



HIGHLANDS  
RANCH  
COMMUNITY ASSOCIATION

# ACTIVITY GUIDE

MAY-AUGUST 2025



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**HIGHLANDS RANCH**  
COMMUNITY ASSOCIATION



HRCAonline.org



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The Highlands Ranch Community Association is proud to manage non-profit organizations:



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The Highlands Ranch Community Scholarship Fund is a 501(c)3 organization that provides post-secondary education scholarships for students residing in Highlands Ranch.



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The Highlands Ranch Cultural Affairs Association (HRCAA) provides a central organization from which educational, artistic, musical, theatrical, and dance events are provided to more than 100,000 Highlands Ranch residents and those living in the surrounding communities.



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The Backcountry Wilderness Area Fund is a 501(c)3 nonprofit that strives to improve wildlife habitats, inspire the next generation of nature stewards, and ignite a lifelong love of the outdoors for all.

# General Information

The HRCA website provides up-to-date information on the HRCA and community news including responsible governance policies, special events, board and committee meetings, gym, fitness and pool schedules.

## HRCA News

The HRCA Newsletter has the latest community information and announcements, covenant compliance tips, upcoming events and new programs. You may opt to receive it via mail or email.

## Social Media

Follow us to stay up-to-date on HRCA News.

**Instagram:** @intheranch

**Facebook:**

@HighlandsRanchCommunityAssociation

**LinkedIn:**

@HighlandsRanchCommunityAssociation

## Events

To purchase tickets, or for details, visit [HRCAonline.org/Tickets](https://hrcaonline.org/Tickets). Tickets are non-refundable.

**Event/Weather Hotline:** 303-471-8888

The HRCA Event/Weather hotline provides information on upcoming community and special events. This hotline will also announce cancellations of an HRCA or Cultural Affairs Association event due to severe weather.

## Volunteer Opportunities

HRCA has a variety of ways for you to get involved in your community. For a complete description of our volunteer opportunities, go to [HRCAonline.org/Volunteer](https://hrcaonline.org/Volunteer).

Find it all at [HRCAonline.org](https://hrcaonline.org) or by scanning the QR code.



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Please read the Recreation Center Rules and Regulations that are available on the HRCA website at [HRCAonline.org](https://hrcaonline.org).

**Notice:** By enrolling or participating in any program and recreational activity provided or sponsored by the Highlands Ranch Community Association, Inc. (HRCA), members and guests acknowledge and agree that there are certain risks inherent in the programs and activities conducted at the HRCA's recreation centers or off-site programs which the members and guests assume. And by doing so, members and guests agree to waive any claim of liability against the HRCA and its members, directors, officers, agents, employees, contractors, related entities and affiliates, and their agents, arising out of any loss, injury, or death attributed to such risks and the use of the HRCA's recreation facilities or off-site programs. Members and guests also agree that the HRCA or any sponsor may subsequently use photos of them for publicity and/or promotional materials such as websites, posters, or other merchandise. Ages listed in the Activity Guide are suggested age ranges only.



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## General Information



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## Facility Information

The HRCA offers first-class recreation programs designed for all ages and abilities. From sports, dance, arts and crafts, to tennis and fitness programs and more than 80 community events, we have something for everyone. View the amenities offered at each facility on pages 8 and 9. Please visit our website for facility closure schedules.

### Member Services/Registration:

Available at all facilities. Obtain membership cards, new resident registration or change of address, program registration, or request class cancellation.

## Membership

HRCA memberships are for Highlands Ranch homeowners. You may register for your membership and receive an ID card at any of the four HRCA Recreation Centers. All members are required to show a membership card upon entering the HRCA recreation facilities or Backcountry Wilderness Area Trails.

Scan the QR code to download your digital card today!



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## Refund and Transfer Policy

To cancel a class call 303-471-8858. All refunds are charged a minimum \$5 processing fee. Refunds and class transfers must be requested at least five days prior to the class. Online class cancellations are available for most scheduled activities.

In the event the HRCA cancels an event or a class, a full refund is issued to the participant. Refunds are not issued for inclement weather or ticketed events.



## Registration

Registration for HRCA's programs and activities are accepted on a first-come, first-serve basis. Some registration deadlines and fees may be different for program guests. Programs are subject to cancellation.

### Three Ways to Register

Registration is ongoing. For the most up-to-date class availability, try online registration!

1. **Online Registration:** Obtain membership cards, new resident registration, change of address program registration, or cancellation at any of HRCA's four recreation centers.
2. **Phone:** Have your credit card payment information ready and call 303-471-8858.
3. **Walk-in:** Visit Member Services at any HRCA Recreation Center.

### Minimum Enrollment

Class fees are calculated on a minimum number of participants. Classes must reach the minimum three days prior to the first day of class, unless a specific registration deadline is noted. If the set minimum is not met for a class, it is cancelled. All registered participants will receive a transfer or refund.

### Therapeutic Recreation

Therapeutic Recreation programs require a completed Individual Service Plan (ISP) at least two weeks prior to the start. An ISP form is available online, at any Recreation Center, or by calling 303-471-7043.

## Climbing Wall Open Gym

Check out the 30-foot wall at Eastridge. Harnesses, ropes, shoes and belay devices are provided, or you may bring your own. During staffed hours, a certified instructor is available to belay. Individuals 12 years and younger must be accompanied by an adult 18 years or older at all times while in climbing area.

### Private Instruction:

During a one-hour private lesson, participants learn rope skills, climbing technique, movement and hand and foot skills.

Lessons must be scheduled in advance. To schedule lessons, visit [HRCAonline.org](http://HRCAonline.org). You can also contact Tanner Pauley at 303-471-7029 or email at [tanner.pauley@hrcaonline.org](mailto:tanner.pauley@hrcaonline.org) for more details.





## Golf and Multi-Sport Simulator

The Golf Simulator at Northridge, provided by Full Swing Golf, allows residents and non-residents the opportunity to practice their game on the driving range or play on some of their favorite virtual courses. The simulator offers access to 87 different courses.

The Golf and Multi-Sport Simulator at Southridge is a widescreen simulator that offers a genuine and unique golf experience. The multi-sport function allows for home run derbies, field goal challenges, basketball shootouts, soccer, hockey, lacrosse and more.

Find it all at [HRCOnline.org](https://HRCOnline.org) or by scanning the QR code.



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## Meeting Rooms

HRCA has 13 meeting rooms available to rent, with capacities ranging from 10 - 300 guests. Our largest room is the Wildcat Mountain Auditorium facility, which features a state-of-the-art kitchen and a newly renovated outdoor patio to enhance your event experience. Availability is limited, so we encourage you to scan the QR code to receive more information today!

Find it all at [HRCOnline.org](https://HRCOnline.org) or by scanning the QR code.



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## Birthday Parties

Everyone loves a celebration! HRCA offers a variety of options for kids, teens, and adults, ranging from traditional birthday parties to customized events tailored to your needs. Let us help you create unforgettable memories in a fun and hassle-free environment. Scan the QR code to book your event today!

Find it all at [HRCOnline.org](https://HRCOnline.org) or by scanning the QR code.



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## Batting Cages

The Westridge batting cages offer five baseball and four softball stalls ranging in speed from 30-80 mph. Homerun target banners provide the batter with realistic results in a user-friendly pitching complex. We offer a mini-ball park complete with homerun fence, foul poles, and bases for future little league batters. For more information or to make team reservations, call 720-348-8202 or visit [HRCOnline.org/BattingCages](https://HRCOnline.org/BattingCages).



## Volunteer

Become a vital part of the HRCA Therapeutic Recreation Program and help create unforgettable experiences for children and adults with disabilities. By volunteering, you have the unique opportunity to make a real difference in their lives!

### Youth and Adult Therapeutic Recreation Coordinator (CTRS)

Summer Aden

☎ 303-471-7043

✉ [summer.aden@hrcaonline.org](mailto:summer.aden@hrcaonline.org)

Volunteering with our sports department offers a rewarding opportunity to support local athletes and foster community spirit. Join us to help organize events, mentor young players, and make a positive impact on our sports programs.

### Sports Team Leader

Patrick Gojan

☎ 303-471-8869

✉ [patrick.gojan@hrcaonline.org](mailto:patrick.gojan@hrcaonline.org)

Find it all at [HRCAonline.org](http://HRCAonline.org) or by scanning the QR code.



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## Employment

Are you looking for a unique position, fun working environment and advancement opportunities? If so, the Highlands Ranch Community Association is the place for you. HRCA is always looking for hard-working, energetic people to fill our open positions.

Whether you're looking for full-time, part-time or seasonal work, we have a position for you. As an HRCA employee you can enjoy benefits like insurance, paid time off, access to our facilities and much more!

Listed are a few of the departments that are hiring:

- Administration
- Aquatics
- Arts
- Backcountry Wilderness Area
- Education
- Events
- Facilities
- Fitness
- Sports
- Therapeutic Recreation

Visit our website or scan the QR code for a list of current positions and apply today!



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# Eastridge Recreation Center

## FACILITY HOURS

**Monday - Friday:** 5 a.m. - 9 p.m.  
**Saturday:** 7 a.m. - 8 p.m.  
**Sunday:** 7 a.m. - 6 p.m.

## REGISTRATION HOURS

**Monday - Friday:** 6 a.m. - 7 p.m.  
**Saturday - Sunday:** 9 a.m. - 1 p.m.

## ADMINISTRATION HOURS

**Monday - Friday:** 8 a.m. - 5 p.m.

## AMENITIES

### Indoor Amenities

- Two gymnasiums (wood floor)
- Camp HRCA (summer)
- Cardiovascular area
- Climbing wall
- Private changing rooms
- Fitness/dance studio
- Free weight area
- Locker rooms
- Member services
- Pools: lap, slides, zero depth youth pools
- Preschool
- Running track
- Steam room
- Variable resistance machine area
- Vending machine
- Stretch area

### Seasonal Amenities

- Two outdoor sand volleyball courts
- Outdoor pools: zipline, slides, lap, kiddie pool



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📍 9568 University Blvd. ☎ 303-471-8858

# Northridge Recreation Center

## FACILITY HOURS

**Monday - Friday:** 5 a.m. - 9 p.m.  
**Saturday - Sunday:** 7 a.m. - 6 p.m.

## REGISTRATION HOURS

**Monday - Friday:** 7 a.m. - 7 p.m.  
**Saturday - Sunday:** 8 a.m. - 1 p.m.

## TENNIS HOURS

**Monday - Friday:** 7:30 a.m. - 9 p.m.  
**Saturday - Sunday:** 7:30 a.m. - 6 p.m.

## AMENITIES

### Indoor Amenities

- Ten Racquetball courts
- Cardiovascular area
- Dry sauna
- Private changing rooms
- Fitness/dance studio
- Free weight area
- Gymnasium (wood floor)
- Golf simulator
- Locker rooms
- Martial arts studio
- Member services
- Pools: aqua climb, dive, lap
- Running track
- Tennis courts: six indoor, five outdoor
- Yoga studio (hot)
- Variable resistance machine area
- Vending machine area
- Picnic shelter

### Seasonal Amenities

- Outdoor pools: lap and tot pool



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📍 8800 Broadway ☎ 303-471-8950

# Southridge Recreation Center

## FACILITY HOURS

**Monday - Friday:** 5 a.m. - 9 p.m.  
**Saturday:** 7 a.m. - 8 p.m.  
**Sunday:** 7 a.m. - 6 p.m.

## REGISTRATION HOURS

**Monday - Friday:** 6 a.m. - 7 p.m.  
**Saturday:** 7 a.m. - 5 p.m.  
**Sunday:** 9 a.m. - 2 p.m.

## AMENITIES

### Indoor Amenities

- Two gymnasiums
- Five outdoor tennis courts
- Cardiovascular area
- Golf and multi-sport simulator
- Private changing rooms
- Fitness/dance studio
- Free weight area
- Locker rooms
- Member services
- Pools: current channel, fitness, zero depth
- Pottery studio
- Running track
- Variable resistance machine area
- Vending machine area
- Wildcat Mountain Auditorium
- Covered Patio

### Seasonal Amenities

- Outdoor resort pool



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📍 4800 McArthur Ranch Rd. ☎ 303-471-7020

# Westridge Recreation Center

## FACILITY HOURS

**Monday - Friday:** 5 a.m. - 9 p.m.  
**Saturday:** 7 a.m. - 8 p.m.  
**Sunday:** 7 a.m. - 6 p.m.

## REGISTRATION HOURS

**Monday - Friday:** 6 a.m. - 7 p.m.

## AMENITIES

### Indoor Amenities

- Six outdoor pickleball courts
- Camp HRCA (summer only)
- Cardiovascular area
- Private changing rooms
- Fitness/dance studio
- Free weight area
- Indoor cycling studio
- Indoor turf field
- Locker rooms
- Member services
- Pools: lap, youth
- Preschool
- Running track
- Tiny tees ballpark
- Variable resistance machine area

### Seasonal Amenities

- Five outdoor batting cages
- Pitching structure
- Outdoor pools: splash fountain, slides, zero depth

**Westridge renovations  
will be underway during  
the Summer of 2025.  
Please check the HRCA  
website for up-to-date  
information.**



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📍 9650 Foothills Canyon Blvd. ☎ 720-348-8202

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# Aquatics

## STAFF

### Aquatics Operations and Programs Manager

Tyler Kurapkat

☎ 303-471-7036

✉ tyler.kurapkat@hrcaonline.org

### Swim Lesson Coordinator

Mindy Polete

☎ 303-471-8867

✉ mindy.polete@hrcaonline.org

### Coached Aquatics Coordinator

Kerri McGrath

☎ 303-471-8942

✉ kerri.mcgrath@hrcaonline.org

### Private Lessons

Learn to Swim and Coached Aquatics

☎ 720-348-8220

✉ privatelessons@hrcaonline.org

### Seahawks Summer Swim Team

☎ 303-471-8942

✉ seahawksteam@hrcaonline.org



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## GROUP SWIM LESSONS

Join HRCA's Starfish Aquatics Institute certified swim lessons that provide water safety instruction, build confidence, and instill a lifelong love of water in a safe, fun environment. Small group swim classes run monthly for children and adults of all skill levels from beginners to pre-competitive swimmers. Class descriptions and pre-requisites are available online.



## SWIM PROGRESSION

### STAR TOTS (AGES 9 MONTHS–2 YEARS)

Beginner level for adult caregiver and child. Class focuses on water exploration and basic skills to build water confidence.

### SWIM SCHOOL PRE-K (AGES 3-5) YOUTH (AGES 6-12)

Lessons develop foundational swimming and water safety skills including floats, self-rescue skills, and beginner freestyle and backstroke.

### STROKE SCHOOL (AGES 6 - 12 YEARS)

Lessons focus on stroke development and endurance of freestyle, backstroke, breaststroke, and butterfly with a continued focus on water safety.

### TEEN / ADULT LESSONS (AGES 13+)

Beginner level lessons teach basic water safety skills, floating & kicking, beginner freestyle and backstroke. Participants must be comfortable in four feet of water and able to fully submerge.

## PRIVATE & SEMI-PRIVATE LESSONS (AGES 3 & UP)

Looking for individualized instruction to focus on a specific skill or conquer a fear of water? HRCA offers private and semi-private lessons. Lessons are available for all skill levels from beginner to coached/competitive participants. Consultations and initial bookings for new participants must be booked directly with the Aquatics Department. Pricing, scheduling, and contact information is available online or by scanning the QR code.



## INFANT SWIMMING RESOURCE (ISR) (AGES 6 MONTHS-4 YEARS)

ISR is a comprehensive four-to-six-week program that focuses on developmentally appropriate swimming skills that integrate teaching life-saving skills while building confidence in and around the water. Lessons are booked and paid for through the individual instructor. Details and contact information for instructors can be found online.



## LEARN TO SNORKEL (AGES 7 & UP)

Learn the proper techniques involved with snorkeling both on the surface and underwater with a certified PADI instructor. This class is great for the whole family and will make your snorkeling trip a more pleasurable and rewarding experience. All equipment is provided.

## TRY SCUBA

Curious about scuba diving, but not quite ready for open water or certification? In this introductory class participants ages 10+ will be guided through their first experience with scuba equipment and taught how to breathe underwater in a safe pool environment by a certified PADI instructor. This is not a certification class. All gear is provided.



