



City of Cheyenne

Fall Sports and Programs

September 1 - December 31, 2020

Register on www.CheyenneRec.org or at the Kiwanis Community House
(4603 Lions Park Drive) or call 637-6429

Adult Sports

Fall Men's and Women's Volleyball League

Get out of the cold and join the City's Volleyball League. Sign your team up for either competitive or recreation divisions. Each team is guaranteed 10 games.

Registration: July 6 – August 20

Fee: \$300/team & \$20/player

Late Fee: \$50

Season begins September 21

Adult Basketball

A recreational basketball league for adults. 10 games guaranteed.

Registration: July 6 – August 20, 2020

Fee: \$400/team & \$20/player fee

Late Fee: \$50

Season begins September 28, 2020

Winter Men's and Women's Volleyball and Co-Rec Volleyball Leagues

Recreational volleyball leagues for Men's, Women's, and Co-Rec teams. 10 games guaranteed. There will be a double elimination tournament for the last 3 weeks of the season.

Registration: November 2 –
December 31, 2020

Fee: \$300/team plus \$20/player fee

Late Fee: \$50

Season begins January 19-March 9,
2021

Fall In-Door Pickleball

101

Location: Youth Activity and
Community Center/1317 Parsley
Blvd.

A class and sport for all ages! An

introduction to the sport of Pickleball
will be held Tuesdays and Thursdays,
9am-11am, for six weeks.

Registration: August 3-September 17,
2020

Late Registration: September 18 –
October 1, 2020

Season: October 13 – November 19,
2020

Days & Times: Tuesdays/Thursdays,
9:00-11:00am

\$50 per person/\$10 late fee. Class is
capped at 8 people.

Youth Sports

Youth Co-Rec Volleyball League

A co-ed recreation volleyball league
for youth grades 4-6. Registration
includes an 8-game schedule, game
t-shirt, picture, and award.

Registration: July 27 – September 10,
2020

Fee: \$55/player

Late Fee: \$25 if there is room
available.

Practices begin September 28, and
the season begins October 17.

Youth Basketball and Co-Rec Youth Basketball League (K-2nd grades)

A recreational basketball program
for boys and girls in 3rd-6th grades,
and a co-ed recreation basketball
league for kindergarten through
2nd grades. Registration includes a
6-game schedule, game shirt, picture,
and award.

Registration: Sept. 7-Oct. 22

Fee: \$55/player

Late Fee: \$25 if room is available.

Practice begins December 7, and the
season begins January 15, 2021

Youth Basketball Tournament

Registration: December 7, 2020 –
February 25, 2021

Tournament Dates: March 27-28,
2021

Fee: \$180/team, Late Fee: \$30/team

Officials Trainings

Adult Basketball Referee Training

Location: Pioneer Park Center

Have you always wanted to referee?
This training will get you ready for
this coming season Adult Basketball
season. Learn proper court
positioning, call signals, and the
aspects of the game.

Registration: July 13 – August 27

Date & Time: Wednesday, September
2, 6:00-8:00pm

Fee: Free

Youth Volleyball Officials Training

Location: Pioneer Park Center

Want to give back to the youth and
make a little extra income? Learn the
game as an official. Training designed
to teach you the proper positioning
and calls to make as an official.

Registration: July 27 – September 10

Fee: Free

Date and Time: September 16, 6:00
– 8:00pm

Youth Basketball Referee Training

Location: Pioneer Park Center
Looking to make a little extra income and still be a part of the game? Join us for this training and get registered to referee this coming season.

Registration: September 28 – October 22 - Free

Date & Time: Wednesday, October 28, 6:00-8:00pm

Drop-In Classes and Activities

Punch Passes – 5 Visits \$12.50, 10 Visits \$22.50, 20 Visits \$40

Purchase at the Kiwanis Community House, 4603 Lions Park Drive, M-F 7:30am-4:30pm

The City accepts Tivity Health (Humana, Medicare and Bankers Life). Call 773-1044 to check your eligibility.

Classes will not be held on City holidays. Waivers to be signed at time of first visit.

Chair Yoga – 40 minutes.

Location: Youth Activity and Community Center/1317 Parsley Blvd.

