

# SOUTH SUBURBAN

SUMMER 2024

SSPRD.ORG

303.347.5999

JUNE 1- AUGUST 31



ORIGAMI



BASKETBALL



BEEKEEPING



SUMMER CONCERTS



**SOUTH  
SUBURBAN**  
PARKS & RECREATION



#ExploreSSPRD



# South Suburban Social Snapshot

What's the buzz at South Suburban? If you don't follow us on social, here's some big news you might have missed so far this year...

## Make-A-Wish Game



134

#FunFactFriday: In a heartwarming display of community spirit and sportsmanship, the Mountain Vista and Cherry Creek High School hockey teams came together for a special Make A Wish Foundation fundraiser game on Feb. 7. More than 1,000 students attended, dressed in Harry Potter themed costumes. After the game, the rink was open for Mountain Vista students to skate, which filled Rink 2!

## Sheridan Esports Lounge Grand Opening



18

We opened the District's second esports lounge at the Sheridan Recreation Center on Friday, March 29!

The newly renovated space features two 55" TVs, three gaming monitors and four Nintendo Switch consoles. This second lounge will host drop in play hours from 2-7 pm Monday-Friday, as well as summer camps and other programs and events.

Thanks to our generous sponsor Comcast for their support of this new space in Sheridan and the grand opening celebration!

## Colorado Journey Updates



70

Out with the old and in with the new at Colorado Journey Miniature Golf this spring! Our miniature golf course at the corner of Belleview and Windermere in Littleton is closed through April while we refresh the two 18 hole courses.

So far, a new PA system has been installed and the old turf has been removed from all 36 holes. We're waiting for new turf to be installed, pumps for the water features to be replaced, and for the addition of new features on select holes.

## International Women's Day



41

Did you know that women make up over half of all employees at South Suburban? We're fortunate to have so many strong and dedicated women representing the District, from Park Rangers, to fitness instructors, to educational leaders and administrative experts. Join us in celebrating them today for #InternationalWomensDay!

Follow us on social media to keep up with these topics and more!



## APPLY FOR YOUR ABSENTEE BALLOT

### NEXT SOUTH SUBURBAN BOARD OF DIRECTORS ELECTION: MAY 2025

South Suburban is governed by a Board of Directors elected by the greatest MVPs in the District - YOU! The next election is coming up in 2025, where candidates will run to fill three open seats on the five-member board. Board members make important decisions that impact your community, from investments in trail improvements to new facilities and amenities.

The 2025 election is your chance to make your voice heard! District residents can vote in person or by mail. Mail-in ballots are called "absentee" ballots, and they are a convenient way to vote! Apply now to ensure you receive your absentee ballot for the 2025 election.



### How to Apply for an Absentee Ballot

- 1. VISIT [SSPRD.ORG/ELECTIONS](https://ssprd.org/elections)**
- 2. DOWNLOAD THE APPLICATION FOR AN ABSENTEE BALLOT**
- 3. SIGN YOUR COMPLETED APPLICATION**
- 4. MAIL OR EMAIL YOUR APPLICATION TO SOUTH SUBURBAN**



Spotlight	4
General Information	8
Registration	11
Active Adults	12
Aquatics	13
Arts/Education	14
Dance	16
Esports	17
Fitness & Wellness	18
Golf	20
Licensed Camps/Preschool	23
Nature/Outdoor Recreation	24
Sports	27
STAR South Suburban Therapeutic Adaptive Recreation	32
Birthday Parties	33

# BECOME A SPONSOR!

South Suburban is dedicated to enriching the lives of our community members of all ages, backgrounds, and abilities through active recreation, events, and enrichment programs. If you're looking to get your business in front of an audience that spans across six communities and three counties in the South Denver Metro area, our new sponsorship packages can help you reach your goals.

Align your brand with positive values such as health, well-being, community engagement, and environmental awareness, while reaching a broad and engaged audience of families, individuals, and community leaders.

## SUPPORT YOUR COMMUNITY

Gain valuable exposure through signage, event announcements, marketing materials, and more. Opportunities are available throughout our 46-square mile District. We look forward to partnering with you to create a healthier, happier, and more vibrant community for all.

