

City of Cheyenne

Winter/Spring Sports and Program Guide

January 1- May 31, 2024



Register on www.cheyennerec.org or at the
Kiwanis Community House (4603 Lions Park
Drive) or Call 307-637-6423

Contact Us

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Cheyennerec



Cheyennerecreation

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Disclaimer: Season dates are subject to change.

Youth Sports

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 27,
2023-January 11, 2024

Late Registration: January 12-25

Fee: \$65/player

Late Fee: \$25 if space is available.

Season March 08-April, 2024

Contact: Harley Tekerman at
htekerman@cheyennecity.

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 8 games, an end-of-season tournament, team shirt, team picture, and a participation award.

Registration: February 12-March 28, 2024

Late Registration: March 29-April 11

Fee: \$65/player

Late Fee: \$25 if space is available.

Season: June 3-August, 2024

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

Girls Flag Football League- 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: February 5 -March 21, 2024
Late Registration: March 22-April 4. Fee: \$65/player. Late Fee: \$25 if space is available. Season: May 11- June, 2024. Contact: Harley Tekerman at htekerman@cheyennecity.org or call (307) 637-6408.



Youth Sports and Activities

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: April 29 – June 13, 2024

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

Late Registration: June 13 – June 27

Late Fee: \$25 if space is available.

Season: August 17–October, 2024

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

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 child will receive team shirt, hat, team picture, and a participation award.

Registration: March 4 – April 18, 2024

Fee: \$60/player

Late Registration: April 19 – May 2

Late Fee: \$25 if space is available.

Season: June 10–July, 2024

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

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 1–August 6, 2024. Must be signed up by the Tuesday before the Thursday/Friday activities. **Fee:** Varies on activity. Program guide will be out in March 2024.

Contact: Cameron Travis at ctravis@cheyennecity.org or (307) 286-2648.



Cornhole League

Location: Youth Activity and Community Center
Activity #171034

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). 6 weeks of league play plus single elimination tournament.

Registration: January 2 – February 15, 2024

Fee: \$35/singles or \$60/doubles

Late Registration: February 16-29

Late Fee: \$10 if space is available.

Season: March 18, 2024-May, 2024

Singles Play: Tuesdays, 6:30pm Doubles Play: Thursday, 6:30pm

Contact: Cameron Travis at
ctravis@cheyennecity.org or (307) 773-1039

Adult Co-Rec Dodgeball

Location: Youth Activity & Community Center

Activity #160110

Time to 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 2 – February 15, 2024

Fee: \$180/team

Late Registration: February 16-29

Late Fee: \$50 if space is available.

Season: April 1-May, 2024

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

Adult Co-Rec Kickball

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, Teams are guaranteed 6 games plus a single elimination tournament.

Registration: April 22–June 6, 2024

Late Registration: June 7–June 20

Fee: \$180/Team

Late Fee: \$50

Season: July 8-August, 2024

Contact: Contact: Cameron Travis at
ctravis@cheyennecity.org or (307) 773-1039



Slow-Pitch Softball

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 6-June 20, 2024 Late Registration: June 21-July 5 Fee: \$400/team and \$20/player fee Late Fee: \$50

Season: August 5-September, 2024

Contact: Cameron Travis at
ctravis@cheyennecity.org or (307) 773-1039

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 12-March 28, 2024

Late Registration: March 29-April 11

Fee: \$500/team and \$20/player fee

Late Fee: \$50

Season: May 13-August, 2024

Contact: Cameron Travis at
ctravis@cheyennecity.org or (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: March 4-May 2, 2024

Fee: \$275/sanctioned team or \$350/non-sanctioned team

Tournament Date: May 4, 2024

Contact: Cameron Travis at ctravis@cheyennecity.org or (307) 773-1039

OFFICIALS TRAINING (FOR AGES 16 & UP.)



