



HIGHLANDS  
RANCH  
COMMUNITY ASSOCIATION

# ACTIVITY GUIDE

SEPTEMBER-DECEMBER 2025



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



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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

HRCA's Newsletter and Reports Communications 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.



LEARN MORE

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 the 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 [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.



LEARN MORE



## 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).



# HRCA Preschool Enrollment



Give your little one the best start on their learning journey! Our preschool offers a warm, nurturing environment where children grow, explore and thrive.



## A Bright Beginning for Your Child!

- Engaging, play-based curriculum
- Caring and experienced teachers
- Safe & stimulating learning spaces
- Social, emotional and academic development

Limited Spots Available!



Scan the QR code for up-to-date information. Additional details on page 39.

[HRCAonline.org/Activities/Education/Preschool](https://hrcaonline.org/Activities/Education/Preschool)



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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



LEARN MORE

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.  
**Saturday:** 8 a.m. - 1 p.m.  
**Sunday:** Closed

## 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
- Infrared sauna (coming this Fall)
- Two cold plunges (coming this Fall)

### Seasonal Amenities

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

**Westridge renovations are projected to be completed in early October 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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## Southridge Wildcat Mountain Auditorium & Patio

Our auditorium, featuring a state-of-the-art kitchen, is a perfect space to accommodate groups as small as 40 and as large as 300 people.

- Graduations
- Weddings
- Business meetings
- Performances



**SCAN THE QR CODE  
FOR MORE DETAILS!**

☎ 303-471-7020  
✉ [auditoriumrental@hrcaonline.org](mailto:auditoriumrental@hrcaonline.org)  
🌐 [HRCAonline.org](http://HRCAonline.org)





# Aquatics

## STAFF

### Aquatics Operations and Programs Manager

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### Swim Lesson Coordinator

Mindy Polete

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### Coached Aquatics Coordinator

Kerri McGrath

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### Private Lessons

Learn to Swim and Coached  
Aquatics

☎ 720-348-8220

✉ privatelessons@hrcaonline.org

### Seahawks Swim Team

☎ 303-471-8942

✉ seahawksteam@hrcaonline.org



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## GROUP SWIM LESSONS

HRCA is proud to offer group swim lessons using the Starfish Aquatics Institute curriculum, using certified instructors who provide water safety instruction, build confidence, and improve technique in a safe and 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 prerequisites are available online.



SWIM PROGRESSION

### STAR TOTS (AGES 9 MONTHS–2 YEARS)

Beginner level for adult caregivers and children. The 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.

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# Aquatics



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## PRIVATE LESSONS

### 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 for ages 3 to adults. Lessons are available for all skill levels, from beginner to coached/competitive participants. Payment and scheduling must be completed directly with the Aquatics Department. Pricing and contact information are available online or by scanning the QR code.

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

ISR is a comprehensive six-week program designed for young children ages 6 months to 4 years. Lessons focus on developmentally appropriate swimming and life-saving skills while building confidence in and around the water. HRCA hosts two certified ISR instructors who offer a range of availability. Lessons are scheduled and paid for directly through the individual instructors. Full details and contact information can be found online.



## SNORKEL AND SCUBA

### LEARN TO SNORKEL (AGES 7 & UP)

Learn proper snorkeling techniques—both at the surface and underwater—with guidance from a certified PADI instructor. Designed for ages 7 and up, this family-friendly class will help make your next snorkeling adventure safer, more enjoyable, and more rewarding. All equipment is provided.

### TRY SCUBA (AGES 10 & UP)

Curious about scuba diving but not quite ready for open water or full certification? This introductory class is perfect for participants ages 10 and up. Guided by a certified PADI instructor, you'll get hands-on experience with scuba equipment and learn how to breathe underwater—all in the safety of a controlled pool environment. Please note: this is not a certification course. All gear is provided.



## ADULT COACHED & MASTERS SWIM PROGRAMS

Beginner instruction to elite competitor workout groups. A Coached Aquatics Punch Pass or daily drop-in fee is required. Check online for specific workout group schedules.

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

## ADULT COACHED & MASTERS SWIM PROGRAMS (AGES 6-18)

Develop a lifelong love for swimming and learn competitive swimming skills in a fun, swim team environment. Swim fins are required for the Maroon and Elite groups. Swim evaluations are available.

## SEAHAWKS SWIM TEAM

The HRCA Seahawks Swim Team is a member of the CARA Swim League. Pay for the season or each meet individually. Swimmers stay in their color group for the entire season. Visit the team website for more information.  
[HRCAseahawks.swimtopia.com](http://HRCAseahawks.swimtopia.com)

## INTRO TO SWIM TEAM

Practices focus on lane etiquette, freestyle, backstroke, breaststroke and butterfly kicks, as well as deck dives. All swimmers must be able to swim 25 yards of freestyle and 50 yards of backstroke without assistance.



## WHITE

Practices focus on drills that teach all four competitive strokes, build endurance, and teach diving. All swimmers must swim without assistance. Prerequisites: Comfort in 9 ft deep water, 50 yards of both freestyle with side breathing and backstroke and 15 yards of both breaststroke & butterfly.

## BLUE

Practices focus on endurance in all four strokes, mastery of butterfly, breaststroke, flip turns, and competitive dive starts. Prerequisites: One season of swim team; 100 yards of freestyle and backstroke, 25 yards each butterfly and breaststroke.

## MAROON

Practices focus on refining all four competitive strokes to USA Swimming standards, block starts, turns, underwater pullouts, IM and relays. Minimum two years swim team experience recommended and must have legal competitive swim stroke including a 100 IM..

## ELITES

Practices help the competitive level swimmer increase speed and build endurance. Swimmers must have all strokes legal to USA Swimming standards. Competitive swim experience is recommended.

## YOUTH SWIM CLINICS

HRCA Swim Coaches lead small-group clinics that focus on refining specific swim skills.







# Arts

## STAFF

### Arts & Education Supervisor

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### Arts Enrichment Coordinator

Alecia Hindman

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## ART CAMPS AND WORKSHOPS

### ART FOR LIFE HOLIDAY GIFT WORKSHOP (AGES 5-12)



Kids will be busy creating one-of-a-kind artistic gifts while parents finish last-minute shopping! Our art gifts include one painting, one sculpture and something unique for mom and dad. Each gift comes gift-wrapped.

### 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 other music-related items.

## DRAWING, PAINTING AND SCULPTURE

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

Learn how to draw, paint, and sculpt while having fun! This class uses traditional fine art media (pencil, marker, paints, and sculpting materials) to create fun, new modern theme creations.

### BEGINNING PAINTING (AGES 18+)

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

### DRAWING 101 (AGES 18+)

This class is great for beginners and addresses fundamental drawing methods. Discover how to copy and record an accurate drawing from sight. Explore shading and texture as you advance in technique. Please bring a sketch book and pencils to class.

### 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.

## ABSTRACT WATERCOLORS (AGES 18+)

Abstract Watercolors are a way of painting based on general shapes or patterns rather than an actual representation of objects. We will explore colors and textures. No previous skills are necessary.



## ZEN DOODLE (AGES 18+)

Zen doodling is a calming kind of doodling using simple, repetitive patterns to create art. As you draw, you boost concentration, creating a positive mood, and external distractions become less important. Students are encouraged to sign up for multiple months. All materials included.

## INTUITIVE ART (AGES 18+)

Intuitive art is the act of tapping into your creative intuition as a means of producing art. The goal is to make art without overthinking the creative process, using fun watercolor techniques, Zen doodling, and neurographic art techniques. All materials are included.



## BEGINNING KNITTING (AGES 18+)

Learn how to knit, purl, cast on, bind off, increase, and decrease. Yarn is provided for practice knitting. Needles may be purchased in class. (NOTE: Only 8-16" circular and Chiaogoo needles will be worked with in this class). Students will provide their own yarn and needles for the class project after the second class.

