*Register for classes & events starting December 16, 2019!
FROM THE DIRECTOR

Upcoming Projects for Rec & Events:

1. Removal/Replacement of Lincoln Park playground;
2. Resurfacing of the Jaycee Tennis Courts;
3. Irrigation network controllers to be replaced;
4. Park improvements, such as: restroom painting, athletic infield maintenance, greenway fence staining, replacement of wooden trash cans and benches, fence repairs, shelter painting, irrigation system modifications, and replacing playground safety surfacing;
5. Snow removal throughout winter months;
6. Equipment maintenance (cleaning & servicing);
7. Staff training.

Baby, it’s cold outside... and you have all that pent-up energy. So let’s try something new!

Flip through this guide to discover new recreation class offerings for all ages from art to music to cooking classes. AND, there is always something going on at the Civic Center, Ice & Events Center, Aquatic Center, and Botanic Gardens to entertain, educate, and get you moving.

New this season: the Botanic Gardens is introducing a gift card option for drop-in classes at the Children’s Village, and there are always new items coming into the gift shop, including a new exclusive Botanic Gardens watercolor calendar. All proceeds from the gift shop support the Gardens.

All divisions are busy planning, prepping, and refurbishing to bring fun experiences to Cheyenne for its citizens and our visitors. Don’t be left out in the cold! Visit CheyenneEvents.org and CheyenneRec.org for additional details or just give us a call.

Happy Wintering,

Email Teresa Moore,
Community Recreation & Events
Division Manager at
TMoore@CheyenneCity.org
How To Register for Programs & Sports:

1. Head to CheyenneRec.org and click the image that says Sign Up for Classes to access Webtrac, our platform for online registrations. If you are a new user, you can sign up for a new account when you check out.

2. Certain events require a parental release form to be completed prior to registration.

3. You may make payments by going to My Account and clicking on Pay Old Balances. Click on the shopping cart to adjust your payment amount.

Register by Phone or in Person:

Kiwanis Community House
4603 Lions Park Drive
Monday - Friday, 7:30AM - 4:30PM
307-637-6423
MEET OUR TEAM

Recreation Divisions:

Cheyenne Aquatic Division
Desiree Vapenik, Manager
DVapenik@CheyenneCity.org
307.637.6456

Ice & Events Center
Jeff Gillotti, Manager
JGillotti@CheyenneCity.org
307.637.6317

Golf Division
Ron Conard, Manager
RConard@CheyenneCity.org
307.637.6419

Recreation Division
Lori DeVilbiss, Recreation Manager
LDeVilbiss@CheyenneCity.org
307.773.1044

Ice & Events Center
Jeff Gillotti, Manager
JGillotti@CheyenneCity.org
307.637.6317

Recreation Division
Lori DeVilbiss, Recreation Manager
LDeVilbiss@CheyenneCity.org
307.773.1044

Event Divisions:

Cheyenne Botanic Gardens
Tina Worthman, Manager
Tina@Botanic.org
307.637.6458

Cheyenne Civic Center
Amy Gorbey, Venue Manager
AGorbey@CheyenneCity.org
307.638.4362

Programs & Facilities Division
Brittany Hooper, Manager
BHooper@CheyenneCity.org
307.637.6426

Park Divisions:

Cemetery
Nathan Chapman, Manager
NChapman@CheyenneCity.org
307.637.6233

Parks
Sam Payne, Manager
SPayne@CheyenneCity.org
307.637.6433

Urban Forestry
Mark Ellison, Manager
MEllison@CheyenneCity.org
307.637.6428

Weed & Pest
Bob Lee, Manager
PFlores@CheyenneCity.org
307.637.6475
Our Locations:

1. **Cheyenne Ice & Events Center**  
   1530 West Lincolnway  
   307-433-0024  
   www.CheyenneIceandEvents.com

2. **Cheyenne Civic Center**  
   510 West 20th Street  
   307-637-6363  
   www.CheyenneCivicCenter.org

3. **Cheyenne Botanic Gardens**  
   710 South Lions Park Drive  
   307-637-6458  
   www.Botanic.org

4. **Cheyenne Aquatic Center**  
   931 Martin Esquibel Street  
   307-637-6455  
   www.CheyenneAquaticCenter.org

5. **Airport Golf Club**  
   801 Central Avenue  
   307-638-3700  
   www.CheyenneRec.org

6. **Kiwanis Community House**  
   Programs & Facilities, Parks  
   4603 Lions Park Drive  
   307-637-6429  
   www.CheyenneRec.org

7. **Cheyenne Depot Plaza**  
   Capitol Avenue & 15th Street  
   307-638-4300  
   www.CheyenneEvents.org

8. **Cemetery Division**  
   501 Seymour Avenue  
   307-637-6402  
   www.CheyenneParks.org (coming soon)

9. **Weed & Pest Division**  
   1121 Dell Range Boulevard  
   307-637-6475  
   www.CheyenneParks.org (coming soon)
Cheyenne Civic Center: One More Reason to Buy Local

It wasn't that long ago that we took a good, long look at this performance facility and asked ourselves, “What can we do better?” and “What do community members want more of?” Then we shifted from a focus on a dozen shows to now offering more than 75 performances each year.

Located in the heart of downtown, the Civic Center provides guests a local option to see some of their favorite shows without driving out of downtown, out of the city, or out of the state. Why keep your dollars here? You’re not only supporting the City and state, but you’re letting others know we’ve got some amazing things to offer, too:

- A variety of shows for all ages (from concerts and comedians, to Broadway theatricals and film screenings);
- Superior acoustical design (those wooden interior walls, speaker positioning, and more combine to perk up your ears once you’re in the theater proper);
- A great view no matter the seat (no pillars or obstructions!);
- Free and convenient parking right out the front doors;
- Convenient location to local restaurants, breweries, pubs, and cafes downtown;
- Friendly staff and volunteers.

If you haven’t been to see us lately, stop in! Tickets are available online or at the box office. We continually add shows throughout the year, and are attracting some big names you won’t want to miss!

Online: www.CheyenneEvents.org
In-Person: 510 West 20th Street, Cheyenne
Phone: 307-637-6363
CHEYENNE EVENTS @ THE CIVIC CENTER

Polar Express: Pajama Party
All aboard! Celebrate the holiday season with a classic film and hot cocoa. Wearing your pajamas is highly encouraged! Tickets: $5-8.

Greatest Showman Sing Along
A magical musical film showing that tells the story of PT. Barnum. Singing is not only highly encouraged, but it’s expected! Tickets: $5-8.

An American in Paris
Winner of 4 Tony Awards and inspired by the Academy Award-winning film, this production features fav Gershwin songs. Tickets: $26-78.

Spinosaurus: Lost Giant
You’ll hear from National Geographic Emerging Explorer & paleontologist Nizar Ibrahim on this Lost Giant of the Cretaceous. Tickets: $15-20.

Million Dollar Quartet
The story of Elvis Presley, Johnny Cash, Jerry Lee Lewis, and Carl Perkins. Tickets: $26-78.

Dino-Light
This glow-in-the-dark adventure has been praised for its cutting edge blend of puppetry, technology, and dance. Tickets: $18-38.

Cars: The Movie
Watch this Pixar classic on the big screen. We’ve got something up our sleeve to make it an awesome experience! Tickets: $5-8.

Mountainfilm on Tour
A selection of the best-loved documentary shorts from the annual festival in Telluride, CO. Tickets: $5-10.

Capturing the Impossible
You’ll hear from National Geographic Filmmaker Bryan Smith on extreme cinematography filmed around the world. Tickets: $15-20.

Riverdance: 25th Anniversary Tour
Celebrated the world over for its Grammy award-winning score & thrilling energy of Irish & international dance. Tickets: $48-78.
Heroes & Villains  
Saturday, January 25 | Cheyenne Civic Center  
A fantastic, movie-themed matinee with music from Superman, Batman, Robin Hood, Indiana Jones, Star Wars, and more! Costumed characters and instrument petting zoo begin at 1 p.m. Tickets: $5-10.

Blockbusters & Beethoven  
Saturday, January 25 | Cheyenne Civic Center  
Enjoy accolade-winning movie scores like Dances with Wolves and Lord of the Rings, as well as fan favs like Superman, Indiana Jones, and Batman. Strauss tone poems and the kick off of Beethoven's 250th Anniversary. Tickets $12-47.

Tchaikovsky & Beethoven  
Saturday, February 29 | Cheyenne Civic Center  
A wonderful concert full of birthday celebrations including works by Rossini (on his actual birthday!) and our on-going celebration of Beethoven's 250th Anniversary. Plus the spectacular Miriam Fried performs the Tchaikovsky Violin Concerto. Tickets $12-47.

Mahler & Beethoven  
Saturday, March 21 | Cheyenne Civic Center  
Immerse yourself in a concert of glorious works by two orchestral masters, including Beethoven's Egmont Overture and "Eroica" Symphony. Baritone Levi Hernandez's performance of Mahler's song cycle Songs of a Wayfarer and his mournful, "I am lost to the world," will delight and mesmerize. Tickets $12-47.

Raiders of the Lost Ark  
Sunday, April 25 | Cheyenne Civic Center  
Sponsor Spradley Barr Toyota presents Cheyenne's first blockbuster movie accompanied by a live orchestra. Relive the magic on the silver screen with the original great adventure and John Williams' epic score performed live by the CSO. Tickets $12-55.
2020 “Shadows” Photo Contest

Registration: December 2 - January 3,
Kiwanis Community House, 4603 Lions Park Drive
7:30AM - 4:30PM, Monday - Friday. Info: 307-637-6423.

- Photo Drop-Off: January 6, 1:00 - 7:00PM,
- Cheyenne Civic Center, 510 West 20th Street
- Reception: January 8, 5:30 - 7PM
- Exhibit Dates: January 9 - February 12
- Photo Pick-Up: February 13, 10AM - 6PM

To showcase the beauty/illusion which shadows cast upon the eye and imagination, shadows will be judged by creativity, originality, and accordance to theme. $5 photo (max 3). New Divisions: 12 & under, 13-17, amateur, intermediate, semi-pro, pro, enhanced photo.
CHEYENNE AQUATICS
931 Martin Esquibel Street  |  307-637-6455

Aquatics Pass Fees

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<tr>
<td>8-17 years</td>
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<td>18-59 years</td>
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<td>Over 60 years</td>
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<td>Master</td>
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<tr>
<td>Military</td>
<td>$30</td>
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<td>$200</td>
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<tr>
<td>Family</td>
<td>$90</td>
<td>$480</td>
<td>$650</td>
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Fitness Pass

$50/Month
Gain full access to all Aqua Fitness classes, rec swim & lap swims with this pass! Please register for classes to be guaranteed a spot.

Rec Swim Fees

<table>
<thead>
<tr>
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<tr>
<td>Under 4 years</td>
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<tr>
<td>5-59 years</td>
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<td>Over 60 years</td>
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<td>Master</td>
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<td>Military</td>
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<td>Family</td>
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Lap Swim Fees

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<tr>
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<tbody>
<tr>
<td>8-59 years</td>
<td>$3.75</td>
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<tr>
<td>Over 60 years</td>
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<tr>
<td>Master</td>
<td>$3.25</td>
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<tr>
<td>Military</td>
<td>$3.25</td>
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Wristband Policy

Anyone under the age of 8 who cannot pass the swim test will need to wear a red wristband for safety. For questions about the swim test, please see the front desk or call 307-637-6455.