# Aquatics



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## WHITE: INTRO TO SWIM TEAM

The 45-min classes focus on freestyle, backstroke, deck dives and breaststroke & butterfly kicks.

## BLUE: INTERMEDIATES

The 60-min classes focus on mastery of butterfly, breaststroke, and endurance in all four strokes.

## BLUE: JUNIORS

The 60-min workouts use all four competitive strokes, competitive dive starts from block, and flip turns.

## MAROON: SENIORS

The practice focuses on mastery of all four competitive strokes to USA Swimming standards including block starts, turns, underwater pull-outs, IM and relays.

## MAROON: ELITES

The 90-min practice focuses on increasing speed and endurance for the competitive level swimmer.

## YOUTH SWIM CLINICS

HRCA Swim Coaches lead small group clinics that focus on specific swim skills including diving, turns, all four competitive strokes and the individual medley. All swimmers should be Intro level or higher to enroll.



### COACHED

## ADULT COACHED & MASTERS SWIM PROGRAMS

Beginner instruction to elite competitor workout groups. A Coached Aquatics Punch Pass or daily drop-in fee required.

Swim 101 / Ranch H2O-500-2000-yd  
Masters / Level 2/3-2000-3200-yd

Highlands Ranch Masters Swim Team (HRMS) is registered with both COMSA and US Masters Swim. Swim team membership is not required for HRCA classes.

## YOUTH COACHED SWIM PROGRAMS (Ages 6-18)

Competitive swimming skills are taught in a fun, swim team environment. Swimmers learn terminology, lane etiquette, turns and dive starts. To enroll: Swim independently 25-yd freestyle with side breathing and 50-yd backstroke without assistance. Ability to complete a 15-yd breaststroke & butterfly is encouraged. Swim fins are required for Senior and Elite level swimmers.

## SEAHAWKS SWIM TEAM

Team website:

[HRCAseahawks.swimtopia.com](http://HRCAseahawks.swimtopia.com)

HRCA Seahawks is a member of the CARA Swim League. Summer team practices four days a week, June-July with Saturday swim meets. Morning & evening practices are available. CARA swim meets have a recreational and learning focus.



## PRIVATE ART LESSONS (AGES 10+)

If you have a busy schedule, need individual instruction, or group art classes are not for you, try private lessons with an experienced instructor. To register, contact Alecia Hindman.

## DRAWING, PAINTING & SCULPTURE (AGES 6-11)

We use traditional fine art media (pencil, marker, paints and sculpting materials) to make fun, new, and modern themes. In this class, we try a little bit of everything to make our students fluent in the use of any art media.

## BEGINNING PAINTING (AGES 18+)

Using acrylic paint, you will learn about composition, color mixing, and various paint application techniques, such as wet-on-wet, dry brush and using salt. Basic drawing skills will help in the layout of the subject matter.

## WATERCOLOR (AGES 18+)

Explore painting with watercolor! Learn to utilize this unique medium. Discover the subtleties of proper control and technique. A supply list will be distributed in the first class.

## DRAWING 101 (AGES 18+)

Learn how to draw by observation. This class is great for beginners and will address fundamental drawing methods. Explore shading and texture as you advance in technique. Bring a sketch book and pencils to the class.

## ABSTRACT WATERCOLORS (AGES 18+)

Abstract Watercolors is a method of painting based on general shapes or patterns rather than a real representation of objects. This class explores colors, textures and mark making. No skills necessary; just a desire to create and learn a relaxing way to create art.

# Arts

## STAFF

### Arts & Education Supervisor

Jamie Bouchard

☎ 303-471-8880

✉ [jamie.bouchard@hrcaonline.org](mailto:jamie.bouchard@hrcaonline.org)

### Arts Enrichment Coordinator

Alecia Hindman

☎ 303-471-8853

✉ [alecia.hindman@hrcaonline.org](mailto:alecia.hindman@hrcaonline.org)



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# Arts



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## MODERN CALLIGRAPHY (AGES 18+)

Learn how to form letters, combine them together for words and develop your own style. Good handwriting is NOT a requirement. We will be exploring calligraphy with a pencil, markers, brush pen and watercolor pen. All materials are included.

## ZEN DOODLING (AGES 18+)

Zen doodling is a calming kind of doodling using simple, repetitive patterns. It is a relaxing activity that produces lovely results. As you draw, you boost concentration, creating a positive mood and external distractions become less important.



## KNITTING (AGES 18+)

**Beginning:** Learn how to knit, purl, cast on, bind off, increase and decrease. Learn how to read simple patterns and make a beanie hat. Yarn will be provided for practice knitting. Needles may be purchased in class.

**Advance / Intermediate:** Students must have completed Beginning Knitting and Advanced Beginning Knitting and must get approval to advance to this class. Students will learn advanced patterns and incorporate them into individual projects.



## ENCAUSTICS (AGES 18+)

Explore the ancient Egyptian art of painting with wax in this introductory Encaustics workshop. Students will learn a variety of techniques and tips to "make and take" cards and/or small collage pieces. No experience necessary!

## MACRAME (AGES 18+)

Join us for a beginner-friendly workshop of this retro craft. Learn the basic supplies, tools and techniques needed to create various macrame projects. Students will complete a small wall hanging by using simple knots and cords, in a step-by-step format.

## CHEF-IN-TRAINING (AGES 2-5)

Create fun snacks using kid-friendly ingredients based on the theme of the month. Children must be accompanied by an adult. Price includes all food supplies.

## KIDS RULE THE KITCHEN (AGES 5-7)

This class will expose kids to new ingredients while they learn to create appetizers, main courses and desserts based on the theme of the month. Price includes all food supplies.

## YOUNG CHEFS (AGES 7-9)

Aspiring chefs will receive a realistic introduction to the world of culinary arts. Learn many different cooking methods while creating unique and yummy recipes. Price includes all food supplies.



## CREATIVE COOKS (AGES 9-12)

This series of classes will instill the young chef with confidence in and out of the kitchen. Each week the student will learn skills like baking, sautéing, chopping, dicing and grating.



## TEEN CUISINE (AGES 12-18)

Teens will explore the delicious world of cooking. Learn the basics of cooking and grow their skills in the kitchen. This class is designed for teens who love to cook! Learn about different foods and how to prepare them to make scrumptious recipes at home. Price includes all food supplies.

### DANCE

## DANCE EXPECTATIONS

- Each child must be the appropriate age for the class at the start of the session or reach the appropriate age within the first week of the session.
- No refunds or prorates will be given after the start of a session.
- No late registrations allowed after the third week of the session.

### What to Wear:

- **Ballet:** Leotard, tights, dance skirt and all leather ballet shoes in any color.
- **Tap:** Leotard, tights, dance skirt in any color, plus tap shoes.
- **Hip Hop and Pip Hop:** comfortable clothing students can move in.

## ITTY-BITTY BALLET (AGES 2½-3)

This class introduces your child to basic ballet techniques, songs, dance and creative play. Note: Parents do not attend class and students are not eligible for the recital.

## BALLET I (AGES 3-5)

Barre and center exercises are used to teach steps and positions of ballet. Classes are designed to aid in the development of flexibility, coordination, balance, body awareness, listening, discipline and self-esteem. All ballet students are encouraged to participate in the dance recital.

## BALLET II (AGES 4-6)

Barre and center exercises are used to teach steps and positions of ballet. Classes are designed to aid in the development of flexibility, coordination, balance, body awareness, listening, discipline and self-esteem. All ballet students are encouraged to participate in the dance recital.

## BALLET III (AGES 5-9)

Barre and center exercises are used to teach steps and positions of ballet. Classes are designed to aid in the development of flexibility, coordination, balance, body awareness, listening, discipline and self-esteem. All ballet students are encouraged to participate in the dance recital.



## BALLET III/IV (AGES 6-8)

Barre and center exercises are used to teach steps and positions of ballet. Classes are designed to aid in the development of flexibility, coordination, balance, body awareness, listening, discipline and self-esteem. All ballet students are encouraged to participate in the dance recital.





## BELLY DANCE (AGES 18+)

All levels welcome in this fun class dedicated to teaching and practicing the ancient art of belly dance. Learn classic Egyptian Style, American Cabaret/Vintage, Oriental, and Tribal Fusion technique.

## BROADWAY/JAZZ (AGES 25+)

Do you love music theatre? Do you love the jazz hands emoji? Join us to learn fun dance moves and choreography featuring various Broadway songs and styles. This is a no stress, no recitals adult class welcoming all abilities and experience. Jazz shoes are encouraged but street shoes are okay. Please no socks or flip flops.



## COUPLES DANCE (AGES 18+)

Enjoy a night out with your friends and significant others while learning something new. These dances will have your confidence on the dance floor soaring to new heights!

## THE ORIGINAL C&W DANCE: TWO STEP IS HERE!

It's the most versatile dance on the floor. Learn the easy basic steps and jazz it up with turns and twirls. You'll be able to stay on the dance floor and dance the night away.

## TRIPLE STEP WITH TURNS AND TWIRLS GALORE

Easy, smooth and the best dance to learn the pretty turns and twirls you see on dance floors! Transition all the turns and twirls over to many other dances!

## RED HOT SUMMER SALSA

Dance to Latin music, or all the great Country music with Latin influence. It's suggestively fun and easy. Salsa has gained popularity on the dance floor. Learn the easy, lively rhythms with partner moves that spin into solo moves so you can shine!

## THE FANTASTIC, VERSATILE EAST COAST SWING

The most fun swing dance ever! Easy basic steps and great turns, twirls and combinations! This dance fits every genre of music so you can dance to Country, Big Band or Rock and Roll! Here's your chance to get on the dance floor.



## THE NEW MILLENIUM COWBOY CHA CHA

Cowboy Cha Cha isn't just for country music anymore! It's everywhere! It's the prettiest dance to come along! This dance can be done solo or with a partner, this class will teach it both ways.



## WALTZ ME ACROSS THE DANCE FLOOR

This class teaches two types of Waltzes: country waltz and social ballroom. Both are graceful, smooth and easy, with pretty turns and accents. Everyone loves the Waltz!

## COUPLES LESSONS -PRIVATE LESSONS (AGES 18+)

If you're looking to perfect dances for your wedding or special event, this is a great way to get the individualized attention you desire to look and feel confident on the dance floor. To register, contact Alecia Hindman. Staff contact details can be found on page 13.

## SWEDISH FOLK DANCE CLUB (AGES 16+)

Enjoy learning lively dances in classes designed for beginners. We emphasize partner and set dances, as well as learning and leading others in traditional ring dances at Midsummer and Christmas! All are welcome to participate and you may even learn some Swedish words! Please bring smooth-soled shoes. Partners encouraged but not required.

## LINE DANCING (AGES 55+)

Join our great line dancing class for seniors! In this beginning class, you will learn steps to dance the latest line dances plus the old favorites. Make new friends in this fun and energizing class designed especially for you! Partners are not necessary!



## LINE DANCING LEVEL 2 (AGES 55+)

You're not beginners anymore. This is the class you've been asking for. Level 2 is designed for those who have taken the Level 1 (Beginner) classes and are ready to learn advanced steps and dances. We will review what we learned in Level 1 (Beginner) class and move on. Sign up now to continue with the fun and exercise. An all-around great fitness class!

## LINE DANCE SUNDAY AFTERNOON GETAWAY (AGES 18+)

Dance for exercise and fun! Get out of the house and do something really fun for yourself! In this class, you will learn the latest line dances! You can even join the Line Dance Team!



## "SPLISH SPLASH" DANCE RECITAL (AGES 3-13)

Dance recital for Ballet, Tap, Hip Hop, Pip Hop and K-Pop classes. Recital routines are choreographed by instructors and taught in the child's class. Every family who signs up for the recital will receive a photo, no need to register. The dance recital is a separate registration fee from registered classes and includes a costume and photo.

## DANCE BEATS (AGES 5-8)

An upbeat dance class where you will encounter the fun of hip hop, the technique from ballet and the style of Jazz. You'll have the best time fankicking, pirouetting to some energy dance songs you love. All students are encouraged to participate in the dance recital.



# Arts



LEARN MORE

## PIP HOP (AGES 3-6)

This Pip Hop class for little ones is full of rhythm, body awareness, simple choreography and high energy craziness. Students are encouraged to participate in the dance recital. Note: Students must attend both sessions to be eligible for recital.

## K-POP (AGES 7-13)

Students will be able to learn Korean Pop dances by the most popular music groups including BTS, Twice, Seventeen, New Jeans, NCT and more! Each week will teach a new dance from a different artist! Dances are a fusion of Hip Hop focusing on musicality and performance. Students are encouraged to perform in the recital.



## HIP HOP CONTEMPORARY (AGES 7-12)

This is an upbeat class set to popular music. Hip Hop, Jazz and Contemporary dance are covered. Learn funky dance moves in an encouraging environment. Students are encouraged to participate in the dance recital.

## TAP (AGES 7-13)

Learn rhythm and musicality through tapping your feet! An upbeat class blending technique, style and fun! All students are encouraged to participate in the dance recital.



## WEDNESDAY CONTINUING DAYTIME TAP (AGES 25+)

In this non-performance class we will work on tap technique, acapella combinations and have fun learning dances. These classes are taught by Laura.

## MONDAY NIGHTTIME TAP (AGES 25+)

Get your heart pumping and your feet tapping in this energizing and fun class! Learn tap techniques that will be integrated into a dance. A year of tap is strongly suggested. These classes are taught by Laura.

## WEDNESDAY NIGHTTIME TAP FOR ALL LEVELS (AGES 25+)

This no performances, no stress adult only tap class caters to all levels! You will learn the basics of tap through fun choreography and rhythm tap! These classes are taught by Laura.

## NIGHTTIME TAP FOR ALL LEVELS (AGES 25+)

This no performances, no stress adult only tap class caters to all levels! If you are a beginner, you will learn the basics of tap while the more advanced tapper will learn more complicated rhythms through fun choreography and rhythm tap! These classes are taught by Laura.



## ROCKY MOUNTAIN TAPPERS INTERMEDIATE (AGES 25+)

This class is a performance arts class meant to showcase dance routines during our Annual Adult Dance Recital in June. Two to three years of tap experience is preferred. Emphasis will be on continuing to progress tap and musicality techniques utilizing barre, across the floor and center floor work. Skill/level appropriate choreography will be taught as more fun occurs making music with our feet! These classes are taught by Dianne.



## ROCKY MOUNTAIN TAPPERS ADVANCED (AGES 25+)

This is an adult class geared toward the Advanced Tapper with 4-5 yrs of previous dance experience. This class is designed to continue learning advanced tap techniques with across the floor work, center floor work, time steps and other various skills. Join the fun, learning choreographed dance routines in this upbeat class. These classes are taught by Dianne.

## RITZ TAPPERS (AGES 25+)

Ritz Tappers Beginning to Continuing Levels: This adult class is geared toward the very beginner to "Hey, I'm getting it!!" We warm up on technique, work combinations and set these to music, some being dances suitable for Broadway but there are no performances for this class. These classes are taught by Laura.

## RITZ TAPPERS CONTINUING TO INTERMEDIATE LEVELS (AGES 25+)

This adult class is for the tapper who knows the basics and is ready to go at a faster tempo and learn harder steps. We work on various time steps, combinations, acapella shorts and learn dances that will only be performed in the comfort of your home as this is a non-performing class. These classes are taught by Laura.

## RITZ TAPPERS INTERMEDIATE TO ADVANCED LEVELS (AGES 25+)

This non-performing adult class is for the tapper who can execute all of the basics at all tempos. You should have knowledge of Stomp and Traveling Time Steps (up through triple) - Cincinnati's, Grab-offs...just to name a few. We work technique through acapella shorts and choreographed dances. These classes are taught by Laura.

### DRAMA

## ALADDIN KIDSTAGE STARS PROGRAM (AGES 6-12)



What would you wish for if you had three magical wishes? Join Aladdin and his friends as he meets the mystical Genie who offers to make all his dreams come true...or will he? Princesses, tigers, magic carpets and a full cast of fun characters bring this classic tale to life and help Aladdin see the importance of friendship and being true to oneself.