## ADVANCED BEGINNING/ INTERMEDIATE KNITTING (AGES 18+)

Advanced Beginning students must have completed Beginning Knitting and have approval from the instructor to advance to this class. Learn advanced knitting stitches/techniques and select from different projects to knit (i.e., mittens, hats, basic sweater). Students will provide their own yarn and knitting needles.

## EMBROIDERY (AGES 18+)

This class starts at the very beginning of learning hand embroidery. After covering the basics of design, choosing various supply options, and using the embroidery hoop and needle, students will learn and practice a variety of stitches to enable them to create a beautiful hand-stitched sampler design. Embroidery allows the student to slow down, create and breathe!





# Arts



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## ART WORKSHOPS

### ENCAUSTICS WAX PAINTING (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 WORKSHOP (AGES 18+)

Join us for a beginner-friendly workshop on 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.

### CANDLE MAKING (AGES 18+)

Here's your chance to make seasonally-themed candles for gifting or enjoying yourself. The class will cover the basic supplies, different waxes, various scents/colorants and how to melt and pour your candle. You will take home at least one fragrant homemade candle.



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

Children will have a blast learning new recipes each day! Our culinary chef will emphasize safety, nutrition, teamwork, and following directions sequentially.

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

## FALL COOKING CAMPS

### 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. The class price includes all food supplies.

- Falling for Favorites
- Monster Mash Treats
- Thankful for You
- Jingle Bell Bites

## COOKING PARENT - TOT

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

This class exposes 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.

- Seasonal Spice and Flavors
- Cauldron Classics
- Grateful Gatherings
- Cozy Christmas Cuisine

## GENERAL COOKING





## YOUNG CHEFS (AGES 7-9)

In this course, aspiring chefs are introduced to the world of culinary arts. Learn many different cooking methods while creating unique and yummy recipes. Price includes all food supplies.

- Seasonal Spice and Flavors
- Cauldron Classics
- Be Our Guest
- Santa's Secret Recipes



## CREATIVE COOKS (AGES 9-12)

This series of classes will instill confidence in the young chef both in and out of the kitchen. Each week, students will learn skills like baking, sautéing, chopping, dicing, grating, and kneading. The class price includes all food supplies.

- The Spice of Life
- Fang-tastic Flavors
- Fall Flavors and Friends
- Holiday Baking Bliss

## TEEN CUISINE (AGES 12-18)

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

- World Cuisine
- Ghoul-arious Grub
- Spiced & Savory
- Holiday Delights

## COOKING WITH YOUR KIDS! (AGES 7+)

Enjoy time in the kitchen with your kids in this parent and child class! Have fun learning new recipes and preparing them together!

**Both the parent and child need to register for class.** The class price includes all food supplies.

- Seasonal Spice & Flavors
- Family Favorites
- Grateful Gatherings
- Holiday Specials

## INTERNATIONAL CUISINE (AGES 18+)

Explore new tastes, spices, and textures from different parts of the world in our International Cuisine class! Price includes all food supplies.

## DANCE PROGRAM POLICIES

- Each child must be at 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 pro-rates will be given after the start of a session.
- No late registrations are allowed after the third week of the session.
- All students are required to wear leather ballet slippers and proper dance attire to class.

## TODDLER AND ME (AGES 2½-3)

This class introduces caregivers and children to basic ballet techniques as well as songs, dance, and creative play. Note: Students are not eligible for the recital.



DANCE

BALLET





BELLY DANCE

## ITTY-BITTY BALLET (AGES 2½-3)

This class introduces your child to basic ballet techniques as well as new songs, dances and creative play. **Note:** Parents do not attend the 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/IV (AGES 6-9)

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.



## BELLY DANCE BASICS (AGES 18+)

All levels are 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 techniques.

HIP HOP

## PIP HOP (AGES 3-5)

This hip 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 the recital.

## DANCE BEATS (AGES 5-8)

An upbeat dance class where students will discover the fun of hip hop, the techniques from ballet, and the style of jazz. Students will have the best time fan-kicking, pirouetting, to beloved high-energy dance songs. All students are encouraged to participate in the dance recital.

## HIP HOP CONTEMPORARY (AGES 7-13)

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.



## K-POP (AGES 7-13)

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

## TAP/JAZZ II (AGES 7-13)

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

## COUPLES DANCE (AGES 18+)

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

## COUNTRY & WESTERN THREE-DANCE SAMPLER

It's a dance party every week in this class! You will learn the basics and some turns and twirls for two-step, country swing, and waltz! No matter what the band plays, you'll be able to stay dancing! It also gives you a taste of each dance so you can take a full, four week class of the one you like best.



## SWING DANCE EXTRAVAGANZA

Two types of Swing Dance, East Coast Swing and Jitterbug. Swing to Country, Blues, Rock and even Oldies! You can dance to all genres of music with these dances. Great turns and twirls to jazz it up! This will be one of the most fun classes you'll ever be a part of.

## HOLD ON TO YOUR HAT COUNTRY SWING

Yee haw, it's Country Swing! Five weeks of fun! The easiest swing dance of all, and you can dance to all styles of music! Tons of turns and twirls!

## NIGHTCLUB 2 STEP TO THE SLOW BALLADS

You don't have to rock back and forth anymore when you dance to one of your favorite ballads. This dance has easy, romantic sways with nice turns and twirls. It's smooth and simple. You'll be the envy of the dance floor when you dance to the slow songs "in style".







## THE ORIGINAL C&W DANCE

It's the most versatile dance on the floor. Learn the 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.

## COUNTRY & WESTERN WALTZ

Country Waltz is an easy, progressive motion dance. It's graceful, smooth and easy, with pretty turns and combinations. Everyone love the Waltz!



## 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.

## COUPLES - PRIVATE BALLROOM DANCE (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. Contact details can be found on page 14.

## LINE DANCING (AGES 55+)

Join our new line dancing class for seniors! In this beginning class, the latest line dances plus the old favorites will be taught. Make new friends in this fun and energizing class! No partners are necessary!

## LINE DANCING FOR SENIORS LEVEL 2 (55+)

Level 2 is designed for students who have completed Level 1 (beginner) classes and are ready to learn more advanced steps and dances. We will review what we learned in the Level 1 (beginner) class and move on. Sign up now to continue the fun and exercise.

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

Dance for exercise and fun! In this class, you will learn the latest line dances! We'll put our dances into "Flash Mob" style for even more fun! You can even join the Line Dance Team!



## "GINGERBREAD FANTASY" DANCE RECITAL (AGES 3-12)

Dance Recital for Ballet, Dance Beats, K-Pop, Pip Hop, Hip hop and Tap/Jazz dance classes. Recital routines are choreographed by instructors and taught in your child's class. This performance gives your child the experience of performing for an audience. The dance recital includes a separate registration fee from registered classes and also includes a costume and a photo.

## MONDAY NIGHTTIME TAP FOR MULTI-LEVEL (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 prior year of tap is strongly suggested. This class is taught by Laura.



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

This no-performance, no-stress adult-only tap class caters to all levels! Students will learn the basics of tap through fun choreography and rhythm tap! This class is taught by Laura.

## WEDNESDAY CONTINUING DAYTIME TAP (AGES 25+)

In this class, students will work on techniques and have fun learning dance routines. This class is taught by Laura.

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

This adult class is geared to the beginner/intermediate tapper. This class focuses on warming up techniques and working combinations to music. Some of the dances taught are for Broadway, but there are no performances for this class. This class is 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 move at a faster tempo and learn more difficult steps. Various time steps, combinations, and acapella shorts will be taught. This is a non-performing class. This class is 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. Participants should know Stomp and Traveling Time Steps (up through triple) - Cincinnati's and Grab-offs. This class will work on techniques through acapella shorts and choreographed dances. This class is taught by Laura.



