



# Fall Sports and Programs

September 1 - December 31, 2022

Register on [www.CheyenneRec.org](http://www.CheyenneRec.org) or at the Kiwanis Community House.  
(4603 Lions Park Drive) or call 637-6423.  
FaceBook: **CheyenneRec** Instagram: **CheyenneRecreation**

## Youth Sports

### Youth Basketball League (3rd-6th Graders)

**Location: Various Schools**  
**Activity #372021**

A recreational basketball league for boys and girls in 3rd-6th grade. Registration includes a 6-game schedule, team shirt, basketball, picture, and award.

Registration: August 1 – September 15

Late Registration: September 16-September 29

Fee: \$60/player

Late Fee: \$25 if space is available.

Practices begin October 17.

Season: November 5–December 17

Contact: Harley Tekerman at [htekerman@cheyennecity.org](mailto:htekerman@cheyennecity.org) or (307) 637-6408.

### Youth Basketball League (K-2nd Graders)

**Location: Various Schools**  
**Activity #372021**

A co-recreational basketball league for boys and girls in K-2nd grade. Registration includes a 6-game schedule, team shirt, basketball, picture, and award.

Registration: Sept 6–October 20

Late Registration: October 21-November 3

Fee: \$60/player

Late Fee: \$25 if space is available.

Practices begin December 12, 2022.

Season: January 14 – February 2023

Contact: David Contreras at [dcontreras@cheyennecity.org](mailto:dcontreras@cheyennecity.org) or call (307) 637-6425.

## Adult Sports and Activities

### Adult Basketball League

**Location: Carey Jr. High School**  
**Activity #360091**

Time to get out on the floor and shoot some hoops. A recreational basketball league for adults 16 years of age and older. 9 games guaranteed plus single elimination tournament.

Registration: June 13 – July 28

Late Registration: July 29 – August 11, 2022

Fee: \$575/team

Season: September 12 – December 15, 2022

Contact: David Contreras at [dcontreras@cheyennecity.org](mailto:dcontreras@cheyennecity.org) or call (307) 637-6425.

### Fall 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, 9:00am-11:00am, over five weeks.

Registration: July 25 – September 8, 2022

Late Registration: September 9 – September 22, 2022

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

Late Fee: \$10 if space is available.

Session: October 4 – November 3,

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

### Co-Rec Winter Volleyball League

**Location: Various Schools**  
**Activity #160111**

Recreational volleyball leagues for Co-Rec teams. 10 games guaranteed. There will be a single elimination tournament for the last 2 weeks of the season.

Registration: October 31 – December 15, 2022

Late Registration: December 16 – December 29, 2022

Fee: \$450 per team.

Late Fee: \$50.

Season: January 23 – April 21, 2023

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

### Winter Pickleball 201

**Location: Youth Activity and Community Center**  
**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 advance Pickleball class, meant to build on your pickleball 101 skills. For intermediate player with some pickleball experience. Classes held indoors and capped

at 12 participants.  
Registration: December  
12-January 26, 2023  
Late Registration: January  
27-February 9, 2023  
Fee: \$60/player  
Late Fee: \$10 if space is available.  
Session: February 21-March 23,  
2023  
Dates/Times: Tuesdays/  
Thursdays, 9:30-11:00am  
Contact: Harley Tekerman at  
htekerman@cheyennecity.org or  
(307) 637-6408.

### **Adult Co-Rec Dodgeball** **Location: Youth Activity &** **Community Center** **Activity #160110**

Time to dodge, duck, dip, dive,  
and dodge. A Co-Recreational  
League to get out there and have  
some fun while getting in a good  
exercise. Each team is guaranteed  
8 games. Games will be played  
Monday – Thursday evenings at  
the Youth Activity and Community  
Center.

Registration: January 3 –  
February 16, 2023  
Fee: \$180/Team  
Late Fee: \$50/If space is available.  
Season: March 20 – May 15, 2023  
Contact: David Contreras at  
dcontreras@cheyennecity.org or  
(307) 637-6425

## **Officials Training**

### **Adult Basketball Officials** **Training** **Location: Youth Activity &** **Community 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 6 – August 25  
Fee: Free  
Date & Time: Friday, September

2, 6:00-8:00pm  
Location: Youth Activity and  
Community Center  
Contact: David Contreras at  
dcontreras@cheyennecity.org or  
call (307) 637-6425.

### **Youth Basketball Officials** **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: August 22 – October  
20, 2022  
Fee: Free  
Date & Time: October 25, 2022,  
6:00 – 8:00pm  
Contact: David Contreras at  
dcontreras@cheyennecity.org or  
call (307) 637-6425.

## **Drop In Classes** **and Activities**

Punch Passes – 5 Visits \$12.50, 10  
Visits \$22.50, 20 Visits \$40  
Purchase at the Kiwanis Com-  
munity 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 or elec-  
tion days. Waivers to be signed at  
time of first visit.

