



Summer Sports and Programs

June 1 - August 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

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, kayaking, backpacking and much more. For youth ages 8-15. Spaces limited per activity.
Registration: April 5–August 16
Must be signed up by the Tuesdays before the Thursday/Friday events.
Fee: Varies (See www.CheyenneRec.org for more details)
Contact: Cameron Travis at ctravis@cheyennecity.org or call (307) 286-2648.

Youth Tackle Football League

Location: Cahill Park
Activity #271020
A recreational tackle football league for grades 3-6. Registration includes utilization of equipment (helmet, shoulder pads, practice pants/pads, practice jersey) picture, and award. Teams are based on school triads.
Registration: May 1 - June 15, 2023
Late registration: June 16 – June 29
Fee: \$145/player
Equipment Deposit: \$125.00
Late Fee: \$25 if space is available.
Practices begin July 31, 2023
Season: August 19 – October 28
Contact: David Contreras at dcontreras@cheyennecity.org or call (307) 637-6425.

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: July 17-August 31
Late Registration: Sept. 1-Sept. 14
Fee: \$65/player
Late Fee: \$25 if space is available.
Practices begin October 23, 2023.
Season: November 4 – December 16
Contact: David Contreras at dcontreras@cheyennecity.org or call (307) 637-6425

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. 5 – October 19
Late Registration: October 20 - November 2
Fee: \$65/player
Late Fee: \$25 if space is available.
Practices begin January 2, 2024.
Season: January 13 – February 17, 2024
Contact: David Contreras at dcontreras@cheyennecity.org or call (307) 637-6425.

Adult Sports and Activities

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–Team fee must be paid at the time of registration.
Late Fee: \$50
Season: July 3-September 2, 2023
Contact: David Contreras at dcontreras@cheyennecity.org or call (307) 637-6425

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
Fee: \$400/team + \$20/player
Late Fee: \$50
Season: August 7-September 14
Contact: David Contreras at dcontreras@cheyennecity.org or call (307) 637-6425

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. 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. \$325/non-sanctioned team
Tournament Date: July 15, 2023
Contact: David Contreras at dcontreras@cheyennecity.org or call (307) 637-6425

Adult Basketball League

Location: Eastridge Facility
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. 10 games guaranteed plus single elimination tournament.
Registration: June 12 – July 27, 2023
Late Registration: July 28 – August 10
Fee: \$575/team
Late Fee: \$50
Season: September 11 – Dec. 14
Contact: David Contreras at dcontreras@cheyennecity.org or call (307) 637-6425.

Men's & Women's Fall Volleyball

Location: Various Schools
Men's Volleyball Activity #360071
Women's Volleyball Activity #360081
Two leagues, one for men's teams, and one for women's teams. This volleyball league is a great way to stay active as the weather starts to cool down. We offer divisions for all skill levels! Play with a team or as a free agent player. Teams are guaranteed 10 games, plus a Single Elimination Tournament.
Registration: June 19-August 3, 2023
Late Registration: August 4-17
Fee: \$450/team
Late Fee: \$50
Season: September 11 – Dec. 15
Contact: Harley Tekerman at htekerman@cheyennecity.org or call (307) 637-6408.

Fall Pickleball 101

Location: Youth Activity and Community Center
Activity # 360111
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. The classes will be more about learning drills and working on fundamentals. Classes held indoors and capped at 12 participants.
Registration: July 24-September 7
Late Registration: September 8-21
Fee: \$60/player
Late Fee: \$10 if space is available.
Session: October 3-November 2
Dates/Times: Tuesdays & Thursday, 9:30-11:00am
Contact: Harley Tekerman at htekerman@cheyennecity.org or call (307) 637-6408.

Officials Training

Youth 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
Fee: Free
Date/Time: August 2, 6:00–8:00pm
Contact: David Contreras at dcontreras@cheyennecity.org or call (307) 637-6425.

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 5 – August 21
Fee: Free
Date & Time: Thursday, August 22, 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 K-2nd

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: October 16 – Dec. 29
Fee: Free
Date & Time: January 4, 2024 6:00 – 8:00pm

Martial Arts

Tae Kwon Do

Location: Youth Activity and Community Center/ Community Room/1317 Parsley Blvd.
Activity #267024
The traditional Korean martial arts 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: \$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. For all dog classes, dogs must be current on vaccinations; puppies started vaccinations. Bring vaccination record to first class.

K9 Nose Work® 3 – Intro to Odor Location: Pioneer Park Center (1331 Talbot Court)
Activity #265022

This class is the third in a series and expands on skills learned in the

Intro and Elements classes. Dogs are introduced to the first target odor – birch oil (provided by the instructor). Dogs will continue to search in all four K9 Nose Work search “elements:” containers, interiors, exteriors, and vehicles. Handlers will be introduced to more advanced leash handling skills. PREREQUISITES: K9 NOSE WORK – 1 AND 2 OR INSTRUCTOR APPROVAL. Contact Barb at the. elemental.dog@gmail.com with any questions.

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

Session 1: June 21 – July 26, 2023
Session Fee: \$130 per dog/handler
Class max: 6 dogs (Humans may enroll up to 2 dogs for one handler)

STAR Puppy

Location: Pioneer Park Center (1331 Talbot Court)

Activity #265023

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.