# Arts



LEARN MORE

## MUSIC

### CROCODILE ROCK - PARENT TOT (AGES 18 MOS-3)



Have fun with your child singing, dancing, and playing music with a folk guitarist. Songs have age-appropriate visuals and props to stimulate learning. Each month new songs and activities are introduced, along with familiar favorites requested by the children.

### MUSIC TOGETHER - PARENT TOT (AGES 0-5)



Music Together® is an internationally recognized early childhood music program offering 45 minutes of pure musical fun for you and your child each week. The Music Together® award-winning curriculum is used in a fun, developmentally appropriate environment which utilizes singing, moving, playing instruments and making music. Contact: Alecia Hindman. Staff contact details can be found on page 13.

### YOUNG VOICES (AGES 5-6)



In this class, your child will develop their ear and music skills in an active and playful group class which incorporates folk songs, rhymes, singing games, stories, puppets, movement, listening and music literacy.



### PIANO PALS LESSONS (AGES 6-9)



Piano Pals flips the script of traditional piano lessons. Engaging, social classes make practice enjoyable and progress feel exciting! In just eight weeks, your child will go from first notes to their first performance. With take-home practice sheets, weekly parent updates, flashcards, in-class games and two exciting performances, they'll enjoy every step of the journey.

### FUN KEYS SEMIPRIVATE PIANO LESSONS (AGES 6-9)



"Fun Keys" semiprivate piano lessons present popular piano teaching methods with catchy rhythms, melodies and chord progressions that students love to practice. Ms. Carolyn teaches students how to practice with level arms and curved fingers while strengthening muscle memory playing the repeating patterns. Note: A \$5 material fee is due at the first class.



## POTTERY

### HAND BUILDING (AGES 18+)

Learn how to create pottery using three basic hand building techniques: pinch, slab and coil. Items you may make are cups, bowls, plates and other things like holiday decorations, a birdhouse and useful boxes! Surface decoration will be explored as well as glaze techniques.





## KIDS-N-CLAY (AGES 5-9)

The perfect after-school activity for the creative child! Kids will love using their hands and imaginations to create unique clay pieces in these one-of-a-kind clay classes! Dress for a mess and create a piece of art that will last a lifetime.

## HAND BUILDING FOR KIDS (AGES 8-12)

Learn to build and finish clay pieces while building hand strength needed for wheel throwing. Materials provided.

## CONTINUING WHEEL POTTERY (AGES 18+)

For returning students who have completed the Beginning Wheel class.

## TEEN WHEEL POTTERY (AGES 12-17)

Learn the basics of wheel throwing, trimming and glazing. Clay is not included and must be purchased in the studio before class, tools are provided. Bring an apron and an old towel.

## POTTERY SALE

The Pottery Sale will take place on Monday, August 25 from 8 a.m. – 6 p.m. at the Southridge Recreation center. Purchase one-of-a-kind pieces handcrafted by Highlands Ranch artisans. Credit cards only.

## PRIVATE POTTERY LESSONS (ALL AGES)

If you have a busy schedule, need individual instruction or group pottery classes are not for you, try private lessons with an experienced instructor. To register, contact Alecia Hindman. Staff contact details can be found on page 13.

## SEMI-PRIVATE POTTERY LESSONS (ALL AGES)

If you have a busy schedule, need individual instruction or group pottery classes are not for you, try private lessons with an experienced instructor. To register, contact Alecia Hindman. Staff contact details can be found on page 13.

## BABY/TODDLER HAND & FOOTPRINT KEEPSAKES (ALL AGES)

Create memories that will last a lifetime with a one-of-a-kind piece of art with your child's print. You make it, paint it and our talented instructors will fire it for you. Prints take two weeks to complete. To register, contact Alecia Hindmen. Staff contact details can be found on page 13.



# Backcountry Wilderness Area

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LEARN MORE

## YOUTH PROGRAMS

### ASTRONOMY NIGHT (AGES 7-13)

Parents, enjoy a night out after you drop the kids off at Base Camp for a fun astronomy program! Send your kiddo with a picnic dinner and all their questions about the night sky. We'll play games and have a summer treat before an astronomy viewing where we'll identify constellations and explore their origin stories.

### CREATURES OF THE NIGHT (AGES 7-13)

Pack a picnic dinner to eat as you get to know about local wildlife that come out after hours. We'll get to know about some nocturnal creatures and test your nocturnal know-how before we head out for a night hike filled with fun activities and games that will immerse you in the nighttime world of animals.



### DISCOVERY DAY (AGES 7-13)

To protect wild places, kids must first learn to love them. Discovery Days at Backcountry Base Camp let children explore the wonders of the Backcountry Wilderness Area. Each program provides an ideal introduction to the wild outdoors where children will either practice fort building or learn survival skills, depending on the month's theme. Donations to the Backcountry Wilderness Area Fund are encouraged.

## FORTS'N FUN CLUB (AGES 7-13)

Let your child's imagination run wild! Your child will go on a hike to a wilderness classroom where they can play games, build forts and discover nature in a safe open environment. This unstructured time encourages creativity, independence, friendship and outdoor fun, allowing children to create their own adventures in the wilderness.



## WILDERNESS SURVIVAL CLUB (AGES 7-13)

Let your child discover the skills they could need in a true wilderness setting. Each session will include a hike and exploration time before focusing on a different survival skill. Topics include learning to make fire, identify and harvest wild plants, tie knots, build shelters, and create fun and practical items like tools and rope.

## JUNIOR WILDLIFE BIOLOGISTS CLUB (AGES 7-13)

Discover the secrets of wildlife like a true scientist! In our kids' club, you'll investigate animal tracks and scat, analyze fascinating biofacts and identify local species. Dive into hands-on fieldwork and research, exploring the amazing adaptations and behaviors of the creatures in our natural world!

## WILD SUMMER (AGES 7-13)

Give your kids a summer night like the ones you remember! After enjoying their packed picnic dinner by the campfire (pending fire restrictions), we'll be playing nighttime games (flashlight tag, capture the flag, etc.), fort building and top the evening off with a summer treat!

## NATURE HOMESCHOOL (AGES 7-13)

Enhance your homeschool curriculum with our Nature Homeschool Program at the Backcountry Wilderness Area. Designed for grades 1-8, these half-day sessions offer hands-on learning in nature, exploring unique topics each eight-week session. Our program aligns with Colorado State Education Standards, providing a comprehensive, engaging experience that fosters a deep connection to the natural world.

## BASE CAMP EXPLORATION (ALL AGES)

Experience nature's wonders in the Backcountry Wilderness Area. Come out to Base Camp for seasonal activities, walk the Discovery Trail, hang out with the barnyard animals and more! Activities depend on the time of day and weather. Check the website for details. The program is no-cost, but registration is required. Donations are encouraged to the Backcountry Wilderness Area Fund.



ADULT AND FAMILY PROGRAMS

LIVE WELL. PLAY HARD. EXPERIENCE 5920'



# Backcountry



LEARN MORE

## FULL MOON HIKE (AGES 7+)

Leave your flashlight behind and let the full moon guide your hike through the Backcountry Wilderness Area. Heighten your senses as you explore the sights and sounds of the night. A naturalist will explain how humans and animals see in the dark, revealing what your eyes might miss.

## GOAT PICNIC HIKE (ALL AGES)

Spend quality time with the Backcountry Base Camp Goats on a hike and picnic! Bring your own lunch, then take a hike with the goats to a perfect picnic spot.



## NATURE WALKS (AGES 14+)

Explore the dirt roads of the Backcountry Wilderness Area, just 15-minutes from home. Enjoy fresh air, scenic views and spot local wildlife on this relaxed, guided hike. Adult-focused but child-friendly if the child is carried throughout. The program is free with registration; donations to the Backcountry Wilderness Area Fund are encouraged. Don't forget your coffee and binoculars!



## S'MORES & STORYTIME (ALL AGES)

Join us for a magical family evening! Start with a scenic hike through the woods to a fairy-lit campfire. Enjoy s'mores, relax on picnic blankets, and listen as our staff reads a fun, family-friendly story under the twinkling lights. Perfect for kids 10 and under, it's a storybook night come to life!

## S'MORES HIKE (ALL AGES)

Join our naturalist for a guided all-ages hike in the Backcountry Wilderness Area, then enjoy a s'more or other sweet treat. We provide the adventure and ingredients. Campfire included, weather permitting.

## SUNSET HIKE (ALL AGES)

Enjoy a golden hour hike, to take in one of Backcountry Wilderness Area's magnificent sunsets. We'll watch the crepuscular animals come to life on our way back.

## BACKCOUNTRY BIRDERS (ALL AGES)

Embark on a guided birding adventure through the Backcountry Wilderness Area! Discover the beauty of native birds as we identify species by sight and sound during a peaceful nature walk. Perfect for bird enthusiasts of all levels, this program offers a unique chance to connect with wildlife in their natural habitat.



## WILD ROOTS (AGES 3-6)

Wild Roots offers an outdoor-based alternative to traditional preschool for children ages 3-6. Our play-based, nature-immersive program features an emergent curriculum guided by teachers. Each month focuses on seasonal themes and weekly skills. We offer flexible scheduling from 9 a.m. to 4 p.m., with options for full week or partial week attendance.

## WILD ROOTS SUMMER HALF-DAY (AGES 3-6)

Wild Roots offers an outdoor-based alternative to traditional preschool for children. Our play-based, nature-immersive program features an emergent curriculum guided by teachers.

## SEEDLINGS NATURE PLAYGROUP (AGES 1-6)

Seedlings Nature Playgroup, led by an experienced educator with a play-based and Waldorf background, offers child-led exploration and seasonal celebrations in the Backcountry Wilderness Area. Parents and children will build connections and gain confidence through group activities, songs, and imaginative play. The eight-week session requires active adult participation and registration for all children older than 12 months.



## SUNSHINE AND STORYTIME (AGES 0-6)

Join us for nature-themed story time in the Backcountry Wilderness Area, with weekly stories reflecting the season. After the story, enjoy child-directed nature play in the Backyard. Adults must supervise children actively. The program is free with required registration; donations to the Backcountry Wilderness Area Fund are encouraged.



## WILD THINGS (AGES 0-6)

Join us for a hands-on animal encounter with Base Camp's chickens, ducks and goats, followed by child-led nature play in the Backyard. Adults must actively supervise. Stay for our free Sunshine and Storytime afterward, but separate registration is required for both programs.

## BASIC HORSEMANSHIP (AGES 7+)

Build your confidence with horses in this hour and a half class. Learn how to catch and handle a horse, interpret their body language and understand how to groom and saddle a horse. This groundwork-only class is a prerequisite for beginners before starting riding lessons.



# Backcountry



LEARN MORE

## PRIVATE RIDING LESSONS (AGES 5+)

Expand your skills and knowledge, both in and out of the saddle, with private riding lessons. Your instructor will create lesson plans tailored to you and your equestrian goals. Riders (ages 5-99) can choose between English or Western riding. To register, contact Carly Steiger at [carly.steiger@hraonline.org](mailto:carly.steiger@hraonline.org).

## GROUP RIDING LESSONS (AGES 7+)

Start your riding journey in our one-hour group lessons that will teach you how to groom and saddle your horse, as well as learn the basics of English or Western riding. Our instructors will teach to the ability and skill level of the students.



## ADULT GROUP RIDING LESSONS (AGES 18+)

Start your riding journey in our one-hour group lessons that will teach you how to groom and saddle your horse, as well as learn the basics of English or Western riding. Our instructors will teach to the ability and skill level of the students.

## HORSE HOMESCHOOL PROGRAMS (AGES 7-13)

Explore horses beyond the basics in this equestrian class for homeschool students. Learn grooming, tacking and riding, with a new theme each session. Newcomers get a horse basics lesson, and returners review. Bring lunch and a water bottle to this youth-only, drop-off program. Morning Nature Homeschool participants will be transported to the Horse Corrals at noon.



## MINI MANES (AGES 3-4)

Help your small horse enthusiast learn about horse behavior and get hands on experience grooming and saddling during the two-week, 45-minute lessons. When they are not learning horse safety, they will get to ride and learn the basics of horseback riding! \*Please note that both full sized horses and ponies may be used for children ages 3-6.

## PONY TAILS (AGES 5-6)

Help your child build confidence with horses in this two-week, 45-minute program. They'll learn horse safety and care through hands-on activities, with an opportunity to ride when ready. Children must be accompanied by an adult. \*Please note that both full-sized horses and ponies may be used for children ages 3-6.



## LITTLE EQUESTRAINS (AGES 3-6)

Little Equestrians is the perfect bridge from pony programs to horseback riding lessons! This 30-minute, private riding lesson firms up the basics of safe— and fun—riding with more attention to details between the rider, instructor and the horse. We recommend Little Equestrians complete a session of Mini Manes or Pony Tails before registering.

## CUTIES AT THE CORRALS (AGES 0-10)

This 45-minute program is designed for kids under the age of 10 to meet and love on our horses in a safe, crowd-free environment. This class is capped at 10 kids plus their adult(s).

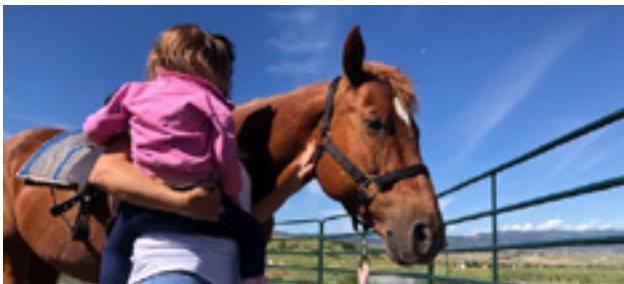
## PONY RIDES (AGES 3-10)

Hand-led pony rides are available for the young horse enthusiast! Walk along with your child as they enjoy the ride. Each time slot accommodates up to eight riders which will take turns on the pony. \*Please note: 125-pound weight limit. Both full-sized horses and ponies may be used for our pony programs.

## PONY PARTY (AGES 3-10)

Make your child's birthday magical with a pony party! Enjoy unlimited pony rides for the first 60 minutes, plus lassoing, stick horse play and horseshoes. For the next 60 minutes, use the time for cake, gifts and more. To add a "unicorn," contact Abby DeGroot. Staff contact details can be found on page 22.

\*Please note, full-sized horses and ponies may be used. White "unicorns" are not available.



## SCOUT HORSEBACK RIDING BADGE (AGES 7-18)

Our instructors will teach scouts basic horse safety, care, and health in a fun, hands-on setting, followed by an arena ride to learn introductory skills. Lessons are tailored to meet the BSA Horsemanship Merit Badge or Girl Scout Horseback Riding Badge requirements. Maximum of 12 scouts per session. To register, contact Carly Steiger at [carly.steiger@hraconline.org](mailto:carly.steiger@hraconline.org).

## PRIVATE HORSEBACK TRAIL RIDES (AGES 7+)

Experience the Backcountry Wilderness Area from the saddle on a guided one-hour horseback ride. Enjoy scenic views and spot local wildlife like elk, mule deer and golden eagles. Private trail rides are available for up to four guests. Note: 215-pound weight limit. To register, contact Abby DeGroot. Staff contact details can be found on page 22.

## INSTRUCTOR-IN-TRAINING (AGES 14-17)

The Instructor-in-Training (IIT) program is for high school students passionate about horses. It offers hands-on equine industry experience, helping to develop organizational, social and responsibility skills while earning volunteer hours. IITs will shadow a Backcountry Equine Program Instructor and assist with horse care, grooming, mucking and riding lessons. To register, contact Carly Steiger at [carly.steiger@hraconline.org](mailto:carly.steiger@hraconline.org).



# Backcountry



LEARN MORE

## ANIMAL CARE VOLUNTEER ORIENTATION

Volunteer with Backcountry Wilderness Area's animals! This orientation will prepare all volunteers for any of our animal-related positions. Orientation is required to volunteer. To register, contact Abby DeGroot. Staff contact details can be found on page 22.

### ARCHERY

## ARCHERY GROUP LESSONS

New and experienced archers (ages 7+) can take their skills up to the next level with lessons in the Backcountry Outdoor Center. Archery School of the Rockies provides four-week sessions on Saturdays. From equipment and safety to body position and shooting, you'll learn the same system of shooting as Olympic-level archers. We'll practice skills through games, challenges and friendly competitions.



