



Winter/Spring Sports and Programs

January 1 - May 31, 2021

Register on www.CheyenneRec.org or at the Kiwanis Community House
(4603 Lions Park Drive) or call 637-6423.

Adult Sports

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

Location: BEAST Foundation
Men's and Women's Activity
#160113

Co-Rec Activity #160111

Stay fit and out of the cold with recreational volleyball leagues for Men's, Women's, and Co-Rec teams. 10 games with single elimination tournament for the last 2 weeks of the season. For individuals 16 years old (as of Jan 19, 2021) and up.

Registration: Nov 2–Dec 17, 2020
Late Registration: Dec 18-31, 2020
Fee: \$420/no player fees

Late Fee: \$50 if space is available

Season: Jan 20–March 9, 2021

Contact: Michael Edwards at medwards@cheyennecity.org or 773-1039.

Winter Pickleball 101

Location: YACC/Dave Romero Park
Activity #160112

A paddle sport that combines elements of tennis, ping pong, and badminton into one. It is one of the Country's fastest growing sports and is meant for all ages and skill levels. This class is an introduction to Pickleball, meant for beginners who are trying to familiarize themselves with the sport. Classes held indoors and capped at 10 participants.

Registration: Dec 14–Jan 28, 2021

Fee: \$50/player

Late Fee: \$10 if space is available.

Session: Feb 16–March 18, 2021

Dates/Times: Tues/Thurs 9am-11am

Contact: Michael Edwards at medwards@cheyennecity.org or 773-1039.

Men's and Women's Softball

Location: Converse/Brimmer Softball Complexes

Men's Activity # 260061

Women's Activity #260071

This is a fun way to spend the summer nights whether you are a seasoned player or just wanting to get outside and get fit and meet new friends. This is a slow pitch softball league for men and women that play under USSSA rules and umpired by USSSA umpires. Divisions are available to all skill levels.

Registration: Feb 1–April 8, 2021

Fee: \$450/Team and \$20/player fee

Late Fee: \$50

Season: May 17–July 22, 2021

Contact: Tyler Feezer at tfeezer@cheyennecity.org or 637-6408.

Early Bird Softball Tournament

Location: Converse and Brimmer
Activity #260034

Kick off the softball season with this tournament that supports the City Recreation Youth Sports Financial Assistance Program. This is a USSSA sanctioned tournament. Lots of special events during the tournament to show off your skills and to support our youth.

Registration: Feb 1–April 15, 2021

Fee: \$250/Sanctioned Teams and

\$300/Non-Sanctioned Teams

Late Fee: \$50

Tournament Date: May 1, 2021

Contact: Tyler Feezer at tfeezer@cheyennecity.org or 637-6408.

Summer Bocce Ball League

Location: Mylar Park

Activity #260112

Believed to be played as early as 5,200 B.C. Popularized in Italy, the games consist of throwing heavy, round balls

near smaller target ball. Teams are made up of two partners and games are played until 12 points have been scored.

Registration: April 5–May 20, 2021

Fee: \$10/player

Late Fee: \$5

Season: June 14–July 15, 2021

Contact: Tyler Feezer at tfeezer@cheyennecity.org or 637-6408.

Outdoor Pickleball 101

Location: Martin Luther King Park
Activity #260111

A paddle sport that combines elements of tennis, ping pong, and badminton into one. It is one of the Country's fastest growing sports and is meant for all ages and skill levels. This class is an introduction to Pickleball, meant for beginners who are trying to familiarize themselves with the sport. Classes held indoors and capped at 10 participants.

Registration: March 15–April 29

Late Registration: April 30 – May 13

Fee: \$50/player

Late Fee: \$10 if space is available.

Session: June 1 – July 1, 2021

Dates/Times: Tues & Thurs, 9:30-11:30am

Instructor: Sue Rocha

Contact: Michael Edwards at medwards@cheyennecity.org or 773-1039.