# Arts



LEARN MORE

## ROCKY MOUNTAIN TAPPERS INTERMEDIATE (AGES 18+)

This is an adult class for the intermediate tapper with 2-3 years of previous dance experience. This class is designed to continue progressing, learning tap techniques with across-the-floor work, center floor work, time steps and various other skills. Join the fun learning choreographed dance routines in this upbeat class. This class is taught by Dianne.

## ROCKY MOUNTAIN TAPPERS ADVANCED (AGES 18+)

This is an adult class geared toward the advanced tapper with 4-5 years 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 in the fun, learning choreographed dance routines in this upbeat class. This class is taught by Dianne.



## 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. Kids will receive a professionally edited SKL episode a few weeks after the last class.

## MOVIE MAGIC (AGES 9-15)

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 skills. Kids will receive their professionally edited movie a few weeks after the final class date.



## WONKA BY KIDSTAGE STARS PROGRAM (AGES 6-12)



Mr. Willy Wonka is the greatest chocolate maker the world has ever seen! He has invited five kids to come and tour his factory. The final child to find a golden ticket and win a tour of the factory is the kind-hearted Charlie Bucket! Come along on this hilarious journey complete with Oompa Loompas.

## BUDDY THE ELF BY KIDSTAGE STARS PROGRAM (AGES 6-12)

What happens if one of Santa's elves finds out he is a human? He travels to New York City, of course! Buddy the Elf leaves the comfort of the North Pole to find his family and discover who he really is.

## THE 5280+ SENIOR CHORALE AT HIGHLANDS RANCH (AGES 50-80+)



If you're aged "50 to 80+", join us for a 10-week musical adventure led by professional musicians. Enjoy the mental, physical and social benefits of choral singing and conclude with an additional rehearsal and free community concert! No experience or audition required.



## YOUNG VOICES (AGES 5-7)



Explore the fun of singing in a group and prepare for a lifetime of singing in choirs. In 12 weeks, your child will develop their ear and music skills in an active and playful group class which incorporates folk songs, rhymes, singing games, stories, and music literacy.

## PIANO PALS (AGES 5-10)



In just eight weeks, your child will go from performing their first notes to their first performance. No more nagging about practice. Real progress, real fun, and real results. With take-home practice sheets, weekly parent updates, flashcards, in-class games, and two exciting performances.



## PIANO PALS: THE ENCORE (AGES 5-10)

This is a follow-up course for the first session of Piano Pals. Only enroll if your child has completed the first session.

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



CAROLYN BALDASSARE  
TEACHING KEYBOARDS

Fun Keys are semiprivate piano lessons that present popular piano teaching methods with catchy rhythms, melodies, and chord progressions that students love to practice. Note: A \$5 material fee is due at the first class.



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

Music Together  
Music Academy  
of the Rockies

Join us for joyful, interactive music-making each week with your little one! Music Together® is an internationally recognized early childhood program for children from 1 month to 5 years and their parents or caregivers. Each class features singing, movement and instrument play.

## POTTERY

## HAND BUILDING (AGES 18+)

Learn how to create pottery using three basic hand-building techniques: pinch, slab, and coil. Items you create in class may include cups, bowls, and 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)

This class is 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 classes! Dress for a mess and create a piece of art that will last a lifetime.



# Arts



LEARN MORE

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

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

## CONTINUING WHEEL POTTERY (AGES 18+)

WHEEL

### Level I

For students who have completed the beginning wheel class.

### Level II

For students who have completed beginning and level one-wheel classes or have equivalent experience.

### Level III

For intermediate to advanced students or those who have equivalent experience.



## 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 a used towel.

## 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 schedule lessons, contact Alecia Hindman. Contact details on page 14.



## 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 schedule lessons, contact Alecia Hindman. Contact details on page 14.

## 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 hand or footprint. You create it, paint it and our talented instructors will fire it for you. To schedule lessons, contact Alicia Hindman. Contact details on page 14.

## POTTERY SALE

Monday, November 10, 8 a.m. – 6 p.m.,  
Southridge Recreation Center



## OFF SEASON NATURE CAMP (AGES 7-13)

Camp Backcountry invites kids to explore 8,200 acres of forests and grasslands. Campers hike, build forts, spot wildlife, and discover hidden nature spots—trading screen time for green time with outdoor skills, games, and unforgettable adventures. Please see website for specific dates.

## OFF SEASON HORSE CAMP (AGES 7-13)

Camp Backcountry Horse Camp is IN for this No School Day! Join us for a day filled with all things horses: from an arena lesson to ground-work to horse care. Please see the website for specific dates.



## FAMILY FUN DAYS (ALL AGES)

Parents! This is your chance to experience Camp Backcountry with your kids. Depending on the weather, enjoy activities like hiking, sledding, crafting, meeting barnyard animals, and more. Whether exploring or cozying up by the fire, there's something for everyone.

## 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.

# Backcountry Wilderness Area

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# Backcountry



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## 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.



## 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 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 fire-building, knot-tying, how to identify and harvest wild plants, 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 this 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!

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

Pack a picnic dinner to eat as you get to know about local wildlife that comes 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.

## NATURE HOMESCHOOL (AGES 7-13)

Enhance your homeschool curriculum with our Nature Homeschool Program in 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.



## LOCAL IN-CLASS FIELD TRIPS

Bring the field trip to your classroom! Our in-class programs for grades 2–5 explore Colorado ecosystems, animal adaptations, basic biology, and more through hands-on, place-based environmental education. Aligned with Colorado State Standards, each session sparks curiosity and deepens understanding of the natural world—without leaving school.



## BASE CAMP EXPLORATION (ALL AGES)

This free, all-ages, open-hours program invites you to explore, relax, and connect with nature at your own pace. Walk the Discovery Trail, birdwatch with coffee, picnic in The Backyard, visit animals at The Base Camp Farm, or let kids play. Optional guided hikes and programs are available—some require registration, others are drop-in. Come enjoy the outdoors!

## S'MORES HIKE (ALL AGES)

Join our naturalist for a guided all-ages hike in the Backcountry Wilderness Area, then enjoy a s'more by the campfire! We provide the adventure and ingredients. If there's a Red Flag Warning, we'll provide an alternative sweet treat.

## 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!

## GOAT PICNIC HIKE (ALL AGES)

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

## ELK BUGLING HIKE (AGES 7+)

Experience the call of fall on a 1–3 mile guided off-trail hike during elk bugling season. Explore areas normally closed to the public as naturalists help you safely observe elk in their habitat. Wear long pants and be prepared to hike back in the dark.

## SUNSET HIKE (AGES 7+)

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.



## FULL MOON HIKE (AGES 14+)

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.





# Backcountry



LEARN MORE

## 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 carried throughout. The program is free with registration; donations to the Backcountry Wilderness Area Fund are encouraged. Don't forget your coffee and binoculars!



## BACKCOUNTRY BIRDERS (AGES 14+)

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 is an alternative to preschool as you know it, offering a play-based experience in nature for children ages 3-6. We offer both a full-day class and a half-day class. Visit our website for full schedule, tuition, to fill out a registration application, and schedule a tour: [HRCOnline.org/backcountrypreschool](https://HRCOnline.org/backcountrypreschool).



## SEEDLINGS NATURE PLAYGROUP (AGES 1-6)

Seedlings Nature Playgroup offers a supportive space for child-led play while celebrating seasonal changes and nature. Children and parents explore the Backcountry Wilderness Area together, fostering a connection with the land. The morning includes seasonal songs, short hikes, and imaginative outdoor play, helping children build independence and confidence.

## LUNCH WITH THE BARNYARD BUNCH (AGES 0-6)

Join our lively barnyard crew for the most exciting time of day—LUNCH TIME! Your wild ones will love getting up close and personal with our friendly chickens and playful goats, offering them tasty treats and making new furry and feathered friends. Don't forget to pack your lunch, because you'll be joining the animals for a fun-filled feast!

## CREATIVE CRITTERS (AGES 1-6)

Join us for a morning of creativity and outdoor exploration! We'll begin with child-led play, then dive into nature-inspired art like leaf rubbings, rock painting, pinecone critters, or solstice lanterns. This child-led experience sparks imagination, encourages self-expression, and nurtures a bond with the natural world.





