin Middle School

OTHER FACILITIES

- C Chilson Recreation/Senior Center
- W Winona Pool

CITY PARKS

- 1 Benson
- 2 Centennial
- 3 Civic Center
- 4 Derby Hill
- 5 Dwayne Webster
- 6 Eagleview
- 7 Edmondson
- 8 Estrella
- 9 Fairgrounds/Barnes
- 10 Garfield
- 11 Glen Arbor
- 12 Kirkview
- 13 Kroh
- 14 Loch Lon
- 15 Loch Mount
- 16 Loveland Sports Park
- 17 McKee
- 18 McWhinney Hahn Sculpture
- 19 Mehaffey
- 20 Namaqua
- 21 North Lake
- 22 Osborn/Winona Pool
- 23 Seven Lakes
- 24 Sherri Mar
- 25 Silver Glen
- 26 Silver Lake
- 27 South Shore Parkway
- 28 Sunnyside
- 29 Viestenz-Smith
- 30 Westside
- 31 Woodmere



OPEN LANDS & TRAILS RULES & REGULATIONS

Detailed Rules: lovgov.org/openlands

Hours of operation are from 6:00A–10:30P, except Morey Wildlife Reserve, Mariana Butte Trails and Prairie Ridge Natural Area (open sunrise to sunset). Overnight parking or camping is prohibited in open lands and trails. Trails are open for non-motorized use only!

Bicycling is permitted on designated trails only. Bicycles are not permitted at Morey Wildlife Reserve or Mariana Butte Trails. Type I and II e-bikes are permitted on all trails where bicyclists are allowed, except Prairie Ridge Natural Area. Bicyclists yield to other trail users.

Pets must be leashed and under human control at all times. Owners must pick up and remove pet waste. Pets are not permitted at Morey Wildlife Reserve or Prairie Ridge Natural Area.

Fishing is regulated by Colorado State Regulations. Site-specific regulations apply. All anglers age 16 and older are required to have a Colorado Fishing License.

Horses are not permitted on City of Loveland Open Lands & Trails, with the exception of Prairie Ridge Natural Area (accessible from Coyote Ridge Natural Area) and Round Mountain Trail.

Motorized Vehicles are prohibited on trails and all areas outside of established streets and parking areas.

Alcoholic Beverages are not permitted. Glass containers and bottles are prohibited.

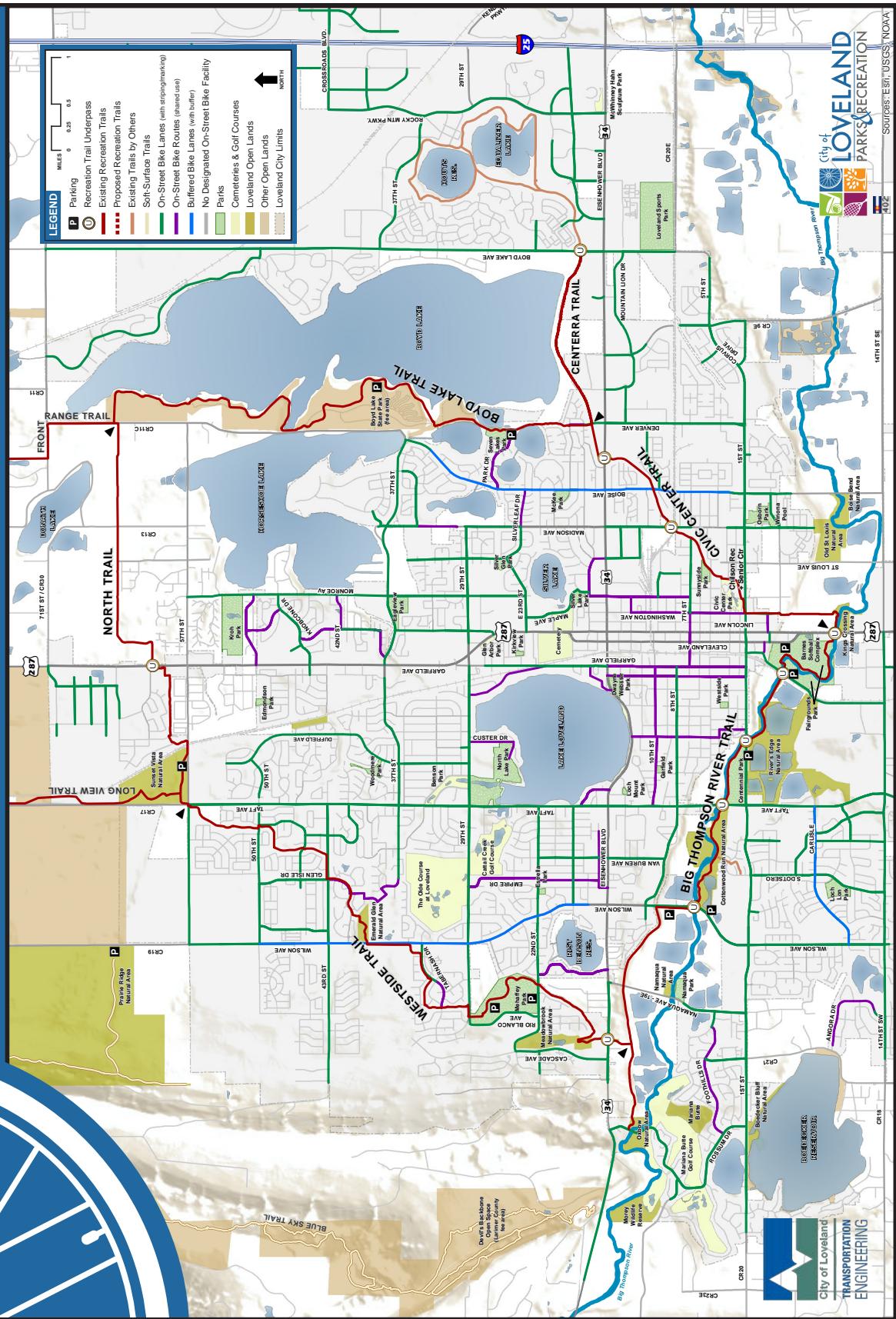
Fire Discharge or use of firearms, projectiles or fireworks is prohibited. No open fires or flames.