HAVE YOU HEARD ABOUT THE Under 8 Rule?

1. Children under 8 years of age must be accompanied with a paying adult in the water at all times.
2. Life jackets do not replace an adult.
3. Maximum of 2 children under the age of 8 permitted with 1 adult.
4. Children under age 8 may be in the opposite locker rooms accompanied by a parent.
5. Facility Rules must be followed for everyone’s safety or you can be asked to leave the facility; no refund will be issued.
POOL SCHEDULES

Please be advised for posted signs detailing changes in scheduling. The Cheyenne Aquatic Center hosts school groups and other private rentals which may coincide with a regularly scheduled programs. Every effort is made to have minimal impact on other scheduled swim times.

Main Pool Schedule

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
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<td>Learn to Swim</td>
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<td>11AM - 5PM</td>
<td>6AM - 9PM</td>
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<td>6AM - 9PM</td>
<td>6AM - 9PM</td>
<td>9 - 11:15AM</td>
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<tr>
<td>Rec Swim</td>
<td>Deep Water</td>
<td>Aqua Spin</td>
<td>Deep Water</td>
<td>Aqua Spin</td>
<td>Rec Swim</td>
<td>Lap Swim</td>
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<tr>
<td>1 - 5PM</td>
<td>8:15 - 9:15AM</td>
<td>6:15 - 6:45AM</td>
<td>8:15 - 9:15AM</td>
<td>6:15 - 6:45AM</td>
<td>1 - 4PM</td>
<td>11AM - 5PM</td>
</tr>
<tr>
<td>Party Rental</td>
<td>Aqua Spin</td>
<td>Deep Water</td>
<td>Aqua Spin</td>
<td>Deep Water</td>
<td>Swim Team</td>
<td>Rec Swim</td>
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<tr>
<td>5:30 - 9PM</td>
<td>9:15 - 10AM</td>
<td>8:15 - 9:15AM</td>
<td>9:15 - 10AM</td>
<td>8:15 - 9:15AM</td>
<td>4:30 - 5:30PM</td>
<td>1 - 5PM</td>
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<tr>
<td>Learn to Swim</td>
<td>Glide Fit</td>
<td>Rec Swim</td>
<td>Learn to Swim</td>
<td>Glide Fit</td>
<td>Rec Swim</td>
<td>Rec Swim</td>
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<td>4 - 5:50PM</td>
<td>8:30 - 9AM</td>
<td>4 - 5:50PM</td>
<td>4 - 5:50PM</td>
<td>8:30 - 9AM</td>
<td>10AM - 4PM</td>
<td>7 - 9PM</td>
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<tr>
<td>Swim Team</td>
<td>Acquapole</td>
<td>Acquapole</td>
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<td>Acquapole</td>
<td>Acquapole</td>
<td>Learn to Swim</td>
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<td>4:30 - 5:30PM</td>
<td>10:30 - 11:15AM</td>
<td>4:30 - 5:30PM</td>
<td>10:30 - 11:15AM</td>
<td>10:30 - 11:15AM</td>
<td>10AM - 4PM</td>
<td>4 - 5:50PM</td>
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<td>5:30 - 6:30PM</td>
<td>11:30AM - 12PM</td>
<td>5:30 - 6:30PM</td>
<td>11:30AM - 12PM</td>
<td>4:30 - 5:15PM</td>
<td>4:30 - 5:15PM</td>
<td>6:15 - 6:45PM</td>
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<tr>
<td>Rec Swim</td>
<td>Learn to Swim</td>
<td>Rec Swim</td>
<td>Learn to Swim</td>
<td>Aqua Spin</td>
<td>Aqua Spin</td>
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<td>7 - 9PM</td>
<td>4 - 5:50PM</td>
<td>7 - 9PM</td>
<td>4 - 5:50PM</td>
<td>6:15 - 6:45PM</td>
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<td>Deep W. Tabata</td>
<td>Aqua Spin</td>
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TEST A CLASS ON US!

In January 2020, select Aqua Exercise classes will be free to test out. Now’s your chance to find a new favorite! Choose from:

- Acquapole® Toning
- Glide Fit
- Glide Fit Yoga

To ensure you get a spot in the class, call to register. For more info, call 307-637-6455.
7th Annual Underwater Easter Egg Hunt
Saturday, April 4  |  Tickets: $8/in advance & $10/day of  |  Sign up starting 2/8

Ages 0 -4: 1 & 5PM
Ages 5 - 7: 1:30 & 5:30PM
Ages 8 - 10: 2 & 6PM
Ages 11+: 2:30 & 6:30PM

Glitter Tattoos, Easter Bunny, Prizes, and More!

Rec Pool Schedule

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<tr>
<th>Sunday</th>
<th>Monday</th>
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<tbody>
<tr>
<td>Lap Swim 11AM - 5PM</td>
<td>Lap Swim 6AM - 9PM</td>
<td>Lap Swim 6AM - 7PM</td>
<td>Lap Swim 6AM - 9PM</td>
<td>Lap Swim 6AM - 7PM</td>
<td>Lap Swim 6AM - 9PM</td>
<td>Learn to Swim 9 - 11:15AM</td>
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<tr>
<td>Rec Swim 1 - 5PM</td>
<td>Glide Fit Yoga 6:15 - 6:45AM</td>
<td>Aqua Exercise 8 - 9AM</td>
<td>Glide Fit Yoga 6:15 - 6:45AM</td>
<td>Aqua Exercise 8 - 9AM</td>
<td>Glide Fit Yoga 6 - 6:45AM</td>
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<tr>
<td>Party Rental 5:30 - 9PM</td>
<td>Aqua Tabata 7 - 7:45AM</td>
<td>Aqua Aerobics 9 - 10AM</td>
<td>Aqua Tabata 7 - 7:45AM</td>
<td>Aqua Aerobics 9 - 10AM</td>
<td>Aqua Aerobics 8 - 9AM</td>
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<tr>
<td>Rec Swim 1 - 5PM</td>
<td>Aqua Exercise 8 - 9AM</td>
<td>Rec Swim 10AM - 4PM</td>
<td>Aqua Exercise 8 - 9AM</td>
<td>Rec Swim 10AM - 4PM</td>
<td>Aqua Toning 9 - 10AM</td>
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<tr>
<td>Rec Swim 7 - 9PM</td>
<td>Toddler Time 10:30 - 11:30AM</td>
<td>Learn to Swim 4 - 5:50PM</td>
<td>Toddler Time 10:30 - 11:30AM</td>
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<td>Rec Swim 1 - 4PM</td>
<td>Acquapole 6:15 - 6:45PM</td>
<td>Learn to Swim 4 - 5:50PM</td>
<td>Acquapole 6:15 - 6:45PM</td>
<td>Acquapole 6:15 - 6:45PM</td>
<td>Rec Swim 1 - 4PM</td>
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<td>Learn to Swim 4 - 5:50PM</td>
<td>Acquapole 6:15 - 6:45PM</td>
<td>Rec Swim 7 - 9PM</td>
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<td>Acquapole 6:15 - 6:45PM</td>
<td>Acquapole 6:15 - 6:45PM</td>
<td>Rec Swim 7 - 9PM</td>
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</table>

*Toddler Time is intended for adults and their toddlers 0-5 years of age. Only access to the Rec Pool and Play features will be allowed during this time.
Starting March 15, the main pool will be closed for pool shell replacement.

**NEVER FEAR!**

Our rec pool will be open. We’ve adjusted the Aquatic Center capacity & hours to accommodate these new conditions. Check below for updated construction schedule.


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## Construction Schedule: Beginning March 15

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<tr>
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<tr>
<td>Rec Swim</td>
<td>Glide Fit</td>
<td>Aqua Spin</td>
<td>Glide Fit Yoga</td>
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<td>Glide Fit Yoga</td>
<td>Learn to Swim</td>
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<td>1 - 5PM</td>
<td>6:15 - 6:45AM</td>
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<td>6:15 - 6:45AM</td>
<td>6:15 - 6:45AM</td>
<td>6:15 - 6:45AM</td>
<td>9 - 11:15AM</td>
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<tr>
<td>Lap Swim</td>
<td>Aqua Tabata</td>
<td>Glide Fit</td>
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<td>Aqua Aerobics</td>
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<td>5 - 6PM</td>
<td>7 - 7:45AM</td>
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<td>8 - 9AM</td>
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<td>Toddler Time</td>
<td>Therapy</td>
<td>Toddler Time$^*$</td>
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<td>8 - 9AM</td>
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<td>Aqua Toning</td>
<td>Rec Swim</td>
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<tr>
<td>1 - 4PM</td>
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</table>

*Toddler Time is intended for adults and their toddlers 0-5 years of age. Only access to the Rec Pool and Play features will be allowed during this time.*
Holidays & Closures at the Aquatic Center:

**THURSDAY, JAN. 2 - FRIDAY, JAN. 3:**
No School Day. Open for Rec Swim 1 - 4 PM.

**MONDAY, JANUARY 20:**
Martin Luther King, Jr. Day. No School Day. Open for Rec Swim 1 - 4 PM.

**FRIDAY, FEBRUARY 14:**
Valentine’s Day. No School Day. Open for Rec Swim 1 - 4 PM.

**FRIDAY, FEBRUARY 17:**
President’s Day. No School Day. Open for Rec Swim 1 - 4 PM.

**FRIDAY, MARCH 13:**
No School Day. Open for Rec Swim 1 - 4 PM.

**SUNDAY, MARCH 15 - MARCH 22:**
Maintenance Week. The Aquatic Center will be closed during this week for cleaning and repairs.

**FRIDAY, MARCH 27:**
Half School Day. Open for Rec Swim 1 - 4 PM.

**MONDAY, MARCH 30 - FRIDAY, APRIL 3:**
Spring Break. No School Days. Open for Rec Swim 1 - 4 PM.

**MONDAY, MAY 25:**
Memorial Day. No School Day. Open for Rec Swim 1 - 4 PM.

---

**About the Classes:**

In these programs you’ll be vertically submerged in chest or shoulder deep water. You’ll get support and resistance while exercising, without the high-impact force on your joints. Classes are designed for different skill levels and what you want to achieve in the class. Several sections of classes are available throughout the day. Make sure to check the schedules on the previous pages.

### Aqua Aerobics

**Activity #: 101003** **Holidays: March 15-22**

This one-hour class focuses on developing cardio endurance. Workouts focus on large muscle groups with sustained interval and flexibility exercises. No swimming skills are required.

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### Aqua Exercise

**Activity #: 101001** **Holidays: March 15-22, May 25**

This one-hour class focuses on flexibility. Workouts include static stretching exercises emphasizing movements through a normal range of motion and basic aerobics. No swimming ability is required.

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**Aqua Fitness Classes**

Register for classes online at CheyenneRec.org starting December 16, 2019.

### Aqua Spinning

**Activity #: 101008**  
**Holidays: March 15-22, May 25**

Aqua Spin is a cardio workout, similar to an on-land spin class, that is focused on cardio and toning. You'll be able to set your own intensity for this workout. 8 bikes available per class. No swimming skill required.