Adult Co-Rec Flag Football League

Location: Cahill Park

Activity # 260081

New Program! Enjoy a 7-on-7 Co-Rec-recreational adult flag football league. For individuals 16 years old and up. Games will be played on Tuesday and Thursday evenings. Each team is guaranteed six games. League play

begins on July 13, 2021.
Registration: April 19–June 3, 2021
Late Registration: June 4–June 17
Fee: \$200/team
Late Fee: \$50
Contact: David Contreras at dcontreras@cheyennecity.org or 637-6425

Co-Rec Adult Kickball

Location: David Romero Park
Activity #260131
Enjoy a recreational kickball league to end your summer! League is outdoors and will be played at the Dave Romero Park field. Open to men and women ages 16 and up (as of July 6, 2021), with up to 20 players on a roster. Teams are guaranteed 6 games plus a single elimination tournament.
Registration: April 26–June 10, 2021
Late Registration: June 11–24, 2021
Fee: \$150/team
Late Fee: \$50
Season: July 6 – September 2, 2021
Contact: Michael Edwards at medwards@cheyennecity.org or 773-1039.

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

Activity # 372021
A Co-Rec recreational basketball program for boys and girls in Kindergarten through 2nd grades. Registration includes a 6-game schedule, game shirt, picture, basketball, and award.
Registration: Current - January 21
Fee: \$55/player
Late Fee: \$25 if space is available.
Season: April 10 – May 15, 2021
Practices begin March 1, 2021
Contact: David Contreras at dcontreras@cheyennecity.org or 637-6425.

Youth Sports/Activities

Youth Basketball Tournament – 2021

Tournament has been cancelled, but we look forward to seeing everyone for the 2022 YBL Tournament

Co-Rec Youth Lacrosse Fundamentals

Location: Sun Valley Park
Activity #172002
Get outside and learn the fundamentals of Lacrosse by an

experienced instructor. This program is meant to be an introduction class, where participants are taught the basic skills and terminology of the sport. This is not a league; there will not be any actual games. Open to boys and girls, grades second through sixth grade. Lacrosse sticks and balls will be provided!
Registration: March 15–April 29
Late Registration: April 30 – May 13
Dates/Times: May 25–July 1, 2021 (Tuesdays and Thursdays/12 lessons), 6:00–7:30pm
Fee: \$30/player
Late Fee: \$10
Contact: Michael Edwards at medwards@cheyennecity.org or 773-1039.

Girls Recreation Fast Pitch Softball League

Location: Converse Softball Complex
Activity #172051
Enjoy a great summer activity with our recreation fast pitch softball league for girls ages 7-18. This is a great way to gain experience for those interested in playing high school softball! Registration includes a 10-game schedule (plus an end-of-season tournament), shirt, team/individual picture, and participation medal.
Registration: February 16–April 1
Late Registration: April 2–April 15
Fee: \$60/player
Late Fee: \$25 if space is available
Season: June 7–August 8, 2021
Tournament weekend: August 6–8
Practices begin May 3, 2021
Contact: Michael Edwards at medwards@cheyennecity.org or 773-1039.

Tee Ball

Location: Cahill Park
Activity #172061
Designed to teach the fundamentals of baseball and softball to boys and girls ages 3-6. Tee Ball is the entry level division for players. The experience is grounded in fun, fitness, and fundamentals while also being a key to growing a child's love for the game. Your child will receive a t-shirt, hat, team picture, and medal.
Registration: March 8–April 22, 2021
Fee: \$50/player
Late Fee: \$25 if space is available
Season: June 7–July 15, 2021
Practices begin May 24, 2021

Contact: David Contreras at dcontreras@cheyennecity.org or 637-6425.

Outdoor Adventure Program

Meeting Location: Youth Activity and Community Center/1317 Parsley Blvd.
Activity# 268041
No need for any technology, just nature! Weekly activities include hiking, rock climbing, kayaking, backpacking and much more. For youth ages 8-15. Spaces limited per activity.
Registration: April 5–August 6, 2021. Must be signed up by the Tuesdays before the Thursday/Friday events.
Fee: Varies (See www.CheyenneRec.org for more details)
Contact: Tyler Feezer at tfeezer@cheyennecity.org or 637-6408.

Youth Tackle Football League

Activity #271020
A recreational tackle football league for grades 3-6. Includes 6 games and playoffs. Registration includes utilization of equipment (helmet, shoulder pads, practice pants/pads, practice jersey), picture, and awards. Teams are based on school triads.
Registration: May 17–July 1, 2021
Fee: \$140/player (\$150 equipment deposit)
Late Fee: \$25 if space is available
Season: August 28–October 16, 2021
Practices begin August 2, 2021
Contact: David Contreras at dcontreras@cheyennecity.org or 637-6425.

Officials Trainings

Adult Softball Umpire Training

Location: Youth Activity and Community Center Gymnasium/1317 Parsley Blvd.
Activity #260051
Ever want to be on the softball field as part of the game and make a little money while doing it. Please join us for this training and get registered to umpire softball this coming season.