**Chair Yoga** – 40 minutes.  
Location: Youth Activity and Com-  
munity Center/1317 Parsley Blvd.  
Yoga is a physical, mental, and  
spiritual discipline. While  
stretching is certainly involved,  
yoga is also about creating bal-

ance in the body through develop-  
ing both strength and flexibility.  
This is done through the perfor-  
mance of poses and postures,  
each of which has specific phys-  
ical 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/Wednes-  
days 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

### **FREE Kid Wheel Day**

Location: Youth Activity and  
Community Center/1317 Parsley  
Blvd.  
Bring anything on wheels (or  
not), and just play and meet new  
friends.  
For ages under 6.  
Parents must remain in the YACC  
gymnasium and supervise your  
children.  
Day & Time: Fridays, 10:00-  
11:30am.  
Free to the community.

## **Fitness**

**Wu Style Taiji Quan**  
**Location: Youth Activity and**  
**Community Center - Communi-**  
**ty Room/1317 Parsley Blvd.**  
**Activity #367021**  
Taiji Quan (Tai Chi) is an Ancient

Chinese Internal Martial Art, which uses the gentle way of defending oneself. Students will learn calming breathing exercises. Emphasis is placed on fundamental Taiji skills, push hands, and postures. Loose fitting clothing recommended. Instructed by Michele Schmidt (970) 402-0996. Mondays/Wednesdays, 10:30am-11:30am  
Monthly Sessions - \$70  
Session 1: September 12-October 12, 2022  
Session 2: October 17-November 16, 2022 (Pioneer Park Center November 7-9)  
Session 3: November 21-December 21, 2022

### **Relaxation, Stretching, and Balance Through Tai Chi**

Location: Youth Activity and Community Center – Community Room/1317 Parsley Blvd.  
Activity #367022  
This class is designed for those interested in stretching and improving their balance by practicing the Tai Chi posture, walk, simple Tai Chi movements. Students will also be introduced to breathing and relaxation exercises. Instructed by Michele Schmidt (970) 402-0996. Mondays/Wednesdays, 2:00pm-3:00pm  
Monthly Sessions - \$70

Session 1: September 12-October 12, 2022  
Session 2: October 17-November 16, 2022 (Pioneer Park Center November 7-9)  
Session 3: November 21 to December 21, 2022

### **Women's Empowerment and Self-Defense**

Location: Youth Activity and Community Center Gymnasium/1317 Parsley Blvd.  
Activity #367031  
Women's empowerment is a class designed to empower women

through a whole person approach. We address self-esteem, situational awareness, and community safety while at the same time learning and experimenting with physical self-defense movements. We take on a collaborative approach and encourage participants to help guide their learning. Max: 18  
Saturday 10:00am-12:00pm (October 29, November 5 and 12)  
Fee: \$25

## **Martial Arts**

### **Tae Kwon Do**

**Location: Youth Activity and Community Center/1317 Parsley Blvd. (Community Room)**  
Activity #367025

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 Sessions - \$35

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

**K9 Nose Work® 1 – Intro**  
**Location: Pioneer Park Center (1331 Talbot Court)**  
Activity #365024

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. Because only the working dog is in the working area during a search, dogs that are uncomfortable around other dogs or those with environmental issues can learn and thrive in this new sport. An obedient dog is not necessary! For questions contact Barb at the.elemental.dog@gmail.com or call 307-421-5514. Fee: \$130 per dog/handler team  
Dates/Time: Wednesdays, 7:00pm – 8:30pm  
Session 1: September 14 – October 26, 2022 (No class 10/5)  
Class Max: 6 dogs (humans may enroll up to 2 dogs for one handler)

### **K9 Nose Work® 2 – Intro to Elements**

**Location: Pioneer Park Center (1331 Talbot Court)**  
Activity #365026  
This class is the second in a series. This class continues to develop the skills started in the Intro class. Students will begin to work searches on vehicles and exterior spaces. Students can expect to do at least some work outside in most classes, weather permitting. 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. 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.

Fee: \$130 per dog/handler team  
Day/Time: Wednesdays 7:00pm-8:30 pm

Session 1: November 9 – December 14, 2022

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)**

**Activity #365025**

The Advanced Topics classes are short 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. Teams should be on all three NACSW odors. For questions contact Barb at the.elemental.dog@gmail.com or call 307-421-5514.

### **Session 1: NACSW Skills Challenges Set Up and Video**

The NACSW Skills Challenges are a great way to build foundation skills while earning titles for dog. Finding the space and time can be a challenge in itself! The Elemental Dog, LLC will set up one challenge each week over four weeks. All three levels of difficulty will be included. Each run will be videoed for teams wishing to submit videos to NACSW. Limited coaching will be available. Setups will start with level 1 and progress to level three. All odors will be used. Even if you compete in venues other than NACSW, these foundational skills are essential.

