



HIGHLANDS  
RANCH  
COMMUNITY ASSOCIATION

# ACTIVITY GUIDE

JANUARY-APRIL 2025



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**HIGHLANDS RANCH**  
COMMUNITY ASSOCIATION



[HRCAonline.org](http://HRCAonline.org)



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



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



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



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



# General Information

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

## HRCA News

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

## Social Media

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

**Instagram:** @intheranch

**Facebook:**

@HighlandsRanchCommunityAssociation

**LinkedIn:**

@HighlandsRanchCommunityAssociation

**Instagram:** @intheranch

**X:** @newsintheranch

## Events

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

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

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

## Volunteer Opportunities

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

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



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# HRCA Facilities

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 it's 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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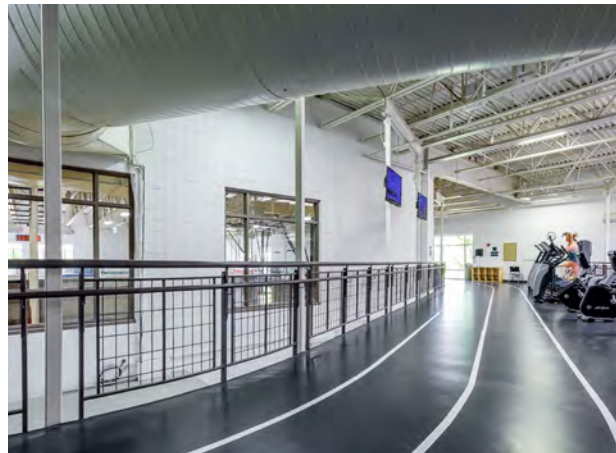
## Facility Information

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 100 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 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.



## 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. Prices and dates may change at any time during this publication duration.

### Three Ways to Register

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

- 1. Online Registration:** 1. 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, and belay devices are provided, or you may bring your own. During staffed hours, a certified instructor is available to belay. Individuals 12 years and younger must be accompanied by an adult 18 years or older at all times while in climbing area.

Visit [HRCAonline.org](http://HRCAonline.org) to schedule. You can also contact Tanner Pauley at 303-471-7029 or email at [tanner.pauley@hrcaonline.org](mailto:tanner.pauley@hrcaonline.org) for details or to schedule.

### 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 by calling 303-471-7029.





## Golf and Multi-Sport Simulator

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

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

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



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## Meeting Rooms

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

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



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## Birthday Parties

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

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



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## Batting Cages

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



## Volunteer

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

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

Summer Aden

☎ 303-471-7043

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

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

### Sports Team Leader

Patrick Gojan

☎ 303-471-8869

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

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



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## Employment

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

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

Listed are a few of the departments that are hiring:

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

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



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# Eastridge Recreation Center

## FACILITY HOURS

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

## REGISTRATION HOURS

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

## ADMINISTRATION HOURS

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

## AMENITIES

### Indoor Amenities

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

### Seasonal Amenities

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



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📍 9568 University Blvd. 📞 303-471-8858

# Northridge Recreation Center

## FACILITY HOURS

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

## REGISTRATION HOURS

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

## TENNIS HOURS

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

## AMENITIES

### Indoor Amenities

- 10 Racquetball courts
- Cardiovascular area
- Dry sauna
- Family 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, youth
- 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
- Family 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

### Seasonal Amenities

- Outdoor resort pool
- Outdoor patio



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

# Westridge Recreation Center

## FACILITY HOURS

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

## REGISTRATION HOURS

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

## AMENITIES

### Indoor Amenities

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

### Seasonal Amenities

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



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

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# Aquatics

## STAFF

### Aquatics Operations and Programs Manager

Tyler Kurapkat  
☎ 303-471-7036  
✉ tyler.kurapkat@hrcaonline.org

### Swim Lesson Coordinator

Mindy Polete  
☎ 303-471-8867  
✉ mindy.polete@hrcaonline.org

### Coached Aquatics Coordinator

Kerri McGrath  
☎ 303-471-8942  
✉ kerri.mcgrath@hrcaonline.org

### Private Lessons

Learn to Swim and Coached Aquatics  
☎ 720-348-8220  
✉ privatelessons@hrcaonline.org

### Seahawks Summer Swim Team

☎ 303-471-8942  
✉ seahawksteam@hrcaonline.org



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## GROUP SWIM LESSONS

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



SWIM PROGRESSION

### STAR TOTS (AGES 9 MONTHS – 2 YEARS)

Beginner level for adult caregiver and child. Star Tots 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.



## YOUTH COACHED SWIM PROGRAMS

Seahawks swim programs develop a life-long love for swimming in a swim team environment. Coaches provide on-deck instruction to improve stroke technique and increase endurance. Swimmers learn terminology, lane etiquette, turns, and dive starts. Skill prerequisites for youth coached programs are available online. All swimmers must swim independently without in-water assistance.

## SEAHAWKS SWIM TEAM

HRCA Seahawks is a member of the CARA Swim League. Swim meets are designed to have a strong recreational and learning format. Our goal is to develop skills and sportsmanship within a fun environment. Ribbons are awarded for all events. Swimmers may swim up to three individual events each meet. Relays are made by coaches based on meet rosters.



## YOUTH SWIM CLINICS

HRCA swim coaches lead small group clinics that focus on specific swim skills including diving, turns, all four competitive strokes and the Individual Medley. Participants must be able to swim 50-yards freestyle with side breathing and 75-yards backstroke to enroll.

## ADULT COACHED & MASTERS SWIM PROGRAMS

Adult coached workout groups are for beginning adult lap swimmers to elite competitors. Workouts are tailored to meet the individual swimmer's needs. Coaches offer technique instruction and motivation so that all swimmers reach their best potential. All participants should be able to comfortably swim the length of the pool with their face in the water and know basic freestyle and backstroke.

## HRMS – MASTERS SWIM TEAM

Head Coach Ellen Campbell is certified by USMS Association and has more than 30 years of coaching and triathlon experience. Highlands Ranch Masters Swim is registered with both COMSA and US Masters Swim. Swim team membership is not required for participation in HRCA workouts.



# Aquatics



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SNORKEL AND SCUBA

## LEARN TO SNORKEL

Learn the proper techniques involved with snorkeling both on the surface and underwater with a certified PADI instructor. This class, for ages 7+, is great for the whole family and will make your snorkeling trip a more pleasurable and rewarding experience. All equipment is provided.

## TRY SCUBA

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



PRIVATE LESSONS

## PRIVATE & SEMI-PRIVATE LESSONS

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 years – adult. Lessons are available for all skill levels from beginner to coached/competitive participants. Lessons are booked directly with the Aquatics Department. Pricing and scheduling information for Private Lessons is available online, by scanning the QR code, or by contacting a member of the Aquatics staff. Staff contact details can be found on page 9.



## INFANT SWIMMING RESOURCE (ISR)

ISR is a comprehensive four-to-six-week program for young children ages 6 months to 4 years that focuses on developmentally appropriate swimming skills that integrate teaching life-saving skills while building confidence in and around the water. Lessons are booked and paid for through the individual instructor. Details and contact information for instructors can be found online.



## 2025 PRIVATE ART LESSONS (AGES 10+)

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

### ART CAMPS

Our instructors are award-winning artists that love teaching kids. Your child will have fun creating art, while learning problem-solving and critical thinking skills. We believe art gives children confidence and builds their self-esteem.

### PAINTING & SCULPTING YOUR PETS CAMP BY ART FOR LIFE (AGES 5-12)



Paint and sculpt pets of all types- dogs, cats, birds, famous cartoon and movie pets! Make wonderful paintings using watercolors and acrylics, or create miniature sculptures of pets using polymer and other types of clay.

### KNITTING (ADULT)

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

**Advanced Beginning:** Once you have learned to knit, purl, cast on, bind off, increasing and decreasing and have the approval of the instructor, students may sign up for the Advanced Beginning Knitting class.

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

# Arts

## STAFF

### Arts & Education Supervisor

Jamie Bouchard  
 ☎ 303-471-8880  
 ✉ jamie.bouchard@hrcaonline.org

### Arts Enrichment Coordinator

Alecia Hindman  
 ☎ 303-471-8853  
 ✉ alecia.hindman@hrcaonline.org



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# Arts



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## SPRING BREAK CHEF'S CAMP (AGES 7-13)

Kids will have a blast learning new recipes every day in this class! Our culinary chef will emphasize safety, nutrition, teamwork and following directions sequentially.

