



Winter/Spring Program Guide

January 1 - May 31, 2023

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

NEW SEASON

Co-Rec Youth Volleyball League

Location: Various Schools
Activity # 171022

An instructional league to teach girls and boys the fundamentals of volleyball for grades 4 to 6. Teams will practice during the week with games on Saturday. Teams will play an 8-game schedule throughout the 6-week season. The registration fee also includes a team shirt, team picture, and a participation award.

**Registration: November 28,
2022-January 12, 2023**

Late Registration: January 13-26

Fee: \$65/player

Late Fee: \$25 if space is available.

Practices: February 27, 2023

Season: March 11-April 22, 2023

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

Girls Recreational Fast Pitch Softball League

Location: Converse Softball Complex
Activity # 172051

Enjoy a fun-filled summer with our recreational fast-pitch softball league for girls ages 7 to 18. This is a great way to gain experience for those interested in playing high school softball! Registration includes 10 games, an end-of-season tournament, team shirt, team picture, and a participation award.

**Registration: February 13-March 30,
2023**

Late Registration: March 31-April 13

Fee: \$65/player

Late Fee: \$25 if space is available.

Practices begin: May 15, 2023

Season: June 5-July 20, 2023

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

NEW PROGRAM

Girls Flag Football League

Location: Various City Parks
Activity # 171024

The Girls Flag Football League is a non-contact sport, for girls in grades 6 to 12, that provides an opportunity to learn new skills and to develop as a person in a team environment. Registration includes 6 games, team shirt, team picture, and a participation award.

Registration: March 6-April 20, 2023

Late Registration: April 21-May 4

Fee: \$65/player

Late Fee: \$25 if space is available.

Practices begin: May 29, 2023

Season: June 17-July 22, 2023

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

Tee Ball

Location: Cahill Park
Activity #172061

This program is designed to teach the fundamentals of baseball/softball to boys and girls for ages 3 to 6. The experience is grounded in fun, fitness, and fundamentals while also being a key to growing a child's love for the game. Each kid will receive team shirt, hat, team picture, and a participation award.

**Registration: March 6 – April 20,
2023**

Fee: \$60/player

Late Registration: April 21 – May 4

Late Fee: \$25 if space is available.

Practices begin: May 29, 2023

Season: June 12 – July 13, 2023

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

Co-Rec Youth Lacrosse Fundamentals

Location: Sun Valley Park
Activity # 172002

Get outside and learn the fundamentals of Lacrosse, taught 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 2 to 6. Lacrosse sticks and balls will be provided!

**Registration: March 13–April 27,
2023**

Late Registration: April 28–May 11

Fee: \$35/player

Late Fee: \$10 if space is available.

Dates/Times: May 23–June 29, 2023
(Tuesdays and Thursdays, 6:00-
7:30pm) 12 lessons.

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

Youth Tackle Football League

Location: Various Schools
Activity #271020

A recreational tackle football league for grades 3 to 6. Registration includes utilization of equipment (helmet, shoulder pads, practice pants/pads, practice jersey), team picture, and a participation award. Teams are based on school triads.

Registration: May 1 – June 15, 2023

Fee: \$145/player and \$125 Equipment
Deposit

Late Registration: June 16 – June 29

Late Fee: \$25 if space is available.

Practice begins: July 31, 2023
Season begins: August 19 -October 28
Contact: David Contreras at
dcontreras@cheyennecity.org or (307)
637-6425

Youth AND Adult Outdoor Adventure Program

Youth Outdoor Adventure Program

Location: Youth Activity and
Community Center
Activity #268041
No need for any technology, just
nature! Activities include hiking,
kayaking,
paddleboarding, and much more. For
youth ages 8-14. Spaces limited per
activity.
Registration: April 4–August 2, 2023
Must be signed up by the Tuesday
before the Thursday/Friday activities.
Fee: Varies on activity. Program guide
will be out in March 2023.
Contact: Cameron Travis at ctravis@
cheyennecity.org or (307) 286-2648