### EVENTS

## SUMMER KICK OFF – MAY 31

Bring the whole family to the Backcountry Wilderness Area Base Camp for a morning packed with excitement at our Summer Kickoff event. Enjoy sunshine, coffee and breakfast eats while the kids are entertained by pony rides, bounce house, scavenger hunt, live animal presentation and more!

## BIGFOOT BASH – JULY 28

Celebrate the end of Camp Backcountry Summer Camp at our Bigfoot Bash! Explore Base Camp filled with a dunk tank, bounce house, face painting, delicious food truck (for purchase) and more. Expect a wild time to wrap up this amazing camp season. All are welcome!

## STAR PARTY – AUGUST 16

Join us for a magical star party under the night sky! Explore constellations, planets, and the wonders of the universe through telescopes and guided stargazing. Perfect for all ages, this cosmic adventure blends science and storytelling to inspire awe and curiosity about the stars above.

### RAFFLES

## SUMMER HUNT RAFFLE

Win an opportunity for you and a buddy to hunt elk in the Backcountry Wilderness Area! These close-to-home hunts of a lifetime are offered through our mission of responsible hunting and determined conservation. Proceeds benefit the Backcountry Wilderness Area Fund. The Summer Hunt Raffle runs from Thursday, June 19 – Thursday, July 10. Details available at [HRCOnline.org/hunt](http://HRCOnline.org/hunt).



# Camps *Let the fun begin!*

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## ART CAMPS

Our instructors are award-winning artists that love teaching kids. Your child will have fun creating art, while learning problem-solving and critical-thinking skills. We believe art gives a child confidence and builds their self-esteem. What better way to grow than to be doing something they love?

## MONSTERS & ALIENS CAMP (AGES 5-12)



If you love misunderstood monsters and amazing aliens, this camp is for you! We will make art based on your favorite monsters from movies and T.V., think Monsters, Inc., Dragons, Godzilla and more! Build your own UFO and your favorite aliens. We can even make them glow in the dark!



## TIME TRAVEL THE WORLD ART CAMP (AGES 5-12)

Travel the world! In this art camp you will make paintings, sculptures and crafts based on different parts and times of our world! From Easter Island to ancient Egypt, from past dinosaurs to futuristic cities—you will be exploring these places as an artistic time traveler!

## THE MOST COLORFUL CAMP EVER (AGES 5-12)

The Most Colorful Camp Ever! Use color like you never have, paint a canvas with fluid fluorescent acrylics, create wondrous colored sculptures like Meow Wolf and design jewelry using amazing Technicolor inks!

LIVE WELL. PLAY HARD. EXPERIENCE 5920'!



# Camps



LEARN MORE

## PAINTING & SCULPTING YOUR PETS CAMP (AGES 5-12)

Paint & sculpt pets of all kinds—dogs, cats, birds, famous cartoons and movie pets! We will make wonderful paintings using watercolors and acrylics. We will sculpt pets using polymer and other types of clay. We will also make some pet-based crafts! Finally, if you have a pet of your own, we will paint a painting of your pet!

## FOOD ART CAMP (AGES 5-12)

Make art based on your favorite foods and we'll incorporate making real food into art. We'll make delicious drawings, sumptuous scrumptious and palatable paintings! We'll even make food jewelry art! Finally, we will make a gingerbread house in one camp and decorate cupcakes in another!



## TAYLOR SWIFT & ALL THINGS MUSIC ART CAMP (AGES 5-12)

If you love Taylor Swift, music and art, this camp is for you! We'll make paintings, sculptures, crafts and jewelry based on Taylor Swift and anything music related. If you're a Swiftie, don't make this a *Cruel Summer*, *Shake It Off* and come make art in our *Blank Space*.

## SUPERHERO CAMP (AGES 5-12)

Jump over tall buildings and make art based on your favorite Superheroes! Paint yourself as your favorite superhero in a city you design and even sculpt your favorite superhero! If you love the Avengers, Ant Man, Wonder Woman and the Justice League, this camp is for you!



## UNDERWATER CAMP (AGES 5-12)

Explore art based on our oceans. We will go deep below the waves and create artwork of sunken treasures and sail the oceans blue with paintings to dazzle you. Create an amazing painting through a ship's porthole, make artistic axolotls and sculpt whales. In this camp, you'll be creating drawings, paintings and sculptures of wondrous underwater worlds.

## JEWELRY CAMP (AGES 5-12)

Create beautiful beads, make necklaces, learn weaving patterns, and create unique jewelry to wear or give as gifts! Design your own jewelry box! This class is for everyone. On the final day, we host a fashion and art show!

## ZOO CAMP (AGES 5-12)

It's a Zoo Art Camp! Draw, paint, sculpt and make crafts of our favorite animal friends. Sculpt an elephant, paint an African savanna and design your very own imaginative animal on a poster! If you love animals and art, this camp is for you.



## SQUISHMALLOWS, POKEMON, CARTOONS/ANIMATION ART CAMP (AGES 5-12)

If you love Squishmallows, Pokemon and cartoons/animation, you will love this camp! We make art based on the characters! Even sanrio characters, like Hello Kitty! Imagine making these characters as your very own paintings, sculptures and jewelry! Have you favorite character in mind when you join, so we can include them in your art!

## STAR WARS CAMP (AGES 5-12)

May the art be with you in this fun camp centered around Star Wars art! Design life sized light-sabers, paint your very own Star Wars poster, sculpt Baby Yoda and R2D2! Paint, draw, sculpt, make masks and create crafts based on your favorite Star Wars characters!



## SPACE AND SCIENCE FICTION ART CAMP (AGES 5-12)

Create art based on space, science fiction, planets, suns, the earth, asteroids and meteors. We'll also create futuristic science fiction art, like robots and rocket ships and your very own 2D cell phone art! This camp will include paintings, sculptures and crafts!

## DRAGONS, FAIRIES, WIZARDS & ELVES CAMP (AGES 5-12)

Paint, sculpt and make art based on the many worlds of fantasy! From your favorite wizards, like Harry Potter, to Zelda the Elf! We may even see fabulous knights, orcs and ogres. Anything in the realms of fantasy is possible.

## WINTER IN JULY CAMP (AGES 5-12)

If you love skiing, snowboarding, polar bears and penguins, this camp is for you! We create art based on winter themes, including wolves and the Aurora Borealis. Make drawings, paintings and sculptures of wondrous winter wonderlands.



## ICK, SICK, SLIME & GOO SPOOKY ART CAMP (AGES 5-12)

Paint, sculpt and create art like slime, goo and spooky themes. Paint, sculpt and create works of art based on these themes, from Zombies to Jack Skellington and Maleficent, we will have fun making art using these characters. We may even spend time learning how to paint our faces and apply some scary make-up.

## COLORADO CAMP (AGES 5-12)

Celebrate the beauty of Colorado in this creative, fun-filled camp! From iconic aspen trees to the majestic Rocky Mountains, you'll explore the state's rich identity through art. Create drawings, paintings, and sculptures inspired by Colorado landmarks, wildlife like bears and deer, and even incorporate logos from the Denver Broncos and Denver Nuggets. A perfect blend of state pride and artistic expression!



# Camps



LEARN MORE



## FASHION DESIGN DRAWING CAMP (AGES 7-12)

This camp is suitable for the complete beginner as well as the continuing sewists. Students will learn the correct proportions of the body, along with how to draw a face, clothing, hands, feet, shoes and accessories. The principles of design will be introduced through various projects. All materials and project supplies are included in this camp.

## SUMMER BREAK CHEF'S CAMP (AGES 7-10)

**Sweet and Savory:** Learn how to make everything that is both sweet and savory from appetizers to desserts! Surprise your friends and family with the endless possibilities.

**Secret Recipes:** Discover the secret recipes of all your favorites dishes that you can make at home for family and friends! Learn how to make these fun treats and more!

**Snack Attack:** Discover amazing snacks and appetizers that you can make for family and friends for any event or holiday!

**Mystery Basket:** Come solve the mystery of the Mystery Basket! The class will be divided up in teams. Each team will receive a basket and recipes. Young Chefs will learn how to work in a team environment and invent ways to incorporate the special ingredients provided.

**Campground Cooking:** Learn how to make all your favorite camping recipes! Plus, some new recipes that any camper will love!

**The Amazing Race:** Cook amazing dishes from around the world. Discover new flavors and foods that will soon become your favorites!

**Cupcake Wars:** In this class you will bake and decorate unique cupcake combinations from the old favorites to new and unique combinations!

**Confetti:** Learn how to make cookies from around the world and put a new twist on some of your classic favorites!

**Breads and Spreads:** Learn the techniques to make breads of all types: quick breads and yeast breads make different kinds of creative spreads to complement each one!

**Brunch Bunch:** Brunch foods are not just for brunch anymore! Learn how to make pancakes, waffles, crepes, egg creations, biscuits and gravy and more!

## TANGLED BY KIDSTAGE (AGES 6-12)



Rapunzel, locked away by her mother, longs to see the outside world. One day the mysterious Flynn appears in her life, and she gets that chance. What will her life become as she faces ruffians, palace guards and solves a kingdom-wide mystery? Join Rapunzel and Flynn on a hilarious adventure that teaches us to follow our dreams!





## BRAVE BY KIDSTAGE (AGES 6-12)

Merida, a bold Scottish princess, defies tradition and her mother's wishes to marry. Following magical forest wisps, she seeks help from a quirky witch whose cursed wish changes everything. Now, Merida must summon true courage to break the spell. This hilarious adaptation will have audiences laughing as the cast takes them on an unforgettable adventure!

## MOVIE MAGIC (AGES 9-15)

Students actively engage in all aspects of a professional film set. We start by learning the process of screenwriting. Students work together to write an original screenplay—lights, camera and action. Students become directors, film crew and actors—honing their craft and building their critical thinking. \*Kids will receive their professionally edited movie a few weeks after the final class date.

## SKIT KIDS LIVE (AGES 8-14)

SKL is a STEAM-based program where students learn what it takes to host their own Skit Kids Live. Kids transform into sketch writers, actors, musicians and set crew. Students work together to create a comedic episode with sketches, shorts, commercials and musical acts! \*Kids will receive a professionally edited SKL episode a few weeks after the last class.



## YOUTHTUBER (AGES 6-11)

Our YOUTH TUBER kids develop their storytelling style and build social communication skills. Students develop their digital well-being with an awareness of online safety. This class includes a YT WORKBOOK & Award certificate. Kids will receive one professionally edited video a few weeks after the last class. \*We do not set up YouTube Channels. No devices are needed.



## ON AIR -BROADCASTING (AGES 9-14)

In this class, your students are given the STEAM-based skill set to produce their own individual and group broadcasts! They will gain technical skills, industry knowledge, and self-confidence in front of the camera or on the mic as they produce news/sports broadcasts and podcasts. They will also learn how to brand their podcast and post episodes on various podcast platforms!

## MUSIC

## YOUTHFLIX (AGES 6-11)

Our YouthFlix is a team-based Learning approach where students can get their creative juices flowing by becoming screenwriters, actors and camera operators. Students will learn the steps of producing a series, from storyboarding to set design. \*Kids will receive a professionally edited trailer and episode video a few weeks after the last class.



# Camps



LEARN MORE

## STOP MOTION (AGES 5-9)

Students access their creativity by making YouTube-ready videos. Using a STEAM-based learning approach, students embrace their individuality and develop editing skills. \*We do not set up YouTube Channels during this class. \*Devices are required- iPad, Tablet, Chromebook, or Smartphone with Stop Motion Studio installed. SM WORKBOOK & Award certificate \*\*All footage and final videos will be stored on students' individual devices.



## PIANO PALS CAMPS (AGES 6-9)



Piano Pals flips the script of traditional piano lessons. Engaging social classes make practice enjoyable, and progress feels exciting! In just eight weeks, your child will go from first notes to their first performance. Real progress, real fun and real results. With take-home practice sheets, flashcards, in-class games, and two exciting performances they'll enjoy every step of the journey.

## CREATIVE KIDS' CAMPS

Visit [HRCAonline.org](http://HRCAonline.org) and fill out the children's application under The Creative Kid's section and bring the completed form the first day of class.

Camp Requirements:

- Children need must be potty trained.
- Children do not need to know how to swim.
- Wear a swimsuit and sunscreen
- Bring a towel and change of clothes
- Bring a nut-free lunch and drink.

## CREATIVE KIDS' CAMPS

## RED, WHITE AND BLUE CAMPS (AGES 3-7)

This camp explores America through swimming, crafts, games and more.

## GET SET TO GET WET (AGES 3-6)

Join us at Southridge for a splashing good time. Children will participate in art projects, enjoying free play, songs and games.



## MONDAY MADNESS (AGES 3-6)

We will swim in the outside pool before it opens to the public, make art projects, enjoy free play, songs and games.

## MINI MONDAY MADNESS AT EASTRIDGE (AGES 3-6)

We will swim in the indoor pool, make art projects, enjoy free play, songs, and games.

## WET AND WONDERFUL (AGES 3-6)

This class will allow participants to explore water in all its dimensions including swimming.

## WACKY AND WONDERFUL WEDNESDAY (AGES 3-6)

In this class children will swim, make art projects, enjoy free play, songs and games.



## OUTDOOR CAMPOUT (AGES 3-6)

Let's build a campsite and take a hike (hikes are on the grounds of the Westridge Recreation Center). We will play outside and explore different areas of our campsite.

## SURF AND TURF (AGES 3-6)

Explore the surf pool and the indoor turf. We will also make creative art projects, enjoy free play, songs and games.



## WEEK 3 JUNE 9-13

Nature Camp (Ages 7-13)  
Art Camp (Ages 9-10)  
Horse-Nature Camp (Ages 7-13)  
Half-Day Horse Camp (Ages 7-13)  
Leader-in-Training (Ages 14-17)

## WEEK 4 JUNE 16-20

Nature Camp (Ages 7-13)  
Girls of the Outdoors (Ages 9-10)  
Horse-Nature Camp (Ages 7-13)  
Half-Day Horse Camp (Ages 7-13)  
Leader-in-Training (Ages 14-17)

## WEEK 5 JUNE 23-27

Nature Camp (Ages 7-13)  
Art Camp (Ages 11-13)  
Horse-Nature Camp (Ages 7-13)  
Half-Day Horse Camp (Ages 7-13)  
Leader-in-Training (Ages 14-17)

## WEEK 6 JUNE 30-JULY 3

Nature Camp (Ages 7-13)  
Horse-Nature Camp (Ages 7-13)  
Leader-in-Training (Ages 14-17)

## WEEK 7 JULY 7-11

Nature Camp (Ages 7-13)  
Girls of the Outdoors (Ages 11-13)  
Horse-Nature Camp (Ages 7-13)  
Half-Day Horse Camp (Ages 7-13)  
Leader-in-Training (Ages 14-17)



## SUMMER CAMP

Camp Backcountry invites your child to explore the Backcountry Wilderness Area, an 8,200-acre conservation property perfect for discovering nature, playing in the woods and enjoying uninterrupted outdoor adventures. Campers hike, build forts, ride horses, create art and make friends while immersing in environmental education. With traditions and community, it's bound to be your child's best week of summer!

## WEEK 1 MAY 26-30

Nature Camp (Ages 7-13)  
Art Camp (Ages 7-8)  
Horse-Nature Camp (Ages 7-13)  
Leader-in-Training (Ages 14-17)

## WEEK 2 JUNE 2-6

Nature Camp (Ages 7-13)  
Girls of the Outdoors (Ages 7-8)  
Horse-Nature Camp (Ages 7-13)  
Half-Day Horse Camp (Ages 7-13)  
Leader-in-Training (Ages 14-17)



# Camps



LEARN MORE

## WEEK 8 JULY 14-18

Nature Camp (Ages 7-13)  
Art Camp (Ages 7-10)  
Horse-Nature Camp (Ages 7-13)  
Half-Day Horse Camp (Ages 7-13)  
Leader-in-Training (Ages 14-17)

## WEEK 9 JULY 21-25

Nature Camp (Ages 7-13)  
Horse-Nature Camp (Ages 7-13)  
Half-Day Horse Camp (Ages 7-13)  
Leader-in-Training (Ages 14-17)

## WEEK 10 JULY 28-AUG 1

Nature Camp (Ages 7-13)  
Girls of the Outdoors (Ages 7-10)  
Horse-Nature Camp (Ages 7-13)  
Half-Day Horse Camp (Ages 7-13)  
Leader-in-Training (Ages 14-17)



## SPANISH ENRICHMENT SUMMER ADVENTURE (AGES 5-11)



A Spanish-speaking teacher coaches children in everyday Spanish vocabulary and pronunciation. Spanish is taught through audio, visual and kinesthetic. We promote positive participation including interactive exercises with games, songs, Simon says, show and tell, sentences to practice and tons of vocabulary! There is a material fee of \$15 payable to the instructor on the first day of class.