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. This is done through the performance of poses and postures, each of which has specific physical benefits. Movement can be performed in the chair or behind the chair. Bring you mask and water. The City accepts Tivity Health (Humana, Medicare and Bankers Life). Call 773-1044 to check your eligibility

Fee: Purchase Punch Card at the Kiwanis Community House, or you may be eligible through Tivity Health
Days & Time: Mondays/Wednesdays at 9:00am

20/20 Barre & Mat Pilates

Location: Activity Center/3121 Carey Avenue
20 minutes of Barre technique, and 20 minutes of Mat Pilates.

A low impact class that builds strength and endurance in the abs, hips, and back. A strong core is so beneficial for good posture and a durable spine. Lengthen the muscles with amazing stretches. Bring your own mat and water.

Days & Times: Tuesdays, 5:30 p.m.

Drop in Pickleball

Location: Youth Activity and Community Center/1317 Parsley Blvd.

Enjoy indoor pickleball with your friends. First eight accepted.

Days & Times: Mondays and Wednesdays, 9:00am-11:00am

Homeschool Open Gym

Location: Youth Activity and Community Center/1317 Parsley Blvd.

Walk, run, stretch, climb, play basketball, etc.

Days & Times: Wednesdays, 1:00pm-2:30pm

Fitness Classes

Restorative Yoga

Location: Activity Center/3121 Carey Avenue

Find refuge from an overwhelming world. Rest and restore by holding poses for 5 minutes or more and with the support of props and breathing techniques. To include light twists, seated forward folds and gentle backbends ending with Savasana. Gain increased flexibility, reduced muscle tension, and a calm mind. Please bring a mat, pillow and blanket. Participants must wear a mask.

Dates & Times: Fridays, 1:30-2:30pm
Fee: \$13 per class/\$40 per month

Kids Yoga

Location: Activity Center/3121 Carey Avenue

45-minute classes are filled with tons of adventure and excitement, with underlying themes from yoga philosophy, including self-love, kindness, feeling calm, and creating happy habits. Classes to include a lesson introduction, breathing exercises, daily mantras, yoga poses, games, and relaxation techniques to help kids cope
Fee: \$15 per class

with how they are feeling in their bodies and with their emotions, and to get a little energy out, too. Participants required to bring own mat or blanket to sit on. Parents must wear masks.

Ages 3-6

Dates: September 14, October 5, November 2 or December 7
Times: 10:00am-10:45am

Meditation for Stress Reduction

Location: Activity Center/3121 Carey Avenue

Meditation is a process of stilling the thought waves of the mind to experience a state of being beyond the thoughts and emotions. The more that we practice turning our attention inside and focusing on something other than random thoughts, the more clarity and focus and energy we will experience in our lives. Learn different techniques in this course to squash anxiety, including: Breath Awareness; Mantra; Mindfulness; Tension Release and Heart Meditation; Contemplation and creating Mandalas. Participants must wear a mask

Days and Times: Wednesdays, 1:30pm-2:30pm

Fee: \$13 per class/\$40 per month

Martial Arts

Tae Kwon Do

Location: Youth Activity and Community Center/1317 Parsley Blvd. (Community Room)

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.

Mon/Wed, 6:00-7:00pm

Monthly Sessions - \$30

Tai Chi Basics

Location: Youth Activity and Community Center - Community Room/1317 Parsley Blvd.

Introduction to Tai Chi skills and concepts. Students will be familiarized with drills and concepts essential to understand Tai Chi. Qi Gong practice will be introduced.

Wednesdays, 12:00pm-1:00pm

Monthly Fee: \$25

Tai Chi

Location: Youth Activity and Community Center - Community Room/1317 Parsley Blvd.

Wu-Style Tai Chi provides benefits similar to those found in dance and yoga. Loose fitting clothing recommended. Instructed by Geoff Thompson.

Tuesdays/Thursdays, 12:00pm-1:00pm or 6:00pm-7:00pm

Monthly Sessions - \$65

Cooking Classes

Spice It Up – Instant Pot

Location: Youth Activity and Community Center Gymnasium/1317 Parsley Blvd.

Learn to use a variety of spices that have probably been lurking about your cabinets into one flavorful dish. We'll be cooking a dish in the Instant Pot to share. Class is limited; register soon!

Saturday, October 24, 9:00am-11:00am

Fee: \$10.00

Babysitter Class

Location: Youth Activity and Community Center/Gym Side/1317 Parsley Blvd.

The primary purpose of the American Red Cross Babysitter's Training course is to provide youth who want to babysit with the knowledge and skills necessary to safely and responsibly care for children and infants. Designed for youth ages 11 to 15, the course helps participants develop leadership skills, build a babysitting business, keep themselves and others safe and guide children's behavior.