## CHEF IN TRAINING (AGES 2-5)

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

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

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

## YOUNG CHEFS (AGES 7-9)

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

## CREATIVE COOKS (AGES 9-12)

This series of classes will teach young chefs confidence both in and out of the kitchen. Each week the student will learn skills like baking, sautéing, chopping, dicing, grating and kneading. Price includes all food supplies.

COOKING

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

Traditional fine art media (pencil, marker, paints, and sculpting materials) is used to create fun, new, modern themes. In this class, many materials are used to make our students fluent in the use of any art media.

## DRAWING 101 (ADULT)

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

## BEGINNING PAINTING (ADULT)

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



## WATERCOLOR (AGES 18+)

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

DRAWING, PAINTING & SCULPTURE



## TEEN CUISINE (AGES 12-16)

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

## 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 to prepare them together! Price includes all food supplies.

## AMERICAN CUISINE (ADULT)

Play in our kitchen and discover how to make All-American favorites. Southwest gringo, Midwest comfort, and Southern sweets, we'll travel America to find delectable treats to make and eat! Price includes all food supplies.

### DANCE

## DANCE PROGRAM POLICIES

- Each child must be the appropriate age for the class at the start of the session or turn the appropriate age within the first week of the session.
- No refunds or prorates will be given after the start of a session.
- No late registrations are allowed after the third week of the session.
- All students are required to wear all-leather ballet slippers and proper dance attire to class.



### BALLET

## ITTY-BITTY BALLET (AGES 2½-3)

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



## BALLET I (AGES 3-5)

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

## BALLET II (AGES 4-6)

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





## BALLET III (AGES 5-8)

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

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

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



## DANCE BEATS (AGES 5-8)

An upbeat dance class where you will find the fun of hip hop, the technique from ballet, and the style of jazz. You'll have the best time fan kicking, pirouetting and more, to high energy dance songs you love. All students are encouraged to participate in the dance recital.

## HIP-HOP CONTEMPORARY (AGES 7-13)

This upbeat class is set to popular music. hip-hop, jazz, and contemporary dance are covered in this class. Learn funky dance moves in an positive environment. Students are encouraged to participate in the dance recital.

HIP-HOP

## K-POP (AGES 7-13)

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

## PIP HOP (AGES 3-6)

This hip-hop class for little ones is full of rhythm, body awareness, simple choreography and high energy craziness all set to cool Disney music! Students are encouraged to participate in the dance recital.

**Note:** Students must attend both sessions to be eligible for recital.





## BELLY DANCE (ADULT)

All levels are welcome in this fun class dedicated to teaching and practicing the ancient art of belly dance. Learn classic styles along with historic facts about belly dancing. No matter your dance experience from beginner to professional, this class will challenge and inspire you.



## COUPLES DANCE (ADULT)

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!

## HOLD ON TO YOUR HAT COUNTRY SWING

Yee Haw, Country Swing! The easiest swing dance of all, and you can swing dance to all styles of music! Tons of turns and twirls!

## COUNTY AND WESTERN THREE DANCE SAMPLER

You will learn the basics and turns and twirls of two-step, Country Swing, and Waltz! Learn a sample of each dance so you can sign up for a four-week class of the dance you enjoy the most.

## DANCE WITH ROMANCE – NIGHTCLUB TWO-STEP

Learn how to dance to a slow song, and move in a little closer to your partner. This dance has easy, romantic sways with your partner. It's a smooth and simple dance, with nice turns and twirls.

## THE ROMANTIC WALTZ – WITH YOUR VALENTINE

You'll learn two types of Waltzes: Country Waltz and Social Ballroom. Both are graceful, smooth and easy, with pretty turns and accents. Make it a date night!

## LEVEL TWO COUNTRY SWING

After learning basic country swing steps, take it up a notch with new turns and twirls. We'll review all your beginning steps and add even more turns and combinations. This class is outrageously fun!



## NEW MILLENNIUM COWBOY CHA CHA

The Cowboy Cha Cha is a lively partner dance combining country-western moves with cha cha rhythms. Danced to midtempo country music, it features side steps, turns, and a distinct cha-cha beat. Popular at country events, it's a fun, accessible dance for beginners and experienced dancers alike.





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SWING

## SWING INTO SPRING

Learning to swing dance is a fun way to boost coordination and fitness while enjoying upbeat music. With lively footwork, turns, and partner interaction, swing dancing builds confidence on the dance floor, making it perfect for social gatherings and events.



LINE DANCE

## LINE DANCE BOOTY BASH

Consider this class, Line Dancerobics. Dance is a wonderful full-body exercise that burns calories and is great for coordination and balance. Learn the most popular line dances that you can show off at parties and on the dance floor.

## SWEDISH FOLK DANCE CLUB (ADULT)

Bring your partner and enjoy lively dances in easy classes designed for beginners. Soar with enchanting Swedish melodies as you master traditional dances: Waltz, Schottis, Mazurka and Hambo, in addition to Swedish set dances.

BALLROOM

## COUPLES - PRIVATE BALLROOM DANCE (ADULT)

If you're looking to perfect a dance 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. Lessons take place on Sunday afternoons at the Eastridge facility. The cost is \$85 per couple for an hour of instruction. Contact: Alecia Hindman. Staff contact details can be found on page 13.

## LINE DANCING (AGES 55+)

Join our line dancing class for seniors! Learn steps to dance to the latest line dances plus some old favorites. Make new friends in this fun and energizing class. Partners are not necessary!

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

Level 2 is designed for those who have completed the Level 1 beginner class and are ready to learn advanced steps and dances. The dance steps from the Level 1 beginner class will be reviewed, and advanced steps will be introduced. Sign up now to continue the fun and great fitness!

## LINE DANCE SUNDAY AFTERNOON GETAWAY (ADULT)

Dance is both great exercise and fun! Get out of the house and do something fun for yourself! In this class you will learn all the latest line dances! Consider joining the Line Dance Team!



## "FLOWER POWER" DANCE RECITAL (AGES 3-12)

The dance recital requires a separate registration fee from other registered classes and includes a costume and photo. The registration deadline for the recital is March 28. No refunds will be issued after costumes have been ordered. Performance time for your child's class will be determined by the instructor after the registration deadline.



## BROADWAY/JAZZ (AGES 25+)

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

## YOUTH TAP (AGES 7-13)

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

TAP

## ROCKY MOUNTAIN TAPPERS BEGINNER (ADULT)

This class is a performance class meant to showcase dance routines during our Annual Adult Dance Recital in June. This is not an introductory class. Emphasis will be on basic tap techniques while progressing individual skills, rhythmicity, barre work, across the floor and center floor work.

## MONDAY NIGHTTIME TAP (AGES 25+)

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

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

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



## WEDNESDAY CONTINUING DAYTIME TAP (AGES 25+)

In this class we will work on technique and have fun learning dance routines. This class is taught by Laura.

LIVE WELL. PLAY HARD. EXPERIENCE 5920'!





## ROCKY MOUNTAIN TAPPERS INTERMEDIATE (ADULT)

This performance arts class is designed to prepare showcase dance routines for our annual adult dance recital in June. It's best to have 2-3 years of tap experience. Emphasis will be on continuing to progress tap and musicality techniques utilizing barre, across the floor, and center floor work. Skill level appropriate choreography will be taught as fun occurs by making music with our feet! These classes are taught by Katharine.

## ROCKY MOUNTAIN TAPPERS ADVANCED (ADULT)

This performance arts class is designed to prepare showcase dance routines for our annual adult dance recital in June. It's best to have a minimum of 4-5 years of tap experience. Emphasis will be on continuing to progress tap and musicality techniques utilizing barre, across the floor and center floor work. Skill level appropriate choreography will be taught as fun occurs by making music with our feet! These classes are taught by Katharine.



## RITZ TAPPERS (AGES 25+)

### Ritz Tappers Beginning to Continuing

**Levels:** This adult class is geared toward the beginner to "Hey, I'm getting it!!" We warm up on technique, work combinations and put them to music, some are dances suitable for Broadway, there are no performances for this class. This class is taught by Laura.