- Event sponsorship
- Program and league sponsorship
- Facility sponsorship
- Project sponsorship
- In-kind donations

## BY THE NUMBERS

- 151,000 residents
- 1,000s of recreation programs for youth, adults and seniors
- 600+ free and low cost programs
- 98% of residents within 0.5 miles of recreation opportunities



# CONSTRUCTION ZONE

South Suburban strives to improve and maintain its parks, trails and facilities with innovations to remain industry leaders. This summer, residents can look forward to updated neighborhood parks, public input opportunities, and the launch of future planning projects. Visit [gameplan.ssprd.org](http://gameplan.ssprd.org) and subscribe to projects that interest you.

## ABBOTT AND LITTLE DRY CREEK PARK FINISHED THIS SPRING

**Abbott Park:** The final phase of the project was completed in April with sod installed at the park. Improvements include a new modern-themed playground with rubberized safety surfacing, post-tension basketball court with new hoops, benches, upgraded ADA parking spaces, and new concrete walks.

**Little Dry Creek Park:** Sod was installed in the park in April, signaling the completion of the project. Highlights of the improvements include a new playground, post-tension basketball court, and a larger shade pavilion that incorporates more seating with the addition of a san-o-let and enclosure.



Abbott Park



Little Dry Creek Park



Jackass Hill Park



Cherry Knolls Park

## PUBLIC INPUT OPPORTUNITIES

Hudson Gardens will begin its Master Planning process later this summer. Feedback is welcome from patrons to help guide the future of the botanical gardens. Keep an eye out for opportunities to give feedback on future planning projects. Park projects include upgrades at Jackass Hill Park, Cherry Knolls Park and Powers Park. All public feedback will be conducted on South Suburban's planning and construction website, [gameplan.ssprd.org](http://gameplan.ssprd.org).

## CONSTRUCTION UPDATES

**Lee Gulch Amenity Area:** Construction will begin this summer to the Lee Gulch amenity area that intersects with the High Line Canal. The project includes seating, interactive nature elements, and interpretive signage about the existing flume that carries the High Line Canal over the trail.

**TrailMark Park:** Construction is set to begin soon to upgrade TrailMark Park. Improvements include replacing the playground, shade pavilion, parking lot, and accessible routes.

**South Suburban Golf Course:** Big changes are underway on both the Par 3 and Regulation courses at South Suburban Golf Course. Improvements to Little Dry Creek include a new bridge crossing, new stilling pools and stream work, and a new conspan bridge on the Par 3 course. Renovations should be complete in April 2024.

**Colorado Journey:** Out with the old and in with the new at Colorado Journey Miniature Golf. Crews have been working hard to replace turf on all 36 holes, pumps for new water features and a new PA system. Upgrades will be complete by late spring 2024.



Lee Gulch Amenity Area



TrailMark Park



South Suburban Golf Course



Colorado Journey

# CHOOSE YOUR OWN ADVENTURE AT SUMMER CAMPS!



Every day is a new adventure at South Suburban summer camps! Kids can stay active with sports, get creative with crafts or learn something new at day camps, workshops and activities offered throughout the area.

South Suburban offers a huge variety of camps and classes at over a dozen facilities and parks in our community. Activities at full day camps include games, crafts, swimming and more. At specialty camps, campers can try outdoor adventures like archery or BMX, explore the wonders of space and science, sharpen their photography or art skills and much more.



Sign up today at [register.ssprd.org](http://register.ssprd.org)!

REGISTRATION FOR FALL 2024  
BEGINS JULY 16



# SUMMER EVENTS

SPOTLIGHT

## FREE YOGA IN THE PARK

Belvedere Park | May-August  
Last Tuesdays of the month

Hudson Gardens | June-August  
Third Mondays of the month

Take a deep breath of fresh air in free outdoor yoga classes! Bring your own mat to practice and unwind in nature.



## MUSIC ON THE PATIO

Weekends at South Suburban and Lone Tree golf courses

The patios at South Suburban and Lone Tree golf courses are the places to be on weekends from June to August! Enjoy lively music and food and drink specials at both courses. These weekly events are free, but space is limited. Visit [ssprd.org](http://ssprd.org) for dates and bands.