NEW PROGRAM

Adult Outdoor Adventure Program

Location: Youth Activity and
Community Center
Activity #268042
Enjoy time in nature! Activities include
hiking, kayaking,
paddleboarding, and much more. For
adults 18 and over. Spaces limited per
activity.
Registration: April 4–August 2, 2023
Must be signed up by the Tuesday
before the Thursday/Friday activities.
Fee: Varies on activity.
Program guide will be out in March
2023.
Contact: Lori DeVilbiss at ldevilbiss@
cheyennecity.org or (307) 773-1044

Adult Sports and Activities

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 advanced Pickleball class, meant
to build on your pickleball 101 skills.
For an intermediate player with some
pickleball experience. Classes are held
indoors and capped at 12 participants.
**Registration: December 12,
2022-January 26, 2023**
Late Registration: January 27-Feb. 9
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 Registration: February 17-March 2
Late Fee: \$50 if space is available.
Season: March 20 – May 15, 2023
Contact: David Contreras at
dcontreras@cheyennecity.org or (307)
637-6425

NEW PROGRAM

Cornhole League

Location: Youth Activity and
Community Center
Activity #171034
New Program! Cornhole known
regionally as sack toss, or bean bag toss
in which players or teams take turns
throwing fabric bean bags at a raised,
angled board with a hole in its far end.

The goal of the game is to score points
by either landing a bag on the board
(one point) or putting a bag through
the hole (three points). 5 weeks of
league play plus single elimination
tournament.

Registration: January 3 – February 16, 2023

Fee: \$25/singles or \$40/doubles
Late Registration: February 17-March 2
Late Fee: \$10 if space is available.
Season: March 20 – May 18, 2023
Singles Play: Tuesdays, 6:30pm
Doubles Play: Thursday, 6:30pm
Contact: David Contreras at
dcontreras@cheyennecity.org or (307)
637-6425

Men's and Women's Softball

Location: Brimmer/Converse 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,
get fit, and meet new friends. This is a
slow pitch softball league for men and
women. Divisions are available to all
skill levels.
**Registration: February 13-March
30, 2023**
Late Registration: March 31-April 13
Fee: \$500/team and \$20/player fee
Late Fee: \$50
Season: May 15–July 20, 2023
Contact: David Mullen at dmullen@
cheyennecity.org or call (307) 773-
1039

Adult Summer Pickleball 101

Location: Martin Luther King Courts
Activity #260111
A paddle sport that combines elements
of tennis, ping pong, and badminton
into one. It is one of the 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
outdoors and capped at 12 participants.
**Registration: March 13 – April 27,
2023**
Fee: \$60/player
Late Registration: April 28 – May 11,
2023
Late Fee: \$10 if space is available.
Session: May 30 – July 13, 2023
Dates/Times: Tues. & Thurs., 9:30 –

11:00am

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

Early Bird Softball Tournament

Location: Brimmer/Converse Softball
Complexes

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: March 13–April 27,
2023**

Fee: \$275/sanctioned team or \$325/
non-sanctioned team

Tournament Date: May 6, 2023

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

Co-Rec Adult Kickball League

Location: Dave 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 3, 2023),
with up to 20 players on a roster. Teams
are guaranteed 6 games plus a single
elimination tournament.

Registration: April 24–June 8, 2023

Late Registration: June 9–June 22

Fee: \$180/Team

Late Fee: \$50

Season: July 3–September 2, 2023

(Saturday Tournament)

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

Co-Rec Adult Softball League

Location: Converse/Brimmer Softball
Complexes

Activity #: 260011

A recreational adult softball league for
teams composed of men and women.
The season will be 10 games and start
in August. This league has divisions for
all skill levels from first time players to
seasoned veterans! League plays under
USSSA sanctions and umpired by
USSSA umpires.

Registration: May 8–June 22, 2023

Late Registration: June 23–July 6, 2023

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

Late Fee: \$50

Season: August 7–September 14, 2023

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

Lenny Soveroski Memorial Softball Tournament

Location: Brimmer/Converse Softball
Complexes

Activity # 260030

Come out and support the memory of a
beloved umpire and referee by playing
in the Lenny Soveroski Memorial
Softball Tournament! This will be a
USSSA sanctioned tournament. Home
Run Competition, raffles, and activities
will occur throughout the tournament
and support the Youth Sports Financial
Assistance Program.