Date/Time: Saturday, April 10, 2021, 8:00am – 3:00pm
Please register online at www.CheyenneRec.org.
Fee: FREE
Contact: David Contreras at dcontreras@cheyennecity.org or 637-6425.

Girls Softball – Umpire Training

Location: Youth Activity & Community Center
Activity #172052

A great way to get involved with youth sports in the community and make money at the same time! The class is free to anyone who is wanting to learn how to umpire youth fast pitch softball. The training will involve a presentation of the basics, as well as some time on an actual softball field!

Date/Time: Saturday, May 29, 2021, 10:00am-2:00pm
Please register online at www.CheyenneRec.org.
Fee: FREE
Contact: David Contreras at dcontreras@cheyennecity.org or 637-6425.

Drop-In Classes and Activities

These programs operate on a continuous basis except on City holidays.

Punch Pass Required – 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

Chair Yoga – 45 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. The City accepts Tivity Health (Humana, Medicare and Bankers Life).

Fee: Purchase Punch Card at the Kiwanis Community House, or you may be eligible through Tivity Health, call 773-1044 to check your eligibility.
Days & Time: Mondays/Wednesdays at 9:00am

Drop in Pickleball

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

Enjoy indoor pickleball with your friends. First eight accepted.

Days & Times: Mon/Wed., 9:00-11:00am

Fee: Purchase a punch card at Kiwanis Community House

Homeschool Open Gym

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

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

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

Fee: Purchase a punch card at Kiwanis Community House

Fitness Classes (Registration Required)

AARP Fitness Classes

Location: Holliday Park (near tennis courts)

AARP FitLot Introductory Circuit Class

A certified Personal Trainer will show participants proper form, safe equipment use, and the format of FitLot Method Circuit Training classes in a slower-paced, light-effort instructional setting.

Registration: Register online only at www.CheyenneRec.org/Recreation (Recreation Division tab at the top), scroll down to Fitness Classes and go to the AARP FitLot Class, click on the link to get you to the AARP website. Call Lori at 773-1044 for questions.

Fee: FREE

Session 1: Monday, May 10, 10-11am

Session 2: Saturday, May 15, 10-11am

Session 3: Tuesday, May 18, 5:30-6:30pm

Session 4: Saturday, May 22, 10-11am
Session 5: Wednesday, May 26, 5:30-6:30pm

Coming this Summer!

Summer 8 Week FitLot Method Circuit Workout Class (16 Classes):

Look for our free Summer 8-week courses to keep you fit and healthy. See www.CheyenneRec.org.

Kids Yoga

Location: Activity Center/3121 Carey Avenue

Activity #164021

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 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.

Ages 3-6

Dates: Jan 5, Feb 2, March 2, Apr 6, May 4 (Tuesdays)

Times: 10:00am-10:45am

Fee: \$10/per class

Meditation

Location: Activity Center/3121 Carey Avenue

Activity #164023

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.

Dates: Jan 2, Feb 6, Mar 6, April 3, May 1 (Saturdays)

Times: 8:00-8:45am

Fee: \$10/per class

Martial Arts

Tae Kwon Do

Location: Youth Activity and Community Center/ Community Room/1317 Parsley Blvd. Activity #167024

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 6-18 or discretion of instructor. Mon/Wed, 6:00-7:00pm

Monthly Fee: \$30

Tai Chi Basics

Location: Activity Center/3121 Carrey Avenue

Activity #167022

Students will learn basic Tai Chi postures and drills. Tai Chi, when practiced regularly, can assist its practitioners with many benefits.

Instructed by Michele Schmidt (970) 402-0996.

Tuesdays/Thursdays, 8:00-9:00am

Monthly Fee - \$50

Chinese Internal Arts

Location: Activity Center/3121 Carrey Avenue

Activity #167023

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. Instructed by Michele Schmidt (970) 402-0996.

Wednesdays, 12:00-1:00pm

Monthly Fee: \$25

Tai Chi

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

Activity #167021

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

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

Monthly Fee - \$65

Babysitter Class

Location: Activity Center/3121 Carrey Avenue Activity #165061

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, Babysitter CPR, AED, 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
Day One: Tuesday, March 30th, 9am-4pm (Lunch Break 12-1pm)

Day Two: Wednesday, March 31st
9am-4pm (Lunch Break 12-1pm)

Session Fee: \$115 Minimum 5

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 current on vaccinations; puppies started vaccinations. Brings vaccination record to first class.