## CHESS WORKSHOP (AGES 6-14)

This workshop is for beginner and intermediate players. Players will learn the rules and strategies of the game. Classes are taught by National Chess Master Todd Bardwick. Please bring a sack lunch and drink.



## CHESSMATES SUMMER CAMP (AGES 5-11)



Chess Camp is all about having fun! Kids can learn the basics of chess and bond with their peers. Play games and earn fun prizes along the way! Build abilities beyond the board by learning how to solve problems, think critically, and engage in sportsmanship. Chess tournament for students to showcase the skills they discovered throughout the program!

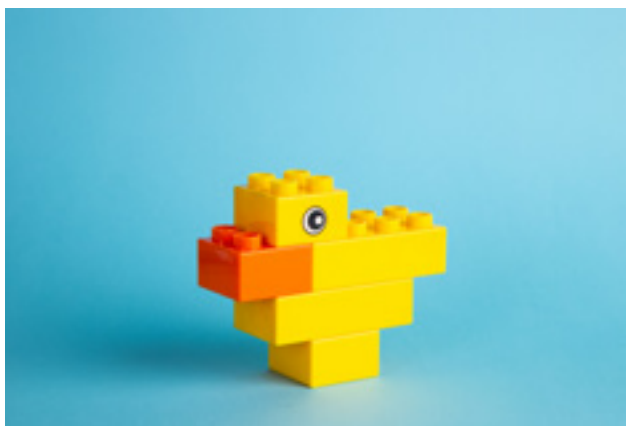
## SNAPOLOGY DISCOVERING DINOSAURS & ANIMAL EXPLORERS (AGES 4-6)



We explore what dinosaurs ate and when they lived, while constructing dinosaur models out of DUPLO blocks and LEGO® bricks! Through stories, building and games, your camper will be busy exploring the prehistoric world, while gaining critical social and developmental skills without even realizing it! We'll move onto more animals later in the week!

## SNAPOLOGY JUNIOR SCIENTISTS: ALL ABOUT ANIMALS (AGES 4-6)

Allow your child to cultivate their love of animals. Children will learn various concepts of animal life cycles and animal characteristics & traits using K'Nex and other interactive learning tools. We make animal science fun at Snapology!



## SNAPOLOGY ROBOPETS ROBOTICS (AGES 4-6)

Begin to explore the world of robotics, as participants follow step-by-step instructions to build simple animal models out of LEGO® bricks. They learn about the fundamentals of robotic design! From observing sensors while building a fish or alligator, or discovering ways that gears, wheels, and axles create movement while building robotic dogs or frogs!

## SNAPOLOGY KINDERBOTS ROBOTICS (AGES 4-5)

Begin to explore the world of robotics as participants build simple models that teach the fundamentals of robotic design. Follow step-by-step instructions and build with LEGO® bricks. Whether learning about sensors while building drills and magic wands or discovering ways that gears and pulleys create movement while building helicopters and robotic dogs, your child is sure to have a great time!

## SNAPOLOGY BOT BUILDERS WITH CUBELETS (AGES 4-6)

Begin to develop computational thinking skills by building with LEGO® bricks and modular robotic cubes, known as Cubelets®! Imagine this – every way your student snaps the magnetic cubes together creates a unique robot, but what really matters is how they figure out the perfect robot recipe to solve a challenge.

## SNAPOLOGY

Register for both morning and afternoon classes to play all day! There will be a fun supervised lunch and play break in between.

## SNAPOLOGY ANIMATION STUDIO (AGES 6-10)

Create amazing movies with stop motion animation using LEGO® bricks. Children will work in teams to produce their very own movie complete with dialogue and sound effects. Movies are uploaded to a secure site for family and friends to see how cool they are!

## SNAPOLOGY SCIENTISTS (AGES 6-10)

This scientists program helps children explore their curiosities and cultivate a deep love for science by experiencing the different domains of scientific study. Students will engage with concepts from the fields of astronomy, earth science, biology, chemistry, and physics using LEGO® bricks and other interactive learning tools. We make science fun, exciting and approachable!



## SNAPOLOGY JEDI ROBOTICS (AGES 7-10)

Enjoy robotics inspired by Star Wars® and space travel! Come on an adventure, building and programming functional robots using LEGO® bricks in this super-fun program. Learn about space, space travel, and of course, Star Wars®! Build different robots each day!



# Camps



LEARN MORE

## SNAPOLOGY JEDI MASTERS (AGES 5-10)

If you love building with LEGO® bricks and Star Wars®, this is the camp for you! Come participate in Star Wars®-themed activities, build scenes from the movie, build spaceships, lightsabers, you name it. May the Force be with you!

## SNAPOLOGY GAMEBOTS ROBOTICS (AGES 7-10)

Have a blast creating robotic games out of LEGO® bricks each week, while learning about robotics. Students will learn about gear ratio, sensors, programming and pulleys, as they create fun-to-play games. Whether creating a robotic hockey player, pinball machine, or a ring toss, your child is sure to have fun building, learning and playing!

## SNAPOLOGY HARRY POTTER (AGES 5-10)

Accio! We're so glad you're able to join us for some spell-binding fun! LEGO® builder will explore the magical world that surrounds Harry Potter and creatively design ways to bring their imagination to life. Riddikulus, there's nothing scary here, just creative fun, through building with LEGO® bricks, – Alohomora – and let your learner's love of magical possibilities fly- Wingardium Leviosa!



## SNAPOLOGY RESPONSIVE ROBOTICS (AGES 7-10)

Explore the basic components of robotics by playing with modular cubes known as Cubelets®! Create a unique robot, but what matters most is figuring out the perfect robot recipe to solve a challenge. Work with a partner to figure out how to create lighthouses, vehicles, astrobots, animals and more. Is your student ready to tinker, design, predict and code?



## SNAPOLOGY POKEMANIA (AGES 5-10)

Build with LEGO® bricks and explore the Pokémon world and practice their Pokémon training skills! Create your own training gyms, unique battles and even their own generation of Pokémon. Explore real-world science as campers examine habitats, characteristics and needs of different Pokémon. Participants do more than catch 'em all, they build, examine and have a blast doing so!

## SNAPOLOGY SUPER STRUCTURES ARCHITECTURE (AGES 6-10)

Foster your child's engineering and building skills. Designing beautiful buildings or functional spaces for their mini figures. Architects can sharpen their design and building skills! Building from the Empire State Building to the house next door, started as an idea in an architect's head. Guided through the building process, from creating a floor plan to disaster-proofing the structure.



## SNAPOLOGY MINIFIGURE MANIA (AGES 5-10)

LEGO® brick builder will play with our secret stash of minifigures! Put our minifigures to the test by creating special playgrounds for them, designing unique flying tests and seeing how well they do on our carefully engineered structures! Join us as we shrink ourselves to minifigure size and explore the world of minifigures!

## SNAPOLOGY COMBAT BOTS (AGES 6-10)

Do you think you can build the strongest and most agile robot? Can your robot win a head-to-head combat mission? Learn engineering strategies for building sturdy structures using LEGO® bricks and apply that knowledge to build a robot for friendly competition. You'll have a blast as you play robot football and complete the hoop challenge in this fun robotics program!



## SNAPOLOGY NINJAS (AGES 5-10)

The goal of Snapology's Ninjas program is to teach students about the history, culture, skills and tactics of ninja warriors. Students learn about shinobi through a variety of LEGO® brick activities, games and projects! From translating their name to Japanese to learning about the importance of strength, concentration and agility through physical challenges, students are bound to have a blast!



## SNAPOLOGY ATTACKBOTS ROBOTICS (AGES 7-10)

In this exciting class, students will build a variety of military-inspired robotic models, completely out of LEGO® bricks! Children will follow step-by-step instructions and learn about sensors, gears, pulleys and programming, as they create robotic catapults, crossbows, battleships and more!

## SNAPOLOGY SUPERHEROES (AGES 5-10)

To the Batcave LEGO® fans! Design your own superhero, create your own adventure and build cool new superhero sets. Have a blast as you create your own fantasy world of superheroes. What kind of superpowers do you have?

## SNAPOLOGY CREATURE CREATOR ROBOTICS (AGES 5-10)

In Snapology's Creature Creator Robotics class, your animal-lover creates their own animal-inspired robotic models out of LEGO® bricks. Students follow step-by-step instructions and learn about gear ratio, sensors, simple machines and programming, as they build insects, dolphins, gorillas and more! Your child is sure to have a wild time as they build, learn and play!

## SNAPOLOGY MINING AND BUILDING (AGES 5-10)

Travel to the Nether with Snapology—but watch out for those creepers! Join us as we bring Minecraft® to life using LEGO® bricks. Create your own world, including animals, creepers and your very own LEGO® Minecraft® character! Please note, this is a hands-on program that does not involve playing the game on screens.



# Camps



LEARN MORE



## SCIENCE MATTERS

Register for both morning and afternoon to play all day! There will be a fun supervised lunch and play break in between.

### SCIENCE MATTERS SCIENCE SAMPLER (AGES 5-10)

Our intelligently designed camps help to counter summer learning loss and this sampler has something for everyone! Become a geologist and go gemstone mining, a chemist exploring polymerization and acid base reactions, or a wildlife biologist who identifies animal adaptations. Hands-on learning and variety make for a fun week!

### SCIENCE MATTERS TAKE A DIVE (AGES 6-11)

Dive into the world of marine biology and oceanography! You'll dissect a real shark, participate in a fisherman's challenge, examine the anatomy of a fish and learn the ancient technique of gyotaku or "fish rubbing", learn to survive at sea by making your own solar still, get creative as you build a kelp forest and design your own submarine.

## SCIENCE MATTERS WIZARDING WONDERS OF SCIENCE (AGES 5-10)

Is it science or magic? You'll find out! You'll create erupting foam monsters, conduct amazing air pressure experiments, dig for hidden treasures, unravel the mysteries of illusions and build your own spectrosopes to explore the vibrant spectrum of light.

## SCIENCE MATTERS SCIENCE ADVENTURES (AGES 5-10)

Uncover the mysteries of ancient Egypt, build your own weather station to explore the wild world of meteorology and get elbow deep in the science of slime. Plus, you'll whip up delicious homemade ice cream, investigate the fascinating realm of sound and experiment with chemistry mixtures that fizz and pop. Each day is packed with fun and discovery!

## SCIENCE MATTERS CAMP CSI (AGES 6-11)

Become a Science Explorers CSI! We'll use forensic techniques to document evidence, lift fingerprints, analyze mystery powders, conduct simulated blood testing, extract DNA from bananas, perform fiber analysis and use a black light to uncover hidden clues. See if you'll be the one to crack the case!

## BRICKS 4 KIDZ POCKET BRICK MONSTERS (AGES 5-10)



Adventures in the world of Pokémon®! Capture wild Pokémon® creatures and train them for battle. Improve your accuracy and power as you learn new moves and use special abilities. Tap into your inner engineer as we build Dratini, Pikachu, Poké Balls and more. Bring your own Pokémon® trading cards if you wish to play and trade at the end of each day.

BRICKS 4 KIDZ CAMPS



## BRICKS 4 KIDZ EXTREME NINJAS CAMP (AGES 5-10)

The new ninja on the block is ready to fight to defend his honor and establish peace! The teams all have their own important role to play legacy of spectacular ninja skill, self-discipline, courage and honor. LEGO® bricks, technic pieces, gears and motors to build domain of temples, dragons, awesome motorized ninja vehicles, ninja spinning machines and more!



## INSPIRE TO LEARN AND IMAGINE



Inspire to Learn and Imagine camps offer a safe place for kids to learn STEAM concepts while playing and creating. Over the week, children build self-confidence and make long lasting friendships. We will work on special projects, play games, build motorized LEGO projects, solve puzzles, tell stories and engage in challenges. Through it all, campers use their imaginations to create and have fun!

## MYTHIC ADVENTURES CAMP – INSPIRED BY DUNGEONS AND DRAGONS (AGES 7-14)

Join our interactive story where campers take on the role of “Adventurer”! Campers use their imaginations to explore unfamiliar lands, solve puzzles and problems, complete challenges, help tell the unfolding story and triumph against evil! Our simplified game system, inspired by Dungeons and Dragons, will thrill new and experienced players! Choose your role, join an adventuring group and have fun!



## ESCAPE ROOM CREATOR CAMP – MYTHIC ADVENTURES (AGES 7-14)

Escape summer boredom; join an Escape Room challenge! You will use ciphers, solve tricky puzzles, complete scavenger hunts, find codes and more! We will bring our own “Mythical Adventures” escape experience (inspired by Dungeons and Dragons) to see if campers can work together to escape under the time limit. Join us for puzzles galore and a ton of fun!

## KGS: EXPLORING THE WONDERS OF RAINBOW (AGES 5-9)



Join us on a colorful adventure in our Summer Science Camp! Children will explore the world of rainbows and colors through fun, interactive science experiments. They'll discover the magic behind colors, from vibrant reds to mesmerizing violets, and unleash their creativity by testing hypotheses and learning about the science of rainbows!

## KGS: INSECT CAMP (AGES 5-8)

Buzz into the fascinating world of bugs and insects in our Insect Camp! Kids will explore the role of these tiny creatures in our ecosystem, learning through hands-on experiments and activities. This camp will leave young scientists amazed by the importance of insects and how they help nature thrive.

KGS CAMPS

LIVE WELL. PLAY HARD. EXPERIENCE 5920'!



# Camps



LEARN MORE

## KGS: PLANT AND ANIMAL CAMP (AGES 5-8)

In this camp, children will learn about the basic needs of plants and animals and how they do amazing things to survive! They'll explore why certain behaviors and traits exist in nature and discover how understanding these needs helps us learn about the plants and animals around us.



## WIZE ACADEMY: 3D MODELING CAMP (AGES 8-12)



Let your imagination soar in our 3D Modeling Camp! Kids will learn how to turn 2D designs into amazing 3D models. Using creative design skills, they'll build their very own digital masterpieces that they can shape and mold—just like a digital architect! If you love to create and build, this camp is for you!

## WIZE ACADEMY: CODING DRONE CAMP (AGES 8-12)

Take to the skies in our Drone Coding Camp! Kids will learn to code and control drones, complete challenges and discover how technology can solve real-world problems. Through hands-on activities, campers will develop problem-solving skills, teamwork and an understanding of drone technology in a fun and exciting way. This camp is the perfect mix of coding and flight and we recommend the full-day option for maximum fun!

## WIZE ACADEMY: CODING MINECRAFT CAMP (AGES 8-12)

In this exciting camp, students will explore coding using Scratch while building incredible structures in Minecraft! Whether they're creating themed worlds or tackling a Mission to Mars, students will learn fundamental coding concepts and problem-solving skills in a fun, interactive environment. This camp blends creativity, teamwork and technology, giving kids the tools to bring their imaginative ideas to life.

## YOUTH BASKETBALL CAMPS (AGES 5-7)

HRCA basketball camps provide an excellent opportunity for kids to enhance their skills in a dynamic environment. With experienced coaches and a focus on fundamentals and teamwork, campers enjoy a blend of fun drills and competitive games, all while building confidence and sportsmanship. Camps are routinely offered during Douglas County School District Kindergarten-12th Grade school breaks. To register, contact Patrick Gojan. Staff contact details can be found on page 29.