Registration: May 15–July 6, 2023

Fee: \$275/sanctioned team or \$325/
non-sanctioned team

Tournament Date: July 15, 2023

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

Officials Training

(For ages 16 & up.)

Youth Volleyball Officials Training

Location: Youth Activity and
Community Center

Activity # 271026

Like to be a part of the game and
give back to the youth? Training is
designed to teach proper mechanics,
making the correct call, and game
management.

**Registration: January 9–February
23, 2023**

Date/Time: February 28, 2023,
6:00pm

Fee: Free

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

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 upcoming
season.

**Registration: March 6–April 20,
2023**

Date/Time: Saturday, April 22, 2023,
9:00am-3:00pm

Fee: Free

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

Girls Softball Umpire Training

Location: Youth Activity and
Community Center

Activity # 172052

Want to be on the softball field
as part of the game while making
money at the same time?

Please join us for our girls' softball
umpire training and learn all the
necessary skills to become an
umpire!

**Registration: March 13–May 18,
2023**

Training Date: May 23, 2023

Fee: Free

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

Youth Tackle Football Officials Training

Location: Youth Activity &
Community Center

Activity #271121

Like to be part of the game and give
back to the youth while making a
little extra income? This training
is designed to teach the proper
mechanics, positioning and how to
approach the game.

**Registration: May 15 – July 27,
2023**

Date/Time: August 2, 2023, 6:00 –
8:00pm

Fee: Free

Contact: David Contreras at
dcontreras@cheyennecity.org or
(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 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 or election days. Waivers to be signed at time of first visit.

Chair Yoga

Location: Youth Activity and Community Center/1317 Parsley Blvd.
A 40-minute Chair Yoga class offers 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 9am (Classes not held on City holidays.)

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 Wednesday, 9am-11am

Emergency Services Employee Open Gym

Come enjoy some indoor pick-up basketball, pickleball, etc.
Free to Police and Fire employees/volunteers.

Days/Times: Fridays, 9am-11am

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 to Nose Work

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. 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! All dogs must be able to be “car crated” or quietly wait their turn in a covered crate. For questions, contact Barb at the.elemental.dog@gmail.com or call (307) 421-5514.

Day/Time: Wednesdays, 7:00-8:30pm
Session 1: March 15 – April 19, 2023
Session Fee: \$130 per dog/handler team

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

K9 Nose Work® 2 – Intro to Exteriors and Vehicles

Location: Pioneer Park Center (1331 Talbot Court)

Activity #165025

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. For questions, contact Barb at the.elemental.dog@gmail.com or call 307-421-5514. PREREQUISITES: K9 NOSE WORK 1 OR INSTRUCTOR APPROVAL.

Day/Time: Wednesdays, 7:00-8:30pm
Session: May 3–June 7, 2023
Session Fee: \$130 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)

Activity #165026

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

Day/Time: Wednesdays, 7:00 – 8:30pm

Session 1: January 11 – February 15, 2023

Session Fee: \$130 per dog/handler team

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

ADVANCED TOPICS IN K9 NOSE WORK - SHORT COURSES

Advanced Topics in K9 Nose Work® – Short Courses

Location: Pioneer Park Center (1331 Talbot Court)

Activity #165020

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 Challenge #2 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. The blank area challenges will be interspersed throughout all four weeks as running multiple blank searches in a session is likely to be demotivating for many dogs. 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)

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

March 18 – Skill 1, Vehicle, Levels 1, 2, and 3

March 25 – Skill 2, High/Low Hides, Levels 1, 2, and 3

April 1 – Skill 3, Inaccessible Hides, Levels 1, 2, and 3

April 8 – Skill 4, Blank Areas and Reshoot of earlier challenges if needed, Levels 1, 2, and 3

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

Session 2: Advanced Workshop on Close Proximity Hides

Close-proximity hides become common at the NACSW Elite Level and in the upper levels of AKC. However, helping our dogs learn to work through the potential converging and pooling and trapping odor will benefit all teams regardless competition level or venue. Search elements will cover interiors, exteriors, containers, and vehicles. If there is interest, a modified buried scenario can be included (smaller containers than AKC regulation for ease of set up). All NACSW odors will be used. Even if you compete in venues other than NACSW, these foundational skills are essential. Prerequisite: Dogs must be able to search independently for birch, anise, and clove.