### Ritz Tappers Continuing to Intermediate

**Levels:** This adult class is for the tapper who knows the basics, is ready for a faster tempo, and is ready to learn more difficult steps. Various time steps, combinations, and acapella shorts will be worked on. This is a non-performing class taught by Laura.

### Ritz Tappers Intermediate to Advanced

**Levels:** This adult class is for the tapper who can execute the basics at all tempos. Participants must know stomp and traveling time steps and up through triple, Cincinnati and grab-offs. This class will work technique through acapella shorts and choreographed dances. This is a non-performing class and is taught by Laura.



## MOVIE MAGIC CAMP (AGES 6-11)



Young filmmakers work together to make a movie! Students engage in all aspects of a professional film set. They become screenwriters, directors, crew, and actors. \*Kids will receive their professionally edited movie a few weeks after the final class date.



## ANIMATION CREATION (AGES 6-11)

In this animation combo class, with stop motion and 2D animation. Your students will be the directors and animators of their own stop motion and 2D cartoon animation films! Students become script writers, set designers and animators.

## YOUTHTUBER (AGES 7-11)

In YouthTubers, students learn storytelling, filming, editing YouTube episodes, and online safety. We do not set up YouTube Channels. Devices are not mandatory for class. \*A few weeks after the final class, kids will receive one professionally edited video.

## THE INFAMOUS SHOE GANG BY KIDSTAGE (AGES 6-12)



This original "western" set in the 1880's in Denver, takes you on a hilarious journey as the shoe criminals are on the run and the inept police department is trying to catch them. Complete with a "mastermind criminal" cow and a dapper and cunning bounty hunter!

## THE BLACK FOREST TREE GANG BY KIDSTAGE (AGES 6-12)



Also known as "The Infamous Shoe Gang Part Deux," this sequel will not disappoint! This time, the gang is trying to help the homeless by cutting down trees to provide heat for the shelters, but the hippies of the Black Forest are not too happy about this blatant disregard for trees.

## 5280 SENIOR CHORALES



If you're aged "50 to 80+", come 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 a free community concert! No experience or audition required.

## YOUNG VOICES (AGES 5-6)



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

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



Music Together® is an internationally recognized early childhood music program offering 45 minutes of pure musical fun for you and your child each week. Our classes are mixed age for children birth through age 5 and their parent(s) or caregivers. Contact: Alicia Hindman. Staff details can be found on page 13.





## CROCODILE ROCK - PARENT TOT (AGES 18 Months-3 years)



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



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



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

## HAND BUILDING (ADULT)

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

## KIDS-N-CLAY (AGES 5-7)

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



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

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

## CONTINUING WHEEL POTTERY (ADULT)

### Level I

For students who have completed our beginning wheel pottery class.

### Level II

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

### Level III

For intermediate to advanced students or who have equivalent experience.



## TEEN WHEEL POTTERY (AGES 12-17)

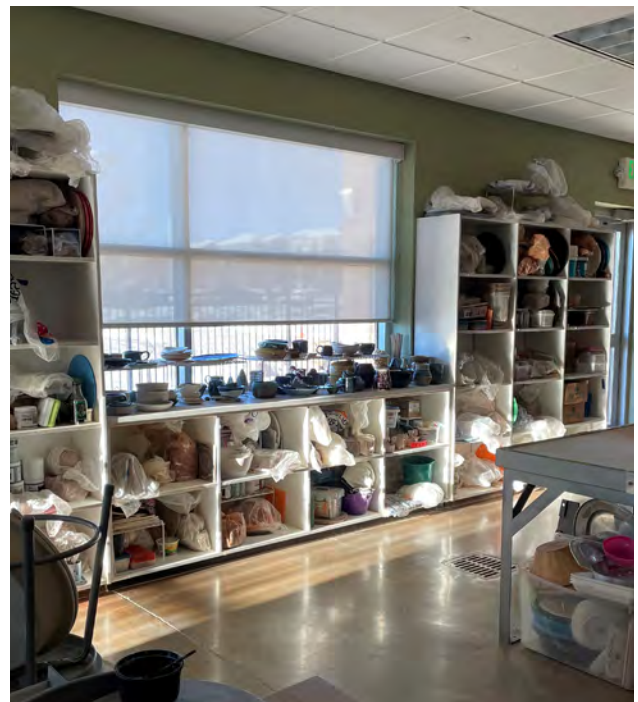
Learn the basics of wheel throwing, trimming and glazing. Clay is not included and must be purchased in the studio before class, tools are provided. Bring an apron and an old towel.

## 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. Contact: Alecia Hindman. Staff details can be found on page 13.

## SEMI-PRIVATE POTTERY LESSONS (ALL AGES)

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



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

Create memories that will last a lifetime with a one-of-a-kind piece of art with your child's print. You make it, paint it and our talented instructors will fire it for you. Contact: Alecia Hindman. Staff details can be found on page 13.

## POTTERY CELEBRATIONS (ALL AGES)

Anytime is a great time to have a party with your friends and family. From a bridal party to an end of season soccer party, we can theme a celebration around you! Contact: Alecia Hindman. Staff details can be found on page 13.

## POTTERY SALE

You are invited to the pottery sale held at the Southridge atrium. This is a wonderful opportunity to find something special for a family member or a birthday gift. Contact: Alecia Hindman. Staff details can be found on page 13.



# Backcountry Wilderness Area

## STAFF

### Director

Mark Giebel

☎ 303-471-8885

✉ mark.giebel@hrcaonline.org

### Early Childhood Education Manager

AnnaKate Hein

☎ 303-471-8876

✉ annakate.hein@hrcaonline.org

### Environmental Education Manager

Becca Venable

☎ 303-471-7054

✉ becca.venable@hrcaonline.org

### Communications Manager & 501c3 Principal Officer

Lindsey McKissick

☎ 303-471-7076

✉ lindsey.mckissick@hrcaonline.org

### Equine Program Manager

Abby DeGroot

☎ 303-471-7046

✉ abby.degroot@hrcaonline.org



LEARN MORE

OFF-SEASON CAMP BACKCOUNTRY

## SCHOOL BREAK NATURE CAMP (AGES 7-13)

At Camp Backcountry, we believe children thrive outdoors, learning through play and exploration. Our full-day camps are filled with hiking, building forts, or warming by the campfire.

## 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.



## SCHOOL BREAK 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. Note: This is a youth-only, drop-off program.

## SPRING BREAK ½ DAY HORSE CAMP (AGES 7-13)

Spend Spring Break with our horse friends! Kids will build confidence in both Western and English riding while learning about horse care and anatomy. They'll become horse experts in no time! This is a drop-off program for youth only.





## 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, dine around the campfire, and roast s'mores before an astronomy viewing where we'll identify constellations and explore stories about their origins.

## DISCOVERY DAY (AGES 7-13)

To protect wild places, first kids must learn to love them. Discovery Days at Backcountry Base Camp allow 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 theme of the month.



## WILDERNESS SURVIVAL CLUB (AGES 7-13)

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

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

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



## NATURE HOMESCHOOL

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



# Backcountry



LEARN MORE

## NATURE WALKS (AGES 14+)

Explore the dirt roads of the Backcountry Wilderness Area. Enjoy fresh air, scenic views, and spot local wildlife on this relaxed, guided hike. This is an adult-focused hike. The program is free with registration; donations to the Backcountry Wilderness Area Fund are encouraged. Don't forget a warm drink and binoculars!



## S'MORES & STORYTIME (ALL AGES)

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

## S'MORES HIKE (ALL AGES)

Join our naturalist for a guided all-ages hike in the Backcountry Wilderness Area, then enjoy a s'more by the campfire! We provide the adventure and ingredients.

ADULT AND FAMILY PROGRAMS

## BASE CAMP EXPLORATION (ALL AGES)

Experience nature's wonders in the Backcountry Wilderness Area. Visit Base Camp for seasonal activities, walk the Discovery Trail, hang out with the barnyard animals, and more! Activities depend on the time of day and weather. Check the website for details. The program is free, but registration is required. Donations are encouraged to the Backcountry Wilderness Area Fund.