K9 Nose Work® 1 – Intro

Location: Pioneer Park Center (1331 Talbot Court)

Activity #165024

K9 Nose Work® is a new and fast-growing scenting sport for companion dogs and is inspired by the training and work of law enforcement detection dogs. The sport develops your dog's natural hunting and scenting abilities to find target odors for fun or competition. Any dog breed (or mix), any age, activity level, or

physical abilities can participate. An Class Max: 6 dogs (humans may enroll up to 2 dogs for one handler) obedient dog is not necessary!

For questions contact Barb at the.elemental.dog@gmail.com or call 307-421-5514.

Days/Times: Sundays, 7:00-8:30pm

Session 1: March 14 – April 18, 2021

Session Fee: \$120 per dog

K9 Nose Work® 2 – Intro to Elements

Location: Pioneer Park Center (1331 Talbot Court)

Activity #165026

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. For questions contact Barb at the.elemental.dog@gmail.com or call 307-421-5514.

Day/Time: Mondays, 7:00-8:30pm

Session: May 17 – June 21, 2021

Session Fee: \$120 per dog

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

Advanced Topics in K9 Nose Work® - Short Courses

Location: Activity Center/3121 Carrey Avenue

Activity #165020

The Advanced Topics classes are three-week classes that focus largely on one skill or area. For example, a class may focus on handling container searches, working elevated hides, or handler scent detection. The topics will be announced before class begins. Topic suggestions to the instructor are welcome. Teams should be on all three NACSW odors.

For questions contact Barb at the.elemental.dog@gmail.com or call 307-421-5514.

Day/Time: Mondays 7:00-8:30pm

Session 1: January 11-25, 2021

Session 2: Feb. 15-March 1, 2021

Class Fee - \$65 per dog/handler team
Class Max: 6 dogs

Perfect Puppy

Location: Pioneer Park Center (1331 Talbot Court)

Activity #165023

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. For questions, call the instructor, Linnea Nicely-Dix at 307-256-9088.

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

Session 1: January 24 – February 28, 2021

Session 2: April 11 – May 16, 2021

Fee: \$110

Class Max: 10 dogs

Novice Dog Obedience

Location: Pioneer Park Center (1331 Talbot Court)

Activity #165021

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.

Day/Time: Sundays, 4:30-5:30pm

Session 1: January 24 – February 28, 2021

Session 2: April 11 – May 16, 2021

Session Fee: \$110

Class Max: 10 dogs

Horsemanship

Horsemanship/Riding 101

Location: Pine Ranch-Carpenter, WY
Activity #168061

Designed to teach equine safety, equine psychology and fundamental horse-riding skills. Use balance and body aides to assist in feeling more comfortable on horseback. For those with little to no prior/basic knowledge of horses and horse safety.

Taught by Anne Larson, CRI. Ages

8-18. Max 5 riders.

Days/Times: Sundays, 9:00-10:30am

Fee: \$100

Session 1: April 4–April 25

Session 2: May 2–May 30

Horsemanship/Riding 201

Location: Pine Ranch-Carpenter, WY

Activity #168063

Build on your horsemanship riding skills with Riding 201. For intermediate riders ages 19+ with some horse experience and as a continuation to build on Riding 201. For youth that have completed Horsemanship 201 and have prior approval from instructor may register. Taught by Anne Larson, CRI. Max 5 riders.

Days/Times: Sundays, 10:30am-12pm

Fee: \$100

Session 1: April 4–April 25

Session 2: May 2–May 30

Adult Horsemanship/Riding

Location: Pine Ranch-Carpenter, WY

Activity #168062

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+. Taught by Anne Larson, CRI. Max 5 riders.

Days/Times: Sundays, 12:00-1:30pm

Fee: \$100

Session 1: April 4–April 25

Session 2: May 2–May 30

Western Riding

Location: Pine Ranch-Carpenter, WY

Activity #168065

This class is for those who want to learn the basics of Western-style riding. Learn to properly saddle a horse, the basics of equipment, and develop skills necessary for trail and showing. Emphasis given to balanced seat and correct aids with development toward pleasure, trail, or performance.

Prerequisite: Beginner class or

prior approval from instructor. Ages 8+. Taught by Anne Larson, CRI. Max 5 riders.