## 43RD ANNUAL HIGH LINE CANAL RUN 5K & 10K

May 11  
High Line Canal

A local favorite! Runners of all ages and abilities are invited to participate in the 43rd Annual High Line Canal 5K and 10K along the scenic High Line Canal. Sign up at [ssprd.org/RaceSeries](http://ssprd.org/RaceSeries).



SPOTLIGHT

# PARK AND RECREATION MONTH: WHERE YOU BELONG

July is Park and Recreation Month, and South Suburban is celebrating all of the ways our parks, trails, open spaces, recreation facilities and programs help foster a sense of belonging in our community.

South Suburban is dedicated to providing welcoming and inclusive programs and safe, accessible spaces to build meaningful connections. Parks, trails and recreation programs boost mental health and help create connections within the community.

« « **Active Adult Programming:** South Suburban is experiencing the impacts of a national demographic shift, as more adults ages 55+ visit recreation centers for exercise and camaraderie. The District has expanded programming to serve this community and hosts an annual Active Adult Healthy Living Expo, serving 200+ local seniors. As one of Colorado's largest providers of senior programming, South Suburban offers 16 weekly SilverSneakers classes and serves more than 10,000 insurance-benefit plan members.

« « **Esports:** South Suburban embraces non-traditional recreation trends with its esports lounges and showcases. As one of the only regional esports providers, South Suburban offers a community environment for more than 5,500 youth to learn, play and connect. The showcases draw participants from around the region, with varying expertise and ages.

« « **Focus on Neighborhood Parks:** With more than 121 miles of trails and 92 parks, 98% of residents are within a half-mile of recreation opportunities.

« « **Free and Low-Cost Programming:** South Suburban offers more than 600 free and low-cost programs annually, including one of the largest Try Hockey for Free events in the nation. Through a unique partnership of three organizations, South Suburban also hosts Family Night events at the Sheridan Recreation Center. Additionally, admission to Hudson Gardens, a regional destination, is free to the public 365 days per year.

6

## CHIPPING & MULCH EVENT

June 1  
Willow Spring Service Center

Need to get rid of large tree limbs? Residents are invited to bring materials for free chipping to Willow Spring Service Center (7100 S. Holly St.) and the Centennial Public Works Facility (7272 S. Eagle St.). Learn more at [ssprd.org](http://ssprd.org).



## SUMMER BEATS CONCERTS

June 18 & July 16  
Prairie Sky Park in Lone Tree

June 18: Tunisia  
July 16: 6 Million Dollar Band  
Bring the whole family to Lone Tree for an evening of crafts, food and dancing! These free concerts, brought to you by RidgeGate, promise a rockin' good time.



## RED, WHITE & ROCK!

July 3

Hudson Gardens is bringing back a community favorite - Super Diamond, The Neil Diamond Tribute! Celebrate Independence Day with a concert, fireworks, food trucks, kids activities and more. Learn more and purchase tickets at [hudsongardens.org](http://hudsongardens.org).



7

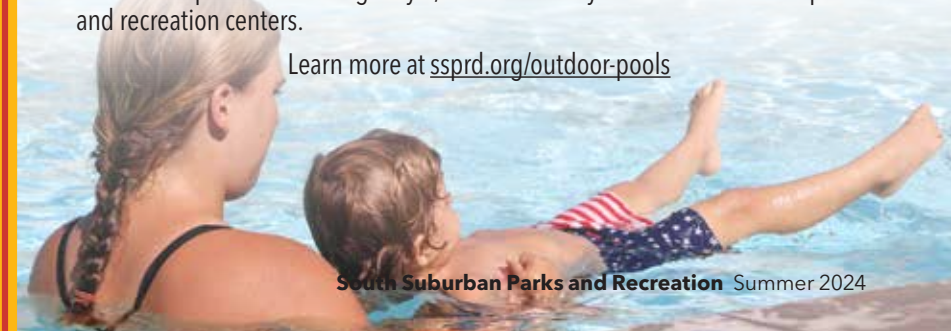
## DIVE INTO SUMMER AT OUTDOOR POOLS

**BEN FRANKLIN | COOK CREEK | HARLOW | HOLLY**

Relax and play at South Suburban's four outdoor pools this summer! Make new friends on a summer swim team, enjoy a relaxing day with family, and turn celebrations into unique and fun pool days. Ben Franklin, Cook Creek, Harlow and Holly pools all open Memorial Day weekend.