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 11-May 20, 2024
Training Date: May 20, 2024 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 4–April 22, 2024
Date/Time: Monday, April 22, 2024,
9:00am-3:00pm Fee: Free
Contact: Cameron Travis at
ctravis@cheyennecity.org or (307) 773-1039



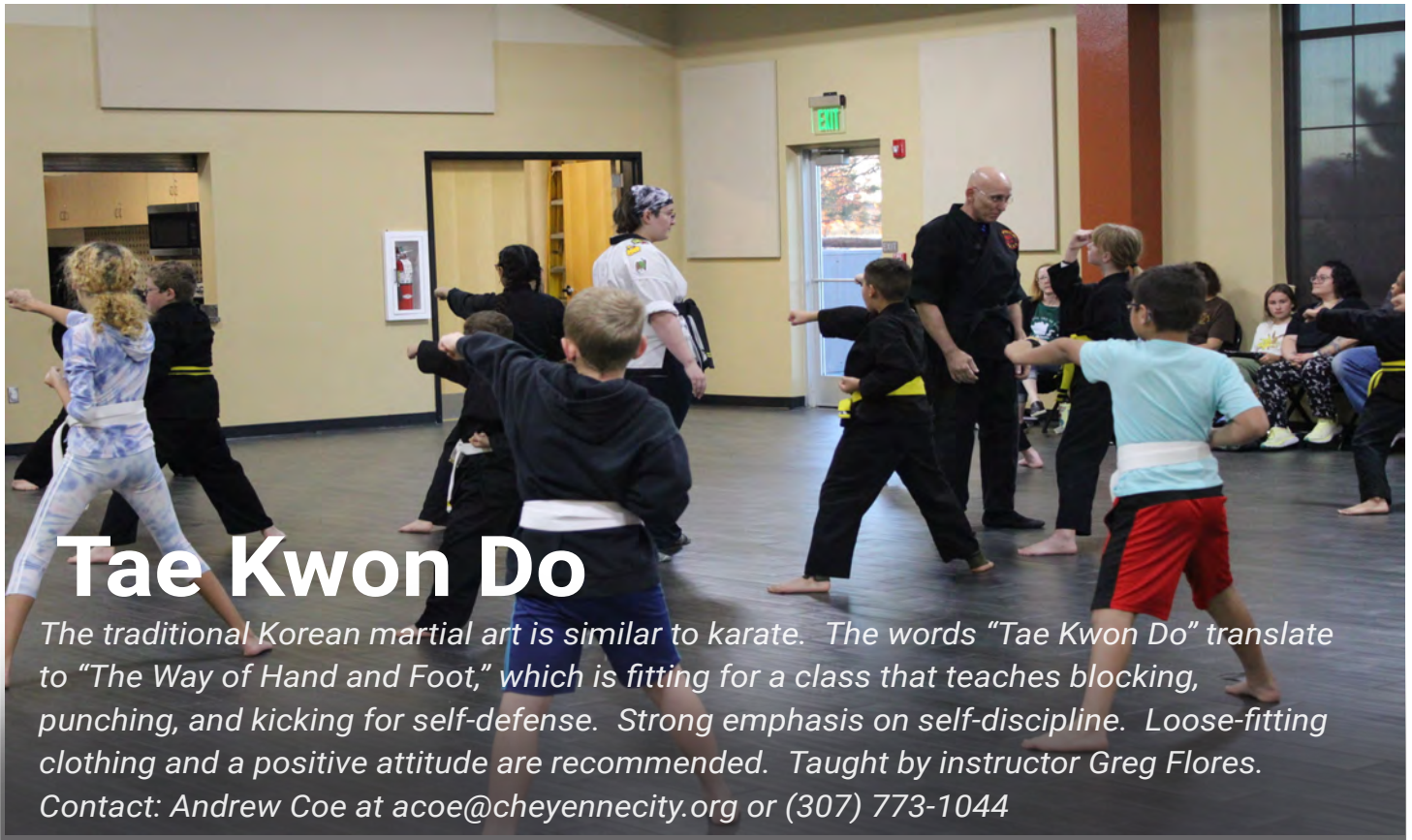
Youth Volleyball Officials Training

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 8-February 15, 2024
Date/Time: February 15, 2024, 6:00pm
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 13–July 13, 2024
Date/Time: July 13, 2024, 6:00 – 8:00pm
Fee: Free Contact: David Contreras at
dcontreras@cheyennecity.org or (307) 637-6425