## FULL MOON HIKE (AGES 7+)

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

## GOAT PICNIC HIKE (ALL AGES)

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

HRCA ACTIVITY GUIDE JANUARY - APRIL 2025



## WILD ROOTS (AGES 3 - 6)

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

## SEEDLINGS NATURE PLAYGROUP (AGES 1 - 6)

Seedlings Nature Playgroup, led by an experienced educator with a play-based and Waldorf background, offers child-led exploration and seasonal celebrations in the Backcountry Wilderness Area. Parents and children will build connections and gain confidence through group activities, songs and imaginative play. The 15-week session requires active adult participation and registration for all children older than 12 months.



## SUNSHINE AND STORYTIME (AGES 0 - 6)

Join us for nature-themed story time in the Backcountry Wilderness Area, with weekly stories reflecting the season. After the story, enjoy child-directed nature play in the Backyard until 11 a.m. Adults must actively supervise children. The program is free with required registration; donations to the Backcountry Wilderness Area Fund are encouraged.

## WILD THINGS (AGES 0 - 6)

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

## CRAFTY CRITTERS (AGES 0 - 6)

Join us for a morning of creative fun in the Backcountry Wilderness Area! Start with free play in our Backyard natural play area, then let your child lead in crafting nature-inspired projects. This child-led experience fosters creativity and a connection with nature. An adult must stay on-site to supervise registered children.

## 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're new to horses or looking to refine your skills, Adult Horsemanship is perfect for learning, socializing, and enjoying the outdoors. This drop-in program focuses on groundwork - starting with a horse safety lesson before practicing various skills. Please note the Horse Corrals have uneven, natural surfaces.





## PRIVATE RIDING LESSONS (AGES 5+)

Expand your skills and knowledge, both in and out of the saddle, with private riding lessons. Your instructor will create lesson plans tailored to you and your equestrian goals. Riders (ages 5-99) can choose to ride English, Western, or both. Contact Hailze Setzer. Staff contact details can be found on page 24.



## GROUP RIDING LESSONS (AGES 7+)

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

## ADULT GROUP RIDING LESSON (AGES 18+)

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

## SADDLE CLUB (AGES 7-14)

Swap schoolbooks for riding boots at Saddle Club! This after-school class covers groundwork, safety, grooming, Western and English riding and horse health care. Each two-hour session builds new equine skills. Youth-only, drop-off is from 4 to 4:15 p.m., with pickup at 6 p.m.



## SADDLES AND STRIDES (AGES 7-14)

Grads of Saddle Club and Horse Club will thrive in this advanced youth class. This two-hour program advances Western and English riding skills, equitation, rodeo and English disciplines, and trail riding. The prerequisite is Summer Horse Club or Saddle Club within the last six months. Youth-only, with drop-off from 4 to 4:15 p.m. and pickup at 6 p.m.

## HORSE HOMESCHOOL PROGRAMS (AGES 7-13)

Explore horses beyond the basics in this equestrian class for homeschool students. Learn grooming, tacking, and riding, with a new theme each session. Youth-only, drop-off program. Morning Nature Homeschool participants will be transported to the Horse Corrals at noon when a child is registered for both programs.



## 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. \*Both full-sized horses and ponies may be used for this program.

## 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-long lessons. When participants are not learning horse safety, they will ride and learn the basics of horseback riding! Note: Both full sized horses and ponies may be used for our 3 to 6-year olds 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 details between the rider, instructor and the horse. We recommend enrolling in Mini Manes or Pony Tails before registering.

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

This 30-minute program is designed for kids under the age of 10 to visit the Horse Corrals for a meet and greet, and the chance to love on our horses in a safe, crowd-free environment. This class is capped at 12 kids plus their adult(s). Note: There is no riding in this class.



## 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. Please note: 125-pound weight limit. Each time slot accommodates up to eight kids. Both full sized horses and ponies may be used for our 6-10-year-old 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. Note: We use horses, ponies, or "unicorns," but no white unicorns. Staff contact details can be found on page 24.



# Backcountry



LEARN MORE

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

Our instructors will teach scouts basic horse safety, care, and health in a fun, hands-on setting, followed by an arena ride to learn introductory skills. Lessons are tailored to meet the BSA Horsemanship Merit Badge or Girl Scout Horseback Riding Badge requirements. Maximum of 12 scouts per session.

## 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: 235-pound weight limit. Contact: Abby DeGroot. Staff details can be found on page 24.

## INSTRUCTOR IN TRAINING (AGES 14-17)

The Instructor in Training (IIT) program is for high school students who are passionate about horses. It offers hands-on equine industry experience, the helps 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. Contact: Hailze Setzer. Staff details can be found on page 24.

## ANIMAL VOLUNTEER ORIENTATION

Volunteer with Backcountry Wilderness Area's animals! This orientation will prepare all volunteers for any of our animal-related positions. An orientation is required to volunteer. Contact: Abby DeGroot. Staff contact details can be found on page 24.

## BACKCOUNTRY WILDERNESS AREA HUNTING OPPORTUNITIES

Our mission of responsible hunting and determined conservation is evident in habitat improvements and healthy game species! Hunters have opportunities to hunt in the Backcountry Wilderness Area in three ways: drawings (no-cost), raffle and auction. The Hunt Raffle and Auction are fundraisers for the Backcountry Wilderness Area Fund. Visit [HRCOnline.org/hunt](https://HRCOnline.org/hunt) for details and FAQs.

### Important Dates

Friday, January 17:

Hunt Drawing Registration opens

Monday, February 10:

Fall Hunting Recap presentation

Hunt Auction registration opens

Hunt Raffle Tickets go on sale

Friday, February 21:

Hunt Drawing Registration closes

Monday, March 3:

Hunt Drawings occur

Tuesday, March 4:

Hunter's Gathering Event

Hunt Raffle Ticket sales end

Hunt Raffle drawing

Hunt Auction starts

Thursday, March 6:

Hunt Auction Ends



## CAMP BACKCOUNTRY

Our week-long, full-day outdoor camps support the needs of children by using a whole-child, experiential learning approach. Whether campers are exploring, hiking, building forts, riding horses, creating art, or playing in the woods, Camp Backcountry is more than just a place to spend your summer. It's an experience that becomes part of who each child is.

**Early Bird Registration is \$25 off**  
**Members Only Early Bird Registration -**  
**January 15-31**  
**Non-members Early Bird Registration -**  
**January 22 -31**



### Week 1 May 27-30

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

### Week 2 June 2-6

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

### Week 3 June 9-13

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



### Week 4 June 16-20

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

### Week 5 June 23-27

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

### Week 6 June 30-July 3

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

### Week 7 July 7-11

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

### Week 8 July 14-18

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

### Week 9 July 21-25

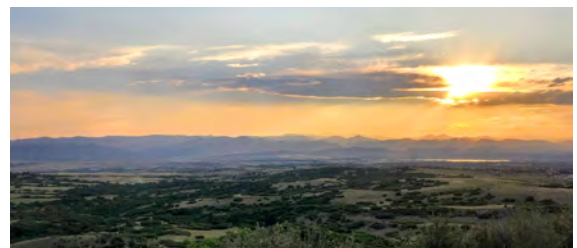
Nature Camp (Ages 7-13)  
 Horse Camp (Ages 7-13)  
 Leader in Training (Ages 14-17)

### Week 10 July 28-Aug 1

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

### Week 11 Aug 4-8

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



# Education

## STAFF

### Arts & Education Supervisor

Jamie Bouchard  
 ☎ 303-471-8880  
 ✉ jamie.bouchard@hrcaonline.org

### Art and Education Administrative Coordinator

Angela Munger  
 ☎ 303-471-8928  
 ✉ angela.munger@hrcaonline.org

### Education Program Coordinator

Heather Goetz-Zettl  
 ☎ 303-471-8818  
 ✉ hgoetz@hrcaonline.org

### Eastridge Preschool Director

Michelle Lowe  
 ☎ 303-471-8814  
 ✉ michelle.lowe@hrcaonline.org

### Westridge Preschool Director

Tammi Howard  
 ☎ 720-348-8214  
 ✉ tammi.howard@hrcaonline.org



LEARN MORE

CREATIVE KIDS'

## SPRING BREAK CAMP (AGES 3-7)

Explore America through swimming, crafts, games, and more.

## TODDLER & ME (AGES 18 MOS-3)

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. Please bring a drink in a sippy cup.

