



Fall Sports and Programs

September 1 - December 31, 2021

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

FaceBook: [CheyenneRec](#) Instagram: [CheyenneRecreation](#)

Youth Sports

Youth Co-Rec Volleyball League

Activity #271022
A co-ed recreational volleyball league for youth grades 4-6. Registration includes an 8-game schedule, game t-shirt, picture, and award.
Registration: July 12 – August 26, 2021

Late Registration: August 27 – September 9, 2021

Fee: \$60/player
Late Fee: \$25 if space is available.
Practices begin September 20, 2021 at various school district facilities.
Season begins October 1, 2021 – Games at the Youth Activity and Community Center.
Contact: David Mullen at dmullen@cheyennecity.org or call (307) 773-1039.

Youth Basketball Officials Training

Location: Pioneer Park Center
Activity #372023
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: August 9 – October 28, 2021

Fee: Free
Date & Time: Monday, November 1, 6:00-8:00pm
Contact: Tyler Feezer at tfeezer@cheyennecity.org or (307) 637-6408.

Youth Basketball League (3rd-6th grades)

Activity # 372021
A recreational basketball program for boys and girls in 3rd-6th grades. Registration includes a 6-game schedule, team shirt, basketball, picture, and award.
Registration: August 9 – Sept. 16

Fee: \$60/player
Late Registration: September 17-September 30, 2021
Late Fee: \$25 if room available.
Practice begins October 18, 2021 at various school district facilities.
Season begins November 6, 2021 at various school district facilities.
Contact: Tyler Feezer at tfeezer@cheyennecity.org or (307) 637-6408

Youth Basketball Referee Training

Location: Youth Activity and Community Center
Activity #372023
Have you always wanted to referee? This training will get you ready for this coming season Youth Basketball season. Learn proper court positioning, call signals, and the aspects of the game.
Registration: September 20 – December 30, 2021
Date & Time: January 4, 2022, 6:00 – 8:00pm
Fee: Free
Contact: David Contreras at dcontreras@cheyennecity.org or call (307) 637-6425.

Co-Rec Youth Basketball League

(K-2nd grades)
Activity # 372021
A recreational basketball program for boys and girls in Kindergarten through 2nd grade. Registration includes a 6-game schedule, game shirt and shorts, picture, and award.
Registration: September 20 – November 4, 2021
Fee: \$60/player
Late Fee: \$25 if there is room available.
Practice begins December 6, 2021, and the season begins January 8, 2022.
Contact: David Contreras at dcontreras@cheyennecity.org or call (307) 637-6425.

Adult Sports

Adult Basketball Referee Training

Location: Pioneer Park Center
Activity #360092
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: June 7 – August 26, 2021
Date & Time: Thursday, September 2, 6:00-8:00pm
Location: Youth Activity and Community Center
Fee: Free
Contact: David Contreras at dcontreras@cheyennecity.org or call (307) 637-6425.

Fall Men's and Women's Volleyball League

Location: Eastridge Facility (Old Carey Jr. High)
Activity # 360071 (Men's) / 360081 (Women's)
Get out of the cold and join the City's Volleyball League. Sign your team up for competitive or recreational divisions. Each team is guaranteed 10 games. There will be a single elimination tournament following the regular season based on season standings. Officiated by Officials for Fun Club.
Registration: June 28 – August 12, 2021
Late registration: August 13 – August 26, 2021
Fee: \$420/team – Team fee must be paid at the time of registration.
Late Fee: \$50
Season begins September 13, 2021. Games are played Mondays through Thursdays.

Contact: David Mullen at dmullen@cheyennecity.org or call (307) 773-1039.

Fall Indoor Pickleball 101

Location: Youth Activity and Community Center
Activity # 360111

A class and sport for all ages! An introduction to the sport of Pickleball will be held Tuesdays and Thursdays, 9:30am-11:30am, over five weeks. Registration: July 26 – September 9, 2021

Late Registration: September 10 – September 23, 2021

Fee: \$50 per person. Class is capped at 12 people.

Late Fee: \$10

Season begins October 5, 2021

Contact: David Mullen at dmullen@cheyennecity.org or call (307) 773-1039.

Winter Co-Rec Volleyball League

Location: Eastridge Facility (Old Carey Jr. High)

Activity # 160111

Recreational volleyball leagues for Co-Rec teams. 10 games guaranteed. There will be a double elimination tournament for the last 3 weeks of the season. Officiated by Officials for Fun Club.

Registration: November 1 – December 16, 2021

Late Registration: December 17 – December 30, 2021

Fee: \$420/team – Team fee must be paid at the time of registration.