Tae Kwon Do

The traditional Korean martial art is 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 are recommended. Taught by instructor Greg Flores. Contact: Andrew Coe at acoe@cheyennecity.org or (307) 773-1044

Youth Tae Kwon Do

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

Ages: 6-17

Activity #167024_01-05

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

Monthly Sessions - \$35

Beginning Kids Tae Kwon Do

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

Ages: 6-17

Activity #167024_06

Mon, 7:30-8:30pm

Monthly Sessions - \$35

Beginning Adult Tae Kwon Do

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

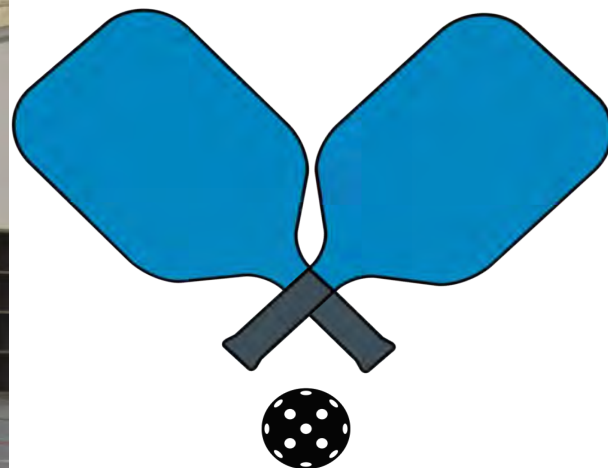
Ages: 18+

Activity #167024_07

Wed, 7:30pm – 8:30 p.m.

Monthly Sessions - \$35

Pickleball Classes



We will be combining Pickleball 101 and 201 in a 4-week course. The first two weeks will be 101 and the second two weeks will be 201.

Pickleball 101/201

101-Pickleball is the fastest growing FUN adult sport in the world. In this program our PPA certified instructor will teach you the basic techniques and strategies to become knowledgeable playing pickleball. The basic strokes you will learn are dinking, third shot drops and transitioning to the no-volley zone (kitchen), volleys, lobs, and overheads.

201-This class will build on the FUN techniques learned in Pickleball 101.

- Dinking (Purpose, Techniques, Strategy, Shifting, Communication)
- Transitioning from Baseline to Non-Volley Line (3rd Shot Drops and Drives)
- Volleys (Punch Volleys, Roll Volleys, Reset Volleys)
- Offensive Shots (Roll Volleys, Erne, ATP, Blitzing, Lobs, Overheads, Shoves)
- Serving and Returning (Purpose, Positioning, Placement, Technique, Strategy)
- Drills and Games Built Around Every Shot Above

Winter Pickleball

Registration: December 11,
2023-January 25, 2024

Late Registration: January 26-Feb. 8

Fee: \$60/player

Late Fee: \$10 if space is available.

Session: February 20-March, 2024

Dates/Times: Tuesdays/Thursdays,
9:30-11:00am

Contact: Cameron Travis at
ctravis@cheyennecity.org or (307) 773-1039

Summer Pickleball

Registration: March 11-April 25, 2024

Fee: \$60/player

Late Registration: April 26-May 09

Late Fee: \$10 if space is available.

Session: May 21-July, 2024

Dates/Times: Tues. & Thurs., 9:30-11:00am

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

Drop In Classes and Activities



Drop in Classes and Activities use 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 307-773-1044
to check your eligibility. Classes will not be held
on City holidays or election days. Waivers to be
signed at time of first visit.

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

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.. The City accepts Tivity Health (Humana,
Medicare and Bankers Life). Call 307-773-1044 to
check your eligibility

HORSE CLASSES

Learn from the ground up: horse care, safety, horse psychology, and riding skills. Use balance and body aides to assist in feeling more comfortable on horseback.



Youth Horsemanship/Riding 101

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.

Activity Code: 168061_01, 02

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

Location: Pine Ranch – Carpenter, WY

Session 1: April 7, 14, 21, 28 2024

Session 2: May 5, 12, 19, 26 2024

Fee: \$200/per session

Adult Horsemanship/Riding

Class geared toward the riding ability of each student no matter the level. Ages 19+. Taught by Anne Larson, CRI. Max 5 riders.