BASKETBALL CAMPS

## DODGEBALL/KICKBALL CAMPS

Our coed program, hosted at Westridge Recreation Center, is perfect for young athletes looking for fun and excitement! This action-packed dodgeball/kickball league runs for four weeks, offering a fantastic summer experience. The registration fee includes a team shirt, so everyone will be ready to play in style!

DODGEBALL CAMPS



## YOUTH COED FLAG FOOTBALL SUMMER CAMPS

Join the fun at HRCA's Youth Girls Flag Football Camps for 1st-6th graders at Westridge Recreation Center! Flag football is one of the fastest-growing sports, and now's your chance to improve your skills, make new friends and get into the game. To register, contact Kodey Stauffer. Staff contact details can be found on page 58.

## YOUTH GOLF CAMPS



HRCA Sports partners with PEAK Golf for junior golf camps at the University of Denver Golf Club at Highlands Ranch. Designed for beginners, camps cover full swing, short game and on-course play. Classes are limited to eight students. Bring your own clubs or use PEAK's complimentary ones. Camps run March-August. To register, contact Patrick Gojan. Staff contact details can be found on page 29.

## ACTIVE ATHLETICS SUMMER CAMPS (AGES 3-11)



Each day of the week will be centered around the weekly theme. Crafts and activities will reflect the theme. Throughout the day kids will get to learn the basics of gymnastics, work on social skills and work as a team member. Campers must bring a water bottle, two snacks, lunch and wear comfortable clothes. The registration form must be submitted prior to the first day of class.

**Active Athletics Preschool Camp (Ages 3-5)**

**Active Athletics Camp (Ages 5-11)**

**Active Athletics Drop-In Days (Ages 5-11)**



## SHINE CHEER (AGES 5-12)



Ready, OK! Get ready for an exciting, energetic summer cheer camp. Your child will learn an entire dance, two cheer chants, motions, jumps, stunts and tumbling! Parent performance will take place at the very end.



## HRCA TUMBLING CAMP (AGES 3-7)

Visit [HRCAonline.org](http://HRCAonline.org) and fill out the children's application under Creative Kid's section and bring it completed the first day of class.

Camp Requirements:

- Children must be potty trained.
- Children do not need to know how to swim.
- Wear a swimsuit and sunscreen
- Bring a towel and change of clothes
- Bring a nut-free lunch and drink.

## FLIP AND DIP CAMP (AGES 3-7)

Campers will create a fun art project, swim, and execute exciting tumbling. Children should wear their swimsuit and have sunscreen pre-applied. Bring a nut-free lunch/snack. Children must be potty-trained. Note: Visit the website and fill out the children's application under Tumbling section and bring the form on the first day.



# Camps



LEARN MORE

## POP INTO SUMMER (AGES 3-7)

Cool off with two hours of fun-filled tumbling, music, games and a cold treat.

### TAEKWONDO CAMPS

## TAEKWONDO CAMPS AT HRCA



HRCA offers Taekwondo camps in partnership with J.W. Kim Taekwondo for all levels and ages. Taekwondo helps students develop a disciplined character, improve their overall fitness, confidence and help with focusing. Taekwondo camps are typically offered on days that coincide with Douglas County School District Kindergarten-12th Grade school breaks. To register, contact Patrick Gojan. Staff contact details can be found on page 29.

### TENNIS CAMPS

## YOUTH TENNIS SUMMER CAMPS (AGES 10-12)

Join the fun and exhilaration of tennis and swimming all in one event. HRCA Tennis Camps at Westridge and Southridge provide an excellent opportunity for young adults to enhance their skills on the tennis court. These sessions are four-day entry-level camps, guided by seasoned tennis professionals. Bring a tennis racquet, tennis shoes, water bottle, snacks, swimsuit, towel and enjoy the summer fun!



## THERAPEUTIC RECREATION (TR) STRIDE TO RIDE (AGES 5-ADULT)

A program dedicated to teaching individuals of all abilities two-wheeled balance, coordination, and confidence, for a lifetime of riding adventures. Progress at your own pace in this small group camp with lots of individual instruction. Progress from balance games and focus activities to cruising the gym on two wheels. Strider bikes do not have pedals, simply stride and glide! Optional pedal kits are available for purchase after camp.

## TR SUMMER SPORTS CAMP (AGES 8+)

Try a trifecta of sports! Challenge yourself by engaging in three different sports each day of the program. Supplement or build existing sport skills and build teamwork through the opportunity to explore 15 distinct sports. Learn the rules of the games and your friends names!

## TR TRI SPORTS CAMP (AGES 8-ADULT)

If you like to swim, bike, or run, join in the fun! This program is designed to prepare athletes with disabilities for the HRCA Splash Mash Dash Kids Triathlon on Saturday, August 2, at the Eastridge Recreation Center. Practice your swimming on Mondays. Bike and run on Thursdays.



# Education

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## CREATIVE KIDS

### TODDLER & ME (AGES 18 MONTHS-4 YEARS)

Come experience a mock day at preschool with a parent. Enjoy free play, circle time, crafts and snacks while you and your child meet new friends. An adult must accompany each child.

### PRINCESS DRESSUP (AGES 3-6)

Come as your favorite princess and be pampered like a princess. Then, enjoy a princess snack and craft.

### MAD SCIENTIST (AGES 3-6)

Come join the fun where we unleash our inner scientists. We will be experimenting with a variety of liquids and solids to create crazy explosions and expand our knowledge of science.

### SIBLING RIVALRY (AGES 3-7)

Come enjoy a class with your sibling. This class allows older siblings to help younger siblings explore the fun of this class. You will make creative art projects, enjoy free play, songs and games.

## KIDS NIGHT

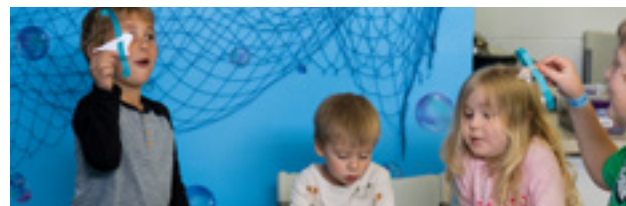
### KIDS NIGHT-OUT (AGES 3-12)

Swimming, dinner, movie, crafts and more. Wear your swimsuit and bring your P.J.'s, a pillow and a blanket, and be ready for bed when Mom or Dad comes back! Please bring a water bottle.

## CREATIVE KIDS

### KREATIVE KIDS (AGES 3-5)

Play, crafts, games and songs is what Kreative Kids is all about! Please provide nut-free lunch and snacks.



# Education



LEARN MORE

## 2 TIMES THE FUN (AGES 2-3)

Two-year-olds will explore various games, music, story time, art and playtime. It's an excellent way to initiate social skills and prepare for preschool. Parents do not attend.



## STEPPING STONES (AGES 2½-3½)

Prepare your child for preschool. Children learn about colors, ABC's and numbers while having social interaction and fun. A snack will be served. Parents do not attend.

## SAT/ACT® PREPARATION CLASS (AGES 14-18)

Do you want higher test scores and a better shot at competitive schools? Learn test-preparation strategies for a fraction of the cost of commercial programs! This course is taught by an instructional expert with 30+ years of experience helping students.

## WILL SEMINAR (AGES 18+)

This is a simple one-step class which provides a notarized will, general power of attorney medical power of attorney and living will by an experienced attorney. Finished estate planning documents at a fraction of the typical cost. Cost includes all materials, witnessing, notarizing, individual review and time for discussion and questions. Participants do not need to bring anything to class.



## REVOCABLE LIVING TRUST SEMINAR (AGES 18+)

Why you might need a Revocable Living Trust. Top 10 reasons for getting a Revocable Living Trust. You should have a clear picture of whether a Revocable Living Trust is the right tool for you and your family. This class will help you understand how to plan for issues relating to outliving your mental capacity, real property, life insurance, spendthrift children and other issues.

## SOCIAL SECURITY EDUCATION CENTER PRESENTS: SOCIAL SECURITY 101 (AGES 18+)

Boston Economics Professor, Laurence Kotlikoff stated, "Social Security is about as complicated a fiscal system as is humanly possible to design." Choosing the wrong strategy could cost you hundreds of thousands of dollars. If you don't have a plan, what are the chances you'll get it right? Come learn what strategy may work for you from a CPA Retirement Planner.

## RETIREMENT: MAKING YOUR MONEY LAST (AGES 40+)

Are you worried about your investment strategy? Wondering if you have a sustainable financial plan in place? Interested in learning about alternative strategies and preparing for the unexpected? We will discuss timely topics: market update, financial planning & living in retirement, preparing for the unexpected, annuities, health care and long-term care, and estate planning.



## CREATING YOUR ESTATE PLAN (AGES 50+)

Participants will learn the importance of having an estate plan – from the process of creation to maintenance. We will focus on what to consider when creating a will, review types of trusts, discuss wealth transfer strategies, considerations around power of attorneys, tax strategies and types of life insurance.



## HEALTH CARE AND YOUR RETIREMENT (AGES 50+)

A subject often daunting for many as they approach retirement is healthcare. How much should you budget for? What are the options? What is covered? We'll provide a Medicare overview, discuss health care costs, important dates, private insurance options and considerations, long-term care expenses, health care directives and how to incorporate health care in your retirement plan.

### ONLINE EDUCATION

## EDUCATION 2 GO & EDUCATION 2 GO PRO!



Bring everyone in the office up to speed on subjects that affect overall productivity! Learn without leaving the comfort of your own home! Our instructor-facilitated online courses are informative, fun, convenient and highly interactive. There are over 300 classes offered. Visit [ed@go.com](mailto:ed@go.com)/HRCA for information.

### HEALTH AND SAFETY

## A.P.E.'S BASIC CLASS/ CHILD ESCAPE (AGES 5-12)



The class will cover a broad range of topics including defining a "Stranger", "Lures", role playing, distancing, what to yell, "Going Bananas", "Code Words" and communication. Specifically, get out of danger if a child is grabbed, picked up, put in a car, etc. Because of the physical nature of this class, it is only offered to both kids and parents together.

## WOMENS' SELF DEFENSE CLASS (AGES 12+)

Learn the importance of staying aware and being "smart". Learn basic strikes necessary to fend off an attacker. Instructor puts on a full padded body suit which enables the participants to land real strikes and role play different type of attacks that women may face. Become more empowered and more confident if ever faced with this danger.

## SELF DEFENSE FOR COLLEGE STUDENTS (AGES 18-25)

Designed for college-aged women, this self-defense class teaches essential strikes to fend off an attacker. With a fully padded instructor, you'll practice real techniques and role-play realistic scenarios. Gain confidence, empowerment and the skills to protect yourself in any situation.



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# Education



LEARN MORE



## BABYSITTING CLASS WITH WESTCPR (AGES 11-18)



Learn guidelines for working with parents and their children to make the time safe and fun. Learn how to set up your own babysitting business, keep the kids entertained and what to do in an emergency. Hands-on class where you will learn and practice everything from baby diapering and feeding to basic child/infant first aid, choking protocols and CPR.

## SEPTEMBER 3, 2025 – MAY 15, 2026

The HRCA's Preschool program is based on a play environment with developmentally appropriate activities which give children the foundation for future academic learning. The children will participate in art, music, finger plays, dramatic play, block building, sand play, puzzles and beginning handwriting skills. Through these activities children develop physical, emotional, social, creative, and cognitive skills.

## AGES 1-2

Our toddler age classroom is a loving, play-based environment where teachers support, facilitate and expose your child to experiences that encourage exploration and learning through discovery.

## AGES 2-3

Toddler age children will learn how to follow a basic daily schedule and are introduced to early literacy skills through teacher reading and learning individual letter sounds. Children learn to work independently and express their curiosity through discovery.

## AGES 3-5

Preschool and Pre-K age children will excel in a caring environment that fosters learning in a mixed-age classroom. Older children support younger ones by being role models which promotes progress at each child's own pace. This class is unique as children learn from each other at different developmental levels.



## AGES 4-5

Our Pre-K age children thrive in a caring environment that promotes Kindergarten readiness and solidifies the foundation for learning. We implement Learning Without Tears, a developmentally appropriate curriculum, that engages students in multisensory learning. This instruction aids in developing word recognition and proper writing technique.





## 2025-26 SCHOOL YEAR ENRICHMENT (AGES 3-5)

The HRCA operates an Enrichment program at Eastridge and Westridge to enhance the Preschool/Pre-K program. Enrichment is a before and after school program for those enrolled in our Preschool/Pre-K classes only, providing care for your child for a full day, 7:30 a.m. – 5:30 p.m.

Families who need full-time care for their child may enroll in Preschool or Pre-K class and add Enrichment to make a full day.

## Hey, we're neighbors

We're opening more locations to serve our members in Highlands Ranch and throughout Colorado.

### Stop by a service center near you today!

- **Lucent Service Center** - corner of Lucent Blvd and Plaza Dr
- **Quebec Highlands Service Center** - on Quebec St south of 470
- **Highlands Ranch Service Center** - corner of Highlands Ranch Pkwy and S University Blvd



Visit our website  
for a **special offer**  
**Ent.com/Neighbor**



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## HERE, OUR BIG TEAM OF EXPERTS CALMS THE FEARS OF OUR SMALLEST PATIENTS.

Learn more at  
[childrenscolorado.org/HRCA](https://childrenscolorado.org/HRCA)



**Children's Hospital Colorado**  
Here, it's different.™

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# Events

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### Community Events Coordinator

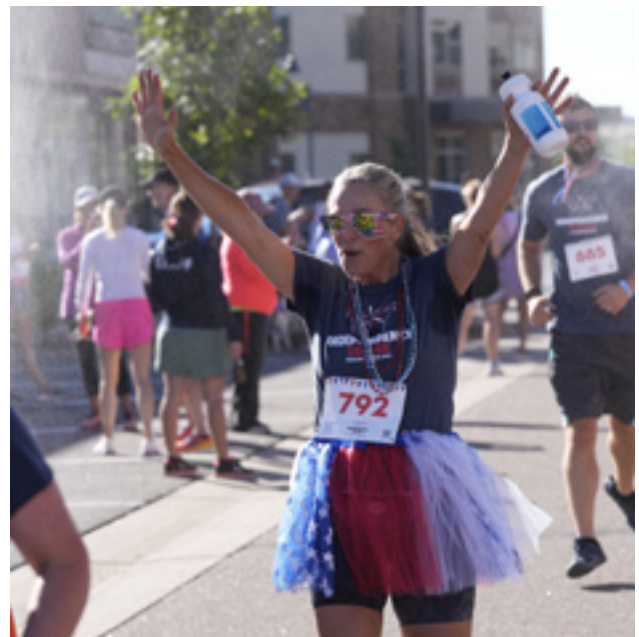
Katherine Rhoades

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LEARN MORE



## 4TH OF JULY FESTIVITIES

Celebrate the 4th of July in Highlands Ranch with a day full of patriotic fun and community spirit!

Start your morning with the Independence Day 5K at 7:30 a.m., a lively run to get your holiday off to a healthy start. Next, bring the whole family – including your furry friends – to the Kids & Pet Parade at 8:45 a.m., followed by the Community Parade at 9 a.m., showcasing local groups and festive floats.

Cap off the celebration with a spectacular fireworks display that evening at Highland Heritage Park at 9 p.m., weather and fire restrictions permitting.

## CLEAR THE CLUTTER

Take part in the inaugural Clear the Clutter Day on the morning of Saturday, June 21, and help keep Highlands Ranch beautiful. With multiple drop-off locations around the community, HRCA members can clear out their sheds, garages, basements or yards and responsibly dispose of unwanted items! This event offers the opportunity to recycle, upcycle or safely dispose of waste, making it easy to declutter!

## COMMUNITY EVENTS

Discover exciting ways to connect with your community this season in Highlands Ranch!

Clean out your closets and find hidden treasures during the Community Garage Sale Day in May. Residents can list their homes on the map for free and join this fun, neighborhood-wide event filled with great deals and unique finds.

Introduce your kids to the joys of fishing at Hooked on Fishing! This Saturday morning event includes hands-on lessons for young anglers, with a fishing pole provided as part of registration. It's the perfect way to enjoy the outdoors and make lasting memories.