## PRINCESS DRESS UP (AGES 3-6)

Dress up as your favorite princess and be pampered like a princess. After being pampered enjoy a princess snack and craft.

## MAD SCIENTIST (AGES 3-6)

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

## SIBLING RIVALRY (AGES 3-7)

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





## CHILDREN'S WORKSHOPS (AGES 3-5)

**Teenage Mutant Ninja Turtles:** Kids, are you "turtally" enough? If so, head on over for a Ninja Turtle craft and games with us.

**Thunderbolts:** This class is designed to teach your child about all things weather related.

**It's a Cocomelon Kind of Day:** Kids join us for a day of Cocomelon crafts, songs and fun.

**Thomas the Tank Engine Goes to School:** Kids, let's chug along with Thomas and create a cute tank engine craft as we have a mock day at school.

**Dinosaurs and I:** Kids, have you ever wondered what dinosaurs look like? Join us for a mock dinosaur dig followed up by a dino-mite craft.

**Pirates and Treasures-Ahoy Ye Mateys!:** Join us for a pirate-filled day of crafts and end the day with an awesome treasure hunt.

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

Come ready to swim in your bathing suit and pack your PJ's, blanket, pillow and water bottle. Swimming, pizza and a movie are all provided! Class begins by gathering outside the indoor pool doors.

## KREATIVE KIDS (AGES 3-5)

Kreative play, kute krafts, crazy games and kool songs is what Kreative Kids is all about! Bring a lunch and snacks that do not contain peanut products.

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

Children will explore various games, music, story time, art and playtime. An excellent way to initiate social skills and prepare for preschool. Parents do not attend.



## STEPPING STONES (AGES 2½-3½)

Prepare your child for preschool. Children learn about colors, ABC's and numbers while socially interacting and having fun. Snacks will be served. Parents do not attend.



## SAT/ACT® Preparation Class (Ages 14-18)

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

COLLEGE PREP

## WILL SEMINAR (ADULT)

You will receive a notarized will, general power of attorney, medical power of attorney and living will by an estate planning attorney. Includes all materials, witnessing, notarizing, individual review and plenty of time for discussion and questions.

FINANCIAL SEMINARS

## LIVING TRUST SEMINAR (ADULT)

Get answers to any questions you may have about Living Trusts for estate planning. Determine whether a Living Trust is the right tool for you and/or your family.

LIVE WELL. PLAY HARD. EXPERIENCE 5920'!



# Education



LEARN 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.



## STRATEGIZING SOCIAL SECURITY & TAXES IN RETIREMENT (ADULT)

Social Security is a complicated system. Choosing one plan over another could be the difference in hundreds of thousands of dollars. Come learn the various social security strategies available to you as well as how to minimize your taxes.

## HIGH-PROBABILITY TRADING: USING OPTIONS TO TRADE THE VIX (VOLATILITY INDEX) (ADULT)

This course will help you create and implement a trading plan that offers a high probability of success trading the VIX Index utilizing specific options strategies. Must have a basic understanding of trading options.

## FOCUS ON FIXED INCOME SEMINAR (AGES 40+)

We'll discuss how fixed income investments such as bonds can help you reach your financial goals. Participants will learn: bond characteristics and features, relationships between interest rates and bond prices, tax advantages of municipal bonds, and how bonds may help investors weather fluctuating markets

Following the seminar, attendees will have the opportunity to schedule a complimentary consultation.

## OUTSMART THE SCAMMERS (AGES 50+)

Fraud is becoming an increasing concern for us all. Identity theft affects over 40 million US citizens annually, totaling over \$43 billion in losses. To protect yourself and loved ones, learn how to spot red flags that may indicate a fraudulent encounter, resources individuals can turn to in the event they are targeted and steps you can take to be proactive.

## RETIREMENT: MAKING YOUR MONEY LAST (AGES 50+)

Are you worried about your investment strategy? Wondering if you have a sustainable financial plan in place? Interested in learning about alternative strategies and preparing for the unexpected? We will discuss timely topics: Market Update, Financial Planning & Living in Retirement, Preparing for the Unexpected, Annuities, Health Care and Long-Term Care, and Estate Planning.



## SOCIAL SECURITY: YOUR QUESTIONS ANSWERED (AGES 60+)

Before you retire, it's important to understand your options around social security and the impact your decisions have on your retirement. We'll review a variety of strategies, considerations and scenarios such as single, married, divorced and widowed. The seminar will discuss how Social Security fits into your retirement income plan, when you should start taking benefits and tax considerations.

## ONLINE EDUCATION

The Highlands Ranch Community Association is pleased to offer adult online courses! All of our courses include expert instructors, many of whom are nationally known authors. Our online courses are affordable, fun, fast, convenient and geared just for you.



## GRIEF EXPRESSED: WHERE WE TAKE OUR TIME AND GIVE OUR GRIEF EXPRESSION (AGES 16+)

Grief demands only one thing: to be attended to. In our grief-avoidant culture, there are too few opportunities to grieve in community. Attendees will leave with dozens of ways to give grief expression, with their expressive artwork, with a deeper understanding of bereavement, and with a small gift emphasizing the importance of self-compassion in grief. All materials included.



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



A.P.E. covers a broad range of topics: defining a "Stranger", "Lures" and "Code Words". Child Escape: the most important counter move if attacked or threatened is run (bring attention to the situation). Parents must attend with their kids.

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

Importance of staying aware and being "smart". You will learn the basic strikes necessary to fend off an attacker. Classes are for any woman who is interested in becoming more empowered and more confident if ever faced with danger.

## NO FRILLS PARENTING SKILLS (ADULT)

Parenting/caregiving can be hard. Learn evidence-based perspectives from trusted experts in parenting relayed in manageable pieces for busy lives. Take away tools and skills to use at home. Parents often put themselves last on their list of priorities. Prioritizing activities for yourself, such as attending this workshop, is a way to fill your cup...and benefits everyone you love.



# Education



LEARN MORE

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



Guidelines for working with parents and their children to make the time safe and fun. Students will receive a babysitting manual, certificate of participation from WestCPR LLC., and CPR/AED/PEDIATRIC FIRST AID two year certification card. Please bring a peanut-free snack/lunch.

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



This class will provide a sampling of fun and engaging STEM experiences for preschoolers and the most wondrous of scientists! Aligned along Biology, Chemistry and Physics themes with a focus on the beautiful fall season. New activities each session.

## TABLETOP CATAPULTS (AGES 5-10)

Throw things...really, really, really far with catapults, trebuchets and cannons in this half-day camp. Build a working tabletop wooden trebuchet to start an exploration of Newton's Laws of Motion, create games with the mini-Basketball Catapult, float Flying Frisbees through the Firmament on our Science Matters Golf Course. Things will be whizzing around the classroom.



## OOEY GOOEY SCIENCE (AGES 5-10)



A little of this, a little of that, some wild reactions is where it's at! Slushy treat to eat and see Soda Slobber. Water disappears and play with snow that never melts. Then, make some slime that looks alive! With a pop, or a bang, or even some fizz, you have become a chemistry whiz!



## MINECRAFT SPRING BREAK CAMP (AGES 5-10)



Dive into the fascinating world of Minecraft. Enhance coding skills by solving real-world challenges, like bee pollination and urban planning, all in a dynamic, virtual environment. Students will design and build innovative structures, from colorful apiaries to a unique "bee-tastic" museum. Combines creativity and coding, empowering your child to develop impactful solutions—one block at a time.

## LEGO ROBOTICS SPRING BREAK CAMP (AGES 5-10)



Introduces students to the world of coding through hands-on, engaging projects. They'll explore new builds, using motor sensors to animate their creations. Whether they're starting with icon-based coding or advancing to block-based programming, your child will develop essential coding and problem-solving skills. Join us for a fun and innovative learning experience where each project sparks creativity and excitement for technology!



## PRESCHOOL

The HRCA's Preschool program is a play environment with developmentally appropriate activities that 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.

## TODDLER (AGES 1-3)

Designed to aid children with their basic motor, social, emotional, cognitive and linguistic development.



## PRESCHOOL (AGES 3-4)

Children work on letter recognition using the letter of the week and are introduced to Handwriting Without Tears using shapes to form letters. Games, songs and finger plays are used to learn numbers.