Want even more fun in the sun this summer? Save with a Splash Pass and get unlimited access to all four outdoor pools all season long. Splash Passes are available to purchase starting May 1, online or at any of South Suburban's pools and recreation centers.

Learn more at [ssprd.org/outdoor-pools](http://ssprd.org/outdoor-pools)



South Suburban Parks and Recreation Summer 2024

## PANCAKE STAMPEDE 5K

Aug. 11  
Mary Carter Greenway

Work up an appetite for a deluxe breakfast at the Pancake Stampede 5K! The race takes place on the Mary Carter Greenway along the South Platte River and is part of Littleton's Western Welcome Week celebration. Sign up at [ssprd.org/RaceSeries](http://ssprd.org/RaceSeries).



## SHAKESPEARE IN THE WILD

Aug. 16-18, 23-25 & 31, Sept. 1-2  
deKoevend Park

Experience a classic play at deKoevend Park! A theatre troupe will perform Shakespeare works for the third year in a row on fall evenings at sunset. These events are free and open to the public. Find out more at [shakesinthewild.com](http://shakesinthewild.com).



## BLUFFS 8K TRAIL RUN

Aug. 25  
Bluffs Regional Park

Challenge yourself to a tough 8K race with breathtaking views at the Bluffs Regional Park in Lone Tree. The course is fine crushed gravel with some rugged, steep areas along the route. Sign up at [ssprd.org/RaceSeries](http://ssprd.org/RaceSeries).



## SAVE THE DATE: RECREATION CENTER MAINTENANCE WEEK CLOSURES

Lone Tree: Aug. 5-9  
Buck: Aug. 12-16  
Goodson: Aug. 26-30



# FACILITIES

## RECREATION AND COMMUNITY CENTERS

### DOUGLAS H. BUCK COMMUNITY RECREATION CENTER

- 2004 W. Powers Ave., Littleton
- ssprd.org/Buck-Recreation-Center
- 303.797.8787

### GOODSON RECREATION CENTER

- 6315 S. University Blvd., Centennial
- ssprd.org/Goodson-Recreation-Center
- 303.798.2476

### LONE TREE RECREATION CENTER

- 10249 Ridgeway Cir., Lone Tree
- ssprd.org/Lone-Tree-Recreation-Center
- 303.708.3500

### SHERIDAN RECREATION CENTER

- 3325 W. Oxford Ave., Sheridan
- ssprd.org/Sheridan-Recreation-Center
- 303.761.2241

### LONE TREE HUB

- 8827 Lone Tree Pkwy., Lone Tree
- ssprd.org/The-Lone-Tree-Hub
- 720.245.2601

## RESTAURANTS

### AVALANCHE GRILL

- Family Sports Center  
6901 S. Peoria St., Centennial
- golf.ssprd.org/Avalanche-Grill
- 303.754.0544

### CENTENNIAL GRILL

- Littleton Golf and Tennis  
5800 S. Federal Blvd., Littleton
- golf.ssprd.org/Centennial-Grill
- 303.795.7466

### LONE TREE GRILL

- Lone Tree Golf Club & Hotel  
9808 Sunningdale Blvd., Lone Tree
- golf.ssprd.org/Lone-Tree-Grill
- 303.790.0202

### SOUTH SUBURBAN GOLF COURSE BAR AND GRILL

- South Suburban Golf Course  
7900 S. Colorado Blvd., Centennial
- golf.ssprd.org/South-Suburban-Bar-Grill
- 303.770.1882

### SOUTH SUBURBAN SPORTS COMPLEX GRILL

- 4810 E. County Line Rd., Littleton
- ssprd.org/Sports-Complex
- 303.798.7515

## ENTERTAINMENT & SPORT FACILITIES

### FAMILY SPORTS CENTER AND MINI GOLF

- 6901 S. Peoria St., Centennial
- ssprd.org/Family-Sports-Center
- 303.708.9500

### SOUTH SUBURBAN SPORTS COMPLEX

- 4810 E. County Line Rd., Littleton
- ssprd.org/Sports-Complex
- 303.798.7515

### SPORTS DOME

- 6959 S. Peoria St., Centennial
- ssprd.org/Sports-Dome
- 303.754.0541

### COUNTY LINE BMX

- David A. Lorenz Regional Park  
8560 S. Colorado Blvd., Centennial
- ssprd.org/County-Line-BMX
- 303.798.7515