Late Fee: \$50

Season begins January 17, 2022.

Games are played Mondays through Thursdays.

Contact: David Mullen at dmullen@cheyennecity.org or call (307) 773-1039.

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

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

Martial Arts

Tae Kwon Do

Location: Youth Activity and Community Center/1317 Parsley Blvd. (Community Room)
Activity #367024

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

Activity #367021

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

Piano & Guitar

Beginning Guitar Lessons

Location: Activity Center/3121 Carey Avenue

Activity #365034

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: \$70/Monthly ½ hour class

Session 1: September, Wednesdays, 5:15-5:45pm (September 8, 15, 22, 29)

Session 2: October, Wednesdays, 5:15-5:45pm (October 6, 13, 20, 27)

Session 3: Nov./Dec., Wednesdays, 5:15-5:45pm (Nov. 3, 10, 17 and December 1)

Instructed by Dunlevy Family Music

Beginning Piano Lessons

Location: Activity Center/3121 Carey Avenue

Activity #365035

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: \$70/Monthly ½ hour class

Session 1: September, Wednesdays, 6:00-6:30pm (September 8, 15, 22, 29)

Session 2: October, Wednesdays,
6:00-6:30pm (October 6, 13, 20, 27)
Session 3: Nov./Dec., Wednesdays,
6:00-6:30pm (Nov. 3, 10, 17 and
December 1)
Instructed by Dunlevy Family Music

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. All dogs must be up-to-date on vaccinations; puppies started vaccinations. Bring vaccination record to first class.

K9 Nose Work® 2 – Intro to Elements

Location: Activity Center (3121 Carey Avenue

Activity #365026

This class is the second in a series, and continues to develop the skills started in the Intro class. Students will begin to work searches on vehicles and exterior spaces. Students will have some work outside of classes. In harsher weather, skills will be introduced and developed indoors. Handlers will gain more experience in reading their dogs, leash handling skills, reward placement, and search strategies. **PREREQUISITES: K9 NOSE WORK 1 OR INSTRUCTOR APPROVAL.**
Session: September 12 – Nov. 21
Day/Time: Alt. Sundays, 3:00-5:30pm
Fee: \$130 per dog/handle team, humans may enroll up to 2 dogs for one handler.

Perfect Puppy

Location: Pioneer Park Center (1331 Talbot Court)

Activity #365023

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.
Session 1: September 12 – Oct. 17

Session 2: November 7 – Dec. 12
Day/Time: Sundays, 3:00-4:00pm
Fee: \$110

Novice Dog Obedience

Location: Pioneer Park Center (1331 Talbot Court)

Activity #365021

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". The first class is for the owners only (no dogs on first class). For questions, call Linnea Nicely-Dix at 307-256-9088.

Session 1: September 12–October 17

Session 2: November 7–December 12

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

Fee: \$110

Canine Massage Workshop

Location: Pioneer Park Center, 1331 Talbot Court

Activity #365019

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. Dogs must be friendly to other dogs and people. Owners are welcome to attend without a dog. For questions, call the instructor, Linnea Nicely-Dix at 307-256-9088. Maximum of 10 dogs.

Session: September 12

Day/Time: Sunday, 6:00–8:00pm

Fee: \$30 with dog/\$20 without dog

AKC Canine Good Citizen

Location: Pioneer Park Center (1331 Talbot Court)

Activity #365020

This class is designed to teach you and your dog the 10 test steps required to pass the AKC Canine Good Citizen test. Cost of the test and materials are included in the class fee. All dogs MUST be good with people and other dogs. For questions, call the instructor, Linnea Nicely-Dix at 307-256-9088.

Session: November 7 – November 28

Day/Time: Sundays, 6:00–7:00pm

Fee: \$110

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.

New Registrants:

- Must register in person at the Kiwanis Community House in Lions Park, Mon-Fri 7:30am-4:30pm.
- Registration and payments are accepted after the 25th of each month for enrollment the following month. Ex: If you want to start class in September you will need to register and pay between August 25-September 1.
- If there are spots available in the class, you can still register at the beginning of the month and start class that same month.
- If there are no spots available in your desired class, we do offer a waitlist. People on the waitlist have priority registration for any available spots in the next month's classes between the 21st-24th before registration opens to the public on the 25th each month.