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### Aqua Tabata

**Activity #: 101017**  
**Holidays: March 15-22, May 25**

This class uses interval training in short bouts of high-intensity moves with less intense recovery periods. Water provides added resistance and reduces impact to joints. Great for building endurance and raising metabolism, cross-training for athletic performance or other Tabata training.

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### Aqua Toning

**Activity #: 101002**  
**Holidays: March 15-22, May 25**

Designed to supplement your personal exercise program, Aqua Toning uses equipment + water resistance to tone specific muscle groups. This class does not provide a cardio workout. Conducted in shallow water. No swimming skills required.

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**Aqua Fitness Classes**

**Acquapole® Toning**  
**Activity #: 101015**  
**Holidays: March 15-22, May 25**

This 45-minute class focuses on upper body toning, cardio, and flexibility. A total body workout using the acquapole® as the base. Workouts include basic stretching, basic aerobics, and music. No swimming skills required.

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| Sct. 14 | T/TH | $40 | 10:30-11:15AM | 5/5-5/28 |
| Sct. 15 | SA | $20 | 11:15-11:45AM | 5/9-5/30 |

**Deep Water Walking**  
**Activity #: 101005**  
**Holidays: March 15-22**

Deep water is the ideal exercise environment to work all muscle groups with no impact on the joints. This class uses equipment that allows your body to be completely buoyant while offering resistance. Perfect for those just starting activity or wanting to change up their existing routine.

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**Deep Water Tabata**  
**Activity #: 101018**  
**Holidays: March 15-22**

This class uses interval training with short bouts of high-intensity moves with less intense recovery periods in deep water! Water offers added resistance and more core action, as you are suspended in deeper water levels.

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**Deep Water Tabata**  
**Activity #: 101018**  
**Holidays: March 15-22**

This 30-minute class targets the entire body. Using the new aqua fit boards, you will do various exercises standing, sitting, and laying down. Emphasis in using core to balance on the board. Limit of 8 participants.

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**Glide Fit Yoga**  
**Activity #: 101009**  
**Holidays: March 15-22, May 25**

Inflatable boards are used in this new yoga class. Yoga Board focuses on stretching and relaxing--using an inflatable board where balance is key. No swimming ability required; however, we can’t guarantee that you won’t get wet, so we ask that you are comfortable in the water. Must be able to pull yourself onto a board.

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**Glide Fit**  
**Activity #: 101019**  
**Holidays: March 15-22**

This 30-minute class targets the entire body. Using the new aqua fit boards, you will do various exercises standing, sitting, and laying down. Emphasis in using core to balance on the board. Limit of 8 participants.

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Orca Swim Team

**Activity #: 102011**

This program is for children who have Learn to Swim Level 5 or higher ability, love to swim, and want to learn the fundamentals of competitive swimming. Includes structured swim practices with stretching, warm-up, stroke technique, endurance work, sprinting, and cool down, along with competitive games. Monthly swim meets scheduled throughout fall. Fee includes swim session good for recreational swimming at the Aquatic Center.

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<td>Mar.</td>
<td>Sct. 5</td>
<td>M/W/F</td>
<td>$35/Indiv.</td>
<td>4:30-5:30PM</td>
<td>3/2-4/3</td>
</tr>
<tr>
<td></td>
<td>Sct. 6</td>
<td></td>
<td>$48/Fam.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Mermaid 101

**Activity #: 402003**

An introductory course to life under the sea! You’ll learn how to safely use and swim in a Monofin and Funfin Tail. Must be at least 8 years old and be able to pass the pre-requisite. Focus on safety, learning the dolphin kick, and fun mermaid games & tricks. Successful completion includes membership to the Mermaid Club and discounts on tail rentals/purchases. Rental tail included in course fee.

<table>
<thead>
<tr>
<th>Jan.</th>
<th>Sct. 1</th>
<th>Sat.</th>
<th>$45</th>
<th>9:00-10:00AM</th>
<th>1/11 &amp; 1/18</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb.</td>
<td>Sct. 2</td>
<td>Sat.</td>
<td>$45</td>
<td>9:00-10:00AM</td>
<td>2/8 &amp; 2/15</td>
</tr>
<tr>
<td>Mar.</td>
<td>Sct. 3</td>
<td>Sat.</td>
<td>$45</td>
<td>9:00-10:00AM</td>
<td>3/7 &amp; 3/14</td>
</tr>
<tr>
<td>Apr.</td>
<td>Sct. 4</td>
<td>Sat.</td>
<td>$45</td>
<td>9:00-10:00AM</td>
<td>4/11 &amp; 4/18</td>
</tr>
<tr>
<td>May</td>
<td>Sct. 5</td>
<td>Sat.</td>
<td>$45</td>
<td>9:00-10:00AM</td>
<td>5/9 &amp; 5/16</td>
</tr>
</tbody>
</table>

Beginning & Intermediate

Springboard Diving

**Activity #: 101007**

This hour-long class is for children with no prior springboard diving lessons or experience. You’ll learn proper technique for forward and backward approaches, takeoffs (leaving the springboard), and proper entries. Basic required dives (forward, back, reverse, inward, and twist) will be introduced. Must be comfortable in deep water and be able to swim to side of pool unassisted. Springboard diving is a technical sport and requires repetition of basic skills before moving onto next skill set. Students will progress at their own rate. An advanced springboard class will be added if necessary.

Jan/Feb | Sct. 1 | Sat. | $28 | 10:00-11:00AM | 1/11-2/29  |

Register online at www.CheyenneRec.org.
A fully comprehensive educational program for guardians and the youth in their life to embrace the aquatic lifestyle together! All classes include instructors and lifeguards. Please ensure children are equipped with water diapers or have used the restroom prior to entering the pool. If you have questions about the classes, please contact 307-637-6455.

<table>
<thead>
<tr>
<th>Parent Child Level 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Designed for children 6 months to 3 years old, Parent Child Level 1 allows guardians and their young ones to bond and grow as they get used to the aquatic environment. Guardians will work closely with the instructor and their little ones to familiarize and instruct stepping stone techniques they can use for years to come.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Parent Child Level 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Building on skills learned in Parent Child Level 1, Level 2 will prepare both guardians and their young ones for the preschool levels. Instructors and guardians will work closely together to insure the child is ready for the skills and independence developed in preschool levels.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Preschool Level 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starting at age 3, Preschool Level 1 sets a foundation for safety and aquatic-based skills. Under the guidance of an instructor and their attendant, children will learn basic skills to grow and build upon in later levels.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Preschool Level 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Using skills learned in Preschool Level 1, Level 2 encourages children to broaden and advance their aquatic skills. The instructor and their attendant will use games and child participation to provide a learning environment suitable for growth into their next levels.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Preschool Level 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>In the last stage of Preschool lessons, Level 3 focuses on swimming and skill independence. Children will work with the instructor and their attendant to improve upon previously learned skills and develop strokes.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Private Lessons</th>
</tr>
</thead>
<tbody>
<tr>
<td>We offer private lessons for anyone who wants a more one-on-one experience rather than the traditional group setting. Contact the Cheyenne Aquatic Center for hours, rates and to get signed up: 307-637-6455.</td>
</tr>
</tbody>
</table>
Learn to Swim Level 1

Used as a starting point and as a point of continued education, Learn to Swim Level 1 reviews and builds upon basic skills. Instructors and their attendants will work with children to improve their skills and begin developing stroke technique.

Learn to Swim Level 2

Learn to Swim Level 2 focuses on strengthening swimming independence and fundamental skills. Instructors and their attendants also work with children to promote aquatic safety.

Learn to Swim Level 3

Used as a turning point in lessons, Learn to Swim Level 3 takes stroke technique and develops it further. Instructors will work with children on expanding their knowledge and capability of all strokes and dives.

Learn to Swim Level 4

In Level 4, swimmers improve on strokes and techniques introduced in Learn to Swim Level 3. Level 4 also focuses on swimmers improving independence, endurance, and safety in the water.

Learn to Swim Level 5

Learn to Swim Level 5 is designed to help swimmers refine their technique performance in all six of the strokes taught in this program. Swimmers also focus on skills that improve their independence and safety in water.

Orca Swim Team

This program is for children who have a Learn to Swim Level 5 or higher swimming ability and want to learn the basics of competitive swimming. Orca Swim Team includes structured swim practices that focus stroke technique, endurance, sprinting, and competition. Swimmers get to participate in monthly swim meets. Fees include a recreation swim pass.
## LEARN TO SWIM

<table>
<thead>
<tr>
<th>CLASS TIME</th>
<th>PARENT CHILD</th>
<th>PRESCHOOL</th>
<th>LEARN TO SWIM</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Level 1</td>
<td>Level 1</td>
<td>Level 1</td>
</tr>
<tr>
<td></td>
<td>Level 2</td>
<td>Level 2</td>
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<tr>
<td></td>
<td>Level 3</td>
<td>Level 3</td>
<td>Level 3</td>
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<tr>
<td></td>
<td>Level 4/5</td>
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<td>Level 4/5</td>
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</tbody>
</table>

### January 13 - February 5, Monday/Wednesday: $40

<table>
<thead>
<tr>
<th>Class Time</th>
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<th>Learn to Swim</th>
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</thead>
<tbody>
<tr>
<td>4:40-4:30PM</td>
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<td>1</td>
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<tr>
<td>4:40-5:10PM</td>
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<td>5:20-5:50PM</td>
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<td>3</td>
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### January 14 - February 6, Tuesday/Thursday: $40

<table>
<thead>
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<th>Class Time</th>
<th>Parent Child</th>
<th>Preschool</th>
<th>Learn to Swim</th>
</tr>
</thead>
<tbody>
<tr>
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<td>4</td>
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<tr>
<td>4:40-5:10PM</td>
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<td>5</td>
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<tr>
<td>5:20-5:50PM</td>
<td>1</td>
<td>6</td>
<td>2</td>
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</tbody>
</table>

### February 17 - March 11, Monday/Wednesday: $40

<table>
<thead>
<tr>
<th>Class Time</th>
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<th>Preschool</th>
<th>Learn to Swim</th>
</tr>
</thead>
<tbody>
<tr>
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<tr>
<td>4:40-5:10PM</td>
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<tr>
<td>5:20-5:50PM</td>
<td>2</td>
<td>9</td>
<td>3</td>
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### February 18 - March 12, Tuesday/Thursday: $40

<table>
<thead>
<tr>
<th>Class Time</th>
<th>Parent Child</th>
<th>Preschool</th>
<th>Learn to Swim</th>
</tr>
</thead>
<tbody>
<tr>
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<td>4:40-5:10PM</td>
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<tr>
<td>5:20-5:50PM</td>
<td>2</td>
<td>12</td>
<td>4</td>
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</table>

### March 23 - April 15, Monday, Wednesday: $40

<table>
<thead>
<tr>
<th>Class Time</th>
<th>Parent Child</th>
<th>Preschool</th>
<th>Learn to Swim</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:40-4:30PM</td>
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<tr>
<td>4:40-5:10PM</td>
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<tr>
<td>5:20-5:50PM</td>
<td>3</td>
<td>15</td>
<td>5</td>
</tr>
</tbody>
</table>
### March 24 - April 16, Tuesday/Thursday: $40