### CORNERSTONE BATTING CAGES

- 5098 S. Windermere St., Littleton
- ssprd.org/Batting-Cages-at-Cornerstone-Park
- 303.797.3796

### COLORADO JOURNEY MINI GOLF

- 5150 S. Windermere St., Littleton
- ssprd.org/Colorado-Journey
- 303.734.1083

## NATURE FACILITIES

### HUDSON GARDENS & EVENT CENTER

- 6115 S. Santa Fe Dr., Littleton
- hudsongardens.org
- 303.797.8565



Bloom Room at Hudson Gardens

### SOUTH PLATTE PARK AND CARSON NATURE CENTER

- 3000 W. Carson Dr., Littleton
- ssprd.org/Nature
- 303.730.1022

For more amenity information, admission rates, facility rentals and holiday hours, please visit [ssprd.org](http://ssprd.org).



**OUTDOOR SWIMMING POOLS**

**BEN FRANKLIN POOL**

- 📍 1600 E. Panama Dr., Centennial
- 🌐 [ssprd.org/Ben-Franklin-Pool](http://ssprd.org/Ben-Franklin-Pool)
- 📞 303.798.5922

**COOK CREEK POOL**

- 📍 8711 Lone Tree Pkwy., Lone Tree
- 🌐 [ssprd.org/Cook-Creek-Pool](http://ssprd.org/Cook-Creek-Pool)
- 📞 303.790.7665

**HARLOW POOL**

- 📍 5151 S. Lowell Blvd., Littleton
- 🌐 [ssprd.org/Harlow-Pool](http://ssprd.org/Harlow-Pool)
- 📞 303.798.6269

**HOLLY POOL**

- 📍 6651 S. Krameria Way, Centennial
- 🌐 [ssprd.org/Holly-Pool](http://ssprd.org/Holly-Pool)
- 📞 303.770.0333

**GOLF COURSES**

**LONE TREE GOLF CLUB & HOTEL**

- 📍 9808 Sunningdale Blvd., Lone Tree
- 🌐 [golf.ssprd.org/Lone-Tree-Golf-Club-Hotel](http://golf.ssprd.org/Lone-Tree-Golf-Club-Hotel)
- 📞 303.799.9940

**FAMILY SPORTS GOLF COURSE**

- 📍 6901 S. Peoria St., Centennial
- 🌐 [golf.ssprd.org/Family-Sports-Golf](http://golf.ssprd.org/Family-Sports-Golf)
- 📞 303.649.1115

**SOUTH SUBURBAN GOLF COURSE**

- 📍 7900 S. Colorado Blvd., Centennial
- 🌐 [golf.ssprd.org/South-Suburban-Golf-Course](http://golf.ssprd.org/South-Suburban-Golf-Course)
- 📞 303.770.5500

**LITTLETON GOLF AND TENNIS**

- 📍 5800 S. Federal Blvd., Littleton
- 🌐 [golf.ssprd.org/Littleton-Golf-and-Tennis](http://golf.ssprd.org/Littleton-Golf-and-Tennis)
- 📞 303.794.5838

**TENNIS & PICKLEBALL**

**HOLLY TENNIS CENTER**

- 📍 6651 S. Krameria Way, Centennial
- 🌐 [ssprd.org/Tennis](http://ssprd.org/Tennis)
- 📞 303.771.3654

**SSIA - PICKLEBALL**

- 📍 6580 S. Vine St., Centennial
- 🌐 [ssprd.org/pickleball](http://ssprd.org/pickleball)
- 📞 303.996.5474



**TENNIS CENTER AT LONE TREE GOLF CLUB & HOTEL**

- 📍 9808 Sunningdale Blvd., Lone Tree
- 🌐 [ssprd.org/Tennis](http://ssprd.org/Tennis)
- 📞 303.768.8109



**REGISTER ONLINE**

The easiest way to register for South Suburban classes and programs is online! Visit [register.ssprd.org](http://register.ssprd.org) and click on "catalog" to find your favorite class and register.