Trail Etiquette

- Loveland's trails have many different types of users; please be courteous to others on the trail.
- Flow of traffic is similar to road traffic. Always ride or walk on the right side. When passing others on the trail, verbally warn them that you are passing on the left.
- Be predictable: ride or walk in a straight line - avoid weaving.
- Please stay on designated trails and respect the rights of adjacent property owners.
- Bicyclists are encouraged to wear helmets and ensure their bicycles are operational and properly equipped (including reflectors and lights).

Maintenance Report maintenance concerns or vandalism to the Parks & Recreation Dept. at 970.962.2727.

Recreation Trail & Bikeways Map



Print this map online: lovgov.org/trails • Check for trail closures on COTREX at trails.colorado.gov

HOW DO I REGISTER?

You may choose to register for activities by going ONLINE, MAILING IN your registration, or COMING IN to the Chilson Recreation & Senior Center to register in person.

1 WEBTRAC ONLINE REGISTRATION - BEGINS AUG 5, 6:00P*

For Enrollment Online: lovgov.org/webtrac

*See athletics pages for specific registration dates for athletics programs

Request your Household ID number by filling out the online form: lovgov.org/webtrac
OR call 970.962.2383 or 970.962.2727.

Once logged in to WebTrac, verify/update your household information prior to registration.

Receipt: A receipt will automatically be emailed to you and is available at anytime on your WebTrac account. Please call the Chilson Center at 970.962.2383 if you'd like your receipt mailed along with any other class or activity information specific to your registration.

2 WALK-IN | DROP-OFF REGISTRATION - BEGINS AUG 6, 8:30A*

For Walk In | Drop-Off Registration

*See athletics pages for specific registration dates for athletics programs

Drop off the completed registration form ([on page 56](#)) along with your check or credit card information. For confirmation of registration, please include your email address. Registrations may be dropped off at the Chilson Recreation & Senior Center or the Parks & Rec Administration Office during the hours below.

Chilson Recreation Center

Mon–Fri 5:30A–9:00P
Sa 6:00A–5:30P
Su 11:00A–5:30P
700 E. Fourth St.
Loveland, CO 80537
970.962.2386

Chilson Senior Center

Mon–Fri 8:00A–4:30P
700 E. Fourth St.
Loveland, CO 80537
970.962.2783

Parks & Rec Administration

Mon–Thurs 8:00A–4:30P*
Fri 8:00A–3:30P*
500 E. Third St., Suite 200
Loveland, CO 80537
970.962.2727

*The office is closed daily from 12–1P

3 MAIL-IN REGISTRATION - BEGINS AUG 6, 8:30A*

Mail-In Registration

*See athletics pages for specific registration dates for athletics programs

Mail in completed registration form ([on page 56](#)) along with your check or credit card information and email address to the Chilson Recreation Center or the Parks & Rec Administration office.

Chilson Recreation Center

700 E. Fourth St.
Loveland, CO 80537

Parks & Rec Administration

500 E. Third St., Suite 200
Loveland, CO 80537

Registrations received before the date above are held for processing on this date in the order they are received.