<table>
<thead>
<tr>
<th>Time</th>
<th>4-4:30PM</th>
<th>4:40-5:10PM</th>
<th>5:20-5:50PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>16</td>
<td>11</td>
<td>16</td>
<td>16</td>
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<tr>
<td>17</td>
<td>12</td>
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<td>17</td>
</tr>
<tr>
<td>3</td>
<td>18</td>
<td>6</td>
<td>18</td>
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</table>

### April 27 - May 20, Monday/Wednesday: $40

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<tbody>
<tr>
<td>19</td>
<td>13</td>
<td>19</td>
<td>19</td>
</tr>
<tr>
<td>20</td>
<td>14</td>
<td>20</td>
<td>20</td>
</tr>
<tr>
<td>4</td>
<td>21</td>
<td>7</td>
<td>21</td>
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</table>

### April 28 - May 21, Tuesday/Thursday: $40

<table>
<thead>
<tr>
<th>Time</th>
<th>4-4:30PM</th>
<th>4:40-5:10PM</th>
<th>5:20-5:50PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>22</td>
<td>15</td>
<td>22</td>
<td>22</td>
</tr>
<tr>
<td>23</td>
<td>16</td>
<td>23</td>
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<tr>
<td>4</td>
<td>24</td>
<td>8</td>
<td>24</td>
</tr>
</tbody>
</table>

### January 25 - March 14, Saturday: $40

<table>
<thead>
<tr>
<th>Time</th>
<th>9-9:30AM</th>
<th>9:40-10:10AM</th>
<th>10:20-10:50AM</th>
</tr>
</thead>
<tbody>
<tr>
<td>25</td>
<td>17</td>
<td>25</td>
<td>25</td>
</tr>
<tr>
<td>26</td>
<td>18</td>
<td>26</td>
<td>26</td>
</tr>
<tr>
<td>5</td>
<td></td>
<td>5</td>
<td>5</td>
</tr>
</tbody>
</table>

### March 28 - May 16, Saturday: $40

<table>
<thead>
<tr>
<th>Time</th>
<th>9-9:30AM</th>
<th>9:40-10:10AM</th>
<th>10:20-10:50AM</th>
</tr>
</thead>
<tbody>
<tr>
<td>28</td>
<td>19</td>
<td>28</td>
<td>28</td>
</tr>
<tr>
<td>29</td>
<td>20</td>
<td>29</td>
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</tr>
<tr>
<td>6</td>
<td></td>
<td>6</td>
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</tbody>
</table>
Holidays & Closures

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>December 24-25</td>
<td>Christmas Holiday</td>
<td></td>
</tr>
<tr>
<td>January 1</td>
<td>New Year's Day Holiday</td>
<td></td>
</tr>
<tr>
<td>February 14</td>
<td>Latchkey Programming; Building Closed</td>
<td>12:00 - 4:45PM</td>
</tr>
<tr>
<td>March 30</td>
<td>Latchkey Programming; Building Closed</td>
<td>12:00 - 4:45PM</td>
</tr>
</tbody>
</table>

Tivity Health

The City now accepts Tivity Health (Medicare, Humana, & Bankers Life Insurance) to attend classes for free if you qualify.

Please register your Medicare, Humana, or Bankers Life Insurance card with staff prior to attending an activity.

Call 307-773-1044 to make an appointment or for more information.

Suggestions

Want to see a new class offered? Interested in playing a different sport? We’re looking for ideas and suggestions on how to improve what we offer the community! Call 307-773-1044 with ideas.

Punch Passes

<table>
<thead>
<tr>
<th>Visits</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>$12.50</td>
</tr>
<tr>
<td>10</td>
<td>$22.50</td>
</tr>
<tr>
<td>20</td>
<td>$40</td>
</tr>
</tbody>
</table>
## Youth Activity & Community Center Activities

### Community Room Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00AM</td>
<td>Chair Yoga</td>
<td>Chair Aerobics</td>
<td>Chair Yoga</td>
<td>Chair Aerobics</td>
<td></td>
</tr>
<tr>
<td>9:00AM</td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00AM</td>
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<tr>
<td>11:00AM</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:15PM</td>
<td>Zumba Gold</td>
<td>Tai Chi*</td>
<td>Zumba Gold</td>
<td>Tai Chi*</td>
<td>Stretch &amp; Flex</td>
</tr>
<tr>
<td>1:00PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:00PM</td>
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<tr>
<td>3:00PM</td>
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<tr>
<td>4:00PM</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>5:30PM</td>
<td>20/20 Barre/Pilates</td>
<td>Tai Chi*</td>
<td>Yoga</td>
<td>Tai Chi*</td>
<td></td>
</tr>
</tbody>
</table>

### Gymnasium Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00AM</td>
<td>Latchkey Program*</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00AM</td>
<td>Pickleball Drop-In</td>
<td>Pickleball* 8:30-10:30AM</td>
<td>Pickleball Drop-In</td>
<td>Pickleball* 8:30-10:30AM</td>
<td></td>
</tr>
<tr>
<td>10:00AM</td>
<td>First 8</td>
<td></td>
<td>First 8</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:00AM</td>
<td>Walk &amp; Stretch</td>
<td></td>
<td>Senior Basketball</td>
<td></td>
<td>Wheel Day**</td>
</tr>
<tr>
<td>12:00PM</td>
<td>Senior Basketball</td>
<td></td>
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<tr>
<td>1:00PM</td>
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<td>4:00PM</td>
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<td></td>
<td></td>
<td>Latchkey Program*</td>
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<tr>
<td>5:00PM</td>
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<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>6:00PM</td>
<td>Tae Kwon Do*</td>
<td>Cheerleading*</td>
<td>Tae Kwon Do*</td>
<td>Cheerleading*</td>
<td></td>
</tr>
<tr>
<td>6:30PM</td>
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</tr>
</tbody>
</table>

For descriptions of activities listed above, please see page 24.

*: Registration required for this program.

**: Bring your own wheels (nothing electronic, please!). For youth ages 3-5 only.
Chair Aerobics
Community Room, Tuesdays & Thursdays, 9:00 - 9:45AM
This aerobic exercise is a safe and effective low-impact workout performed while sitting in or standing behind a chair. It provides a cardiovascular workout for participants who cannot stand for a prolonged amount of time, or who may be new to exercise.

Chair Yoga
Community Room, Mondays & Wednesdays, 9:00 - 9:45AM
Yoga is a physical, mental and spiritual discipline. While stretching is certainly involved, yoga is also about creating balance in the body through developing both strength and flexibility. Movement can be performed on or behind the chair.

Zumba® Gold
Community Room, Mondays & Wednesdays, 12:15 - 12:45PM
This easy-to-follow class is a fun workout for anyone, any age, with any ability. Using Latin styles of music and dance, Zumba Gold class members are able to improve balance, strength, flexibility, and aerobic fitness at a low intensity.

Stretch & Flex
Community Room, Fridays, 12:00 - 12:45PM
This class provides flexibility and increased range of motion for the entire body. The instructor will focus on all major muscle groups with a variety of different types of stretch techniques. The goal is for your body to feel better, prevent injury, and increase range of motion. Bring your own mat.

20/20 Barre & Mat Pilates
Community Room, Mondays, 5:30 - 6:15PM
20 minutes of Barre technique is a low impact class of strength movements to firm muscles. 20 minutes of Pilates builds strength and endurance in the abs, hips, and back. Please bring a mat, as well as socks to allow your feet to slide along the floor while in movement.

Yoga
Community Room, Wednesdays, 5:30 - 6:15PM
Learn and master Yoga positions and poses to promote balance and strength, physically and mentally. For all experience levels. Bring your own mat.

Hot Tea & Games
Community Room, Tuesdays & Thursdays, 2:00 - 3:00PM
Spend an hour with friends or making new ones while drinking hot tea and enjoying a game of preference. We supply board games, or feel free to bring in your own!

Walk & Stretch
Gymnasium, Tuesdays & Thursdays, 11:00AM - 12:00PM
Walk indoors during cold days! Mats will be available for stretching. Not into walking around? Come to just stretch and let loose. Please use walking etiquette (posted in facility). No children under the age of 12.

Senior Open Basketball
Gymnasium, Mondays & Wednesdays, 12:00 - 1:00PM
Perfect for seniors aged 60+. Open basketball will be mostly pick-up games for anyone who shows up. Rules will be posted.

Pickleball Drop-In
Gymnasium, Mondays & Wednesdays, 9:00 - 11:00AM
Practice and games. First 8 accepted. Rules will be posted.

Wheel Day
Gymnasium, Fridays, 12:00 - 1:00PM
For youth ages 3-5 to enjoy an hour of exercise in the gym with a wheeled vehicle (no electric vehicles, please!).

All YACC activities require a punch pass to attend. Please see page 22 for more information on rates and how to purchase. Everyone may attend any activity for free Nov. 18-Dec. 27, 2019.
YOUTH SPORTS

Questions? Contact Youth Sports Specialist David Contreras: 307-637-6425 or DContreras@CheyenneCity.org

23rd Annual City of Cheyenne
Youth Basketball Tournament

Activity #: 172031  Location: Various Schools

A competitive basketball tournament for boys and girls teams in grades 4-8. Tournament will be held March 28-29, 2020. Get your team together! $20 late registration fee dependent on availability.

Registration: December 2, 2019 - February 20, 2020
Fee: $180/team

Girls Softball

Activity #: 172051  Location: Converse Fields

Designed for girls ages 7-18. Registration includes a 9-game schedule, shirt, team/individual picture and award. $20 late registration fee dependent on availability.

Registration: February 3 - March 19, 2020
Fee: $55 (8U & 10U), $65 (12U to 18U).

Youth Basketball League

Activity #: 372021  Location: Various Schools

Designed for boys and girls in kindergarten - grade 6. Practices for the season have begun, however, there is a possibility for openings in certain grades. Call 307-637-6425 for more info. Games begin January 10, 2020.

Tee Ball

Activity #: 172061  Location: Cahill Park

Designed to teach the fundamentals of baseball and softball to boys and girls ages 3-6. Registration includes an 8-game schedule, team shirt and hat, team/individual picture and award. Games begin June 8, 2020. $20 late registration fee dependent on availability.

Fee: $50

Lacrosse

Activity #: 172002  Location: Sun Valley Park

Designed for boys and girls in kindergarten to grade 6. This program will give kids an opportunity to try out lacrosse and learn the game no matter what their experience or skill level is. Registration includes a 6-game schedule, team shirt, team/individual picture and award. Games begin April 20, 2020. $20 late registration fee dependent on availability.

Fee: $50

Youth Softball Umpire Training

Activity #: 172052  Location: YACC Gymnasium

Ever want to be on the softball field as part of the game and make a little money while doing it? Join us to get registered to umpire this upcoming season.

Registration: February 24 - April 9, 2020.
Class: Saturday, April 11, 2020 - 10AM - 12PM
Fee: Free
23rd Annual Early Bird Softball Tournament
Activity #: 260034  Location: Brimmer/Converse
Kick off the softball season with the first competitive tournament of the year. Available divisions: Men’s D, Men’s E, Men’s E+, Women’s D, Women’s E. Tournament will be May 2, 2020. Teams play a 3-game guarantee.
Registration: February 3 - April 28, 2020
Fee: $250/team for USSSA-sanctioned, and $300 for non-USSSA-sanctioned (if you need help, we'll get you sanctioned).