Participants also learn about basic childcare and basic first aid.

The class will be offered in a two-day session. We encourage participants to bring a sack lunch or have lunch delivered to the training site at the designated lunch break time.

Instructor: Cheyenne Aquatic Center Staff

Training Session Day One: Saturday September 19th 9am-4pm (Lunch Break 12-1pm)

Training Session Day Two: Saturday September 26th 9am-4pm (Lunch Break 12-1pm)

Session Fee: \$65 Min 5/Max 15

CPR/FA/AED

The American Red Cross First Aid/CPR/AED program helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach the knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed. This program offers a choice of first aid, CPR and AED courses to meet the various training needs of a diverse audience and is offered in traditional classroom format.

Classes will be offered by request only. Minimum class enrollment total required. Contact Desiree Vapenik, Aquatics Manager 307.637.6455 for more information.

Music Classes

Instructed by Dunlevy Family Music

Beginning Guitar Lessons

Location: Activity Center/3121 Carey Avenue

Have a guitar but don't know where to begin? Learn the basic chords, scales, rhythm, finger-picking patterns, and many other essential techniques of the guitar. All students will be taught at their own pace and skill level, but we will jam together on day 1. Ages 7 and up. Instruction provided by Dunlevy Family Band.

Studios. Sign up quick; limited to 6 participants. Please bring your own guitar.

Fee: \$30/Monthly ½ hour class

Session 1: September Thursdays, 5:30-6:00pm (September 3, 10, 17, 24)

Session 2: September Thursdays, 6:15-6:45pm (September 3, 10, 17, 24)

Session 3: October Thursdays, 5:30-6:00pm (October 1, 8, 15, 22) No Class on October 29)

Session 4: October Thursdays, 6:15-6:45pm (October 1, 8, 15, 22) No Class on October 29)

Session 5: Nov./Dec. Thursdays, 5:30-6:00pm (Nov. 5, 12, 19 and December 3)

Session 6: Nov./Dec. Thursdays, 6:15-6:45pm (Nov. 5, 12, 19 and December 3)

Beginning Piano Lessons

Location: Activity Center/3121 Carey Avenue

Learn the basic chords, scales, rhythm, and many other essential techniques of the piano. All students will be taught at their own pace and skill level, but we will jam together on day 1. Ages 7 and up. Instruction provided by Dunlevy Family Band Studios. Sign up quick; limited to 6 participants. Pianos provided.

Fee: \$30/Monthly ½ hour class

Session 1: September Saturdays, 11:00-11:30am (September 12, 19, 26 & October 3)

Session 2: September Saturday, 11:45am-12:15pm (September 12, 19, 26 & October 3)

Session 3: October Saturdays, 11:00-11:30am (October 10, 17, 24 & 31)

Session 4: October Saturdays, 11:45am-12:15pm (October 10, 17, 24 & 31)

Session 5: Nov./Dec. Saturdays, 11:00-11:30am (November 7, 14, 21 & Dec. 5)

Session 6: Nov./Dec. Saturdays, 11:45am-12:15pm (November 7, 14, 21 & Dec. 5)

Quilting

Location: Activity Center/3121 Carey Avenue

English Paper Piecing and Decorative Hand Quilting – A time-honored hand craft of English Paper Piecing. It is a slow-sew technique, and a portable craft. Design possibilities are endless, and it is a great use of fabric scrapes. An introductory kit will be provided along with a supply list for the class project.

Days & Times: Mondays, 6:00-7:30pm (Class begins September 14 – Labor Day make-up date: TBD
Monthly Session Fee: \$35/person

Dog Classes

For Nose Work classes, all dogs must be able to be “car crated” or quietly wait their turn in a covered crate. Owners must provide crates and covers if crating indoors. Students may run up to two dogs; one class fee/per dog.

For all dog classes, dogs must be up-to-date on vaccinations; puppies started vaccinations. Brings vaccination record to first class.

K9 Nose Work® 2 – Intro to Elements

Location: Pioneer Park Center (1331 Talbot Court)

This class is the second in a series. Students will begin to work searches on vehicles and exterior spaces. Work will be outside, weather permitting. Handlers will gain more experience in reading their dogs, leash handling skills, reward placement, and search strategies. Dogs will continue to develop confidence searching independently, work more hides at elevation, gain experience on vehicles and in exteriors, and begin solving more complex scent puzzles.