Rev up for a day of family fun at the annual Highlands Ranch Car Show! Get an up-close look at everything from vintage classics to cutting-edge modern rides—perfect for kids and car enthusiasts alike. Beyond the cars, enjoy tasty food, unique finds from local vendors and a great community atmosphere. Don't miss out—come for the cars, stay for the memories!

## FOOD & DRINK TASTINGS

Join us for Tequila and Tacos on Saturday, May 3, where you can sample a variety of unique tequilas, with each ticket offering unlimited tastings and one delicious taco plate. It's a wonderful opportunity to celebrate the flavors of Cinco de Mayo in a fun atmosphere.

Then, don't miss the Highlands Ranch Beer Festival on Saturday, May 31, a fun community event benefiting the Community Scholarship Fund. Toast to supporting post-secondary education scholarships for Highlands Ranch seniors while enjoying unlimited tasting of local brews, live music, time with friends and giving back to the community.

## GOLF TOURNAMENT

Join us on Thursday, June 26, for a day on the greens at the annual Golf Tournament, held at the University of Denver Golf Club in Highlands Ranch. Enjoy 18 holes while supporting a great cause, with proceeds benefiting HRCA's three non-profits: the Backcountry Wilderness Area Fund, the Community Scholarship Fund and the Highlands Ranch Cultural Affairs Association. Participants will also have the chance to win exciting prizes, making it a great day for golfers and the community alike.



## LIVE MUSIC PERFORMANCES

Celebrate the sounds of summer with a variety of music options to enjoy. Experience the elegance of Chamber music or the lively energy of jazz at our upcoming performances.

Join us for the free Summer Concert Series on Thursdays in June and July, at Highland Heritage Park, or cap off the season with the Summer Sunset Concert at Civic Green Park on Friday, August 22. Whether you're in the mood for soothing melodies or upbeat rhythms, there's a perfect sound to match your summer vibe.



# Race Series



LEARN MORE

## RACE SERIES

Get active and join the Highlands Ranch Race Series, offering something for every athlete and adventurer. Celebrate mom with the Mother's Day 5K, a family-friendly run perfect for all ages, or unwind at the Happy Hour Half K, a lighthearted race supporting HRCA's Therapeutic Recreation program. On Saturday, July 4, show your patriotic spirit at the Independence Day 5K, a festive way to kick-off the holiday. For thrill-seekers, the Mountain Bike Series provides exciting trail challenges, while young athletes can dive into fun with the Splash Mash Dash Kids Triathlon. There's a race for everyone in Highlands Ranch!

## 2025 RACE SERIES SCHEDULE

### Mother's Day 5K

Saturday, May 10



### Happy Hour Half K

Friday, June 13



### Independence Day 5K

Friday, July 4



### MTB Series

Wednesdays in July-August



### Splash Mash Dash Kids Tri

Saturday, August 2



### Wildcat Mountain Trail Races

Saturday, September 6



### Oktoberfest 5K

Saturday, September 27



### Backcountry Wilderness Half

Saturday, November 8



[HRCAonline.org/RaceSeries](https://HRCAonline.org/RaceSeries)

Let's reclaim our  
rightful place as

*the healthiest  
state.*

Join the challenge at  
[uchealth.org/readyssetco](https://uchealth.org/readyssetco)



Highlands Ranch Hospital



# Fitness

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LEARN MORE



## PERSONAL TRAINING

Our nationally certified personal trainers are excited to get you started with a customized personal training program! By creating a personalized exercise program, our trainers will help you learn how to exercise effectively so you can achieve results! For more information, contact Jesse Pleiman.

How to Get Started:

Visit [HRCAonline.org/requesttrainer](https://hrcaonline.org/requesttrainer) to fill out the Request a Trainer form.

## PRIVATE PERSONAL TRAINING SESSIONS (1:1)

Unlock your full potential with personalized 1:1 training! Our expert trainers craft custom workouts tailored to your goals, providing focused attention and motivation every step of the way. Whether you're aiming for strength, endurance or overall fitness, experience a supportive and effective approach that adapts to your unique needs. Start your transformation today with personalized guidance and encouragement.

## SEMI-PRIVATE TRAINING PACKAGES (2 PEOPLE)

Experience the benefits of semi-private training with a friend or partner! In these sessions, you'll receive personalized instruction in a supportive, shared environment. With just two people, enjoy tailored workouts, individualized attention and the added motivation of working out together. Achieve your fitness goals efficiently while building a stronger connection and having fun in a collaborative setting.

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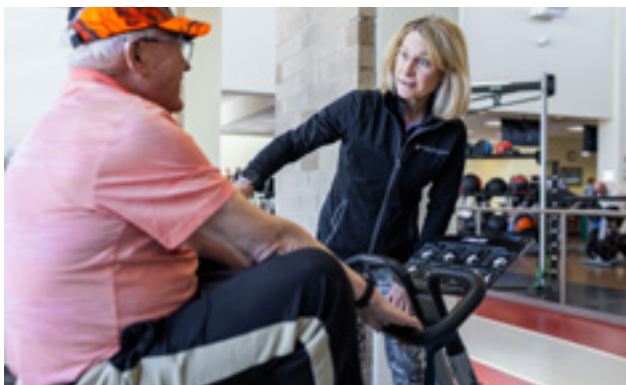


## SMALL GROUP TRAINING PACKAGES (3-5 PEOPLE)

Join our small group training sessions, designed for 3-5 participants, and enjoy a dynamic, community-focused workout experience! Benefit from personalized attention and tailored exercises while staying motivated by the group's energy. These sessions strike the perfect balance between individual guidance and the camaraderie of a team, helping you achieve your fitness goals in a supportive and engaging environment.

## PERSONAL EQUIPMENT ORIENTATION

A comprehensive review of all the weight and cardiovascular machines at the facility of your choice with a certified personal trainer. This is a great opportunity to find proper seat setting, starting resistance, and correct form and technique for the operation of all equipment.



## BODY COMPOSITION ASSESSMENTS

Get a clear picture of your fitness progress with the InBody body composition test! This advanced analysis provides detailed insights into your muscle mass, body fat percentage and overall health metrics. By measuring these key indicators, you can track your progress accurately and make informed decisions to optimize your training and wellness goals. Elevate your fitness journey with precise, actionable data.

## THE ZONE: HIGH-INTENSITY HEART RATE TRAINING

This 45-minute, high-intensity, circuit training class uses heart rate monitoring technology to push your exercise limits and reach your maximum workout effort to assist you in meeting your training goals. This is an intense and fast paced moving class. Previous exercise experience is recommended. Online class reservations are required to attend.



## THE ZONE PASS OPTIONS

Choose the fitness pass that suits you best! Opt for the Monthly Auto-Renew for seamless, ongoing access. The Punch Pass offers flexible visits with a set number of classes. Enjoy unlimited access for a full month with our 30-Day Unlimited Pass, or simply drop-in for a single class whenever you wish. Flexibility and convenience tailored to your lifestyle! All passes are electronically loaded directly onto your recreation center card.

## GROUP FITNESS CLASSES (AGES 13+)

Explore over 100 diverse fitness classes each week, from invigorating aqua and energizing Zumba, to calming yoga. With something for everyone, you can mix and match to keep your workouts fresh and exciting. Join us for a dynamic range of options designed to fit all fitness levels and preferences! Online class reservations are required to attend.

## GROUP FITNESS CLASS PASS OPTIONS

Select from our versatile fitness pass options: the Unlimited Annual Pass for a full year of access, or the 30-Day Unlimited Pass for a month of unrestricted workouts. Choose a 10 or 20-punch pass for flexible visits or enjoy the freedom of a drop-in option for single classes. Find the perfect plan to fit your fitness journey! All passes are electronically loaded directly onto your recreation center card.

### AQUA FITNESS

Dive into our aqua fitness classes for a refreshing and effective workout! Combining water resistance with cardio and strength training, these classes offer a low impact yet challenging exercise option. Enjoy fun, energizing sessions that improve fitness and flexibility. Join us today!



### BARRE

Experience the perfect blend of strength and flexibility with barre fitness classes! Our sessions use a ballet-inspired approach to sculpt and tone your body, enhancing posture and core strength. Join us for a dynamic workout that's both challenging and empowering!



### CARDIO & STRENGTH

Boost your fitness with our cardio and strength classes! These high-energy workouts combine heart-pumping cardio with muscle-toning strength exercises, delivering a full-body challenge. Improve endurance, burn calories and build strength in a fun, supportive environment. Get moving and feel great!

### INDOOR CYCLE

Join our indoor cycling classes for a high-energy ride that boosts cardio fitness and strengthens legs. Enjoy motivating music and expert guidance as you pedal through varied intensities, burning calories and increasing endurance in a dynamic, supportive environment. Feel the burn and ride strong!

### NIA

Discover Nia classes for a unique fusion of dance and martial arts! These joyful sessions enhance flexibility, strength and coordination while promoting mental well-being. Experience expressive movement and feel invigorated in a fun, vibrant and empowering environment. Join the movement!

### PILATES

Transform your core strength and flexibility with Mat Pilates classes. These sessions focus on controlled, precise movements to build muscle endurance and improve posture. Enjoy a full-body workout that enhances balance and stability, all within a supportive and focused environment.



# Fitness



LEARN MORE

## SENIOR FITNESS

Enhance your vitality with senior fitness classes! Designed for active aging, these sessions focus on balance, strength and flexibility, offering a safe and supportive environment. Enjoy exercises that improve mobility and overall well-being, while connecting with a community of peers.



## YOGA

Explore our diverse yoga classes, from calming restorative to invigorating vinyasa. Each session caters to different needs and skill levels, enhancing flexibility, strength and mindfulness. Find the perfect style to match your goals and enjoy balanced, holistic practice.

## ZUMBA

Join our Zumba classes for a high-energy dance workout that's both fun and effective! Groove to upbeat music while burning calories and improving cardiovascular health. It's a lively, full-body exercise that makes fitness feel like a party!

## FITNESS EVENTS

Explore our exciting fitness events designed to challenge and inspire! From high-energy group workouts to specialized classes, there's something for every fitness level. Whether you're looking to push your limits, try something new, or connect with like-minded individuals, our events offer the perfect opportunity to stay motivated and have fun!

## FREE GROUP FITNESS DAY (AGES 13+)

Celebrate Free Group Fitness Day on Wednesday, May 28! Enjoy complimentary access to a variety of dynamic classes, meet our instructors and experience different workouts. Don't miss this opportunity to explore, energize and elevate your fitness journey! The Zone and specialty fitness classes are not included. Online registration is required while spots last.

## FREE YOGA IN THE PARK SERIES (AGES 13+)

In partnership with Highlands Ranch Metro District, join our Free Yoga in the Park Summer Series! Enjoy outdoor sessions for all levels, designed to stretch, strengthen and relax your body and mind. Breathe in the fresh air, connect with the community and deepen your practice—all while embracing the summer season. No registration is required.

- Saturdays, June 7 through August 30.  
No classes on June 14 and July 5.
- 8-9 a.m.
- Civic Green Park



## SIP AND STRETCH (AGES 21+)

Join us for Sip and Stretch, a relaxing yoga event where you can unwind with gentle stretches and enjoy a glass of wine! Perfect for all levels, this unique class combines mindfulness and relaxation, creating a fun and social atmosphere. Sip, stretch and enjoy the moment with us! Online registration is required while spots last.

- Thursday, July 17
- 6-8 p.m.
- Southridge Auditorium



## SPECIALTY FITNESS CLASSES

Annual and monthly Fitness Passes and Fitness Punch Cards may not be used for these classes. This class series is offered monthly. You register for the month of classes (4-5 sessions). Advanced registration is required, and prorating sessions are not permitted. Contact: Hannah Yeager. Staff contact details can be found on page 53.

## AGELESS GRACE ®

The Brain Health Fitness Program stimulates cognitive function through seated exercises, using 21 Simple Tools for Lifelong Comfort and Ease™. It targets strategic planning, memory, analytical thinking, creativity and kinesthetic learning while enhancing joint mobility, balance, flexibility, strength and coordination. Ideal for all ages and abilities, this class promotes physical activity and mental fitness. Registration is for the full session.



## MOVEMOR™ – BETTER BALANCE AND MOBILITY

Feeling stiff or unbalanced? Improve your joint mobility and confidence with our exercise and education program. Start with seated exercises using the MoveMor™ Mobility Trainer, then advance to standing routines that enhance balance, posture and daily performance. Build a strong, flexible foundation for a steadier, more active life. Registration is for the full session.



# Sports

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Tennis/Pickleball Monitor Desk

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LEARN MORE



## BASKETBALL

### BASKETBALL (ADULT 18+)

Join one of the Adult Basketball leagues and rediscover the thrill of the game! Whether you're looking to stay active, enjoy friendly competition or meet new people, our league offers a fun, supportive environment for all skill levels. Team registrations only. To register, contact Jacob Armbrust.

### YOUTH BASKETBALL CLINICS (AGES 5-17)



HRCA provides year-round, high-quality basketball development programs in partnership with Colorado Basketball Academy for kids and are appropriate for your child's level of play. The six-week sessions continually work on individual and specialized player development skills such as ball handling, agility, coordination, shooting and in game skills. To register, contact Patrick Gojan.

## CHEER

### SHINE CHEER TEAM (AGES 5-12)



Ready, okay! Get ready for our vibrant recreation cheer teams that will have kids beaming for joy! This class will introduce cheerleading that is designed for children who want to learn dances, cheer chants, jumps and stunts while building friendships, developing confidence and prioritizing teamwork. Each session ends with a community performance where each child shines!



## CORNHOLE LEAGUE (AGES 18+ )

Join the ultimate Cornhole League! Compete, socialize and show off your skills in a fun, friendly atmosphere. Whether you're a seasoned pro or a first-timer, there's a spot for you. Grab your team, and let the good times roll! To register, contact Jacob Armbrust.

## CHANGE TO SPRING FLING CO-ED DODGEBALL TOURNAMENT (AGES 18+ )

Gather your team and prepare for some high-energy Dodgeball! Each team must include at least six players, with a minimum of two female players. Compete in a thrilling lineup of at least five matches: four pool play games followed by an exciting single-elimination tournament. Don't miss your chance to dodge, dive and dominate! To register, contact Kodey Stauffer.

## YOUTH AND ADULT FENCING

HRCA partners with Rocky Mountain Fencing Academy to bring classes and camps to Highlands Ranch for all ages. All youth and adult classes and camps are taught by former Olympic champion, Maciej Czyzowicz. Learn the basic fundamentals of footwork, blade work and offensive and defensive strategies. Get started today! To register, contact Patrick Gojan.



## YOUTH GOLF CLINICS



HRCA Sports is proud to partner with PEAK Golf for another season of junior golf camps at the University of Denver Golf Club at Highlands Ranch! These camps are designed for individuals who have little or no experience in the game, but are excited to learn more about golf, including the full swing, short game and the transition to playing the golf course. Classes have a maximum of eight students. Bring your own clubs or PEAK will have complimentary clubs available for use during each class. Camps will be offered May through August. Come and learn this game of a lifetime! To register, contact Patrick Gojan.



## ADULT GOLF CLINICS

Adult golf clinics are designed for the beginner to intermediate golfer, set in a fun and relaxing atmosphere. These clinics cover a wide variety of golf topics including full swing, chipping, putting and etiquette. Clinics have a maximum of six students. Any class cancellations 24-hours prior to the start of class will not be refunded. Bring your own clubs. University of Denver Golf Club at Highlands Ranch does have complimentary clubs available. To register, contact Patrick Gojan.



# Sports



LEARN MORE

## GYMNASTICS

### ACTIVE ATHLETICS



**Our Mission:** To is to be more than a gym. We are a community of students, gymnasts, coaches and parents working together towards a common goal. Be Healthy. Be Fit. Be Active.

**Our Philosophy:** Helping students achieve their personal best. We believe that sports are for everybody and there are valuable life lessons to be learned through participation in our activities. Our goal is to help every participant find success in their accomplishments, no matter how big or how small.

**Important Reminders:** Bring Information sheet the first day of class (found on activeathletics.net). Long hair needs to be pulled out of your face, barefoot and attire is athletic wear or leotard.