Men’s & Women’s Softball League
Activity #: 260061 (M) & 260071 (W)  Location: Various
Designed for players aged 16+ (as of April 27, 2020). League play begins April 27. Teams guaranteed 14 games. $50 late registration fee dependent on availability.
Registration: February 3 - March 19, 2020
Fee: $400/team & $20/player

Adult Softball Umpire Training
Activity #: 260051  Location: YACC Gymnasium
Ever want to be on the softball field as part of the game and make a little money while doing it? Join us to get registered to umpire this upcoming season.
Registration: February 3 - March 19, 2020
Class: Saturday, March 21, 2020, 8AM - 3PM
Fee: Free

Winter Men’s/Women’s Volleyball League
Registration Nearly Over!
Activity #: 160113  Location: Various
An indoor same-sex volleyball league for individuals aged 16+ (as of January 21, 2020). Open to the first 40 men’s and women’s teams. Games only Monday nights starting January 27. Both competitive or recreation divisions available. Each team guaranteed 12 games. $50 late registration fee dependent on availability. Games will not interfere with Co-Rec volleyball games.
Registration: November 4 - December 19, 2019
Fee: $300/team & $20/player

Co-Ed Dodgeball League
Activity #: 160110  Location: YACC Gymnasium
For adults aged 18+, this friendly competition for those who just really want to see if they can throw a ball or hit someone with it... or “dodge a ball.” Teams play an 8-game guarantee. Season play starts March 16, 2020. $50 late registration fee dependent on availability.
Registration: January 13 - February 20, 2020
Fee: $150/team

Co-Rec Volleyball League
Registration Nearly Over!
Activity #: 160111  Location: Various
An indoor co-recreational volleyball league for individuals aged 16+ (as of January 21, 2020). Games will be played on T, W, & TH nights. Each team will play 12 games. League play begins January 21, 2020. $50 late registration fee dependent on availability. Games will not interfere with Men’s & Women’s winter volleyball games.
Registration: November 4 - December 19, 2019
Fee: $300/team & $20/player

Winter Pickleball 101
Activity #: 160112  Location: YACC Gymnasium
Learn how to play Pickleball from our coach! Perfect for those who have always wanted to learn. We supply the paddles for this 8-week session. February 4, 2020, start.
Registration: December 16 - January 30, 2020
Fee: $50

Disc Golf Clinic
Activity #: 160114  Location: Romero Park
Similar to traditional golf, but with less tools! You’ll learn to aim for a disc golf basket, scoring, and other basics of the game. Taught by instructor Zach Meeker.
Class: Saturday, May 23, 9:00AM - 12:00PM
Fee: $15
Youth Tae Kwon Do
Activity #: 167024  Location: YACC Gymnasium
The traditional Korean martial art similar to karate. The words “Tae Kwon Do” translate to “The Way of Hand and Foot,” which is fitting for a class that teaches blocking, punching and kicking for self-defense. Strong emphasis on self-discipline. Loose-fitting clothing and a positive attitude recommended. Taught by instructor Greg Flores.
Ages 6+ or discretion of instructor.
Classes: M & W, 6:00 - 7:00 PM
Monthly Session Fee: $30

Women’s Empowerment
Activity #: 167031  Location: YACC Gymnasium
Designed to empower women through a “whole person” approach. We address self-esteem, situational awareness, and community safety while learning and experimenting with physical self-defense moves. Age 16+
Classes: Saturday, 10:00 AM - 12:00 PM (Feb 1, 8, 22, or 29)
Session Fee: $25

Tai Chi
Activity #: 167021  Location: YACC Community Room
Wu-Style Tai Chi provides benefits similar to those found in dance and yoga. Loose-fitting clothing recommended. Taught by instructor Geoff Thompson. Age 16+
Classes: T & TH, 12:00 - 1:00 PM, or 5:30 - 6:30 PM
Monthly Session Fee: $65

Safe Kids Self Defense
Activity #: 167022  Location: YACC Gymnasium
A fun and easy way to teach kids techniques on how to be safe and empower themselves in certain situations. Designed for ages 8 - 12.
Class: Saturday, March 7, 10:00 AM - 12:00 PM
Session Fee: $5
Open Studio - Get Creative!
Activity #: 160541  Location: 1331 Talbot Court
Work alongside other artists with whatever project you've got underway—think of it as studio space to create! Bonus: you'll receive the guidance of a seasoned artist if you're looking for a little help or creative brainstorming. Instructor chooses appropriateness of project. Instructor Megan Arps is a University of Wyoming graduate with time spent at the Glasgow School of Art in Scotland.
Classes: Tuesdays & Thursdays, Jan. - May, 6:00 - 8:00pm
Monthly Session Fee: $30

The Art of Valentine's Day
Activity #: 165033  Location: YACC Community Room
Paint your favorite image on canvas with your favorite person. Guided by a seasoned artist. Canvas and paint provided, and healthy snacks and non-alcoholic drinks served.
Class: Saturday, February 15, 4:00 - 6:30pm
Session Fee: $35/couple

Beginning Guitar Lessons
Activity #: 165034  Location: 3121 Carey Ave
Located in the Activity Center on the corner of Pershing Boulevard and Carey Avenue, this class will teach the basic cords, scales, rhythms, finger-picking patterns, and many other essential techniques of the guitar. All students will learn at their own pace and skill level, with day 1 being a jam session. Designed for ages 7+. Taught by Dunlevy Family Band Studios. Class is limited; register soon!
Classes: Saturdays, March 2020
Section 1: 10:30 - 11:00am
Section 2: 11:15 - 11:45am
Monthly Session Fee: $30

Beginning Piano Lessons
Activity #: 165035  Location: 3121 Carey Ave
Located in the Activity Center on the corner of Pershing Boulevard and Carey Avenue, this class will teach the basic cords, scales, rhythms, and many other essential techniques of the piano. All students will learn at their own pace and skill level, with day 1 being a jam session. Designed for ages 7+. Taught by Dunlevy Family Band Studios. Class is limited; register soon!
Classes: Saturdays, March 2020
Section 1: 10:30 - 11:00am
Section 2: 11:15 - 11:45am
Monthly Session Fee: $30

Keep It Clean - InstantPot
Activity #: 160531  Location: YACC Kitchen
Learn to make healthy meals from real ingredients all while on a budget! We'll be cooking a dish in the InstantPot to share. Class is limited; register soon!
Class: Saturday, March 14, 9:00am - 11:00am
Session Fee: $10

Spice It Up - InstantPot
Activity #: 160532  Location: YACC Kitchen
Learn to use a variety of spices that have probably been lurking about your cabinets in one flavorful dish. We'll be cooking a dish in the InstantPot to share. Class is limited; register soon!
Class: Saturday, April 18, 9:00am - 11:00am
Session Fee: $10
Horsemanship/Riding 101
Activity #: 168061  Location: Pine Ranch-Carpenter, WY
Designed to teach equine safety, equine psychology and fundamental horse riding skills. Use balance and body aids to assist in feeling more comfortable on horseback. For those with little to no prior/basic knowledge of horses and horse safety. Courses taught by Anne Larson, CRI. Ages 8 - 18. No prerequisite required. Max 5 riders.
**Classes:** Sundays, 9:00 - 10:30AM  
**Section 1:** April 5 - April 26  
**Section 2:** May 3 - May 24  
**Monthly Session Fee:** $80

Western Riding
Activity #: 168065  Location: Pine Ranch-Carpenter, WY
Designed for those who want to learn the basics of Western-style riding. Learn to properly saddle a horse, the basics of the equipment, and skills necessary for trail and showing. Emphasis given to balanced seat an correct aids with development toward pleasure, trail, or performance. Prerequisite: Beginner class or prior approval from instructor. Ages 8+. Max 5 riders.
**Classes:** Sundays, 1:30 - 3:00PM  
**Section 1:** April 5 - April 26  
**Section 2:** May 3 - May 24  
**Monthly Session Fee:** $80

Horsemanship/Riding 201
Activity #: 168063  Location: Pine Ranch-Carpenter, WY
Designed for both adult intermediate riders with some horse experience and as a continuation of the Horsemanship/Riding 201 course. Prerequisite: Ages 19 & up, children with completion of Horsemanship/Riding 201, or prior approval from instructor. Max 5 riders.
**Classes:** Sundays, 10:30AM - 12:00PM  
**Section 1:** April 5 - April 26  
**Section 2:** May 3 - May 24  
**Monthly Session Fee:** $80

Adult Horsemanship/Riding
Activity #: 168062  Location: Pine Ranch-Carpenter, WY
Designed with the adult rider in mind. Learn from the ground up: horse care, safety, horse psychology, and riding skills. Class geared toward the riding ability of each student no matter the level. Ages 19+. No prerequisite. Max 5 riders.
**Classes:** Sundays, 12:00 - 1:30PM  
**Section 1:** April 5 - April 26  
**Section 2:** May 3 - May 24  
**Monthly Session Fee:** $80
K9 Nose Work® 1 - Intro  
**Activity #: 165024**  
**Location: 1331 Talbot Court**

Develop your dog's natural hunting and scenting abilities to find target odors for fun or competition. Any dog of any age, activity level, or physical ability can participate. Dogs that are uncomfortable around other dogs or those with environmental issues can learn and thrive, too! A prior Obedience class is not necessary to participate. Taught by instructor Barb Sahl. Call 307-421-5514 with questions. 

**Maximum 6 dogs (may enroll 2 dogs per 1 handler).**

**Classes:** Monday, March 23 - April 27, 7:00 - 8:30 pm  
**Session Fee:** $100/dog/handler team

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K9 Nose Work® 3 - Odor  
**Activity #: 165026**  
**Location: 1331 Talbot Court**

The 3rd class in a series that expands on skills learned in Intro and Elements. Dogs are introduced to the first target odor, birch oil (provided by instructor). Dogs continue to search in all four search elements: containers, interiors, exteriors, and vehicles. Handlers introduced to advanced leash-handling skills. Prereqs: K9 Nose Work 1 & 2 or instructor approval. Taught by instructor Barb Sahl. Call 307-421-5514 with questions. Maximum 6 dogs (may enroll 2 dogs per 1 handler). No class February 3, 2020. 

**Classes:** Mon, January 13 - February 24, 7:00 - 8:30 pm  
**Session Fee:** $110/dog/handler team

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K9 Nose Work® 4 - Continuing  
**Activity #: 165027**  
**Location: 1331 Talbot Court**

This class expands on previous classes 1-3, continuing to build the four search elements (containers, interiors, exteriors, and vehicles). Students will prepare for NACSW K9 Nose Work® Odor and Recognition Test, and for competition. Classes will be held both indoors and outdoors. Prereqs: K9 Nose Work 1, 2, & 3. Taught by instructor Barb Sahl. Call 307-421-5514 with questions. Maximum 8 dogs (may enroll 2 dogs per 1 handler). 

**Classes:** Friday, 7:00 - 8:30 PM  
**Section 1:** January 10  
**Section 2:** February 14  
**Section 3:** March 6  
**Section 4:** April 3  
**Section 5:** May 1  
**Session Fee:** $20

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Perfect Puppy  
**Activity #: 165023**  
**Location:** 1331 Talbot Court

Bring your 3-to-5 month old puppies to class to concentrate on social behaviors, behavior problems, and socialize with other puppies & people. Covers obedience commands and unwanted behaviors. Puppies must have all vaccinations; bring shot records to first class. Taught by instructor Marchia Johansen. Call 307-630-0420 with questions. 