## 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 until 11 a.m. Adults must supervise children actively. The program is free with required registration; donations to the Backcountry Wilderness Area Fund are encouraged.

## BABIES IN THE BACKCOUNTRY (AGES 0-18 MONTHS)

Babies in the Backcountry is a program for infants and caregivers to connect with nature and community. Fresh air and sensory exploration support early childhood development, while caregivers create friendships in a supportive environment. Weekly activities like finger painting (taste safe) and water play offer joyful experiences for babies and caregivers in every season.



### HORSE PROGRAMS

## BASIC HORSEMANSHIP (AGES 7+)

Build your confidence with horses in this 1.5-hour class. Learn how to catch and handle a horse, interpret their body language, and understand grooming and saddling equipment. This groundwork-only class is a prerequisite for beginners before starting riding lessons.



## ADULT HORSEMANSHIP (AGES 18+)

Whether you have spent time with horses or would like to start a new hobby, Adult Horsemanship is a great way to learn new skills, spend time outdoors, and interact with new friends. This drop-in program is groundwork only, no riding. Every class will begin with a horse safety lesson, and then participants will focus on various horsemanship skills.

## 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 can choose between English or Western riding. To register, contact Carly Steiger at [carley.steiger@hrcaonline.org](mailto:carley.steiger@hrcaonline.org)



# Backcountry



LEARN MORE

## 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 experienced instructors tailor each session to match the ability and skill level of every student, ensuring a supportive and rewarding experience.

## 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 experienced instructors tailor each session to match the ability and skill level of every student, ensuring a supportive and rewarding experience.



## SADDLE CLUB (AGES 7-14)

Trade school books for riding boots at Saddle Club: an after-school horse-focused class that will teach new skills each week. We'll work through groundwork (safety, grooming, breeds, anatomy), Western riding, English riding, and health care. This small-group class will evolve as the participants master their new equine know-how. The drop-off window is from 4 to 4:15 p.m.



## HORSE HOMESCHOOL PROGRAMS (AGES 7-13)

Go beyond the basics in this engaging equestrian class designed for homeschool students. Each session features a new theme while focusing on grooming, tacking, and riding skills. Newcomers will receive an introductory lesson on horse care, while returning students will enjoy a quick review. Please bring lunch, a water bottle, long pants, and closed-toe shoes for a safe and comfortable experience.

## MINI MANES (AGES 3-4)

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 our 3-6-year-old programs.

## PONY TAILS (AGES 5-6)

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 our 3-6-year-old programs.







## LITTLE EQUESTRIANS (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 detail 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 30-minute program is specially designed for children under 10 to meet and bond with our horses in a safe, crowd-free environment. Class size is limited to 10 children, each accompanied by their adult(s), ensuring a relaxed and personal experience.

## 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 who 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 25. Please note, full-sized horses and ponies may be used. White "unicorns" are not available.

## SCOUTS 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. A maximum of 12 scouts per session. To register, contact [carly.steiger@hrcaonline.org](mailto:carly.steiger@hrcaonline.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. Contact details can be found on page 25.





# Backcountry



LEARN MORE

## INSTRUCTOR-IN-TRAINING (AGES 13-17)

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 [carley.steiger@hrcaonline.org](mailto:carley.steiger@hrcaonline.org).

### EVENTS

## FALL FEST (ALL AGES)

Celebrate autumn with us at Fall Fest! Enjoy a day of fun with pumpkin picking, pony rides, arts and crafts, a bounce house, live animal presentation, and breakfast. It's the perfect family-friendly event to embrace the best of the season!

## HAUNTED FOREST (AGES 10+)

The gates of the Backcountry Wilderness Area Haunted Forest crack open and reveal sinister scenes for two nights this year on October 17 and 18. Discover what's lurking behind every tree and bush in this three-quarter-mile creep through the woods.



## HAUNTED FOREST JR. (AGES 0-15)

The night before the gates of the Backcountry Wilderness Area Haunted Forest crack open, there's a chance to see the sinister scenes without the live ghouls and monsters. This scary walk may not have live spooks, but the brave souls (and their favorite adults) should be warned that the decor is still scary. In the community area, attendees can have their faces painted and enjoy a live animal presentation.

## BACK THE BACKCOUNTRY (ALL AGES)

Calling all Friends of the Backcountry! Join us for our annual end-of-year fundraiser in support of the Backcountry Wilderness Area Fund. Enjoy an evening of community, exciting raffles, and fun giveaways as we come together to further our mission: enhancing wildlife habitats, inspiring the next generation of nature stewards, and sparking a lifelong love of the outdoors for all.



## TODDLER & ME (AGES 18 MOS-4)

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

- Backpacks
- Candy Apples
- Family
- Mittens

## PRINCESS DRESS UP (AGES 3-6)

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

- Olaf
- Snow White

## SUPERHEROES (AGES 3-6)

Come as your favorite superhero. Bring your superpowers and be ready for some superhero fun!

- Superman
- The Flash

## SIBLING RIVALRY (AGES 2-7)

Enjoy a class with your sibling. This class allows older siblings to help younger siblings enjoy the excitement of the class together. Participants will create art projects, enjoy free play, songs, and games.

- Apples
- Gummy Worms
- Gobble, Gobble
- Grinch



# Education

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# Education



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## MAD SCIENTIST (AGES 3-6)

Join the fun where we unleash our inner scientists. Participants will safely experiment with a variety of liquids and solids to create crazy explosions and expand our knowledge of science.

### KIDS NIGHT

## KIDS NIGHTOUT (AGES 3-12)

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

- Elio
- Mosters, Inc.
- Hotel Transylvania
- Spellbound
- Leo
- The Lion King
- Lilo & Stitch
- Smurfs



### KREATIVE KIDS

## KREATIVE KIDS (AGES 3-5)

Playing, crafting, games, and songs are what Kreative Kids is all about! Please provide a peanut-free lunch and snacks.

- Friends
- Corn Maze
- Community
- Sleighs
- Football
- Pumpkin Patch
- Harvest
- Tinsel



### 2 TIMES THE FUN

## 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.

- We are Family
- Spiders
- Changing Colors
- Snowmen

### STEPPING STONES

## STEPPING STONES (AGES 2½-3½)

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

- Yellow Things
- Jack-o'-lantern
- Grateful
- Gingerbread Man

### CREATIVE KIDS CAMPS

## CREATIVE KIDS FALL BREAK CAMP (AGES 3-6)

Participants will swim indoors, make art projects, enjoy free play, songs and games.

## CREATIVE KIDS WINTER BREAK CAMP (AGES 3-6)

Participants will swim indoors, make art projects, enjoy free play, songs, and games.





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

Looking to improve your SAT or ACT scores without breaking the bank? This Education Specialty course offers proven test-preparation strategies at a fraction of the cost of commercial programs! Led by a National Board-Certified Teacher with over 30 years of experience, this course provides expert guidance tailored to student success. Students receive an official preparation guide and an additional strategies manual.

## WILL SEMINAR (AGES 18+)

This is a simple one-step class that provides a notarized will, general power of attorney, medical power of attorney, and living will, all prepared by an experienced attorney. You'll leave with completed, legally binding estate planning documents at a fraction of the typical cost. The fee includes all materials, witnessing, notarization, a personal review, and time for discussion and questions. No preparation required—just come to class and leave with peace of mind.



## REVOCABLE LIVING TRUST SEMINAR (AGES 18+)

Discover the top 10 reasons to consider a revocable living trust in this informative session. You'll gain a clear understanding of whether this estate planning tool is the right choice for you and your family. The class will cover how a trust can help you prepare for challenges such as diminished mental capacity, managing real estate, coordinating life insurance, addressing concerns with financially irresponsible beneficiaries, and more.