## PRE-K (AGES 4-5)

Work on the benchmarks required to enter kindergarten. This includes children's social/emotional development, physical development, exercising their fine and gross motor skills, intellectual development dealing with vocabulary, facing new challenges and problem solving, and reading readiness. This means recognizing both upper and lowercase letters and encouraging an interest in reading. Handwriting without Tears is used to teach letter writing.

All classes have an annual non-refundable registration fee: \$100 per child.

Preschool at Eastridge:

Toddler	(Ages 1-3)
Preschool	(Ages 3-4)
Pre-K	(Ages 4-5)

Preschool at Westridge:

Toddler	(Ages 2-3)
Preschool	(Ages 3-4)
Pre-K	(Ages 4-5)



## PRESCHOOL AND PRE-K 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 and Pre-K classes only, providing care for your child for a full day.

Families who need full-time care for their child may enroll in Enrichment and a five-day or three-day Preschool or Pre-K class providing care for your child from 7:30 a.m. - 5:30 p.m.



# Events

## STAFF

### Community Events Manager

Sarah Mirick  
☎ 303-471-7048  
✉ sarah.mirick@hrcaonline.org

### Community Events Coordinator

Carley Haupt  
☎ 303-471-8809  
✉ carley.haupt@hrcaonline.org

### Community Events Coordinator

Alyssa Kempesta  
☎ 303-471-8870  
✉ alyssa.kempesta@hrcaonline.org

### Community Events Coordinator

Brady Miller  
☎ 303-471-8898  
✉ brady.miller@hrcaonline.org

### Community Events Coordinator

Katherine Rhoades  
☎ 303-471-8810  
✉ katherine.rhoades@hrcaonline.org



## COMMUNITY EVENTS

Join us for a variety of fun events right here in Highlands Ranch! From interactive game nights with great prizes to true crime-themed evenings paired with delicious specialty cocktails, there is something for everyone to enjoy.

The Highlands Ranch Farmers' Market runs every Sunday from spring through fall, offering fresh produce and local goods. Don't miss the Volunteer Fair, where you can meet local organizations and explore meaningful opportunities to give back. Plus, join us to celebrate the rich traditions of Chinese New Year with lively cultural performances, delicious food and festive activities for all ages. There's always something exciting happening close to home!

## EASTER EGG HUNT

Join us at Northridge Park for the annual Easter Egg Hunt! Bring your basket to collect goodies and your camera for a special appearance by the Easter Bunny. In addition to the hunt, we'll have fun activities for all. This family event is designed for children ages 1-9.



LEARN MORE





## FAMILY-FRIENDLY EVENTS

HRCA offers a variety of family-friendly entertainment and interactive experiences, perfect for all ages! From exciting character meet-and-greets to engaging cultural activities, there's always something new to enjoy. Whether you're looking to make memories at our signature Father-Daughter Sweetheart Ball or explore creative performances, our events are designed to bring families together in a fun and welcoming environment.

Highlights include the Father-Daughter Sweetheart Ball, where dads and their little ones can enjoy a special evening complete with dancing, dessert treats and a keepsake photo. At our character meet-and-greets, kids can sing along with their favorite characters, listen to stories, and snap a photo while enjoying snacks, hot chocolate and tea. Plus, our cultural offerings bring age-appropriate music, art, and entertainment from around the world, giving families the chance to learn and have fun together!

## LIVE MUSIC PERFORMANCES

Experience a variety of live music and cultural performances featuring talented artists from various genres. From classical to contemporary, Highlands Ranch Cultural Affairs Association events bring enriching experiences to the Highlands Ranch community.

## RACE SERIES

Get ready for a year packed with exciting races! Kick the 2025 season off with the St. Patrick's Day 5K, and enjoy a variety of 5Ks, mountain bike races, and trail runs throughout the year. These fun, festive events are perfect for all skill levels, with costumes highly encouraged to celebrate classic holidays like Mother's Day and Oktoberfest. Come move your body and join the fun!

## SPRING BAZAAR

Join us and celebrate spring with our annual Spring Craft Bazaar! Discover unique products from 100+ vendors, including home decor, art, jewelry, clothing and other hand-made goods.



## 5280 SENIOR CHORALS

If you're aged "50 to 80+", come 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 a free community concert! No experience or audition required.



# Fitness

## STAFF

### Sports and Fitness Supervisor

Chad Mejia

☎ 303-471-7035

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

### Fitness Team Lead

Hannah Yeager

☎ 303-471-7044

✉ [hannah.yeager@hrcaonline.org](mailto:hannah.yeager@hrcaonline.org)

### Fitness Coordinator

Jesse Pleiman

☎ 303-471-8916

✉ [jesse.pleiman@hrcaonline.org](mailto:jesse.pleiman@hrcaonline.org)



LEARN MORE

## PERSONAL TRAINING

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

Contact: Jesse Peiman

How to get started:

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



## PRIVATE PERSONAL TRAINING SESSIONS (1:1)

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





## SEMI-PRIVATE TRAINING PACKAGES (2 PEOPLE)

Experience the benefits of semi-private training with a friend or partner! In these sessions, you'll receive personalized instruction in a supportive, shared environment. With 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.



## 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

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

## BODY COMPOSITION ASSESSMENTS

Get a clear picture of your fitness progress with the InBody body composition test located at Westridge. 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. 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! Opt for the monthly auto-renew for seamless, ongoing access. The punch pass offers flexible visits with a set number of classes. Enjoy unlimited access for a full month with our 30-day unlimited pass, or simply drop-in for a single class whenever you wish. Flexibility and convenience tailored to your lifestyle! All passes are electronically loaded directly onto your rec center card.





## GROUP FITNESS CLASSES (AGES 13+)

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

## GROUP FITNESS CLASS PASS OPTIONS

Select from our versatile fitness pass options: the unlimited annual pass for a full year of access, or the 30-day unlimited pass for a month of unrestricted workouts. Choose a 10 or 20-punch pass for flexible visits or enjoy the freedom of a drop-in option for single classes. Find the perfect plan for your fitness journey! All passes are electronically loaded directly onto your rec 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, supportive environment. Feel the burn and ride strong!



## NIA

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

## PILATES

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



## SENIOR FITNESS

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

## YOGA

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



## ZUMBA

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

## FREE GROUP FITNESS DAY

Celebrate Free Group Fitness Day on Tuesday, February 25, 2025! Enjoy complimentary access to a variety of dynamic classes, meet our instructors and experience different workouts. Don't miss this opportunity to explore, energize and elevate your fitness journey! The Zone and specialty fitness classes are not included. Online registration is required while spots last.





## SPECIALTY FITNESS CLASSES

HRCA offers specialty fitness classes that require a separate registration fee. These classes, which include Ageless Grace and Movemor seated exercises, are month-long commitments to help you progress. Additionally, we provide Impact Kickboxing, where you can learn proper punching form while using a bag. Note: Drop-ins are not permitted for these classes.



## 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.



## IMPACT KICKBOXING

This cardio kickboxing bag class is perfect for all fitness levels, focusing on building muscle, stamina and strength. You'll perform upper and lower body combinations on a heavy bag, burning calories and activating muscles while having fun. We recommend bringing your own gloves, but wraps are provided. 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.





# Race Series

## STAFF

Community Events Manager

Sarah Mirick

☎ 303-471-7048

✉ sarah.mirick@hrcaonline.org

## RACE SERIES

The HRCA Race Series seamlessly integrates the joy of running with community favorites such as craft beer, pancakes, family activities and prizes. We invite you to participate in one or all of our running events, as well as our mountain bike series. Join us for a memorable experience!