Fee: \$100 per dog/handler team (includes videos)

Time: Saturdays 10am-12pm

Days:

Sept 10 – Skill 1, Independent Hunting, Levels 1, 2, and 3

Sept 17 – Skill 2, Suspended Hides, Levels 1, 2, and 3

Oct 1 – Skill 3, Multiple Hides, Levels 1, 2, and 3

Oct 22 – Skill 4, Containers, Levels 1, 2, and 3

Class Max: 8 dogs (humans may enroll up to 2 dogs for one handler)

### **Session 2: Where Was That Hide?!**

Regardless of the venue you compete in, remembering where you have called alert and how many hides you have found can be a real challenge, especially in the stressful competition environment. This class will present some techniques and tips to sharpen your memory and help you keep track of where your dog found hides and how many your team has located. Dogs should be fluent with the target odors of birch, anise, and clove and able to work NW3 or AKC Excellent level searches.

Fee: \$75 per dog/handler team

Day/Time: Saturdays, 10:00am-12:00pm

Session: November 5 – December 3, 2022 (No class 11/26)

Class Max: 8 dogs (humans may enroll up to 2 dogs for one handler)

## **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](http://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 - \$30/month (3 classes/month)

Monday – 9:00am-9:30am, 466011

Wednesday – 9:00am-9:30am, 466013

Saturday – 9:00am-9:30am, 466035

Saturday – 9:30am-10:00am, 466032

Twice a week classes - \$50/month (7 classes/month)

Tues/Thurs – 9:00am-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 - \$40/month (3 classes/month)

Monday – 10:00am-10:55am, 466020

Wednesday – 10:00am-10:55am, 466023

Friday – 10:30am-11:25am, 466025

Saturday – 10:00am-10:55am,  
466026

Twice a week classes - \$70/  
month (7 classes/month)  
Mon/Wed – 4:35pm-5:30pm,  
466022

Mon/Wed – 5:10pm-6:05pm,  
466081

Tues/Thurs – 10:00am-10:55am,  
466024

Tues/Thurs – 4:00pm-4:55pm,  
466027

### **Preschool 2:**

Once a week classes - \$40/month  
(3 classes/month)

Monday – 11:15am-12:10pm,  
466021

Wednesday – 11:15am-12:10pm,  
466030

Saturday – 10:00am-10:55am,  
466038

Twice a week classes - \$70/  
month (7 classes/month)  
Mon/Wed – 4:00pm-4:55pm,  
466043

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

Tues/Thurs – 5:10pm-6:05pm,  
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.

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

### **Gym Level 1**

Once a week classes - \$40/month  
(3 classes/month)

Saturday – 11:15am-12:10pm,  
466033

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

Mon/Wed – 4:00pm-4:55pm,  
466040

Mon/Wed – 5:10pm-6:05pm,  
466047

Mon/Wed – 5:50pm-6:45pm,  
466041

Mon/Wed – 6:30pm-7:25pm,  
466048

Tues/Thurs – 4:00pm-4:55pm,  
466044

Tues/Thurs – 5:10pm-6:05pm,  
466082

Tues/Thurs – 5:50pm-6:45pm,  
466031

Tues/Thurs – 6:30pm-7:25pm,  
466046

### **Boys:**

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

Mon/Wed – 4:00pm-4:55pm,  
466084

Tues/Thurs – 4:00pm-4:55pm,  
466080

### **Gym Level 2:**

Twice a week classes - \$80/  
month (7 classes/month)

Mon/Wed – 6:45pm-8:00pm,  
466042

Tues/Thurs – 4:15pm-5:30pm,  
466083

Tues/Thurs – 6:45pm-8:00pm,  
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 - \$70/  
month (7 classes/month)

Mon/Wed (Advanced – must have  
pre-approval by coach) – 7:30pm-  
8:30pm, 466061

Tues/Thurs (Beginner) – 7:30pm-  
8:30pm, 466062

### **Competitive Team**

Cheyenne Gymnastics offers  
one competitive program by  
invite only, USAG Xcel. For more

information regarding our  
competitive program, please  
contact Shannon Mitchell  
by e-mailing SMitchell@  
CheyenneCity.org or calling  
(307)637-6407.

## **Latchkey**

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

Cost: \$220/month per child  
(prorated cost in August 2022  
and June 2023)

\$35 supply free per child due at  
registration.

Dates: August 24, 2022 to June 6,  
2023

Open registration: July 11, 2022

Registration is at the Kiwanis  
Community House (4603 Lions  
Park Drive)

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

Locations: The program has two  
locations, but all children will  
attend the program at the Pioneer  
Park Center- 1331 Talbot Ct.

If we split out into two locations  
during the school year the  
location your child attends will be  
determined by their school.

Care before and after school,  
transportation to and from school  
daily, an afternoon snack and  
juice, homework help, and a wide  
variety of activities to keep you

child engaged. Care on teacher in-service days or holiday breaks (except for City recognized holidays), and field trips or special activities on days without school.

**FaceBook:  
CheyenneRec**

**Instagram:  
CheyenneRecreation**

**[www.CheyenneRec.org](http://www.CheyenneRec.org)**

*The mission of the Recreation Division is to enrich the quality of life through providing cost-effective opportunities for recreational activities, focusing on life-long wellness through exceptional programs, activities, and events for all ages in the community.*