Continuing registrants:

- Current members need to pay by the 20th each month for the following month's classes.
 - You can pay with a card over the phone (307)637-6423 or online through our website, www.cheyennerec.org, in person with cash or check at the Kiwanis Community House in Lions Park, or sign up for our seasonal autopay.
- Class details and schedule:
- **Once a week rec classes are scheduled for 3 classes a month and twice a week rec classes are scheduled for 7 classes a month. Rec classes are all classes that are noncompetitive.**
 - All classes are held at the Neighborhood Facility, 610 W 7th St.
 - Class schedules are subject to change based on enrollment.

Parent & Tot Class

Designed for toddlers between 1.5-

3 years old. 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 class - \$25/mo.
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/mo.
Tues/Thurs – 9:00-9:30am, 466012

Preschool Classes

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.

Preschool 1

Once a week class - \$35/mo.
Monday – 10:00-10:55am, 466020
Wed. – 10:00-10:55am, 466023
Friday – 10:30-11:25am, 466025
Saturday – 10:00-10:55am, 466026

Twice a week classes - \$60/mo.
Mon/Wed – 4:30-5:25pm, 466022
Tues/Thurs-10:00-10:55am 466024
Tues/Thurs – 5:15-6:10pm, 46602

Preschool 2

Once a week classes - \$35/mo.
Monday – 11:15-12:10pm, 466021
Wed. – 11:15-12:10pm, 466030
Saturday – 10:00-10:55am, 466038

Twice a week classes - \$60/mo.
Tues/Thurs – 11:15am-12:10pm 466034
Tues/Thurs – 4:30-5:25pm, 466036

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/mo.
Saturday-11:15am-12:10pm, 466033

Twice a week classes - \$60/mo.
Mon/Wed – 4:00-4:55pm, 466040
Mon/Wed – 4:15-5:10pm, 466043
Mon/Wed – 5:15-6:10pm, 466047
Mon/Wed – 5:30-6:25pm, 466041
Mon/Wed – 6:00-6:55pm, 466048
Tues/Thurs – 4:15-5:10pm, 466044
Tues/Thurs – 5:30-6:25pm, 466031
Tues/Thurs – 6:00-6:55pm, 466046

Homeschool

Once a week class - \$35/mo.
Friday – 12:00-12:55pm, 466060

Boys

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

Gym Level 2

Twice a week classes - \$70/mo.
Mon/Wed – 6:30-7:45pm, 466042
Tues/Thurs – 6:30-7:45pm, 466051

Tumbling

These classes are designed for ages 12+ to learn the basics of tumbling or improve and advance existing tumbling skills.

Twice a week classes - \$60/mo.
Mon/Wed – 7:30-8:30pm, 466061
Tues/Thurs – 7:30-8:30pm, 466062

Beginner Team

Anyone who has completed Pre-Team can join our Bronze Level. Enrollment into our XCEL Team is only open to new members from June 1-August 1. 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.

Xcel Bronze

Twice a week classes - \$120/month
Tues/Thurs – 4:00-6:00pm, 466103
Tues/Thurs – 6:00-8:00pm, 466104

Xcel Silver

Twice a week classes - \$140/month
Mon/Wed – 5:00-8:00pm, 466106
Add a third practice - \$30/month
Fridays – 5:00-8:00pm, 466107

Advanced Team

Enrollment into this class 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 more competitions.

Xcel Gold

Three times a week class - \$170/mo
Tues/Wed/Thurs – 5:00-8:00pm, 466090
Add a fourth practice - \$30/month
Friday – 5:00-8:00pm, 466091

Xcel Platinum and Diamond

Three times a week class - \$170/mo.
Mon/Tues/Thurs-5:00-8:00pm 466073
Add a fourth practice - \$30/month
Friday – 5:00-8:00pm, 466074

Developmental Program Optionals

Four times a week class - \$200/mo
Mon/Tues/Wed/Thurs – 5:00-8:00pm, 46607

Latchkey

The Latchkey program provides before and afternoon care for children in elementary school. The program also provides transportation to majority of schools within Cheyenne. Spots are limited. For more information, contact Jade Herstein at jherstein@cheyennecity.org or at (307) 286-5117.

Cost: \$220/month per child (prorated cost in August 2021 and June 2021)

• \$35 supply fee per child due at registration

Dates: August 23, 2021 to June 2, 2022

Program Hours: 6:45am to 5:45pm

Locations: The location your child attends will be determined by their school.

• Pioneer Park Center- 1331 Talbot Court

• Youth Activity and Community Center- 1317 Parsley Blvd.

Included: Care before and after school, transportation to and from school daily, an afternoon snack and juice, homework help, a wide variety of activities to keep your child engaged. Care on teacher in-service days or holiday breaks (except for City recognized holidays). Field trips or special activities on days without school.

FaceBook: CheyenneRec
Instagram: CheyenneRecreation