**Classes:** Sundays, 4:30 - 6:00PM  
**Section 1:** January 5 - February 9  
**Section 2:** March 1 - April 5  
**Section 3:** April 19 - May 24  
**Session Fee:** $110

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Novice Obedience  
**Activity #: 165021**  
**Location: 1331 Talbot Court**

Designed for dogs aged 3 months+. You'll learn foundation behaviors, walking on a loose leash, heel, sit, down, stay, recall, watch, and various other techniques. Your dog must be friendly to other dogs and people. All dogs must be fully vaccinated, including Bordetella; bring shot record to first class. First class for humans only — leave pooch at home. Humans must be 13 years or older. Maximum 10 dogs aged 5+ months. Taught by instructor Linnea Nicely-Dix. Call 757-318-9300 with questions. 

**Classes:** Sundays, 3:00 - 4:00PM  
**Section 1:** January 26 - March 1  
**Section 2:** April 5 - May 17 (No class April 12)  
**Session Fee:** $110

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Canine Massage Workshop  
**Activity #: 165019-01**  
**Location: 1331 Talbot Court**

A fun workshop where you'll learn massage techniques that your dog will love. Great for newly rescued dogs, dogs recovering from surgery, as well as fearful, hyper or anxious dogs. Even trained and well-behaved pups will love this class! Dogs must be friendly to other dogs and people. Owners are welcome to attend without a dog. Instructions and info packet included in class fee. Taught by instructor Linnea Nicely-Dix. Call 757-318-9300 with questions. Maximum of 10 participants in class. 

**Classes:** Thursday, April 30, 6:00 - 8:00PM  
**Session Fee:** $30 w/ dog, $20 w/o dog

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Perfect Puppy  
**Activity #: 165023**  
**Location:** 1331 Talbot Court

Bring your 3-to-5 month old puppies to class to concentrate on social behaviors, behavior problems, and socialize with other puppies & people. Covers obedience commands and unwanted behaviors. Puppies must have all vaccinations; bring shot records to first class. Taught by instructor Marchia Johansen. Call 307-630-0420 with questions. 

**Classes:** Sundays, 4:30 - 6:00PM  
**Section 1:** January 5 - February 9  
**Section 2:** March 1 - April 5  
**Section 3:** April 19 - May 24  
**Session Fee:** $110

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**Activity #: 165021**  
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**Classes:** Sundays, 3:00 - 4:00PM  
**Section 1:** January 26 - March 1  
**Section 2:** April 5 - May 17 (No class April 12)  
**Session Fee:** $110

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Canine Massage Workshop  
**Activity #: 165019-01**  
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**Classes:** Thursday, April 30, 6:00 - 8:00PM  
**Session Fee:** $30 w/ dog, $20 w/o dog
Cheyenne Gymnastics teaches youth gross motor skills, balance, coordination, & spatial awareness, while also developing self-esteem, discipline, & determination. Our facility teaches all skill levels & ages 18 months+.

**New Registrants:**
- Registration and payment are accepted after the 22nd of each month for enrollment the following month.

  **Ex:** If you want to start classes in January, you will need to register after December 22 for your guaranteed spot.

- If there are spots available in the class, you can register at the beginning of the month and start class that same month.

- We do not discount classes if you register and start halfway through the month.

- Register at Kiwanis Community House, 4603 Lions Park Drive, 307-637-6423.

**Current Registrants:**
- Current members will need to pay by the 20th of each month for the following month's classes.

  **Ex:** If you are currently registered in January and would like to continue in the same class in February, you need to pay for February's classes before January 20.

**Class Details & Schedule:**
- All classes will be held at the Neighborhood Facility, located at 610 West 7th Street. If there's a location change, you’ll be notified ahead of time.

- Classes are based on a student-to-coach ratio of 8-to-1, pending coach availability.

- Classes must have a minimum of four registered for each class.

- Class schedules are subject to change based on enrollment.

**Noted Closures:**
- January 1
- January 20
- February 17
- March 20-21
- March 30-April 4
- May 22-25

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**Parent & Tot Class**

Location: 610 West 7th Street

Our most popular class—Designed for toddlers between 1.5 & 3 years old to get exhausted by nap time in a structured, active environment. A parent or guardian will accompany the toddler through circuits involving various gymnastics equipment, and will help keep the toddler on task if necessary.

1x-Week: $25/mo  
Monday, 9:30 - 10:00 AM  
Wednesday, 9:30 - 10:00 AM  
Saturday, 9:30 - 10:00 AM

2x-Week: $40/mo  
Tuesday & Thursday, 9:30 - 10:00 AM

**Preschool Classes**

Location: 610 West 7th Street

Parents, here’s your quiet time! — Preschool 1 is for a younger, 3- to 4-year-old beginner. Preschool 2 is for a mature 4- to 5-year-old, and must be approved by a coach before enrolling in this class. Children in preschool classes are expected to listen, play nicely, and follow directions independently.

**PreSchool 1**  
1x-Week: $30/mo  
Monday, 10:00 - 10:45 AM  
Wednesday, 10:00 - 10:45 AM  
Saturday, 10:00 - 10:45 AM

**PreSchool 1**  
2x-Week: $50/mo  
Monday & Wednesday, 4:00 - 4:45 PM  
Tuesday & Thursday, 10:00 - 10:45 AM  
Tuesday & Thursday, 5:00 - 5:45 PM

**PreSchool 2**  
1x-Week: $35/mo  
Monday, 11:00 - 11:55 AM  
Wednesday, 11:00 - 11:55 AM  
Saturday, 10:00 - 10:55 AM

**PreSchool 2**  
2x-Week: $60/mo  
Monday & Wednesday, 5:00 - 5:55 PM  
Tuesday & Thursday, 11:00 - 11:55 AM  
Tuesday & Thursday, 4:00 - 4:55 PM
GYMNASTICS PROGRAMS

Gym Levels 1, 2 & Boys

**Location: 610 West 7th Street**

Designed for the school-aged group, 6 years old and up. Gym Level 1 is for beginner boys and girls. Gym Level 2 is for the more advanced boy or girl gymnast and must be approved by a coach before enrolling in this class. The Boys class is for beginner boys only and focuses on the boy’s events.

**Gym Level 1**  
1x-Week: $35/mo  
Saturday, 11:00 - 11:55AM

**Gym Level 1**  
2x-Week: $60/mo  
Monday & Wednesday, 4:00 - 4:55PM  
Monday & Wednesday, 5:00 - 5:55PM  
Monday & Wednesday, 6:00 - 6:55PM  
Tuesday & Thursday, 4:00 - 4:55PM  
Tuesday & Thursday, 5:00 - 5:55PM  
Tuesday & Thursday, 6:00 - 6:55PM

**Gym Level 2**  
2x-Week: $70/mo  
Monday & Wednesday, 6:00 - 7:15PM  
Tuesday & Thursday, 6:00 - 7:15PM

**Boys**  
2x-Week: $60/mo  
Tuesday & Thursday, 4:00 - 4:55PM

Pre-Team

**Location: 610 West 7th Street**

Is your daughter interested in being a part of a competitive team? Open to any girl over the age of 5, our Pre-Team class is a requirement before enrollment for the XCEL Team. Only available from January - May.

2x-Week: $85/mo  
Monday & Wednesday, 4:30 - 6:15PM

XCEL Team

**Location: 610 West 7th Street**

One of our competitive programs. Anyone who has completed Pre-Team can join between June 1 - August 31. Participants are expected to commit to a full competitive season and travel for competitions.

**Bronze**  
2x-Week: $120/mo  
Tuesday & Thursday, 5:00 - 7:30PM

**Silver**  
2x-Week: $120/mo  
Monday & Wednesday, 5:00 - 7:30PM

**Advanced**  
3x-Week: $150/mo  
Monday, Wednesday, Thursday, 5:00 - 8:00PM

Open Cheer & Adult Tumbling

**Location: 610 West 7th Street**

The Open Cheer class is designed for high school cheerleaders to improve their tumbling, stunting, and jumps. The Adult Tumbling Class is designed for high school-age and adults to learn and improve overall gymnastics skills. $7 each class, or $50/11 classes punch card.

**Open Cheer**  
Tuesday & Thursday, 7:00 - 8:00PM

**Adult Tumbling**  
Monday & Wednesday, 8:00 - 9:00PM
CONTINUED

GYMNASTICS

JO Team
Location: 610 West 7th Street
Designed as an advanced competitive team class. Must be an experienced competitor and approved by the Gymnastics Specialist to enroll. Participants will be expected to practice more hours a week and serve as a role model to younger gymnasts.

4x-Week: $200/mo
Monday - Thursday, 5:00 - 8:00PM

Homeschool Class
Location: 610 West 7th Street
Designed specifically for elementary-aged homeschool students. A great opportunity to get out during the day for physical activity and social interaction.

1x-Week: $35/mo
Friday, 12:00 - 1:00PM

Family Fun Time
Location: 610 West 7th Street
Similar to an indoor playground! Every Friday we'll have different activities set up. Adult supervision required for all children. Coach available for guidance. One adult per two children. A baby-safe play area will be available.

$5/hour or $50/11 class punch card
Friday, 10:00AM - 12:00PM

Beginning Cheer Basics
Location: YACC - 1317 Parsley Boulevard
A 3-month program from March 3 to May 28, designed to teach the basics of cheerleading to elementary-aged children. Offers a chance to transition to our new cheer program starting June 2020 where participants will learn cheers and dances to perform at City football games.

2x-Week: $150/cheerleader for all 3 months
Tuesday & Thursday, 6:30 - 7:30PM
Learn to Curl
Activity #: 180052  Location: 1530 West Lincolnway
Perfect for beginners—designed to provide you with the basic skills of curling, including draw weight, hitting, sweeping, take out and more. Six-week program starts anytime you want to! All ages.

Dec-Mar  Fridays  $25/4 lessons  9:30PM

Learn to Play Hockey
Activity #: 180051  Location: 1530 West Lincolnway
A co-ed youth program for beginner-level players. You’ll focus on the basic skills of hockey—lessons teach fundamental skills of skating, stick handling, passing and shooting, moving on to 1-on-1 and 2-on-1, scrimmages, and much more depending your skill level. 45-minute classes include hockey equipment (with a deposit). Taught by Will Dooley. Ages 4 - 15.

Jan-Mar  T & TH  $150  5:30 - 6:15PM  1/7-3/12

Curling League
Activity #: 180023  Location: 1530 West Lincolnway
Consisting of 4 players each throwing 2 stones, the curling teams will throw in both directions, with sweepers trying to get the stones as close to the target as possible (and bumping out a competitor’s stone never hurts!). Registration forms must be filled out prior to league play.

Jan-Mar  Sat.  $200/team  9:00PM  1/4-3/8

Adult Development Hockey
Activity #: 180061  Location: 1530 West Lincolnway
A co-ed adult program for beginner-level players or those who want to fine tune their skills. Learn the fundamental skills of skating, stick handling, passing and shooting, moving on to one-on-one and two-on-one, scrimmages, and more. 45-minute classes include hockey equipment (with a deposit). Ages 15+.

Jan-Mar  Sundays  $100  7:00AM

Youth Hockey League
Activity #: 180022  Location: 1530 West Lincolnway
A non-checking, non-competitive recreational league where basic skills are recommended. Players required to provide and wear full hockey equipment. Equipment provided with a deposit. Games determined by number of registrants. Ages 12 & under. League play begins in March.