## 2025 RACE SERIES SCHEDULE

**St. Patrick's Day 5K**  
Saturday, March 15



**Mother's Day 5K**  
Saturday, May 10



**Happy Hour Half K**  
Friday, June 13



**Independence Day 5K**  
Friday, July 4



**HR MTB Series**  
Wednesdays in July-August



**Splash Mash Dash Kids Tri**  
Saturday, August 2



**Wildcat Mountain Trail Races**  
Saturday, September 6



**Oktoberfest 5K**  
Saturday, September 27



**Backcountry Wilderness Half**  
Saturday, November 8



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# Sports

## STAFF

### Sports and Fitness Supervisor

Chad Mejia

☎ 303-471-7035

✉ chad.mejia@hrcaonline.org

### Sports Team Leader

Patrick Gojan

☎ 303-471-8869

✉ patrick.gojan@hrcaonline.org

### Sports Coordinator

Kodey Stauffer

☎ 303-471-8838

✉ kodey.stauffer@hrcaonline.org

### Sports Programmer

Jake Armbrust

☎ 303-471-7039

✉ jacob.armbrust@hrcaonline.org

### Tennis and Pickleball Team Leader

Tim McNerney

☎ 303-471-8934

✉ tim.mcnerney@hrcaonline.org

### Tennis/Pickleball Coordinator

Heather Harmon

☎ 303-471-8940

✉ heather.harmon@hrcaonline.org

### Education Coordinator

Heather Goetz-Zettl

☎ 303-471-8818

✉ hgoetz@hrcaonline.org

Tennis/Pickleball Monitor Desk

☎ 303-471-8996



LEARN MORE

## BASKETBALL

### ADULT 18+ BASKETBALL

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



### YOUTH BASKETBALL CLINICS

HRCA provides year-round, high-quality basketball development programs in partnership with Colorado Basketball Academy for kids ages 5-17 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. Contact: Patrick Gojan

### YOUTH BASKETBALL CAMPS

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 DCSDK12 school breaks. Contact: Patrick Gojan.



## SPRING FLING 18+ CO-ED DODGEBALL TOURNAMENT

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! Contact: Kodey Stauffer. Staff contact details can be found on page 46.

## ACTIVE ATHLETICS

### OUR MISSION:

Is to be more than a gym. We are a community of students, gymnasts, coaches and parents working together towards a common goal. Be Healthy. Be Fit. Be Active.

### OUR PHILOSOPHY:

Helping students achieve their personal best. We believe that sports are for everybody and there are valuable life lessons to be learned through participation in our activities. Our goal is to help every participant find success in their accomplishments, no matter how big or small. Information sheet should be brought the first day of class (found on [activeathletics.net](http://activeathletics.net)). Long hair needs to be pulled out of your face, barefoot and attire is athletic wear or leotard. Be Healthy. Be Fit. Be Active. Contact: Heather Goetz-Zettl. Staff contact details can be found on page 46.



## PARENT/TOT AT ACTIVE ATHLETICS (AGES 16 MOS-3)



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 learn to jump on two feet!



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



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

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



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



# Sports



LEARN MORE

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



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



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



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

- Active Mini Ninja (Ages 3-4)
- Active Mini Ninja II (Ages 4-5)

## ACTIVE JR/SR NINJAS AT ACTIVE ATHLETICS (AGES 6-12)



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

- Active Junior Ninja (Ages 6-8)
- Active Senior Ninja (Ages 8-12)

## PARKOUR 1 AT ACTIVE ATHLETICS (AGES 8-16)



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

## AERIAL SILK FABRICS BY ACTIVE ATHLETICS (AGES 7-15)



The Aerial program focuses on building camaraderie, confidence and strength for ages seven 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 BY ACTIVE ATHLETICS (AGES 8-15)



Kids will learn how to do controlled bounces, basic jumping positions and combinations. More complex sequences of skills that go forward, backward and twisting. The basics of rolling, cartwheeling, handstands and handsprings on the floor are also incorporated.

CHEER

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

Ready, OKAY! Kids will flip over these high-energy recreation cheer teams. If your child is looking for a fun way to learn dances, cheer chants, jumps and stunts through sportsmanship and teamwork, these teams are for you. Performance included.



FENCING

## YOUTH AND ADULT FENCING

HRCA partners with Rocky Mountain Fencing Academy to bring classes and camps to Highlands Ranch for all ages. All youth and adult classes and camps are taught by former Olympic champion, Maciej Czyzowicz. Learn the basic fundamentals of footwork, blade work and offensive and defensive strategies. Get started today! Contact: Patrick Gojan. Staff contact details can be found on page 46.

FOOTBALL

## YOUTH FLAG FOOTBALL

Dive into the excitement of our youth flag football league! Volunteer coaches introduce the basics during engaging weekly practices, and players showcase their new skills in one-hour Saturday games on the Westridge indoor turf—where the weather is always perfect! Join us for a season of fun and development on the field! Contact: Jacob Armbrust. Staff contact details can be found on page 46.



LACROSSE

## MILE HIGH LACROSSE

HRCA, in partnership with Mile High Lacrosse, is thrilled to announce adult box lacrosse leagues this winter! Experience the excitement of competitive Sunday games and stay active throughout the season. Don't miss your chance to join the fun—register today and be a part of the action! Register as a team or individual player at [milehighlacrosse.com](http://milehighlacrosse.com). Contact: [info@milehighlacrosse.com](mailto:info@milehighlacrosse.com)

## LXTC YOUTH BOX LACROSSE

Ignite your child's passion for lacrosse with LXTC Lacrosse this winter! LXTC Lacrosse and the Colorado Mammoth have joined forces to create the LXTC Mammoth Elite Box Training Series. In a continued effort to grow the game of box lacrosse in Colorado, players will be taught the box game properly from professional players! Contact: [info@lxctlacrosse.com](mailto:info@lxctlacrosse.com)

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## PICKLEBALL LESSONS

Our lessons are structured into six-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 both beginners and intermediate players, ensuring everyone can improve their skills in a fun and supportive environment. Contact: Heather Harmon. Staff contact details can be found on page 46.



## PICKLEBALL LEAGUES

HRCA offers divisions for players of all skill levels, from beginners to advanced competitors. Assess your playing level, select a partner (please note that HRCA does not provide partners) and register for one of our popular leagues. Only one member of your team needs to complete the registration. This is an excellent opportunity to connect with other players at your level in a fun, friendly and competitive environment. Contact: Heather Harmon. Staff contact details can be found on page 46.

## PICKLEBALL COURTS

Pickleball courts are available weekly including indoor courts in the Northridge and Southridge gyms along with six outdoor courts at Westridge. Pickleball combines elements of tennis, badminton and ping pong, and is played with a paddle and whiffle ball. Experience the ease and enjoyment of this exciting sport. Contact Heather Harmon. Staff contact details can be found on page 46.

## PRIVATE, SEMI-PRIVATE & GROUP LESSONS

Private, semi-private and group lessons are now available with our new Pickleball Pro. Whether you are looking to improve your skills individually or enjoy a collaborative learning experience with friends, our expert instructor is here to help you reach your goals. Contact: Tennis Monitor Desk. Contact details can be found on page 46.

## PICKLEBALL SOCIALS

HRCA will host several indoor Pickleball Socials at both Southridge and Northridge during winter and early spring. Meet and play with new and old friends. Bring your paddle and a snack to share. Contact: Heather Harmon. Staff contact details can be found on page 46.

## RACQUETBALL

## ADULT 18+ RACQUETBALL

Elevate your game with our Adult Racquetball leagues! Perfect for all skill levels, our leagues combine competitive play with a vibrant social scene. Enjoy fast-paced matches, improve your technique and connect with fellow enthusiasts in a fun, supportive environment. Join today and experience the excitement and camaraderie of racquetball! Contact: Jacob Armbrust. Staff contact details can be found on page 46.



## ADULT 18+ INDOOR SOCCER

Join our Adult Soccer league and experience the excitement of the game like never before! Whether you're a seasoned player or new to the sport, our league offers competitive matches and a vibrant social scene. Enjoy great camaraderie, enhance your skills, and stay active in a fun and supportive environment. Contact: Jacob Armbrust. Staff contact details can be found on page 46.

## REAL COLORADO SOCCER

The Real Colorado Soccer leagues provide a fantastic opportunity for players to stay engaged and continue their soccer journey during the cold months. Join us for a season of play, development and team building, 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 contact Theresa Echtermeyer at [theresae@realcolorado.net](mailto:theresae@realcolorado.net).

## SOCCER SHOTS AT HRCA

Soccer Shots is an engaging children's soccer program for kids ages 2-8, with a focus on character development. Our team positively impacts children through the best-in-class coaching, curriculum and communication. Our expert-approved curriculum is age-appropriate and aligns with childhood education standards. Additionally, we provide exceptional customer experience and ongoing communication with parents. Contact: Patrick Gojan. Staff contact details can be found on page 46.