**REGISTRATION OFFICES**

Registration office is located in the Goodson Recreation Center, 6315 S. University Blvd., Centennial, CO 80121.

**Hours:** Mon-Thu 7:30 am-6 pm  
 Fri 7:30 am-5 pm  
 Sat 9 am-1 pm

Call the registration office at 303.347.5999.

Athletics league registration is located at the South Suburban Sports Complex, 4810 E. County Line Road, Littleton, CO 80126.

**Hours:** Mon-Fri 8 am-5 pm

To learn more about athletics leagues call 303.798.7515 or visit [southsuburbansports.com](http://southsuburbansports.com)

**REFUNDS/CANCELLATIONS**

Refunds or transfer must be requested and approved at least 3 full business days before the scheduled start of the activity. A full refund of the class cost will be issued as an account credit. If we cancel the class, no fees will be assessed. There is a \$5 service charge per class, per individual to refunds on a credit card. Cancellations made less than three days prior to the class start date may not be eligible for a credit or refund. There are specific programs with policy exceptions.

**CODE OF CONDUCT**

Appropriate social behavior is requested for all programs and facility use. Individuals are encouraged to act in a way that will not physically, mentally or emotionally hurt another person. A participant may be asked to withdraw from a class or program, or to leave a facility if behavior does not comply with program and/or facility standards.

**NONDISCRIMINATION POLICY**

We prohibit discrimination against any patron or volunteer on the basis of race, color, sex, age, national origin, ancestry, genetic information, disability, religion, sexual preference or orientation, gender identity or expression, marital or military status, pregnancy, childbirth and related medical conditions, political affiliation, or any status protected by state or federal law.

Americans with Disabilities Act: If you require special assistance, please call 303.483.7004.

**INDEMNIFICATION AND WAIVER OF LIABILITY**

By registering for any program, the registrant acknowledges that program activities carry certain risks for participants. Further, by registering, the registrant releases and indemnifies the District, its employees, agents, leaders, instructors, contractors or volunteers from and against any and all claims, demands, loss or injury to person or property caused during participation in the activity. This release and indemnity is intended to be as broad as permitted by law.

**PHOTOS, VIDEOS AND EMAIL ADDRESSES**

We may periodically send you email updates. You can unsubscribe at any time. We do not sell email addresses.

South Suburban Park and Recreation District may take photos, audio and/or video recordings of anyone in attendance at a District-managed property or facility or during any District-associated class, event or program. The District may use these materials at its discretion for promotional, marketing and publicity purposes without obligation, compensation or liability to those appearing in such materials.

**HOUSEHOLD PASSES**

The fee structure for households is based on the following definition: two adults and up to three (3) dependent children up to the age of 17, all residing year-round in the same residence. For additional dependent children residing year-round in the same household, an additional child fee will be charged. Additional adults living in the household need to create their own account and purchase their own individual admission or pass.

**RESIDENCY**

Use the District Address Search function on [ssprd.org](http://ssprd.org) to learn if you live within the South Suburban boundaries to receive the resident rates. Additional proof of residency may be requested at any time, such as a current photo ID with your address printed on it or a current bill with the District address and customer name.

**SCHOLARSHIPS**

Scholarships are available for qualifying residents to use District facilities and participate in programs. To learn more about requirements and request an application, call the Registration Office at 303.347.5999 or visit [ssprd.org/scholarships](http://ssprd.org/scholarships).



## ACTIVE ADULTS PROGRAMS & CLASSES



### CLASSES

Find your new favorite hobby or hone your crafting skills. There's something for everyone at our classes and programs including **Watercolors, Ceramics, Line Dance, Beginner Partners Dance, Spanish, Card Trick Class, Printmaking, Watercolor Batik, Technical Assistance** classes and more. Connect with other adults who have the same interests as you and learn something new!

### DROP-IN ACTIVITIES & GAMES

Stop by to connect with friends old and new while participating in games and activities hosted at various times and locations throughout the week. Play **Duplicate Bridge**, work on your crochet or knitting projects at **Happy Hooks and Needles**, drop in for **Pinochle, Poker** or **Mah Jongg** and more! All drop-in activities and games schedules can be found at [register.ssprd.org](http://register.ssprd.org).