Mar  All Days  $30  3/1-3/19

Chicken Curling Tourney
Activity #: 187012  Location: 1530 West Lincolnway
Join us for the 7th annual Chicken Curling Tournament where teams of 4 will compete in a double-elimination format for chicken curling glory! Using frozen, expired birds, teams will test their accuracy over several rounds within the match to see who comes out with the most points. We’ll have music, beverages, curling and more! Registration deadline is Friday, March 20.

Saturday, March 21  $60/team, $75/ day of  2:00PM
Learn to Skate is for any age—beginners as well as those needing to brush up on their fancy footwork. Sessions include 6 lessons. Rental skates included. Participants required to sign waivers before first lesson. Tots and beginners need to keep the noggin safe and wear a helmet. No class 12/25-1/3.

**Ice Show Session:** Your 4th session is prep for the annual ice show! Skaters enrolled in at least 2 sessions during the season are invited to be a part of it. No worries about what you'll perform—you'll showcase your mad skillz learned throughout the season. Show is Saturday, March 14 at 7PM.

<table>
<thead>
<tr>
<th>Session</th>
<th>Date</th>
<th>Fee</th>
<th>Varies by class</th>
<th>Date</th>
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<tbody>
<tr>
<td>Dec.-Jan.</td>
<td>Sct. 3</td>
<td>$50</td>
<td>Varies by class</td>
<td>12/17-2/7</td>
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<tr>
<td>Feb.-Mar.</td>
<td>Sct. 4</td>
<td>$50</td>
<td>Varies by class</td>
<td>2/11-3/13</td>
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**Learn to Skate Ice Show**

**Location:** 1530 West Lincolnway

The participants in each Learn to Skate program will be working throughout the season to refine their ice skills and learn new choreography based on this year’s theme. Come out and support them! Theme announced in February. For more info, call 307-433-0024.

<table>
<thead>
<tr>
<th>Date</th>
<th>Ticket Price</th>
<th>Doors</th>
<th>Show Time</th>
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<tbody>
<tr>
<td>Saturday, March 14</td>
<td>$5</td>
<td>6PM</td>
<td>7PM</td>
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</tbody>
</table>

**Snowplow Sam**

**Activity #: 185011 Location: 1530 West Lincolnway**

Introduces tots to beginning skating—how to fall (and not get hurt), how to get up safely (and not fall again), marching, beginning 2-foot glide, and forward skating in an environment where oops happens. Ages 4 - 5.

**Basics Levels 1-2**

**Activity #: 185012 Location: 1530 West Lincolnway**

A beginning class that teaches 2-foot and 1-foot glides, forward, and backward swizzles, skating safety, and beginning stopping. Ages 6 - 17.

**Basics Levels 3-4**

**Activity #: 185013 Location: 1530 West Lincolnway**

An intermediate-level class that teaches forward stroking with power, forward crossovers in both directions, and advanced stops. Ages 6 - 18.

**Basics Levels 5-6**

**Activity #: 185014 Location: 1530 West Lincolnway**

A more advanced class that teaches backward stroking, backward crossovers in both directions, and T-stops on both feet. Ages 6 - 18.

**Pre-Free Skate**

**Activity #: 185015 Location: 1530 West Lincolnway**

In Gamma class, you’ll learn outside 3-turns, Mohawk turns to backwards and forwards, Mohawk step combination, and hockey stops. In Delta class, you’ll be a pro at forward inside and outside 3-turns, and forward outside and inside edges, lunge, and beginner jumps. Ages 6 - 18.

**Synchro Skating: Level 1**

**Activity #: 185017 Location: 1530 West Lincolnway**

A great introduction to synchronized skating for those already in the Learn to Skate program! Must have successfully passed Basic 3 prior to taking this class. Class includes learning 5 basics elements: block, circle, line, wheel, and intersection. As skaters progress through each level, they’ll also learn how to transition between elements, as well as skate in multiple holds.

**Free Skate: Levels 1-6**

**Location:** 1530 West Lincolnway

Once skaters have mastered the basic skills of figure skating, this freestyle class takes it a step further by teaching the mechanics of spinning and jumping, along with advanced footwork at various levels. A good preparation for competitions. Ages 6 - 18.

**Rental Fees:** $20/hour (South Lions Park Shelter: $40/hour).

**Reservations:** Kiwanis Community House, 4603 Lions Park Drive, M-F: 7:30AM-4:30PM.

For more information or to check availability: 307-637-6423.

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**Lions Park South**

Located in Lions Park just south of the Botanic Gardens.

**Amenities include:** Single rental space; 2 wheelchair-accessible picnic tables; 12 traditional picnic tables; 2 large BBQ grills; Adjacent to the new restrooms; Playground; Close to beach/Children’s Village; Water fountain.

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**Holliday Gazebo**

Located next to the lake in Holliday Park.

**Amenities include:** 4 picnic tables inside; Electricity/lights; Playground across the street.

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**Holliday Picnic**

Located in the south-central area of Holliday Park, near the Big Boy train.

**Amenities include:** 8 picnic tables; 2 large charcoal BBQ grills; Electricity/lights; Horseshoe pits/tennis courts; Attached restrooms; Close playground; Water access key with deposit.

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**Holliday W. Picnic**

Located west of the basketball courts.

**Amenities include:** 6 picnic tables; 1 large charcoal BBQ grill; Electricity/lights; Close horseshoe pits; Close volleyball court; Basketball court; Close tennis courts/playground; Close restrooms.

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**Lions Park Gazebo**

Located in North Lions Park, adjacent to Putt Hutt Mini Golf.

**Amenities include:** 11 picnic tables; Large charcoal BBQ grill; Electricity/lights; Horseshoe pits/volleyball court; Restrooms (located on north side of Kiwanis Community House); Water access across street.

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**Lions Park N. Picnic**

Located in North Lions Park, adjacent to the Aquatic Center.

**Amenities include:** 10 picnic tables inside; 2 picnic tables outside; 2 large charcoal BBQ grills; Electricity/lights; Horseshoe pits/volleyball court; Attached restrooms; Playground across street; Water fountain/water access key with deposit.
Q: Can I have alcohol at the picnic shelter I rent?
A: Yes—malt beverages (anything sold by a beer distributor, i.e. traditional beers; hard lemonades, ciders or waters; etc.) are allowed at reserved shelters with permits issued by the City Clerk.

Q: What do I do if someone is at the shelter I reserved?
A: When you reserve a shelter, we’ll provide you with an on-call phone number to reach a staff member who can assist you.

Q: How do I cancel my reservation?
A: If you cancel due to a medical issue, funeral, or deployment, we will refund you 85% of your rental fee. We do not issue refunds due to bad weather, but will allow you to place another reservation within 90 days.

**Mylar Park Picnic**
Located along Seminoe Road and adjacent to Smalley Park.
**Amenities include:** 8 picnic tables; 2 large charcoal BBQ grills; Electricity/lights; Horseshoe pits/volleyball court; 2 bocce ball courts; Close restrooms/playground; Water fountain.

**Pointe Park Picnic**
Located along Gardenia Drive near the basketball courts.
**Amenities include:** 4 picnic tables; 1 charcoal BBQ grill; Close restrooms; Horseshoe pits/basketball court; Close playground; Water fountain.

**Sun Valley Park**
Located along 12th Street, near Centennial Street.
**Amenities include:** 4 picnic tables; 1 charcoal BBQ grill; Electricity/lights; Close restrooms; Horseshoe pits/basketball court; Close playground/volleyball court; Water fountain.

**SCCP Picnic**
Located near 1317 Parsley Boulevard (Youth Activity & Community Center).
**Amenities include:** 6 picnic tables; 2 charcoal BBQ grills; Electricity/lights; Close restrooms/playground; Water fountain.

**Amphitheater**
Located in North Lions Park.
**Amenities include:** ADA-accessible ramp (rear of stage); loading dock; 8x18’ enclosed electric storage area; 1710 sq.ft. covered concrete stage; 6 on-stage 110v ac outlets; 125 amps service panel; 120,000 sq.ft grassy seating area; public restrooms nearby.

**SPECIAL EVENTS**
Planning a special event in a park? Send the following information in a letter of intent to Brittany Hooper, Programs & Facilities Manager, at BHooper@CheyenneCity.org:
- Location;
- Time;
- Attendance;
- Alcohol;
- Music;
- Type of Event;
- Security;
- Evacuation Plan;
- Canopies/Tents;
- Signage;
- Route/Map;
- Cost of Event to Attend;
- Other Details.
All user groups must set up a meeting for the 2020 year starting in January 2020 with Brittany Hooper, Programs & Facilities Manager: BHooper@CheyenneCity.org or 307-637-6426.

### Brimmer Softball Complex
Pershing at Windmill Avenue
Lighted 3-field softball complex with skinned infields. Intended for use by adult softball teams and organizations.

### Cahill Soccer Complex
Dell Range at Friendship Circle
A multipurpose athletic complex with no lights available. Intended for use by adult, boys & girls soccer teams and organizations.

### Cheyenne Jr. League
4211 Converse Avenue
9-field baseball complex with skinned infields. No lights. Intended for use by boys & girls softball/baseball teams and organizations. Ages 6-13. Field distances range from 190' to 220'.

### Coke Gonzales Field
Ames Avenue & MLK Court
A baseball/softball field with a skinned infield. No lights. Intended for use by boys & girls softball/baseball teams and organizations. Ages 6-16. Field distance is 275' at center field.

### Converse Softball Complex
3800 Converse Avenue
Lighted 4-field softball complex. Skinned infields. Intended for use by all softball/baseball teams and organizations. Fields measure approx. 290' at center field. Field 3 is approx. 240' at center field.

### Dunbar Field (Lions Park)
South Lions Park Drive
A lighted baseball/softball field with a skinned infield. Intended for use by all softball/baseball teams and organizations. Field distance is 285' at center field.
To reserve a field for practice: Reservations are taken starting the 3rd Monday of each month for the upcoming month. Each team has a limit of 3 practices/week (Monday-Sunday). In-person reservations will be taken first, phone calls will be taken second, and emails will be taken third. Reserve fields at the Kiwanis Community House in Lions Park (4603 Lions Park Drive).

- **March 16**: Reservations open for April.
- **April 20**: Reservations open for May.
- **May 18**: Reservations open for June.
- **June 15**: Reservations open for July.
- **July 20**: Reservations open for August.
- **August 17**: Reservations open for September.

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**Dutcher Baseball Complex**

4212 Converse Avenue

A partially lighted baseball complex with both grass and skinned infield. Intended for use by girls and boys baseball teams. Field distances range from 315' to 350'.

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**North Cheyenne Park**

Mynear Street at Ridge Road

A multipurpose athletic complex with no lights available. Intended for use by adult, boys and girls soccer teams and organizations.

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**Pioneer Park Field**

1331 Talbot Court

A lighted baseball field with a synthetic turf infield. Intended for use by adult, boys and girls baseball teams. Ages 15+. Field distance is approx. 360' at center field.

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**Pointe Park**

Gardenia Drive & Pasadena Blvd

A multipurpose neighborhood park with potential for some athletic activities. No lights. Intended for use by adult, boys, and girls soccer, lacrosse, and more.