## RETIREMENT PLANNING TODAY® (AGES 30+)

RPT explains time-tested strategies that help you make informed financial decisions. Learn about building a nest egg, protecting your assets, and creating a retirement plan that matches your goals and values.

## 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? Learn from a CPA retirement planner which strategy may work best for you.



# Education



LEARN MORE



## MEDICARE MADE CLEAR (AGES 50+)

Join us for an educational course – Medicare Made Clear. We'll discuss how Medicare works, when to sign up, and what options are available to you. If you have questions about your Medicare coverage, this is your chance to get them answered. No products will be offered at this event. A licensed salesperson will be present with information.

## 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? This course will address timely topics: market update, financial planning, living in retirement, preparing for the unexpected, annuities, health care, long-term care, and estate planning.

## THE MARKETS TODAY (AGES 30+)

This presentation will provide timely market updates, discuss strategies and considerations around portfolios and review current headlines/events and how they may impact you, your portfolio and long-term financial plan.

ONLINE EDUCATION

## FINANCIAL FITNESS WORKSHOP (AGES 30+)

This all-in-one workshop will serve as a playbook to develop your financial plan and investment strategy. We will discuss how to plan for the unexpected, health care events/costs and your estate. 1. Foundations of Investing 2. Retirement by Design 3. Health Care and Your Retirement 4. Creating Your Estate Plan.

## 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.

## EDUCATION 2 GO & EDUCATION 2 GO PRO! ONLINE CLASSES THAT FIT YOUR SCHEDULE



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 [ed2go.com/HRCA](https://ed2go.com/HRCA) for information.



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



This interactive class teaches kids and parents key safety skills through role-play and hands-on activities. Topics include identifying strangers, recognizing lures, using code words, safe distancing, and what to yell. Children will also learn how to react if grabbed or forced into a vehicle. Due to its physical nature, the class requires participation from both children and their parents.



## WOMEN'S SELF DEFENSE CLASS (AGES 12+)

Learn how to stay aware, think smart, and defend yourself with basic, effective strikes. Practice real scenarios with an instructor in full protective gear, helping you build confidence and feel empowered in the face of potential danger.

## 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 create your own babysitting business, what to do in an emergency and how to keep the kids entertained. This is a 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.

## WONDEROUS SCIENCE BY SCIENCE MATTERS (AGES 3-5)



This class will provide a sampling of fun and engaging STEM experiences for preschoolers that range in activities across biology, chemistry and physics. Class themes align with the seasons and each session contains varying content.

## TAKE A DIVE BY SCIENCE MATTERS (AGES 5-10)

Dive into the exciting world of marine biology and oceanography! In this hands-on class, students will dissect a real shark, explore fish anatomy through examination and "fish rubbing," and take on the Fisherman's Challenge. Learn survival skills like building a solar still, constructing a model kelp forest, and designing your submarine. Experience a whale adaptation lab and uncover the strange and wonderful creatures that live beneath the sea.



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



Is it science or magic? You'll find out! In our half-day camp, you'll create erupting foam monsters, dig for hidden treasures, unravel the mysteries of illusions and build spectroscopes to explore the vibrant spectrum of light.





# Education



LEARN MORE

## SCIENCE ADVENTURES (AGES 5-10)

Uncover the mysteries of ancient Egypt, build a 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 and experiment with chemistry mixtures that fizz and pop. Each day is packed with fun and discovery!



WIZE

## WIZE ACADEMY: AR/VR (AGES 8-10)



In this camp, students will explore 3D design and virtual reality using CoSpaces. They'll create interactive virtual spaces, stories, and experience their creations in VR. Whether they're beginners or experienced creators, this camp offers hands-on learning and exciting challenges to boost both coding and creativity.

## WIZE ACADEMY: LEGO ROBOTICS (AGES 5-10)

In this program, students will be introduced to coding through hands-on projects. They'll explore new builds, use motor sensors to animate creations, and learn both icon-based and block-based programming. This camp encourages creativity, problem-solving, and coding skills in an engaging environment.

## WIZE ACADEMY: MINECRAFT EDUCATION (AGES 7-10)

Students will dive into the world of Minecraft, where they'll enhance their coding skills by solving real-world challenges like bee pollination and urban planning. They'll design and build innovative structures, from apiaries to a "bee-tastic" museum. This camp combines creativity and coding, empowering students to solve problems and bring their ideas to life.



SEPTEMBER - DECEMBER 2025

CHESSMATES

## CHESSMATES TWO DAY TURKEYS AND CHESS PALOOZA (AGES 6-11)



Day one of this class will focus on the basics of chess gameplay, and day two will focus on how to use strategy in matches. Following Day 2, time will be allowed for a mini-Turkey Tournament where participants show off the skills they've learned and win prizes! Players of all skill levels are welcome.

SNAPOLOGY

## SNAPOLOGY THANKSGIVING- INSPIRED ANIMATION STUDIO



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!



HRCA ACTIVITY GUIDE



## 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.



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.





# Events

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LEARN MORE



## COMMUNITY EVENTS

Join us for a night of music, comedy, and high-energy entertainment at **Dueling Pianos**. Two talented pianists will battle it out on stage, blending musical mastery with quick wit in a performance that's as funny as it is impressive. Recommended for ages 18+. Cash bar available, must be 21+ to drink.

Step into a magical world where fairies flutter and imaginations soar at our **Tiny Wings Tea Party**! Children are invited to wear their most enchanting fairy wings or whimsical costumes for a delightful afternoon filled with tea, sweet treats, and whimsical make-believe. Guests will even get to meet fairies and share in the magic. Recommended for ages 2-8.

NEW! Join us for an evening of short films at **Mountainfilm on Tour**. These documentary selections celebrate indomitable spirits and adventurous individuals through thought-provoking stories that educate, inspire, and will leave you motivated to help create a better world. Started in 1979, Mountainfilm is one of America's longest-running film festivals, and is now making its way right here to Highlands Ranch!

This Thanksgiving break, bring the whole family and join us for **Game Show Night** hosted by Rion Evans—a lively evening packed with laughter, teamwork, and just the right amount of friendly competition. Put on your game face as you go head-to-head in classic TV-style games like Family Feud, Wheel of Fortune, Press Your Luck, Trivia, and more to win prizes! Questions answerable by ages 15+, but not inappropriate for those younger. Guests will be given the opportunity to play, but it is not required.





## CRAFT FAIRS

Celebrate the changing season at our **Fall Craft Fair** where the cooling autumn air meets cozy charm! Browse handcrafted goods, autumn-inspired décor, and locally made treats that highlight the fall harvest. Join us for this one-day show on Saturday, September 13.

Then, get into the spirit of giving at our **Holiday Gift Fair**—your one-stop shop for unique, handcrafted gifts that spread holiday cheer! Discover thoughtful treasures, festive décor, and artisan goods perfect for everyone on your list. From stocking stuffers to show-stoppers, you're sure to find the perfect present at the Holiday Gift Fair on Saturday, November 15.

## HAUNTED HAYRIDES (AGES 2+)

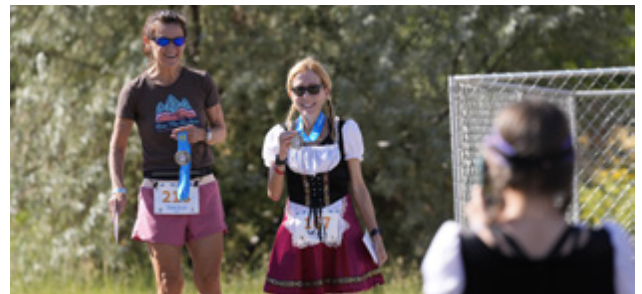


A 30-minute spine-tingling family adventure. Storytellers narrate an amusing tale while you rumble down a spooky trail. Rides run every half hour. Fundraiser for the "Cowboy 4H" Club Petting Zoo, Games and 4H food in the barn. Arrive 15-20 mins ahead of ride time. Payment in full is your reservation confirmation and is nonrefundable. Children must be accompanied by an adult. It is recommended for young children to go on the earlier ride.