### TRIPS AND TOURS

Enjoy a fun outing while we do the driving! Experience culture at a live theater performance or museums, or explore our beautiful state on day-trip adventures and hikes. A complete list of all trips, dates and pricing is available at [register.ssprd.org](http://register.ssprd.org).

## RESOURCES

### LOCAL INFORMATION & ASSISTANCE

Arapahoe County Council on Aging.....[accoa.info](http://accoa.info)  
 Arapahoe County Department of Human Services.....303.636.1130  
 Arapahoe County First Ride.....720.540.5566  
 Centennial Senior Commission.....[centennialco.gov](http://centennialco.gov)  
 DRCOG Area Agency on Aging.....303.480.6700  
 Integrated Family Community Services.....303.795.3700  
 RTD Access-A-Ride.....303.299.2960  
 South Metro Housing Authority -Littleton.....303.794.9608  
 Douglas County Human Services.....303.688.4825  
 Douglas County Senior Adult Services.....303.814.4374  
 Douglas County Seniors' Council.....303.663.7681  
 Lone Tree Living and Aging Well Commission.....303.225.4930

Connect on Facebook!

[facebook.com/groups/southsuburbanactiveadults](https://facebook.com/groups/southsuburbanactiveadults)

Stay Informed!

Sign up for the Active Adults Newsletter at [ssprd.org/Newsletter-Signup](http://ssprd.org/Newsletter-Signup)

Looking for your favorite Active Adult art, educational or fitness class? Look for this icon throughout the catalog.

You can also find all of these classes at [register.ssprd.org](http://register.ssprd.org).



## AQUATICS

### Summer Swim Teams

Enjoy competitive swimming in a fun, recreational setting when you join a South Suburban summer outdoor swim team! Practice with a team of swimmers with similar abilities and compete in weekly meets throughout the metro area. Swimmers ages 6-18 are invited to join the **Ben Franklin Fish, Cook Creek Wahoos** or **Holly Park Sharks**.

### Clubs & Conditioning

Maintain endurance and fine-tune strokes in our **Masters Swim** program or our recreational **Harlow Swim Club**. In addition, children on swim teams who want to become more efficient and faster at their competitive starts and turns can take advantage of our **Starts and Turns Clinics** at one of our outdoor pools!

## CLASSES

### NEW SUMMER AQUATICS OFFERINGS

Younger teens who want to learn basic swim instructor responsibilities and teach swim lessons in the future can gain valuable skills in a **Swim Aide Apprenticeship**. Adults who are either looking to learn basic aquatic skills and swimming strokes or want to expand and refine all six strokes can enroll in a 45-minute group **Adult Beginner** or **Adult Intermediate** class offered on Sunday mornings at one of our outdoor pools!

### RED CROSS CLASSES & TRAINING

Learn the skills and tactics necessary to save a life, respond to emergencies, and provide care for others. Earn American Red Cross certifications including **First Aid CPR and AED, Lifeguard Training** and **Babysitter Training**. Fees, requirements and ages vary depending on course and experience. Those seeking to become a swim instructor can receive comprehensive training and earn a certification in a Red Cross **Water Safety Instructor** course.

## DIVING LESSONS

### DIVE LESSONS

Divers of all ability levels can learn and improve with **Diving Lessons** for youth ages 7-18 at Ben Franklin Pool. Includes proper safety, basic approaches, board work, and optional dives.

## SWIM LESSONS

### SWIM LESSONS

Swimmers of all ability levels can learn and improve at **Swim Lessons** for youth and adults. Practice basic skills and learn new ones in classes ranging from Parent-Tot to Level 5 at pools around the District. Flexible **Private Swim Lessons** are also available, as well as **Sessional Private Swim Lessons** with set dates and times.