### PARENT/TOT AT ACTIVE ATHLETICS (16 MONTHS-3 YEARS)

Build a foundation of not only gymnastics skills, but the tools they'll need to get involved in any sport they choose! Toddlers learn to follow instructions, build confidence, explore movement, overcome fear of heights and jump on two feet!

### PRESCHOOL AT ACTIVE ATHLETICS (AGES 3-5)

Fun introduction to gymnastics. Students learn headstands, rolls, cartwheels and flips. We utilize all the Olympic apparatus as well as our own specialized preschool shapes and props. (Morning/midday times encouraged for 3-year-olds)



### INTRODUCTORY GIRLS GYMNASTICS AT ACTIVE ATHLETICS (AGES 5-12)

Each class consists of a warm-up and stretch, basic gymnastics shapes followed by rotations with varying stations to learn and improve upon skills necessary to excel to the next level.

### INTRODUCTORY BOYS GYMNASTICS AT ACTIVE ATHLETICS (AGES 5-12)

This class introduces your child to the basic stretching, strength and fundamental skills (handstands, forward and backward rolls, cartwheels, swings, etc.). Each class consists of a warm-up followed by rotations with varying stations to learn and improve upon the basic skills.

### ACTIVE MINI NINJAS AT ACTIVE ATHLETICS (AGES 3-5)

Minis will run, swing, jump and climb through an obstacle course that will challenge their strength, balance and confidence. Learn to climb and dismount safely, as well as how to work alongside their peers. (Morning/midday times encouraged for 3-year-olds).



## ACTIVE JR NINJAS AT ACTIVE ATHLETICS (AGES 6-8)

Learn a variety of ninja and gymnastics skills. Run, swing, jump and climb through a variety of obstacle courses challenging strength, balance and endurance. Progressing through class they will learn more difficult flips and learn to overcome taller obstacles.

## PARKOUR 1 AT ACTIVE ATHLETICS (AGES 8-15)

Learn a variety of Parkour skills, as well as learn how to style their own movement on any obstacle they encounter. Parkour is about running, swinging, jumping and climbing through a variety of obstacle courses to challenge their strength, balance and endurance to find the fastest way from point A to point B. They'll also have the option to participate in Parkour competitions.

## AERIAL SILK FABRICS (AGES 7-15)

The Aerial program focuses on building camaraderie, confidence and strength for ages 7 and up. Aerial dance incorporates dance skills, gymnastics and hand-eye coordination to create beautiful movements on the aerial fabric and aerial hoop. community performance where each child shines!



### PICKLEBALL

## PICKLEBALL LESSONS

Our lessons are structured into six-week sessions. Throughout these sessions, you'll explore a variety of shots through a balanced mix of demonstrations, drills and games. We offer classes for both beginners and intermediate players, ensuring everyone can improve their skills in a supportive environment.



## PICKLEBALL PRIVATE & SEMI-PRIVATE LESSONS

Semi-private and private lessons are now available with our Pickleball Pro. Whether you are looking to improve your skills individually or enjoy a collaborative learning experience with friends, our expert instructor is here to help you reach your goals. To register, contact Tennis/Pickleball desk. Staff contact details can be found on page 58.

## PICKLEBALL SOCIALS

HRCA will host several pickleball socials at the outdoor pickleball courts at Westridge. Come meet and play with new and old friends. Bring your paddle and a snack to share.



# Sports



LEARN MORE



## PICKLEBALL LEAGUES

HRCA offers divisions for players of all skill levels, from beginners to advanced competitors. Assess your playing level, select a partner (please note that HRCA does not provide partners) and register for one of our popular leagues. Only one member of your team needs to complete the registration. This is an excellent opportunity to connect with other players at your level in a fun, friendly and competitive environment

## PICKLEBALL COURTS

Indoor pickleball courts are available weekly at the Northridge and Southridge gyms for drop-in, and we also offer an additional six outdoor pickleball courts at Westridge. To register, contact Tennis/Pickleball Monitor Desk. Contact details can be found on page 58.

## ADULT 18+ RACQUETBALL

Elevate your game with our Adult Racquetball leagues! Perfect for all skill levels, our leagues combine competitive play with a vibrant social scene. Enjoy fast-paced matches, improve your technique and connect with fellow enthusiasts in a fun, supportive environment. Join today and experience the excitement and camaraderie of racquetball! To register, contact Jacob Armbrust. Staff contact details can be found on page 58.

SOCCER

## ADULT 18+ INDOOR SOCCER

Join our Adult Soccer league and experience the excitement of the game like never before! Whether you're a seasoned player or new to the sport, our league offers competitive matches and a vibrant social scene. Enjoy great camaraderie, enhance your skills and stay active in a fun and supportive environment. To register, contact Jacob Armbrust. Staff contact details can be found on page 58.



## REAL COLORADO SOCCER

The Real Colorado Soccer leagues provide a fantastic opportunity for players to stay engaged and continue their soccer journey during the cold months. Join us for a season of play, development and team camaraderie, ensuring that your soccer experience doesn't take a break with the changing seasons. To register, contact Patrick Gojan. Staff contact details can be found on page 58.

## SOCCER SHOTS AT HRCA (AGES 2-8)



Soccer Shots is an engaging children's soccer program for kids with a focus on character development. Our team positively impacts children through the best-in-class coaching, curriculum and communication. Our expert-approved curriculum is age-appropriate and aligns with childhood education standards. Additionally, we provide exceptional customer experience and ongoing communication with parents. To register, contact Patrick Gojan. Staff contact details can be found on page 58.



## PEE WEE SOCCER LEAGUE (AGES 4-7)

Our youth soccer league is perfect for beginner players! With weekly practices and Saturday morning games, it's a great way for kids to start their soccer journey. Each participant gets a team shirt, and we're looking for enthusiastic volunteer coaches to join the fun. Sign up today and help us kick off a fantastic season! To register, contact Jacob Armbrust. Staff contact details can be found on page 58.



## TENNIS ADULT/SENIOR DRILLS

Players can also enhance their abilities through our Drill & Play and Cardio Tennis programs. Whether starting fresh or striving to keep your competitive edge, we offer drills for all levels.

## MIDDLE & HIGH SCHOOL TENNIS LESSONS

Our instructional classes focus on teaching tennis fundamentals. To help place your student in the appropriate class, please consult the Level Definitions. If you're unsure, feel free to speak with a member of our Tennis professionals, the Tennis coordinator or the Tennis Team Leader for assistance. Contact details can be found on page 58.

## YOUTH TENNIS LESSONS

Our instructional classes for children focus on teaching tennis fundamentals. To help place your student in the appropriate class, please consult the Level Definitions. If you're unsure, feel free to speak with one of our Tennis professionals, the Tennis Coordinator or the Tennis Team Leader for assistance. Contact details can be found on page 58.



### TENNIS

## TENNIS ADULT/SENIOR LESSONS

Whether you're new to tennis or looking to maintain your competitive edge, we provide lessons for all skill levels, from beginner to advanced. Our structured six-week sessions are a perfect fit. Throughout these sessions, you'll explore a variety of skills.

## ADULT TENNIS SOCIALS

HRCA hosts tennis socials at the Northridge Tennis Pavilion on the second and fourth Fridays of the month. Bring your racquet and come to play with new and old friends. Register online, by phone or in person.



# Sports



LEARN MORE

## ADULT TENNIS LEAGUES

United States Tennis Association (USTA) league play is one of the most diverse and popular programs offered at any club. These leagues are sponsored under the rules and coordination of the USTA. USTA League play affords people of all skills and ages a forum for competing against players from other clubs and associations along the Denver Front Range. To register, contact Heather Harmon. Staff contact details can be found on page 58.



## YOUTH TENNIS LEAGUES & COMPETITION

United States Tennis Association (USTA) Junior Team Tennis is a competitive team format providing kids and teens the many benefits of playing singles and doubles matches. All HRCA Youth Tennis Leagues are affiliated with the USTA. To register, contact Heather Harmon. Staff contact details can be found on page 58.

## TENNIS COURT RESERVATIONS

HRCA has 16 tennis courts, so come out and play! Reservations are accepted 48-hours in advance. Members can make reservations for a maximum of two-hours per day. To register, contact Tennis/Pickleball Monitor Desk. Contact details can be found on page 58.

## PRIVATE & SEMI-PRIVATE TENNIS LESSONS

Private lessons allow members and non-members the opportunity to arrange both private and semi-private group lessons. To register, contact Tennis/Pickleball Monitor Desk. Contact details can be found on page 58.

TUMBLING AND TRAMPOLINE

## TUMBLING AND TRAMPOLINE BASICS (AGES 8-15)

You will learn how to do controlled bounces, basic jumping positions and combinations then more complex sequences of skills: that go forward, backward and twisting. The basics of rolling, cartwheeling, handstands and handsprings on the floor are incorporated as well.

VOLLEYBALL

## SAND VOLLEYBALL (AGES 18+)

Join our coed volleyball leagues! Designed for all skill levels, our sand leagues provide a fantastic opportunity to stay active, improve and connect with fellow players. Whether you're in it for the thrill or the fun, sign up today and spike your way to a great time! Team registrations only. To register, contact Jacob Armbrust. Staff contact details can be found on page 58.



# Therapeutic Recreation

## STAFF

### Sports and Fitness Supervisor

Chad Mejia

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### Youth and Adult Therapeutic Recreation Coordinator

Summer Aden, CTRS

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### Therapeutic Recreation Specialist

Kathryn Olmstead, CTRS

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LEARN MORE

## THERAPEUTIC RECREATION (TR)

HRCA staff members in all program areas work together to support the leisure interests of people of all ages and abilities.

## TR SERVICES

Explore your leisure interests, develop skills and have fun. Our specialized services are offered to all ages and ability levels to enhance health, wellness and quality of life. TR Specialists are certified by the National Council for Therapeutic Recreation (NCTRC). Ask at the registration desk about our free valet parking.

## SCHOLARSHIPS

Scholarships are available for participants who need financial assistance for HRCA Therapeutic Recreation programs. Completion of a scholarship form is required.

## INFORMATION

Information about Therapeutic Recreation programs is available online, by scanning the QR code or by contacting a member of the Therapeutic Recreation program.



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# Therapeutic Recreation



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## TR INDIVIDUAL SERVICE PLAN/ ANNUAL UPDATE

An Individual Service Plan (ISP) is required to participate in Therapeutic Recreation Programs. An annual update is required each year after. For new enrollees, an ISP must be completed before service begins. There is a non-refundable fee. A new participant must pay a one-time ISP fee: \$30/\$35

## TR PERSONAL INSTRUCTION 1:1 (ALL AGES)

Individualized programs based on participant goals and strengths. Trained staff customize land or aquatic sessions tailored to your goals. Whether you are aiming for strength, endurance or overall fitness, experience a supportive and effective approach that will adapt to your unique needs with personalized guidance and encouragement in a fun environment. Cancellation notice of less than 24-hours will result in a charge for the session.

## TR SMALL GROUP INSTRUCTION (ALL AGES)

Designed for small group needs and abilities in our gyms, pools and weight rooms. Benefit from tailored exercises as well as motivation and camaraderie from the group. These sessions help you achieve your fitness goals in an engaging and fun environment. Small groups are led by a Therapeutic Recreation staff member. Contact Summer Aden. Staff contact details can be found on page 65.



## TR CLASS ASSISTANCE

A parent or caregiver may be required to assist during Therapeutic Recreation Programs if a participant needs one-on-one assistance.



## TR YOGA (AGES 5+)

Experience a form of yoga that works to improve balance, flexibility, focus, coordination and strength. Learn poses to reduce fatigue, stiffness, and stress and stimulate the motor and sensory areas of the brain. Wheelchair accessible, all levels of mobility are welcome.

## TR HIP HOP DANCE CLASS (AGES 5+)

The TR hip-hop class is a high-energy and fun dance program. Focused on a community of friends, we perform, learn dance vocabulary and support everyone's time to shine, while using hip-hop dance. The program has been running for 15 years and still includes original members! We love to welcome new members to our dance family. Come meet us and give it a try!



## TR BASKETBALL (AGES 8+)

Get in the game, get in shape and improve endurance. Basketball athletes gain skills including dribbling, shooting and passing. Learn the rules of the game and practice good sportsmanship and teamwork. Make new friends or come play with your best pals.

## SPECIAL OLYMPICS TENNIS (AGES 8+)

Special Olympics Tennis with HRCA Therapeutic Recreation is all about fun, friendship and competition. There's a place for you on our court. Join us at the pavilion, practice for 10 weeks and compete in the optional exciting regional competition. Don't miss out on the fun. Register today to be part of this incredible experience



## TR TRI SPORTS CAMP (AGES 8-ADULT)

If you like to swim, bike or run, join in the fun! This program is designed to prepare athletes with disabilities for the HRCA Splash Mash Dash Kids Triathlon on Saturday, August 2, at the Eastridge Recreation Center. Practice your swimming on Mondays. Bike and run on Thursdays.



## TR SPORTS SAMPLER (AGES 8+)

Simply sample sports! Sports can be satisfying and a fantastic way to build skills like sportsmanship. Quadruple the fun! Examples of unique sports you might participate in include but are not limited to: Tee-Ball, Kickball, Broomball, Frisbee, Volleyball, Pickleball and Basketball. We will focus on one sport each day of the program. Wednesdays in July and August.

## TR SUMMER SPORTS CAMP (AGES 8+)

Try a trifecta of sports! Challenge yourself by engaging in three different sports each day of the program. Supplement or build existing sport skills and build teamwork through the opportunity to explore 15 distinct sports. Learn the rules of the games and your friends' names!

## TR SPLASH SWIM GROUP (AGES 3-7)

Our instructors prioritize safety and aim to create a comfortable environment for participants in and around the water. Swimmers will engage in essential water safety activities and develop fundamental swimming skills, including bubble blowing, survival floats (back, front, tuck), gliding and basic breath control. Participants will also enjoy engaging games, meeting new friends learning to use aquatic equipment and understanding and adhering to pool rules.



# Therapeutic Recreation



LEARN MORE

## TR TAEKWONDO (AGES 5-20)

Designed to help students improve balance, concentration, self-control and confidence. All ability levels are welcome. Belt testing is determined by our certified instructor and requires a separate fee. Taekwondo classes are offered in partnership with J.W. Kim Taekwondo. Taekwondo helps students develop a disciplined character and improve their fitness and focus. Classes are held on Tuesdays and Thursdays. Contact Summer Aden. Staff contact details can be found on page 65.



## TR THRILLING THURSDAYS (AGES 16+)

Participate in a wide variety of activities that increase motor skills, balance and social skills. Activities include swimming, soccer, art, basketball, cooking, fitness, board games, cooperative games, outdoor activities, leisure education and more!

## TR STRIDE TO RIDE (AGES 5-ADULT)

A program dedicated to teaching individuals of all abilities two-wheeled balance, coordination and confidence, for a lifetime of riding adventures. Progress at your own pace in this small group camp with lots of individual instruction. Progress from balance games and focus activities, to cruising the gym on two wheels. Strider bikes do not have pedals, simply stride and glide! Optional pedal kits are available for purchase after camp.



## Become a Community Partner

Have you ever considered becoming an HRCA Community Partner? If so, now is the perfect time! HRCA continuously strives to enhance property values and quality of life through recreation, community events and leadership. In line with our commitment to fostering stronger connections within our community, we would be delighted to partner with you in making your business successful.

If you are interested in learning more about how to become a Community Partner, the new tier structure and how we can help market your business, please contact [communications@HRCAonline.org](mailto:communications@HRCAonline.org). We look forward to the opportunity to partner with you!

If you are interested in learning more, scan the QR code and start partnering with us today!



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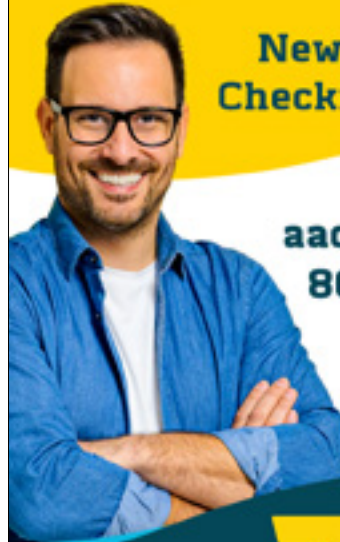
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