Days/Times: Sundays, 1:30-3:00pm

Fee: \$100

Session 1: April 4–April 25

Session 2: May 2–May 30

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.

Go to 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 (3 classes/month)

Monday – 9:00-9:30am, 466011

Wednesday – 9:00-9:30am, 466013

Saturday – 9:00-9:30am, 466035

Saturday – 9:30-10:00am, 466032

Twice a week classes - \$40/month (7 classes/month)

Tues/Thurs – 9:00-9:30am, 466012

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 (3 classes/month)

Monday – 10-10:55am, 466020

Wednesday – 10-10:55am, 466023

Saturday – 10:00-10:55am, 466026

Twice a week classes - \$60/month (7 classes/month)

Mon/Wed – 4:30-5:25pm, 466022

Tues/Thurs – 10-10:55am, 466024

Preschool 2

Once a week classes - \$35/month (3 classes/month)

Monday - 11:15am-12:10pm,
466021

Wednesday - 11:15am-12:10pm,
466030

Saturday - 10:00-10:55am, 466038

Twice a week classes - \$60/month (7 classes/month)

Tues/Thurs - 11:15am-12:10pm,
466034

Tues/Thurs - 4:30-5:25pm, 466036

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 (3 classes/month)

Friday - 12:00-12:55pm, 466060

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. Children in these classes are expected to be safe, responsible, and respectful.

Gym Level 1

Once a week class - \$35 (3 classes/month)

Saturday-11:10am-12:10pm, 466033

Twice a week classes - \$60/month (7 classes/month)

Mon/Wed - 4:00-4:55pm, 466040

Mon/Wed - 5:30-6:25pm, 466041

Tues/Thurs - 5:15-6:10pm, 466031

Tues/Thurs - 6:00-6:55pm, 466046

Gym Boys

Twice a week class - \$60/month (7 classes/month)

Tues/Thurs - 4:00-4:55pm, 466080

Gym Level 2

Twice a week classes - \$70/month (7 classes/month)

Mon/Wed - 6:00-7:15pm, 466042

Mon/Wed - 6:45-8:00pm, 466051

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 (7 classes/month)

Mon/Wed - 7:30-8:30pm, 466014

Tues/Thurs - 7:30-8:30pm, 466061

Pre-Team

Is your daughter interested in being a part of a competitive team? This is an opportunity to find out if competitive gymnastics is for her! Open to any girl over the age of 5. The Pre-Team class is a requirement before enrollment into the Xcel Teams. This class is only available from January through May 2021.

Twice a week classes - \$100/month

Mon/Wed - 4:00-6:00pm, 466101

Mon/Wed - 6:00-8:00pm, 466102

Beginner Team

This is a beginner level competitive program. Anyone who has completed Pre-Team can join our Bronze Level. Girls in this class are expected to work hard and travel for competitions. Note: Enrollment into the Xcel 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.

Twice a week classes - \$120/month

Gym Xcel Bronze (ages 5 and up):

Tues/Thurs - 5:00-7:30pm, 466103

Gym Xcel Silver (ages 6 and up):

Mon/Wed - 5:00-7:30pm, 466104

Advanced Team

These are 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 x/week class - \$150/month (ages 7 and up)

Mon/Thurs/Fri - 5:00-8:00pm,
466091

Four x/week class - \$200/month (ages 7 and up)

Mon/Tues/Thurs/Fri - 5:00-8:00pm,
466072

Summer Rec Camp 2021

This is a 10-week program that is structured to keep your child active while providing quality childcare. Spots are limited.

Cost: \$1,300/child with a \$35 administration/supply fee due at registration.

Dates: June 7, 2021 to August 13, 2021

- Pre-registration: March 1st-11th for current Latchkey families and 2020 Summer Rec Camp families only.
- Open registration: March 22nd at the Kiwanis Community House, 7:30am
- Limited space.

Easter Egg Hunt

Come enjoy an Easter egg hunt with the chance to win an extra special basket. It's encouraged to bring your empty Easter baskets for the hunt.

Free to the public.

Date: April 3, 2021

Location: Holiday Park (west side)

Time: 10:00am sharp

Ages: 2-8 years old

Parent can help children 3 and under hunt but we ask that children 4 or older hunt by themselves.

**Superday
June 26, 2021**

www.CheyenneRec.org

FaceBook: CheyenneRec

**Instagram:
CheyenneRecreation**

**For questions, call
(307) 637-6423**