Activity Code: 168062_01, 02

Days/Times: Sundays, 10:00-11:00am

Location: Pine Ranch – Carpenter, WY

Session 1: April 7, 14, 21, 28 2024

Session 2: May 5, 12, 19, 26 2024

Fee: \$200/per Session

For questions contact Anne
Larson at
anne@wyopineranch.com or
(307) 286-7975.

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 scent detection 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 inside. Owners must provide crates and covers if crating indoors. Students may run up to two dogs. One class fee per dog. Dogs must be up to date on vaccinations. The first class is a NO Dogs Class.

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

Session: March 20 – April 24, 2024

Session Fee: \$135 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 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, in exteriors, and begin solving more complex scent puzzles. **PREREQUISITES: K9 NOSE WORK 1 OR INSTRUCTOR APPROVAL.**

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

Session: May 8–June 12, 2024

Session Fee: \$135 per dog/handler team

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)

The Advanced Topics classes are short classes that focus largely on one skill or area. Teams should be on all three NACSW odors or the first three AKC odors (birch, anise, and clove).

Session 1: NACSW Skills Challenge 2024 - Set Up and Video Activity #165020_01

The NACSW Skills Challenges are a great way to build foundation skills while earning titles for your dog. Finding the space and time to complete the challenges on your own can be a challenge in itself! The Elemental Dog, LLC will set up all four skills challenges each week over the first 3 weeks. Each week will be a different level progressing from Level 1 through Level 3. The fourth week is available to redo any skill and level from the previous weeks. Students are strongly encouraged to practice each of the skills at the appropriate level before class. Only limited coaching will be available due to time constraints. All odors (birch, anise, and clove) will be used. Even if you compete in venues other than NACSW, these foundational skills are essential. Fee: \$120 per dog/handler team (includes videos)

Time: 10:00am-12:30pm

Days: Saturdays

January 20, 2024 – Level 1, all skills

January 27, 2024 – Level 2, all skills

February 3, 2024 – Level 3, all skills

February 10, 2024 – Redo and makeup week

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

Session 2: Advanced Workshop on Elevated Hides Activity #165020_02

Elevated hides become more common at the NACSW NW3/Elite Level and in the upper levels of AKC. Helping our dogs learn to work in three dimensions and through the pooling and trapping odor that often accompanies higher hides will benefit all teams regardless competition level or venue. Search elements may cover interiors, exteriors, containers, and vehicles as weather permits. 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: \$130 per dog/handler team

Time: 7:00pm-9:00pm

Days: Wednesdays, February 7 through February 28, 2024

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

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

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.

Special Olympics Designed for students of all ages with special needs. A parent or guardian accompanies each student through circuits involving various gymnastics equipment and helps with keeping the student on task and disciplined if necessary.

Once a week class - \$30/month (3 classes/month)
Saturday – 8:45am-9:15am, 466015

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
Friday – 9:00am-9:30am, 466025
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
Monday – 5:10pm-6:05pm, 466081
Wednesday – 10:00am-10:55am, 466023
Friday – 10:00am-10:55am, 466085
Friday – 11:15am-12:10pm, 466086
Saturday – 10:00am-10:55am, 466026
Twice a week classes - \$70/month (7 classes/month)
Mon/Wed – 4:35pm-5:30pm, 466022
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
Wednesday – 5:10pm-6:05pm, 466071
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 – 4:00pm-4:55pm, 466036



**CHEYENNE
GYMNASTICS**



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 - 4:35pm-5:30pm, 466047

Mon/Wed - 5:45pm-6:40pm, 466041

Mon/Wed - 6:55pm-7:50pm, 466048

Tues/Thurs - 4:00pm-4:55pm, 466044

Tues/Thurs - 5:10pm-6:05pm, 466082

Tues/Thurs - 5:45pm-6:40pm, 466031

Homeschool:

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

Friday - 12:30pm-1:25pm, 466060

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 - 6:20pm-7:35pm, 466042

Tues/Thurs - 4:15pm-5:30pm, 466083

Tues/Thurs - 6:20pm-7:35pm, 466051

Tues/Thurs - 6:40pm-7:55pm, 466046

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 (Needs coach approval)

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

Pre-Team

Tryouts are held every November for spots in our Pre-Team class. This class is only offered from January through May and the girls in this class transition into our competitive program upon completion of Pre-Team.