## FOOD & DRINK TASTINGS

Join HRCA and Davidson's Beer, Wine & Spirits for an afternoon of bold flavors and cozy autumn vibes at **Oaked & Smoked** on October 11 from 3-6 pm. Find a drink to keep you warm as the weather gets cold—discovering new brands and sipping some of your old favorites. Your ticket includes unlimited 1 oz. whiskey samples along with a BBQ meal. Must be 21+, ID's will be checked.

Sip into the Season with us at **Winter Winefest** on Friday, December 13 from 5-8 pm! Join HRCA and Davidson's Beer, Wine & Spirits for an evening of sampling new wines—just in time to find your new favorite for the holiday season. Your ticket includes unlimited 1 oz. samples of a wide variety of sparkling and still wines, along with a delicious fondue spread to snack on. Must be 21+, IDs will be checked.



## OKTOBERFEST

HRCA's Oktoberfest Celebration marks the welcoming of the fall harvest with music, food, and fun for all on Saturday, September 27. We'll kick off the morning at 9 a.m. with the fun and festive Oktoberfest 5K, then the full festivities get started at 1 p.m.

Attendees will enjoy entertainment on the main stage, featuring traditional polka performers, Dachshund races, and stein-hoisting competitions – ending the day with high-energy 80s rock from The 6 Million Dollar Band. Savor classic German foods like bratwurst, pretzels, and schnitzel. Those 21+ can enjoy German-style beers, whether it's straight from Bavaria or brewed right here in Colorado. Prost!



# Events



LEARN MORE

## HOMETOWN HOLIDAY

Kick off the season with Hometown Holiday – a festive celebration full of fun for all ages. Enjoy photos with Santa, mini train rides, and warm up with hot cocoa for the kids or seasonal adult beverages from the holiday pop-up bar. Relax by the fire pits as you enjoy a warm meal along with live music or a holiday movie. Stroll through the vendor market to discover perfect holiday gifts or festive décor for your home. And don't miss the all-new lighting ceremony – it's sure to be a magical moment the whole family will love.



## COLD CASES

Join us for an evening of intrigue at Cold Cases & Cocktails, where we'll delve into the haunting mystery of the Peggy Hettrick case—one of Colorado's most infamous unsolved crimes. Sip a curated, craft cocktail as we explore the facts, theories, and controversies surrounding the 1987 murder that still puzzles investigators and true crime enthusiasts alike. A chilling night of conversation, curiosity, and cold case connections awaits on Wednesday, October 1, or Thursday, October 2!



## RACE SERIES

Lace up for the Highlands Ranch **Oktoberfest 5K!** Registration is now open for this fun and festive race presented by CU Medicine, happening on Saturday, September 27, at 9 a.m. The course includes a mix of sidewalk and gravel trails, perfect for all ability levels. After the race, enjoy a pancake breakfast from Flippin' Flapjacks, a free beer from Living the Dream Brewery (21+), and plenty of post-race fun.

Get out into HRCA's beautiful Backcountry Wilderness Area for a variety of trail races for all ages. On September 6, join us for either a 10K or 10-mile race at the **Wildcat Trail Races**. Bring your little ones aged 12 and under to give trail racing a try on age-appropriate course. On November 8, head out to our pristine wilderness again for the **Backcountry Wilderness Half Marathon**. After your race, enjoy a pancake breakfast, adult registrations include a race shirt and beer from Living the Dream Brewing for those 21+.





## LIVE MUSIC

This fall, immerse yourself in a variety of live music experiences that celebrate everything from cinematic thrills to heartfelt tributes and seasonal classics. On October 28, **A Score to Die For** brings iconic movie soundtracks to life in a spine-tingling, spooktacular celebration of Halloween film music. Then, join us on November 6 at the Highlands Ranch Mansion for **Curtain Call: Veterans**—a patriotic tribute honoring service members from all branches. Finally, on November 18, welcome the beauty of autumn with a **classical concert** featuring members of the Colorado Symphony, showcasing rich melodies that reflect the changing of the seasons.

## HOLIDAY PERFORMANCES

Join us for multiple joyful celebrations of the season throughout November and December. We begin with **The Nutcracker Highlights**, a shortened, one-hour version of the classic ballet. Perfect for young audiences and first-time ballet-goers, this enchanting performance will be offered three times from November 21–22.

In December, enjoy the rich melodies of the **Chamber Music Society of Greater Denver's** holiday concert on Tuesday, December 2. Then, don't miss members of the **Colorado Symphony** in their beloved annual holiday performance at the Highlands Ranch Mansion.

New this year, experience the brilliant **Sounds of the Season**—a joyful concert featuring bold brass arrangements of holiday favorites, timeless carols, and winter classics that will leave all feeling merry and bright.



## Flower Fundraiser

Enhance your next summer with our beautiful potted flowers and hanging baskets, suitable for both sun and shade. By purchasing these vibrant arrangements, you'll also be supporting HRCA's Therapeutic Recreation Program for individuals with disabilities. All proceeds benefit this important initiative, making it a meaningful choice for your garden. Our hanging baskets and patio pots feature a variety of attractive plant and color combinations. Order online between Thursday, January 1 and Saturday, February 14, and pick up your flowers on Saturday, May 2, at the Eastridge pool house.

Scan the QR code for more information!  
[HRCAonline.org/flowers](https://hrcaonline.org/flowers)



LEARN MORE

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# Fitness

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## 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! To register, contact Hannah Yeager.

## 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.



LEARN MORE



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

Join our small group training sessions, designed for three to five 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

Get 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 settings, 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 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! 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. Select the monthly auto-renew option for seamless, ongoing access. 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 fitness 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.

## 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 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 and empowering setting. 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.





## 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 a 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!

## FREE GROUP FITNESS DAY

Celebrate Free Group Fitness Day on Monday, October 6! Enjoy complimentary access to a variety of classes, meet our instructors, and experience different types of 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.

## FITNESS EXPO

Join us for HRCA's 4th Annual Fitness Expo on Saturday, September 20, a day of wellness, workouts, and expert advice! Enjoy up to four class demos, meet certified trainers, get a free body composition scan, and explore local wellness vendors. Ages 13+. Registration required. Don't miss this chance to jumpstart your fitness journey with fun, education, and community!

## SPECIALTY FITNESS CLASSES

Specialty classes like Ageless Grace® and MoveMor™ are offered monthly and you can register for 4-5 sessions per month. Fitness passes and punch cards may not be used for these classes. Advanced registration is required; no prorated sessions. To register, contact Hannah Yeager. Staff contact details can be found on page 44.





## 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.

The Highlands Ranch Community Association and Platinum Protocol are proud to present

## MODERN Cotillion



a tradition in the Highlands Ranch Community for over 15 years. This social education program offers a modern "spin" on social skills and manners. Classes are instructed by Annabel Kyler.



**CLASSES START**  
Sundays, November 2 – 23  
**SOUTHRIDGE**  
(Wildcat Auditorium)



**FINAL PARTIES**  
December 6  
(4th – 5th Grades)  
December 7  
(6th – 8th Grades)



### SIGN UP TODAY!

HRCAonline.org  
/Activities/Arts#Cotillion

### FOR MORE INFORMATION:

☎ 303.471.8880  
✉ jamie.bouchard@HRCAonline.org



## BASKETBALL (ADULT 18+)

Join one of our 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 leagues offer 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.

## YOUTH BASKETBALL CAMPS (AGES 5-17)

HRCA Basketball Camps provide an excellent opportunity for kids ages 5-17 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 breaks. To register, contact Patrick Gojan.

# Sports

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### Tennis/Pickleball Monitor Desk

☎ 303-471-8996



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# Sports



LEARN MORE

## GIRLS YOUTH BASKETBALL LEAGUE

The HRCA Youth Girls Basketball League offers a fun, supportive environment for 1st through 8th grade girls to learn and play basketball. Open to all skill levels, the league focuses on teaching fundamentals like dribbling, shooting, and teamwork. Teams practice once a week and play games on weekends. To register, contact Patrick Gojan. Staff contact details can be found on page 49.