PREREQUISITES: K9 NOSE WORK 1 OR INSTRUCTOR APPROVAL.

All dogs must be able to be “car crated” or quietly wait their turn in a covered crate. Owners must provide crates and covers if crating indoors. Students may run up to two dogs; one class fee/per dog. Dogs must be up to date on vaccinations. For questions contact Barb at the.elemental.dog@gmail.com or call 307-421-5514.

Day/Time: Mondays, 7:00 to 8:30 pm;

Session: August 24 to October 5, 2020 (6 Weeks – No class 8/31)

Fee: \$120 per dog/handler team

Class Max: 6 dogs (humans may enroll up to 2 dogs for one handler)

K9 Nose Work® 3 – Intro to Odor

Location: Pioneer Park Center (1331 Talbot Court)

This class is the third in a series and expands on skills learned in the Intro and Elements classes. Dogs are introduced to the first target odor – birch oil (provided by the instructor). Dogs will continue to search in all four K9 Nose Work search “elements:” containers, interiors, exteriors and vehicles. Handlers will be introduced to more advanced leash handling skills. PREREQUISITES: K9 NOSE WORK – 1 AND 2 OR INSTRUCTOR APPROVAL. Students may run up to two dogs; one class fee/per dog. For questions contact Barb at the.elemental.dog@gmail.com or call 307-421-5514. Max 6 dogs (may enroll 2 dogs per 1 handler).

Session: October 19-November 23, 2020

Day/Time: Mondays, 7:00 to 8:00pm

Fee: \$120 per dog/handler team

Class Max: 6 dogs (humans may enroll up to 2 dogs for one handler)

Advanced Topics in K9 Nose Work® - Short Courses

Location: Pioneer Park Center (1331 Talbot Court)

The Advanced Topics classes are three-week classes that focus largely on one skill or area.

A class may focus on handling container searches, working elevated hides, or handler scent detection. Dogs must be proficient on all three competition odors. The topics will be announced before class begins. For questions, contact Barb at the.elemental.dog@gmail.com or call 307-421-5514.

Session 1: September 13-27, 2020

Session 2: October 25 - November 8, 2020

Day/Time: Sundays 9:30am-11:00am

Class Fee - \$65 per dog/handler team

Class Max: 6 dogs (humans may enroll up to 2 dogs for one handler)

Perfect Puppy

Location: Pioneer Park Center (1331 Talbot Court)

Bring your 3- to 5-month old puppy to class to concentrate on social interactions with other puppies and people, behavioral problem solving (like jumping, housebreaking & puppy biting, etc.) and puppy obedience. The first class is for the owners only (no dogs please). For questions, call the instructor, Linnea Nicely-Dix at 307-256-9088. Maximum of 10 dogs.

Session 1: September 13 – October 18, 2020

Session 2: November 8 – December 13, 2020

Day/Time: Sundays, 3:00-4:00pm

Fee: \$110

Class Max: 10 dogs

Novice Dog Obedience

Location: Pioneer Park Center (1331 Talbot Court)

Designed for dogs 6 months of age and older. This class will cover the foundations of behavioral problem solving (like jumping, barking, etc.) along with the basic obedience commands of loose leash walking, “heel”, “sit”, “down”, “stay”, “come”, and “leave it”. All dogs must be friendly to other dogs and people. The first class is for the owners only (no dogs on first class). For questions, call Linnea Nicely-Dix at 307-256-9088. Maximum of 10 dogs in each class.

Session 1: September 13 – October 18, 2020
Session 2: November 8 – December 13, 2020
Day/Time: Sundays, 4:30-5:30pm
Fee: \$110
Class Max: 10 dogs

Birthday Parties

Location: Youth Activity and Community Center - Community Room or Gymnasium/1317 Parsley Blvd.

Reservations made at the Kiwanis Community House, 4603 Lions Park Drive, M-F 7:30am-4:30pm, or call 637-6429.

Let us provide a large space for 3 hours (up to 15 children) for your birthday party so the kids can run and play!

Basic Party Package – \$100/2 hours and \$130/3 hours

Inflatables coming soon in 2021

Call now for availability.

Gymnastics

Cheyenne Gymnastics offers a wide range of classes to teach youth the basic fundamentals of gymnastics. Participants will learn gross motor skills, balance, coordination, and spatial awareness, while also developing self-esteem, discipline, and determination. Our facility is fully equipped for all skill levels and ages 18 months and up.