Day/Time: Sundays, 3:00-4:30pm
Sess 1: June 18, 25, July 2, 9, 16, 23
Fee: \$150

Class Max: 10 dogs

Basic Dog Obedience

Location: Pioneer Park Center (1331 Talbot Court)

Activity #265021

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 please). For questions, call Linnea Nicely-Dix at 307-256-9088.

Day/Time: Sundays, 4:30-6:00pm
Sess 1: June 18, 25, July 2, 9, 16, 23
Session Fee: \$150

Class Max: 10 dogs

Horse and Goat Classes

Horsemanship/Riding 101

Location: Pine Ranch-Carpenter
Activity #268061

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: Mondays, 3:00-4:00pm

Session Fee: \$160

Session 1: June 5, 12, 19, 26

Session 2: August 7, 14, 21, 28

Horsemanship/Riding 201

Location: Pine Ranch-Carpenter
Activity #268063

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: Mondays, 4:30-5:30pm

Session Fee: \$160

Session 1: June 5, 12, 19, 26

Session 2: August 7, 14, 21, 28

Adult Horsemanship/Riding

Location: Pine Ranch-Carpenter, WY
Activity #268062

Designed with the adult rider in mind. Gain confidence and learn from the ground up: horse care, safety, horse psychology, and riding skills. Class is geared toward the riding ability of each student no matter the level. Ages 19+. Taught by Anne Larson, CRI. Max 5 riders.

Days/Times: Mondays, 6:00-7:00pm

Session Fee: \$160

Session 1: June 5, 12, 19, 26

Session 2: August 7, 14, 21, 28

Goat Relaxation

Location: Pine Ranch-Carpenter, WY
Activity #266001

Unwind and relax amidst the Ranch's gregarious goats. Dress comfortably and bring an old blanket to lie on. You will leave realigned, more

grounded, and most definitely elated!
Fee: \$18/class

Session 1: Saturday, June 3 at 6:30pm

Session 2: Sunday, June 17 at 6:30 pm

Sunset Goat Hiking

Location: Pine Ranch-Carpenter
Activity #266002

A great way to get exercise amidst the sights and sounds of nature. Hike with your very own goat on a leash (we provide the goat). For all levels. We will meet at Pine Ranch 20 minutes prior to class. There is extra travel time for this adventure. Snacks provided, bring your own drink. For ages 8 and up. Wear comfortable hiking shoes and dress appropriately. Hike will take 1.5 hours.

Fee: \$45/person

Session 1: Friday, June 2, 7:00 pm

Session 2: Saturday, July 15, 7:00 pm

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.

Due to the differences between the Summer and Fall schedules, participants in a “Summer Only” class are not guaranteed a spot in the Fall Session. 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

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

Twice a week classes - \$70/month (7 classes/month)
Mon/Wed – 4:50pm-5:45pm, 466022
Mon/Wed – 5:30pm-6:25pm, 466081
Tues/Thurs – 10:00am-10:55am,
466024
Tues/Thurs (Summer Only) –
3:10pm-4:05pm, 466026
Tues/Thurs – 4:10pm-5:05pm, 466027

Preschool 2:
Once a week classes - \$40/month (3 classes/month)
Monday – 11:15am-12:10pm,
466021
Wednesday – 11:15am-12:10pm,
466030

Twice a week classes - \$70/month (7 classes/month)
Mon/Wed (Summer Only) – 3:10pm-
4:05pm, 466038
Mon/Wed – 3:50pm-4:45pm, 466043
Tues/Thurs – 11:15am-12:10pm,
466034
Tues/Thurs – 5:30pm-6:25pm, 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. Children in these classes are

expected to be safe, responsible, and respectful.

Gym Level 1: Twice a week classes - \$70/month (7 classes/month)
Mon/Wed (Summer Only) – 3:10pm-
4:05pm, 466033
Mon/Wed – 4:10pm-5:05pm, 466040
Mon/Wed – 5:30pm-6:25pm, 466047
Mon/Wed – 6:30pm-7:25pm, 466041
Mon/Wed – 6:30pm-7:25pm, 466048
Tues/Thurs (Summer Only) –
3:10pm-4:05pm, 466035
Tues/Thurs – 3:50pm-4:45pm,
466044
Tues/Thurs – 5:30pm-6:25pm,
466082
Tues/Thurs – 6:30pm-7:25pm, 466031
Tues/Thurs (Invite Only) – 6:30pm-
7:25pm, 466046

Boys:
Twice a week class - \$70/month (7 classes/month)
Mon/Wed – 4:10pm-5:05pm, 466084
Tues/Thurs – 4:10pm-5:05pm, 466080

Gym Level 2:
Twice a week classes - \$80/month (7 classes/month)
Mon/Wed – 6:10pm-7:25pm, 466042
Tues/Thurs – 4:50pm-6:05pm,
466083
Tues/Thurs – 6:10pm-7:25pm,
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) – 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 and Summer Rec Camp

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 20st at the Kiwanis Community House, 7:30am.
- Limited space.

Latchkey 2023-2024

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: \$240/month per child (prorated cost in August 2023 and June 2024)

- \$35 supply fee per child due at registration.
- Dates: August 23 to June 2, 2024
- Open registration: July 17, 2023 at the Kiwanis Community House
- 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.