## BOYS YOUTH BASKETBALL LEAGUE

The HRCA Youth Boys Basketball League provides a positive and engaging setting for boys in 1st through 8th grade to learn and enjoy the game of basketball. Welcoming players of all experience levels, the league emphasizes core skills such as dribbling, shooting, and teamwork. Teams hold one practice per week and compete in weekend games. To register, contact Patrick Gojan. Staff contact details can be found on page 49.

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



Ready? Okay! Get ready for our vibrant recreation cheer teams that will have kids beaming with joy! This class will introduce dances, cheer chants, jumps, and stunts while building friendships, developing confidence, and prioritizing teamwork. Each session ends with a community performance where every child shines!



## TURKEY THROWDOWN 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 Jacob Armbrust. Staff contact details can be found on page 49.

## 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. To register, contact Patrick Gojan. Staff contact details can be found on page 49.

## ACTIVE ATHLETICS



**Our Mission:** 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 that 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 the information sheet on the first day of class (found on [activeathletics.net](http://activeathletics.net)). Long hair needs to be pulled back, and attire is athletic wear or leotard and barefoot.

## PARENT/TOT GYMNASTICS (AGES 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 GYMNASTICS (AGES 3-5)

Students learn headstands, rolls, cartwheels, and flips in this fun introduction to gymnastics. 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 (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 into the next level.

## INTRODUCTORY BOYS GYMNASTICS (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 through varying stations to learn and improve upon the basic skills.

## ACTIVE MINI NINJAS (AGES 3-5)

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



# Sports



LEARN MORE

## ACTIVE JR NINJAS (AGES 6-8)

Learn a variety of ninja and gymnastics skills. Run, swing, jump and climb through a variety of obstacle courses that challenge strength, balance and endurance. As student progress through class, they will learn more difficult flips and overcome taller obstacles.

## PARKOUR 1 (AGES 8-13)

Kids will learn a variety of parkour skills as well as 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.



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

Students will learn how to do controlled bounces, basic jumping positions and combinations, then a more complex sequences of skills. The basics of rolling, cartwheeling, handstands, and handsprings on the floor are incorporated as well.

## FALL GYMNASTICS/TUMBLING CAMPS (AGES 3-11)

Each day of the week will center around the weekly theme, including all crafts and activities. Throughout the day, kids will get to learn the basics of gymnastics, work on social skills, and work as a team. Campers must bring a water bottle, two snacks, lunch, and comfortable clothes. Please register before the first day of class.

- Active Athletics Preschool Camp (Ages 3-5)
- Active Athletics Drop-In Days (Ages 5-11)
- Active Athletics Camp (Ages 5-11)

## YOUTH AND ADULT LACROSSE

Mile High Lacrosse offers adult box lacrosse leagues this fall and winter with Sunday games at Westridge Recreation Center. Register teams or individuals at [milehighlacrosse.com](http://milehighlacrosse.com). For questions, contact [info@milehighlacrosse.com](mailto:info@milehighlacrosse.com). Looking for youth lacrosse? LXC Lacrosse has programs for all skill levels. Contact [info@lxtclacrosse.com](mailto:info@lxtclacrosse.com) for details.

LACROSSE





## ADULT PICKLEBALL LESSONS

Our lessons are structured into six or seven-week sessions, each lasting 60 minutes. Throughout these sessions, you'll explore a variety of shots through a balanced mix of demonstrations, drills and games. We offer classes for beginner, intermediate and advanced players, ensuring everyone can improve their skills in a supportive environment.



## YOUTH PICKLEBALL LESSONS

Middle and high schoolers — join our six-week pickleball class for all skill levels! Each 60-minute session includes fun drills, games and instructions to help you learn and improve a variety of shots. Whether you're new to the game or looking to level up, this is the perfect place to play and grow your skills!

## PRIVATE & SEMI-PRIVATE PICKLEBALL LESSONS

Semi-private and private lessons are now available with our new Pickleball Pro's, Blaine Cochran and Brian Crawley. 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. For more information regarding lesson availability, scheduling, and pricing, please contact [blaine.cochran@hrcaonline.org](mailto:blaine.cochran@hrcaonline.org) at 303-471-8826.

## PICKLEBALL SOCIALS

Join HRCA's upcoming Pickleball Socials at Westridge (outdoor) and Southridge (indoor) courts! Enjoy themed events, casual games, and great company. Bring your paddle and a snack to share.

## PICKLEBALL LEAGUES

HRCA offers leagues for everyone—from beginners to advanced players. Choose your division, find a partner (not provided), and join the fun! Leagues are held both indoors and outdoors at multiple locations. It's a great way to compete, improve your game, and connect with players at your level in a friendly, competitive setting.



## PICKLEBALL COURTS

Indoor pickleball courts are available weekly in the Northridge and Southridge gyms for drop-in play. Pickleball combines elements of tennis, badminton, and ping pong, and is played with a paddle and a whiffle ball. Come experience the ease and enjoyment of this exciting sport.



# Sports



LEARN MORE

## RACQUETBALL

### RACQUETBALL (AGES 18+)

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. Join today and experience the excitement and camaraderie of racquetball! To register, contact Jacob Armbrust. Staff contact details can be found on page 49.



### REAL COLORADO SOCCER

The Real Colorado Soccer leagues provide a fantastic opportunity for players to stay engaged and continue their soccer journey during the colder 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. Teams and individual players must register at [www.realcolorado.net](http://www.realcolorado.net) or with Theresa Echtermeyer([theresae@realcolorado.net](mailto:theresae@realcolorado.net)).

### SOCCER SHOTS (AGES 2-8)



Soccer Shots is an engaging children's soccer program with a focus on character development. Our team positively impacts kids through best-in-class coaching, curriculum, and communication. Our expert-approved curriculum is age-appropriate and aligns with childhood education standards. To register, contact Patrick Gojan. Staff contact details can be found on page 49.

### INDOOR SOCCER (AGES 18+)

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 fun 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 49.

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

With weekly practices and Saturday morning games, this league is 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. To register, contact Jacob Armbrust. Staff contact details can be found on page 49.



## TAEKWONDO



HRCA offers Taekwondo classes and camps in partnership with J.W. Kim Taekwondo for all levels and ages. Taekwondo helps students develop a disciplined character, improve their overall fitness, and improve their confidence and focus. Classes are held every month on Mondays, Tuesdays, Wednesdays, Thursdays, and Saturdays with camps coinciding with Douglas County School District breaks. To register, contact Patrick Gojan. Staff contact details can be found on page 49.



## ADULT/SENIOR TENNIS LESSONS

Whether you're new to tennis or seeking to maintain your competitive edge, we offer lessons tailored to all skill levels, from beginner to advanced. 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.

## ADULT TENNIS SOCIALS

HRCA hosts tennis socials at the Northridge Tennis Pavilion on the second and fourth Fridays of the month. Come meet and play with new and old friends. Bring your own racket.



## ADULT/SENIOR TENNIS 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 of tennis experience.

## 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 on the registration page. 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.

## YOUTH TENNIS LESSONS

Our engaging and 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 a member of our Tennis Professionals, the Tennis Coordinator, or the Tennis Team Leader for assistance.





# Sports



LEARN MORE



## ADULT TENNIS LEAGUES

We offer two types of leagues. USTA Leagues are sanctioned by the United States Tennis Association and follow national rules. They involve competing against teams across the Denver area and are ideal for players seeking structured, regional competition. In-house leagues are run entirely within HRCA or your home club. They provide a convenient, local option with a relaxed, community focus, perfect for players who prefer to stay close to home.