Twice a week class - \$120/month

Tues/Thurs - 4:00pm-6:00pm, 466102

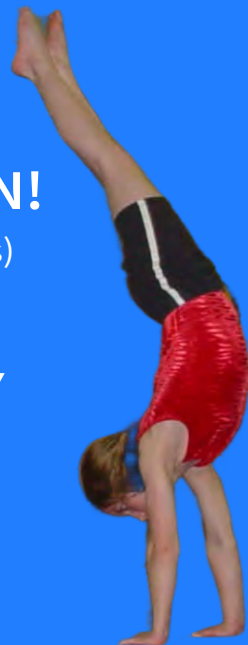
Competitive Team

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

NEW LOCATION!

(Old Frontier Gymnastics)

6725 Faith Dr,
Cheyenne, WY
82009



JANUARY - MAY 2024 GYMNASTIC SCHEDULE



This schedule is for Recreational classes; not competitive team classes.

January

JAN. 01 -Closed
JAN. 15 -Closed
JAN. 24 -No Once a Week Classes
JAN. 25 -No Rec Classes
JAN. 26 -No Rec Classes
JAN. 27 -No Rec Classes
JAN. 30 -No Rec Classes
JAN. 31 -No Rec Classes

February

FEB. 19 -Closed
FEB. 23 -No Rec Classes
FEB. 24 -No Rec Classes
FEB. 27 -No Rec Classes
FEB. 28 -No Once a Week Class
FEB. 29 -No Rec Classes

March

MAR. 22 -No Rec Classes
MAR. 23 -No Rec Classes
MAR. 25 -No Once a Week Classes
MAR. 27 -No Rec Classes
MAR. 28 -No Rec Classes
MAR. 29 -No Rec Classes
MAR. 30 -No Rec Classes

April

APR. 22 -No Once a Week Classes
APR. 24 -No Rec Classes
APR. 25 -No Rec Classes
APR. 26 -No Rec Classes
APR. 27 -No Rec Classes
APR. 29 -No Rec Classes
APR. 30 -No Rec Classes

May

MAY 22 -No Once a Week Classes
MAY 24 -No Rec Classes
MAY 25 -No Rec Classes
MAY 27 -Closed

MAY 28 -No Rec Classes
MAY 29 -No Rec Classes
MAY 30 -No Rec Classes
MAY 31 -No Rec Classes

LATCH KEY

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: \$240/month per child

\$35 supply fee per child due at registration

Dates: August 23rd, 2023 to May 31, 2024

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

Pioneer Park Center- 1331 Talbot Ct

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 your 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.

Registration opens for new participants
July 24, 2024 until full.



Summer Rec Camp 2024

This is a 10-and-a-half-week program that is structured to keep your child active while providing quality childcare. Spots will be limited!

Cost: \$1,625/child (\$1,590 program fee and a \$35 supply fee)

Date: June 5 to August 16, 2024

- **Pre-registration- ONLY for current Latchkey families and 2023 Summer Rec Camp participants.**
- **Open registration- For any new participants on March 18th at the Kiwanis Community House, 7:30am**

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: March 30th, 2024

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.



Special Events

Superday 2024



Saturday, June 22, 2024

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 2024 on www.CheyenneRec.org/Superday.

For additional information, contact Aliea Ednie, Events Coordinator, at aednie@cheyennecity.org or call (307) 757-7166.



ICE & EVENTS

For more information on registration please contact Bailey Miller at bmiller@cheyennecity.org or visit them at 1530 W Lincolnway, Cheyenne WY

LEARN TO **SKATE** USA

From a beginning student that has never skated, to the advanced figure skater brushing up on some new skills, this program will suit every child.. We offer 8 different levels of classes from Snow Plow Sam to Free Style Skating, all taught in ordinance with Learn to Skate USA. Classes are geared towards children 3-16 years of age.

- Learn to Skate Session 3 January 7th – February 4th \$50 + US Figure Skating Membership (annual)
- Learn to Skate Session 4 February 11th – March 10th \$50 + US Figure Skating Membership (annual)
- Classes are offered Sunday between 2pm to 4:30pm.