Fee: \$100 per dog/handler team

Day/Time: Tuesdays, 7:00pm-9:00pm

Session: April 25 - May 16, 2023

Class Max: 7 dogs (humans may enroll up to 2 dogs for one handler)

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 (no dogs please). For questions, call the instructor, Linnea Nicely-Dix at (307) 256-9088. Maximum of 10 dogs.

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

Session 1: January 22–February 26, 2023

Fee: \$110

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. Maximum of 10 dogs.

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

Session 1: January 22 – February 26, 2023

Fee: \$110

Canine Massage Workshop

Location: Pioneer Park Center, 1331 Talbot Court

Activity #165019

Learn massage techniques that your dog will love. Great for newly rescued dogs, dogs recovering from surgery, as well as fearful and 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.

Day/Time: Sunday, 6:00 – 8:00pm

Session: February 26, 2023

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

Horse Classes

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

Session 1: April 2, 9, 16, 23, 2023

Session 2: May 7, 14, 21, 28, 2023

Fee: \$160/per session

Look for June classes on www.CheyenneRec.org.

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, 10:30am-12:00pm

Session 1: April 2, 9, 16, 23, 2023

Session 2: May 7, 14, 21, 28, 2023

Fee: \$160/per session

Look for June classes on www.CheyenneRec.org.

Equine Care in Wyoming (Classroom only)

Location: Activity Center (3121 Carey Avenue)

Activity #168067

Students will learn basic equine safety as well as equine care as it pertains to Wyoming living. One two-hour class. Taught by Anne Larson.

Days/Times: Wednesdays, 6:00-8:00pm

Session 1: February 8, 2023

Session 2: March 8, 2023

Fee: \$30/Session

Specialty Classes

Introduction to Crochet

Location: Activity Center (3121 Carey Avenue)

Activity #160541

Ever wanted to learn how to crochet? Here is your chance! No experience necessary. Students will be instructed in the basic crochet fundamentals of various basic crochet stitches and reading patterns. Bring your own crochet hooks and skeins of yarn in your favorite colors. Our efforts will yield a warm winter scarf. Two one-hour classes in a session. Taught by Anne Larson.

Session 1: Monday, February 6 and 13, 2023, 10:00-11:00am

Session 2: Thursday, February 9 and 16, 2023, 6:00-7:00pm

Session 3: Monday, March 6 and 13, 2023, 10:00-11:00am

Session 4: Thursday, March 9 and 16, 2023, 6:00-7:00pm

Fee: \$30/Session

Crochet 201

Location: Activity Center (3121 Carey Avenue)

Activity #160542

This class is a nice continuation for those who participated in the introduction class or for those who have some crochet skills. We will be making weekly squares that we sew together at our last class. Bring your own crochet hooks and skeins of yarn in your favorite colors. Four one-hour classes in a session. Taught by Anne Larson.

Days/Times: Mondays, 11:00am-12:00pm

Session 1: March 6, 13, 20, 27, 2023

Fee: \$50/Session

Butter and Jam Class

Location: Pioneer Park Center (1331 Talbot Court)

Activity #166003

Students will learn to make butter and jam. Bread will be provided to test our wares and you will have extras to take home. Two-hour class.

Days/Times: Saturday, 1:00-3:00pm

Session 1: March 4, 2023

Fee: \$35/Session

Equine Care in Wyoming (Classroom only)

Location: Activity Center (3121 Carey Avenue)

Activity #168067

Students will learn basic equine safety as well as equine care as it pertains to Wyoming living. One two-hour class. Taught by Anne Larson.

Days/Times: Wednesdays, 6:00-8:00pm

Session 1: February 8, 2023

Session 2: March 8, 2023

Fee: \$30/Session

Getting to Know Your Smart Devices: 1.0

Location: Pioneer Park Center (1331 Talbot Court)

Activity #160531

Getting to Know your Smart Devices is a four-week class designed will cover the smart devices that we utilize in our everyday life. This course will tackle how to choose the correct smart device for your personal/business needs, set up, and utilize the Smart Device to its full potential. We will dive into each smart device's functionality, navigation, security, and daily use.