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**Powers Baseball Field**

Windmill Ave at Dell Range Blvd

A lighted baseball field with a synthetic turf infield. Intended for use by adult, boys and girls baseball teams and organizations. Ages 15+. Field distance: 407' at center field.

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**Pride Park**

2816 East 7th Street

Sun Valley Park

East 12th Street in Sun Valley
A multipurpose neighborhood park. Potential to accommodate some athletic activities. No lights. Intended for use by adult, boys and girls soccer, lacrosse, and more.

ARE. YOU. READY?

CAPITAL CITY SCAMPER
A TEAM CHALLENGE INSPIRED BY THE AMAZING RAGE

SATURDAY, SEPTEMBER 12.
SAVE. THE. DATE.

FOLLOW US ON FACEBOOK FOR MORE INFO.
@CHEYENNEREC

WE’RE HIRING SEASONALS!
A GREAT OPPORTUNITY FOR TEENS, RETIREES, OR ANYONE LOOKING FOR SUPPLEMENTAL INCOME.

VISIT CHEYENNECITY.ORG/JOBS.
### FACILITY RENTALS

**Aquatic Center Spray Park**

931 Martin Esquibel Street *(Located behind the Aquatic Center)*

**Amenities include:** Public Parties: Saturday & Sunday from 5:30-7:00 PM; Barbecue grills are permitted in the Spray Park only; No refunds issued if it rains; Includes tables, chairs, dry land playground, & spray fountains. Open for rentals during summer season.

**For more info:** Contact Desiree Vapenik at DVapenik@CheyenneCity.org or 307-637-6456.

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**Cheyenne Aquatic Center**

931 Martin Esquibel Street

**Amenities include:** Public Parties All Week. 1-3 PM; $20 for 2 Party Pad tables + individual swimmer cost; Private Parties: Sat. & Sun. 5:30-9:00 PM; $100/hour/pool

**For more info:** Contact Desiree Vapenik at DVapenik@CheyenneCity.org or 307-637-6455.

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**Cheyenne Botanic Gardens**

710 South Lions Park Drive

**Amenities include:** 2 Gathering Rooms (with presentation tvs); Orangerie (Elegant citrus trees); Conservatory (plants & greenery); Solar Patio (Tent anchors available); Observation Deck (exceptional views); Board Room (Sun deck attached); Brides Room (Weddings).

**For more info:** Contact Tina Worthman at TWorthman@CheyenneCity.org or 307-637-6375.

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**Cheyenne Botanic Gardens Grounds**

710 South Lions Park Drive

**Amenities include:** 5 grounds areas are available for rentals. Call for availability; Tables, chairs, and staff assistance are not available for rentals held outside; 2 community gardens are available for rentals. Call for availability.

**For more info:** Contact Tina Worthman at TWorthman@CheyenneCity.org or 307-637-6375.
**Cheyenne Civic Center**

510 West 20th Street  
**Amenities include:** 1,490 seat capacity; 1st & 2nd floor lobby space  
- Tables, chairs, and skirting available; Orchestra pit available upon request; Stage available for performances, viewings, and receptions; Government & nonprofit rates available.  
**For more info:** Contact Amy Gorbey at AGorbey@CheyenneCity.org or 307-638-4362.

**Cheyenne Depot Plaza**

Corner of Capitol Avenue & Lincolnway  
**Amenities include:** Brick-and-mortar restroom facilities; Exterior electricity & lighting; 4 anchored, weatherproof tents (approximately 10x20'); Coordination of permits, fees, safety and security handled by events staff; stage & sound additional cost.  
**For more info:** Contact Shannon Martinez at SMartinez@CheyenneCity.org or 307-638-4300.

**Cheyenne Ice & Events Center**

1530 West Lincolnway  
**Amenities include:** Party packages include food paired with your choice of Laser Tag, Mini Golf, Bubble Soccer, Bumper Cars, Roller or Ice Skating; Combinations of any of the above negotiable; Multi-day, per-day, hourly rentals.  
**For more info:** Contact Jeff Gillotti at JGillotti@CheyenneCity.org or 307-637-6317.

**Kiwanis Community House**

4603 Lions Park Drive  
Half Room: $50/hour, Full Room: $100/hour. Reservations taken 1 year in advance. **For more info:** 307-637-6423.  
**Amenities include:** 3,800 sq.ft. & 2 rooms (can be divided); Vaulted ceiling; 19 rectangular tables, 10 round tables, and 190 chairs for each room; Roland Digital Piano; 2 kitchens available, each with 2 warming ovens, 2 microwaves, refrigerator, & steam table.
Paul Smith Children’s Village

710 South Lions Park Drive

Amenities include: Tuesday - Saturday, 5:30 - 9:30 pm; Entire facility is included in rental fee; Roughly 8 rectangular tables and 35 chairs provided; cannot be removed from space.

For more info: Contact Tina Worthman at TWorthman@CheyenneCity.org or 307-637-6375.

Sloan’s Lake Beach

8th & Carey Avenues in Lion’s Park

Amenities include: Canoes, Kayaks, or Paddle Boats are rented by half hour or hour. Paddle boats must stay within Sloan’s Lake. Swimming is prohibited.

For more info: Contact Desiree Vapenik at DVapenik@CheyenneCity.org or 307-637-6456.

Youth Activity & Community Center

1317 Parsley Boulevard


Amenities include: Large room with built-in speakers & PA System; Large gym with 2 portable basketball hoops; Kitchen with 2 refrigerators, stove, dishwasher, microwave, & serving area; 20 tables and 100 chairs.
6th Annual Green Industry Workshop
Friday, January 24 | 8:00 AM - 3:30 PM
A must-attend free event for anyone in the lawn care, tree care, or landscaping trades! Join us at the ANB Bank Leadership Center in the Clay Pathfinder Building at Laramie County Community College to learn from a diverse group of speakers. Topics this year include Emerald Ash Borer, Xeriscaping, Irrigation Maintenance, and Caring for Trees & Turf. Sponsor booths, door prizes, and a silent auction to benefit Rooted in Cheyenne included. Reserve your seat online at CheyenneTrees.com. Call 307-637-6428 for more info.

Volunteer for Rooted in Cheyenne!
Call 307-637-6428 for more info.
Local nonprofit Rooted in Cheyenne is looking for additional volunteers to plant and care for trees this year! In 4 years, we've planted more than 500 trees and we couldn't have done it alone! Volunteers are the driving force behind the success of this program and have helped to rekindle a community-wide tree planting effort.

Back in the late 1890s, James Jenkins, a local businessman, raised money and organized several community-wide tree planting events in Cheyenne. The majority of our trees in older sections of town are a result of this effort.

Today, many of these trees are dying and need replaced! Together, we can continue the mission of tree-planting and ensure Cheyenne continues to be known as the “city of Trees.”
A WORD FROM THE GOLF DIVISION

We're prepped and ready for winter! Prairie View will remain open for play during winter months; Airport Golf Course greens will be covered from late November until early-to-mid March.

Thank you for supporting us during the 2019 season, and many thanks to our staff for continuing to produce quality playing conditions. A lot of behind-the-scenes work goes into prepping a golf course each day—sort of a complex blend of art and science. We hope you see that each time you play.

Right now, we're working on preventing damage from winter months. Two widely used techniques are the use of greens covers and winter irrigation. We periodically cover three greens at Prairie View (they've sustained winter damage in the past), but we try to keep them open as often as possible since we know some of you love to play during the colder months!

Again, we thank everyone for visiting our golf courses in 2019, and look forward to seeing you next season!

Proshop: Private & Group Lessons, Gear, Cart Rentals 307-637-6418

Golf Division: Tour Property, Questions, General Info 307-637-6419

-Ron Conard, Golf Division Manager

Airport Golf Course
4801 Central Avenue | 307-637-6418
An 18- and 9-hole course with a proshop in-house. Warm-up driving range. Rental clubs & carts available. Par 70, 6,128 yards with a slope/USGA rating of 100/67.1.

Kingham Prairie View
3601 Windmill Road | 307-637-6420
A great 9-hole course for veterans and those learning the game. 30-tee driving range. Rental clubs & carts available. Par 36, measures 3,080 yards, slope/USGA rating of 112/37.2.

2019 Course Pricing

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37th Annual Glass Art Show
February & March 2020
Wyoming’s largest glass art show, featuring professional and amateur glass artists. The Gardens offers a wonderful winter escape and allows for natural light to illuminate the art pieces among the flowers and plants in the Conservatory. If you’d like info on including your glass art in the show, contact the Botanic Gardens at 307-637-6458.

Mother’s Day Tea
Sunday, May 10, 2020
Treat the special Mother or Grandmother in your life to a beautiful afternoon tea at the Cheyenne Botanic Gardens. Spend time together enjoying the lush surroundings, lovely music, delicious teas, finger sandwiches and sweets! Dress in your finest Sunday outfits, and join is for this extraordinary event! Large hats and gloves are welcome, but not required. More info will be available online at Botanic.org.

Tilted Tulip Gift Shop & Cafe
Stop by the Gardens and visit our gift shop and cafe. We have botanic-themed merchandise and many items made in Wyoming. We also offer coffee, baked goods and lunch items—perfect for lunch with the family!
Holidays at the CHEYENNE BOTANIC GARDENS

Give the gift of a BOTANIC GARDENS MEMBERSHIP.
Stop by the office or go to www.botanic.org/membership

Be sure to visit the Botanic Gardens during the holidays, the poinsettia wall is back along with the “1000 Faces of Santa.”

At the Gift Shop, we have lots of unique, locally-made merchandise, the 2020 CBG Calendar as well as the “Passport to Learning” gift card for drop-in classes at the Paul Smith Children’s Village (a perfect stocking stuffer).

710 S. Lions Park Dr.
307.637.6458
www.botanic.org
At the end of each Fridays on the Plaza season, the City of Cheyenne team looks over how the past year went. We've heard from so many people who want to get involved that we figured we'd tell you how early on! Whether you're looking to be part of the entertainment, a sponsor, a food vendor, or a volunteer, we've got plenty of room for you on our team.

Our sponsors make it possible to host an event with many moving parts (from security and staffing, to band and equipment fees, to marketing and signage). As a special thanks, we offer a variety of recognition tiers to fit any budget. Want to know more? Interested in something not shown? Contact our Community Relations Manager at 307-773-1044 or LDeVilbiss@CheyenneCity.org for info.

For the past 2 years, the Community Recreation & Events Department has formed a committee of music lovers to suggest local and regional bands to perform each Friday. From Facebook messages and emails we've received, we know that you have some suggestions, too! We want to hear them while we're in the planning phase for 2020. If you know a band you think would be great for Summer 2020, send all suggestions to Events@CheyenneCity.org or message us on the Fridays on the Plaza Facebook!

Each Friday, we offer a variety of edible options to concert goers and try hard to ensure each vendor's fares don't compete with the others present that night! If you've got a food truck or portable catering business and would like to be on the Plaza for Summer 2020, contact our Plaza Event Coordinator at 307-638-4300 or SMartinez@CheyenneCity.org.

Want to help pour beer, direct vendors, set-up/break-down, or clean up after the event? We always need additional hands to make this event happen! To learn how you can help, contact our Plaza Event Coordinator at 307-638-4300 or SMartinez@CheyenneCity.org.