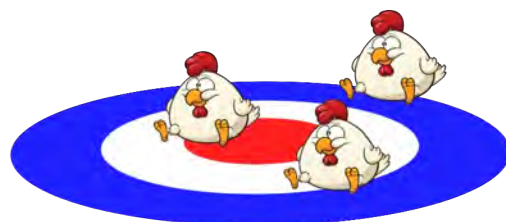
Learn to Play Hockey

Ages 4 – 15. A co-ed youth Learn-to-Play Hockey program for beginner level players. Learn-to-Play Hockey classes are designed as an introductory program focusing on the basic skills of hockey, with an emphasis on having fun! Lessons teach the fundamental skills. The program provides a fun and relaxed atmosphere creating an excellent basis for either improving techniques or learning new skills.

- Learn to Play Hockey Session 2 January 4th – March 7th
- Classes are on Thursday's from 5:30-6:30. Registration is \$100 per session. Equipment provided with a \$100 check deposit.

Chicken Curling Tournament

- When: Saturday, March 23rd, 2024, at 12:00pm
- Who: Teams of 4, Ages 18 and Older
- *Registration will be limited to 64 teams
- Format: Double elimination tournament
- Entry Fee: \$60 per team before March 20th at 12:00PM
- \$75 per team after March 20th at 12:00PM
- Absolute Registration deadline: March 22nd, 2024, by 12:00PM



AQUATICS

LESSONS



PRE-SCHOOL (AGES 3 - 5)

Level 1: This level promotes children's comfort and confidence in water. They'll learn to enter, immerse, float, and move safely.

Level 2: This stage advances the capabilities acquired in Level 1, placing a greater emphasis on executing skills independently or with minimal support.

Level 3: This level guides children through mastering the skills introduced in Levels 1 and 2 entirely on their own, without any help from the instructor.

SWIM LEVEL (AGES 6 -12)

Level 1: Similar to preschool levels 1 and 2, children will gain comfort in and around an aquatic environment and will learn water safety.

Level 2: Kids will advance from the foundational skills taught in Level 1, focusing on enhancing their coordination and mastering breathing strategies.

Level 3: Kids will further develop their stroke coordination for both front crawl and backstroke, integrating proper breathing methods throughout.

Level 4: The focus will be on enhancing endurance and fine-tuning their strokes during this phase, introducing them to the basics of breaststroke and butterfly.

AQUA EXERCISE

Water Cycling

Tuesday & Thursday | 7:30 AM – 8:15 AM

Monday & Wednesday | 6:15 PM – 7:00 PM

Aqua Exercise Monday – Thursday | 8:00 AM – 9:00 AM

Deep Water Walking

Monday – Thursday | 8:15 AM – 9:15 AM

Monday – Thursday | 9:30 AM – 10:30 AM

Strong & Fit Monday – Friday | 8:30 AM – 9:30 AM

Stretch Your Potential

Monday/Wednesday/Friday | 9:00 AM – 10:00 AM

Fluid Golden Years

Monday/Tuesday/Thursday/Friday | 10:00 AM – 11:00 AM

Aqua Zumba Monday & Wednesday 5:15 PM – 6:00 PM

Deeply Fit Monday/Tuesday/Thursday | 5:30 PM – 6:30 PM

DAILY SERVICES

Open Swim

Enjoy daily open swim activities, including water slides, water play features, a rock wall, a lazy river, 1 and 3m diving boards, and basketball hoops.

Toddler Time

Enjoy a stress-free aquatic adventure with your little ones aged 6 and under during Toddler Time, where our 86-degree rec side offer a safe and crowd-free environment.

Saturday Inflatables

Navigate, Splash, and Conquer our Gigantic Water Obstacle Course

Lap & Fitness Swim

Lap swim in our 82-degree main pool or soothing relaxation in our 86-degree rec pool.



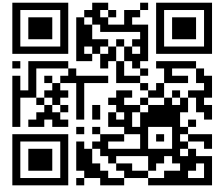
MORE INFO:

CHEYENNEAQUATICS.COM

CONNECT WITH US



<https://cheyennerec.org/>



CheyenneRec



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