Notice of Non-Discrimination

The City of Loveland is committed to providing an equal opportunity for services, programs and activities and does not discriminate on the basis of disability, race, age, color, national origin, religion, sexual orientation, gender, gender identity or gender expression. For more information on non-discrimination or for translation assistance, please contact the City's Title VI Coordinator at TitleSix@cityofloveland.org or 970.962.2372. The City will make reasonable accommodations for citizens in accordance with the Americans with Disabilities Act (ADA). For more information on ADA or accommodations, please contact the City's ADA Coordinator at ADACoordinator@cityofloveland.org or 970.962.3319.

La Ciudad de Loveland está comprometida a proporcionar igualdad de oportunidades para los servicios, programas y actividades y no discriminar en base a discapacidad, raza, edad, color, origen nacional, religión, orientación sexual, género, identidad o expresión de género. Para más información sobre la no discriminación o para asistencia en traducción, favor contacte al Coordinador Título VI de la Ciudad al TitleSix@cityofloveland.org o al 970.962.2372. La Ciudad realizará las acomodaciones razonables para los ciudadanos de acuerdo con la Ley de Discapacidades para Americanos (ADA). Para más información sobre ADA o acomodaciones, favor contacte al Coordinador de ADA de la Ciudad en ADACoordinator@cityofloveland.org o al 970.962.3319.

REGISTRATION POLICIES & PROCEDURES

Things To Know

- Please register at least one week prior to the first class. Class cancellation decisions are generally made five (5) days prior to class start date. If class enrollments are below the minimum requirements, a class may be cancelled.
- Registrations cannot be approved by an instructor or the team coach.
- The Department has the right to cancel classes.
- Before you purchase supplies, call 970.962.2383 to verify that your class is occurring.
- The City of Loveland does not discriminate on the basis of race, color, national origin, creed, religion, sex, gender, sexual orientation, age or disability in the provision of services. For disabled persons needing reasonable accommodation to attend or participate in a service or program/activity, call 970.962.2462 or TDD #962.2620.
- SAC holders have priority registration for day trips denoted by this symbol (♦). See the Active Generation pages for specific priority registration dates.

Use This Enrollment Checklist

- Complete the registration form below.
- Double check class fees and total.
- Include a 2nd and 3rd choice where possible.
- Make checks payable to City of Loveland or include credit card number and expiration date.
- Include email address for receipt confirmation.

Cancellations

- When you sign up for a class, we depend on your enrollment for a successful class. Please plan your schedule carefully to avoid cancellations and/or refunds.
- If you must cancel your class, please call 970.962.2383 (seniors call 970.962.2783) at least five (5) business days before the class begins. You may choose to transfer to another class or to receive a refund. See Refunds below.
- You are notified if a class is cancelled due to low enrollments, and are given options at that time.

Refunds

Unless otherwise noted, the following refund policy applies:

- Refund requests must be submitted in writing or through WebTrac. Refund request forms are available at the Chilson Recreation Center front desk.
- After registration and up to five (5) days prior to the class start date (seven (7) days for ticket or trip-based programs), a \$5 processing fee will be assessed.
- Four (4) days prior to the class start date and through the start of class, 50% of the class fee is refundable.
- No refunds are given after the first week of class.
- Full refunds are for departmentally cancelled classes ONLY.
- No refunds for Senior Activity Cards (SACs).
- No cash refunds. Allow two (2) weeks for processing.**

Other Charges: There is a \$20 charge for returned checks.

Note: Small Fries Preschool and Day Camp have additional cancellation policies. See your parent handbook for details.

Loveland Parks & Recreation Registration Form

Please fill out this registration form for use with all registration options. The information in shaded areas is required during the enrollment process.		Address:		
		City/Zip:		
Household ID #:	Home/Cell:		Work:	
Name: <small>Head of Household/Primary Guardian Full Name</small>	Email Address: <small>For City of Loveland internal use only. Your contact information is not shared.</small>			
Family Member Names:	Birthdates:	Activity/Program #:	Section #:	Fees Due:
				\$
				\$
				\$
				\$
Do you need a special accommodation to safely and enjoyably participate in these programs? <input type="checkbox"/> Yes <input type="checkbox"/> No. If yes, please state your special requirements: _____			Total Paid:	\$
Pay By: <input type="checkbox"/> Cash (Do not send cash in the mail) <input type="checkbox"/> Check (Made out to: City of Loveland)		Waiver for Participation: By signing below, I hereby release and absolve the Parks & Recreation Department, the City of Loveland, and all of its employees or agents of same from any claims of damages arising from injury received by the participation involved in this activity, whether due to negligent acts or omissions of said parties, other participants, or otherwise.		
Credit/Debit Card: <input type="checkbox"/> Visa <input type="checkbox"/> MC <input type="checkbox"/> Discover <input type="checkbox"/> AMEX Card #: _____ Expiration: _____		Signature required showing I agree to the Waiver Statement above and agree to pay the charges listed here as stated. Signature: _____		

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At Aims, you can play around with different options to find the right fit for you.



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