## PEE WEE SOCCER LEAGUE

Our youth soccer league is perfect for beginner players ages 4-7. With weekly practices and Saturday morning games, it's a great way for kids to start their soccer journey. Each participant gets a team shirt, and we're looking for enthusiastic volunteer coaches to join the fun. Sign up today and help us kick-off a fantastic season! Contact: Jacob Armbrust. Staff contact details can be found on page 46.

## TAEKWONDO AT HRCA

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. Contact: Patrick Gojan. Staff contact details can be found on page 46.

## TENNIS ADULT/SENIOR LESSONS

Whether you're new to tennis or looking to maintain your competitive edge, we provide lessons for all skill levels, from beginner to advanced. Contact: Heather Harmon. Staff contact details can be found on page 46.

## 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 racquet and a snack to share. Register online, by phone or in person. Contact: Heather Harmon. Staff contact details can be found on page 46.





## TENNIS ADULT/SENIOR DRILLS

Players can also enhance their abilities through our Drill & Play and Cardio Tennis programs. Whether starting fresh or striving to keep your competitive edge, we offer drills for all levels of tennis experience; beginner to advanced. Contact: Heather Harmon. Staff contact details can be found on page 46.



## 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. Contact: Heather Harmon. Staff contact details can be found on page 46.



## ADULT TENNIS LEAGUES

United States Tennis Association (USTA) league play is one of the most diverse and popular programs offered at any club. These leagues are sponsored under the rules and coordination of the USTA. USTA League play affords people of all skills and ages a forum for competing against players from other clubs and associations along the Denver Front Range. Contact: Heather Harmon. Staff contact details can be found on page 46.

## MIDDLE & HIGH SCHOOL TENNIS LESSONS

Our youth level instructional classes focus on teaching tennis fundamentals. To help place your student in the appropriate class, please consult the Level Definitions. If you're unsure, feel free to speak with one of our Tennis Professionals, the Tennis coordinator or Tennis Team Leader for assistance. Contact: Heather Harmon. Staff contact details can be found on page 46.

## YOUTH TENNIS LEAGUES & COMPETITON

United States Tennis Association (USTA) Junior Team Tennis (JTT) is a competitive team format providing kids and teens the many benefits of playing singles and doubles matches. All HRCA Youth Tennis Leagues are affiliated with the USTA. Contact: Heather Harmon. Staff contact details can be found on page 46.



## TENNIS CAMPS

The summer tennis camps help students improve and refine existing tennis skills, learn more intently about game of tennis, enjoy social time with other students, and take a swim at the end of the lesson. Contact: Heather Harmon. Staff contact details can be found on page 46.



## TENNIS COURT RESERVATIONS

Welcome new players, experienced players, and those returning to the sport. HRCA has 16 tennis courts, so come out and play! Contact: Tennis/Pickleball Monitor Desk. Contact details can be found on page 46.

## PRIVATE, SEMI-PRIVATE & GROUP LESSONS

The HRCA private, semi-private and group lesson opportunities allow participants to grow their skill sets on more individualized platform. Contact: Tennis Monitor Desk. Staff contact details can be found on page 46.

## VOLLEYBALL

## YOUTH VOLLEYBALL SPRING LEAGUE

Join our coed league for 3rd–8th graders and dive into the action this spring! Enjoy one weekday one-hour practice and thrilling games on Saturdays. Volunteer coaches are needed. Join us for a fun and engaging season! Contact: Kodey Stauffer. Staff contact details can be found on page 46.



## ADULT 18+ VOLLEYBALL

Join our Coed and Women's Volleyball leagues! Designed for all skill levels, our 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. Contact: Jacob Armbrust. Staff contact details can be found on page 46.



# Therapeutic Recreation

## STAFF

### Sports and Fitness Supervisor

Chad Mejia

☎ 303-471-7035

✉ chad.mejia@hrcaonline.org

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

Summer Aden

☎ 303-471-7043

✉ summer.aden@hrcaonline.org

### Therapeutic Recreation Specialist

Kathryn Olmstead

☎ 303-471-7045

✉ kathryn.olmstead@hrcaonline.org

## THERAPEUTIC RECREATION (TR)

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



LEARN MORE



## THERAPEUTIC RECREATION INDIVIDUAL SERVICE PLAN/ ANNUAL UPDATE

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



## THERAPEUTIC RECREATION PERSONAL INSTRUCTION 1:1 (ALL AGES)

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



## THERAPEUTIC RECREATION SMALL GROUP INSTRUCTION (ALL AGES)

Designed for small group needs and abilities in our gyms, pools and weight rooms. Benefit from tailored exercises as well as motivation and camaraderie from the group. These sessions help you achieve your fitness goals in an engaging and fun environment. Small groups are led by a Therapeutic Recreation staff member. Contact Summer Aden. Staff contact details can be found on page 54.

## THERAPEUTIC RECREATION CLASSES

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



# Therapeutic Recreation



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## THERAPEUTIC RECREATION 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.



## THERAPEUTIC RECREATION UNIFIED BASKETBALL TEAM (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 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!



## THERAPEUTIC RECREATION HIP HOP DANCE CLASS (AGES 5+)

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

## TR SWEETHEART DANCE (AGES 16+)

Don't play heart to get! Dress to impress! I can heart-ly wait to see you! Bring your sweetheart, best bud or your family, and dance the night away! Food, entertainment, giveaways, a photographer and friendly fun included. Ages 16 and up. Requires an ISP.





## TR SPORTS SAMPLER (AGES 8+)

Simply sample sports! Sports can be satisfying and a great way to build skills like sportsmanship. Quadruple the fun! Examples of unique sports you might participate in include but are not limited to; Tee-Ball, Kickball, Broomball, Frisbee and many more! We will focus on one sport each day of the program. Wednesdays in March and April.

## TR SPRING BREAK 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 12 distinct sports. Learn the rules of the games and your friends' names!

## SPECIAL OLYMPICS SWIM TEAM (AGES 8+)

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



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

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



## TR TAEKWONDO (AGES 5-20)

Designed to help students improve balance, concentration, self-control and confidence. All ability levels welcome. Belt testing is determined by our certified instructor and requires a separate fee. Taekwondo classes offered in partnership with J.W. Kim Taekwondo. Taekwondo helps students develop a disciplined character, improve their fitness and focus. Classes are held on Tuesdays and Thursdays. Contact Summer Aden. Staff contact details can be found on page 54.



## Coming in the new year...

HRCA is incredibly excited to announce the launch of a new website. Along with the changing time, the new site features a user-friendly redesign where content is streamlined and better encapsulates community opportunities to Live Well. Play Hard. Experience 5920! Accessibility and simplicity were primary considerations, along with serving HRCA's goal of moving to a digitalized and paperless future. Another key improvement is an enhanced mobile-friendly experience. Visit the website from a phone or tablet and stay connected from wherever you are. Although the page layout is altered, the new site maintains previous functionality: members and non-members can sign up for classes or camps, reserve rooms, purchase tickets to events, find valuable information for community engagement and residents can pay dues. Stay tuned for future website communications, including a launch date!



## Flower Fundraiser

Enhance your 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 today, and pick up your flowers on Saturday, May 3. Orders are due by Friday, February 14.

**Scan the QR code for more information!**



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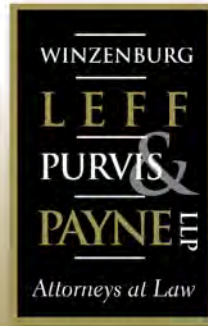
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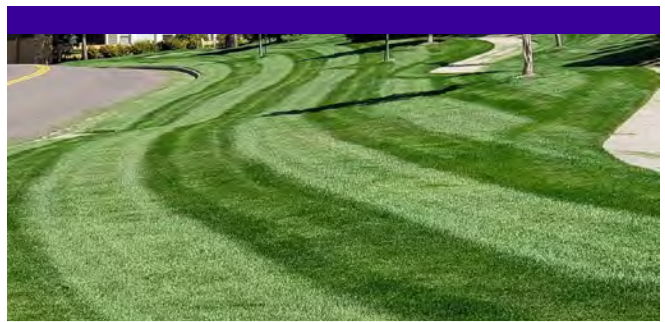
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