For more questions contact Daniel at dlucero1983@gmail.com or call (307) 365-4782. Minimum of five to hold class.

Fee: \$40

Dates/Time: Tuesdays, 6:00 pm-7:30 pm

Session: January 16, 23, 30 & February 6, 2023

Solidifying your Network: 2.0

Location: Pioneer Park Center (1331 Talbot Court)

Activity #160532

Solidifying your Network is a four-week class designed to show how to properly maintain the safety and protection of your smart device as well as protect your personal and business lifestyle in a social network. We will cover proper security apps, best email practices, scam awareness, and more. For more questions, contact Daniel at dlucero1983@gmail.com or call 307-365-4782. Minimum of five to hold class.

Fee: \$40

Dates/Time: Tuesdays 6:00-7:30 pm

Session: February 20, 27 & March 6, 13, 2023

Expanding Your Social Awareness: 3.0

Location: Pioneer Park Center (1331 Talbot Court)

Activity #160533

Expanding your Social Awareness is a four-week class designed to use and navigate your Smart Device in the ever-changing age. We will showcase how to properly interact with the social platforms, apps, and websites that are out there. We will also highlight good practices, and how to bring Smart Devices into the home. For questions, contact Daniel at dlucaero1983@gmail.com or call 307-365-4782. Minimum of five to hold class.

Fee: \$40

Dates/Time: Tuesdays 6:00 pm-7:30 pm

Session: March 27, & April 3, 10, 17, 2023

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 - \$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 to 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 class - \$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

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

Boys

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

Mon/Wed - 4:00pm-4:55pm, 466084

Tues/Thurs – 4:00pm-4:55pm, 466084

Homeschool

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

Friday – 12:00pm-12:55pm, 466060

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 – needs coach approval) – 7:30pm-8:30pm, 466061
Tues/Thurs (Beginner) – 7:30pm-8:30pm, 466062

Pre-Team

This class is offered every year between January-May by invite only. The girls in this class have the opportunity to transition into our competitive program upon completion of Pre-Team.

Competitive Team

Cheyenne Gymnastics offers the USAG Xcel competitive program by invite only. For more information regarding our competitive programs, please contact Shannon Mitchell by e-mailing SMitchell@CheyenneCity.org or calling (307) 637-6407.

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, please contact Jade Herstein at jherstein@cheyennecity.org or at (307) 286-5117.

Cost: \$220/month per child (prorated cost in August and June)
• \$35 supply fee per child due at registration.

Dates: For School Year 2022/23 (Look for School Year 2023/24 in Summer Rec Guide).

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

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

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

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.

Open registration for new participants will start July 24, 2023 until full.

Summer Rec Camp 2023

This is a 9-week program that is structured to keep your child active while providing quality childcare. Spots are limited.

Cost: \$1,300/child with a \$35 supply fee

Date: June 12 to August 11, 2023

- Pre-registration: March 1st-10th for current Latchkey families and 2022 Summer Rec Camp participants only.
- Open registration: March 20th at the Kiwanis Community House, 7:30am.
- Limited space.

Special Events

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, and this is a free event to the public.

Date: April 8th, 2023

Location: Holliday Park (west side)

Time: 10:00am Sharp

Ages: 2-8 years old

- Bring a basket or bag to collect eggs.
- Parents can help children 3 years old and under. We ask for children four and older to hunt independently.

Superday 2023

Saturday, June 24, 2023

10am-4:00pm at South Lions Park

Superday is an annual celebration that kicks off July as National Parks and Recreation Month and is hosted by the City of Cheyenne Community Recreation & Events Department to promote greater awareness of the value and availability of local recreation and leisure activities.

Registration forms will be available in Spring 2023 on www.CheyenneRec.org/Superday.

For additional information, contact Lauren Booth, Events Coordinator, at lbooth@cheyennecity.org or call (307) 757-7166.

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

**FaceBook:
CheyenneRec**

**Instagram:
CheyenneRecreation**