See www.CheyenneRec.org for registration information.

Parent & Tot Class

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 accompanies the toddler through circuits involving various gymnastics equipment and helps with keeping the toddler on task and discipline if necessary.

Once a week classes - \$25/month
Monday – 9:00am-9:30am
Wednesday – 9:00am-9:30am
Saturday – 9:00am-9:30am

Twice a week classes - \$40/month
Tues/Thurs – 9:00am-9:30am

Preschool Classes

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

Preschool 1

Once a week classes - \$35/month
Monday – 10:00am-10:55am
Wednesday – 10:00am-10:55am
Saturday – 10:00-10:55am

Twice a week classes - \$60/month
Mon/Wed – 4:30pm-5:25pm
Tues/Thurs – 10:00am-10:55am

Preschool 2

Once a week classes - \$35/month
Monday – 11:15am-12:10pm,
Wednesday – 11:15am-12:10pm,
Saturday – 10:00-10:55am

Twice a week classes - \$60/month
Tues/Thurs – 11:15am-12:10m
Tues/Thurs – 4:30pm-5:25pm

Homeschool Class

Designed specifically for elementary-aged homeschool students. A great opportunity to get out during the day for physical activity and social interaction

Once a week class - \$35/month
Friday – 12:00pm-12:55pm

Gym Level 1, 2 and Boys

Designed for the school age group, 6 years old and up. Gym Level 1 is for beginner girls and boys. The Boys class is for beginner boys only and has more focus on the boy's events. Gym Level 2 is for the more advanced boy or girl gymnast and must be approved by a coach before enrollment into this class.

Gym Level 1

Once a week class - \$35
Saturday – 11:15am-12:10pm

Twice a week classes - \$60/month
Mon/Wed – 4:00pm-4:55pm
Mon/Wed – 5:30pm-6:25pm
Tues/Thurs – 6:00pm-6:55pm

Gym Boys

Twice a week class - \$60/month
Tues/Thurs – 4:00pm-4:55pm,
466080

Gym Level 2

Twice a week classes - \$70/month
Mon/Wed – 6:00pm-7:15pm

Tumbling

This class is designed for any tumbling skill level from beginner through advanced to learn and improve all tumbling skills. Must be at least 12 years old.

Twice a week Classes - \$60/month
Mon/Wed – 7:30pm-8:30pm
Tues/Thurs – 7:30pm-8:30pm

Beginner Team

These are our beginner level competitive classes. Anyone who has completed Pre-Team can join our Bronze Level. Enrollment into our Competitive Team is only open to new members from June 1-August 31. If your daughter is interested in joining our competitive program, she must enroll in our Pre-team class from January-May. Girls in this class are expected to work hard and travel for competitions.

Twice a week classes - \$120/month

Gym Xcel Bronze (ages 5 and up):
Tues/Thurs – 5:00pm-7:30pm,

Gym Xcel Silver (ages 6 and up):
Mon/Wed – 5:00pm-7:30pm

Advanced Team

These are our advanced Competitive Team classes. Enrollment into these classes must be approved by the Gymnastics Specialist, Shannon Mitchell. The gymnasts are expected to practice more hours a week, be good role models to the younger gymnasts, and travel for competitions.

Three times a week class - \$150/
month (ages 7 and up)
Mon/Wed/Thurs - 5:00pm-8:00pm,

Four times a week class - \$200/
month (ages 7 and up)
Mon/Tues/Wed/Thurs - 5:00pm-
8:00pm

Latchkey 2020-2021

Cost: \$200/month per child (prorated
in August and June)

Spots will be limited, please call a few
days in advance on availability.

Dates: August 31st to June 3rd
Closures on City recognized holidays.

Hours: 6:45 AM to 5:45 PM

Facilities: Pioneer Park Center-
1331 Talbot Ct. & Youth Activity and
Community Center- 1317 Parsley
Blvd.

Cost Includes:

Care before and after school.

Transportation to most schools.

Afternoon snack and juice.

Homework help.

A variety of different activities to keep
your child engaged.

Care on teacher in-service days or
holiday breaks (with the exception of
City recognized holidays).

Field trips or special activities on days
without school.

For more information contact: Jade
Herstein at jherstein@cheyennecity.org
or (307) 286-5117.

**Like us on
FaceBook:
CheyenneRec**

**Instagram:
CheyenneRecreation**

www.CheyenneRec.org

**For questions:
(307) 773-1044
or
(307) 637-6429**