## TENNIS COURT RESERVATIONS

Welcome new players, experienced players, and those returning to the sport. HRCA has 16 tennis courts, so come out and play! Reservations can be made 48 hours in advance online or over the phone. For questions, please contact the Tennis Monitor Desk. Staff contact details can be found on page 49.

## PRIVATE & SEMI-PRIVATE TENNIS LESSONS

HRCA allow players the opportunity to arrange both private and semi-private group lessons. For questions, please contact the Tennis Monitor Desk at 303-471-8996.

### VOLLEYBALL

## ADULT 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 49.



# FALL

# SPORTS



## GIRLS BASKETBALL

October 11 - December 13



### 1ST - 8TH GRADERS

Learn fundamentals, build teamwork and have fun in a supportive environment.

Teams practice for one hour on a weekday evening each week, with games held on Saturdays at the HRCA Recreation Centers.



REGISTER  
HERE



## GYMNASTICS

Flip, Tumble and Shine!



### ACTIVE ATHLETICS

These tailored programs can help take your child's skills to the next level.

- Aerial
- Ninja & Parkour
- Tumbling & Trampoline
- Cheer (Shine Cheer & Dance)



Learn  
More



Coaching for  
Every Level

## ADULT PICKLEBALL

### BEGINNER, INTERMEDIATE AND ADVANCED

We offer adult pickleball programs for all skill levels, including group lessons, skill-building drills and competitive leagues. For more personalized instruction, private and semi-private lessons are available to help you improve faster with one-on-one coaching.



REGISTER  
HERE







# Therapeutic Recreation

## STAFF

### Sports and Fitness Supervisor

Chad Mejia

☎ 303-471-7035

✉ [chad.mejia@hrcaonline.org](mailto:chad.mejia@hrcaonline.org)

### Youth and Adult Therapeutic Recreation Coordinator

Summer Aden, CTRS

☎ 303-471-7043

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

### Therapeutic Recreation Specialist

Kathryn Olmstead, CTRS

☎ 303-471-7045

✉ [kathryn.olmstead@hrcaonline.org](mailto:kathryn.olmstead@hrcaonline.org)



LEARN MORE



## THERAPEUTIC RECREATION (TR)

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

## THERAPEUTIC RECREATION 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.

## 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 participants, an ISP must be completed before service begins. There is a non-refundable one-time fee: \$30/\$35



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

Trained staff customize land or aquatic sessions tailored to your individual goals. Whether you're aiming for strength, endurance or overall fitness, experience a supportive and effective approach that will adapt to your unique. Cancellation notice of less than 24 hours will result in a charge for the session.



## TR SMALL GROUP INSTRUCTION (ALL AGES)

These sessions, led by a Therapeutic Recreation staff member, are designed to meet the unique needs and abilities of small groups, using our gyms, pools, and weight rooms. Participants benefit from personalized exercises as well as the motivation and camaraderie that come from working in a group setting. The sessions create a fun and engaging environment that supports the achievement of individual fitness goals. For more information, please contact Summer Aden.

## 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 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 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 play with your pals.



# Therapeutic Recreation



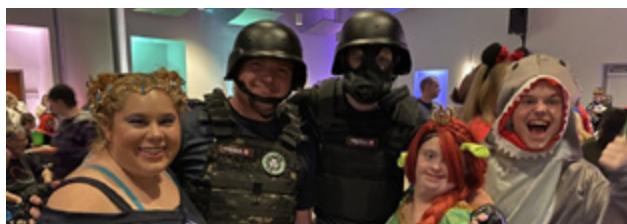
LEARN MORE

## SPECIAL OLYMPICS BOWLING (AGES 8+)

Join us for an exciting season of strikes, spares and unforgettable moments! Special Olympics Bowling with Therapeutic Recreation is all about fun, friendship and competition. Come join us for ten weeks of practice and optional competitions.

## TR 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!



## HALLOWEEN DANCE (AGES 16+)

Dance the night away in your favorite costume! Food, entertainment, giveaways, professional photos and lots of frightful fun included. Ages 16 and up. Requires an ISP. Friday, October 24, 7-9p.m.

## TR UNIFIED BASKETBALL TEAM PRACTICES (AGES 15+)

Get in the game! Unified Basketball integrates individuals with developmental disabilities (athletes) and individuals without disabilities (partners). Athletes gain skills, learn the rules of the game, and focus on good sportsmanship and teamwork.

## 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 SPLASH SWIM GROUP (AGES 3-7)

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

## TR TAEKWONDO (AGES 5-20)

Designed to help students of all ability levels improve balance, concentration, self-control, and confidence. Belt testing is determined by our certified instructor and requires a separate fee. Taekwondo classes are offered in partnership with J.W. Kim Taekwondo and are held on Tuesdays and Thursdays. Contact Summer Aden. Staff contact details can be found on page 58.





## 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.



LEARN MORE

## 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!



LEARN MORE



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We offer

# PARTIES

## For All Ages

HRCA offers a variety of options for kids, teens and adults, ranging from traditional birthday parties to customized events tailored to your needs.

### Types of Parties

#### Arts, STEM & Specialty Parties

- Youth Party
- Adult Art Party
- Rent a Room
- Cooking Party
- Pottery Party
- Magic Party
- Raptors & Reptiles Party
- Science Matters Party
- Battle Zones

#### Sports Parties

- Climbing Wall
- Golf & Multi-sport Simulator
- Action Packed Turf Activities
- Party at Active Athletics
- Battle Zone: Nerf Party

#### Pool Parties

- Eastridge Recreation Center
- Southridge Recreation Center

Get ready for fun activities, games, yummy treats, and a whole lot of fun!

Scan the QR code to book your event today!

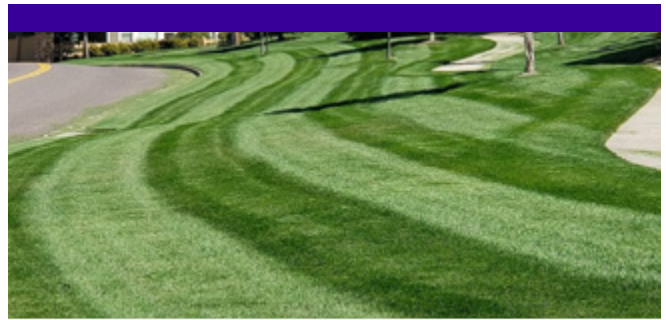


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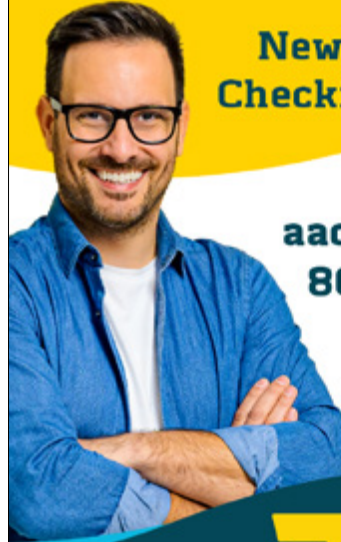
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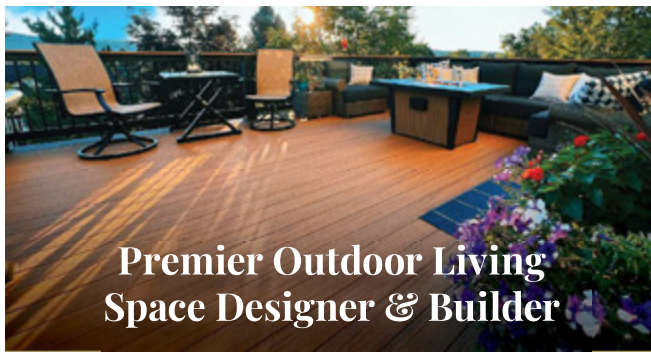


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- **Lucent Service Center** - corner of Lucent Blvd and Plaza Dr
- **Quebec Highlands Service Center** - on Quebec St south of 470
- **Highlands Ranch Service Center** - corner of Highlands Ranch Pkwy and S University Blvd



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



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