Summer 2024 Swim Lesson Fee and Session Information	
<b>Indoor Pools</b>	<b>Session Dates: 2 Days or 1 Day per Week (M/W, Tu/Th or Sat)</b>
Buck, Goodson and Lone Tree Rec Center	6/3-6/29: 4 weeks 7/8-8/3: 4 weeks
<b>Outdoor Pools</b>	<b>Session Dates: 4 Days per Week (M-Th)</b>
Cook Creek, Franklin, Harlow and Holly Pools	6/3-6/13: 2 weeks
	6/17-6/26: 2 weeks
	7/8-7/18: 2 weeks
	7/22-8/1: 2 weeks
<b>Fees:</b>	
Parent-Tot/Preschool Age 6 months-5 years old	M/W or Tu/Th, 4 weeks: \$60R / \$78NR
	M-Th, 2 weeks: \$60R / \$78NR
	Sat, 4 weeks: \$30R / \$39NR
School Age and Adult 6 years and up	M/W or Tu/Th, 4 weeks: \$58R / \$76NR
	M-Th, 2 weeks: \$58R / \$76NR
	Sat, 4 weeks: \$29R / \$38NR



### We're hiring lifeguards and swim instructors!

Enjoy flexible schedules and great benefits including discounts on golf, access to recreation centers and more. Free training available, find more information at [careers.ssprd.org](http://careers.ssprd.org) or contact Anne Harston at [aharston@ssprd.org](mailto:aharston@ssprd.org).



## ARTS / EDUCATION

### SUMMER CAMPS

#### ART

Get creative this summer in art camps for all interests and ages! Experiment with different mediums at **Summer Art Camp**, and make new projects at **Art for Life Camps** with themes including pets, Taylor Swift and more. Let your little one's imagination run wild in **Mini Artist Camp** and hone your sculpting abilities in **Clay Camp**. Capture the world around you in **Photography** camp. Create unique works of art in **Drawing and Painting** camps, and work together to create a lasting masterpiece in a **Mural Camp**.

#### COOKING

Get cookin' this summer in culinary camps! Learn the basics and use your imagination at **Sticky Fingers Cooking School** with themes including **Baking Boot Camp**, **Farm-to-Table**, **STEAM Cooking** and **Children's Literature**.

#### LEGO

Tinker and build in themed camps like **Minecraft Engineering**, **Animal Adventures**, **Pokémon** and more, or discover **Adventures in STEM** with LEGO projects.

#### SCIENCE / STEAM

Learn and play with fun experiments in **Mad Science Camps**, including hands-on funky forensics, engineering and other STEM adventures. Journey through the solar system, dive deep into the ocean, and discover everything in between at **Science Matters Camps**. Explore **Robotics** and learn how to create an **Escape Room** in hands-on camps. Make friends and learn new skills taught by a Master Chess Instructor at **Chess** camps.



### ACTING

#### YOUTH THEATRE

Step into the spotlight in the **Summer Theatre Production** of "Charlotte's Web" with auditions on June 6 and performances June 20 and 21 at various South Suburban parks.

### ARTS AND CRAFTS

#### Creativity Lab

There are opportunities for creators of all ages at Sheridan Recreation Center's Creativity Lab! Imagine and build beautiful creations out of recycled treasures and found objects. The Creativity Lab is free with admission to the Sheridan Recreation Center.



#### ANIME CLUB

Participants will create art and cosplay pieces involving anime, comics, video games, manga, movies, and television.

#### ART CLUB

Explore art with a variety of media, including pastels, paints, glue and more! Make beautiful works of art for home. All materials provided.

#### ART STUDIO

Adults can get creative in **Art Studio** as you experiment with multiple media such as chalk, watercolor, acrylic, oil, pastels or charcoal.

#### CRAFTS FOR ALL AGES

Let your creativity soar with hands-on crafts including **Stained Glass**, **Active Adult Ceramics**, **Origami** and more. Classes and workshops available for adults, youth and parent-tot.

#### DRAWING

Learn new skills and explore techniques and tools in drawing classes for all ages. Try your hand at **Drawing Techniques**, **Drawing with Pencil Studio**, and explore season themes at **Draw & Paint: Famous Artist Workshop**. Youth can also try **Drawing for Kids** or **Drawing for Teens**.

#### HOMESCHOOL ART PROGRAMS

These in-depth classes address art standards and explore a variety of media including drawing, painting, sculpture, collage, ceramics and printmaking.

#### PAINTING

Classes and workshops featuring **Watercolor**, **Watercolor Batik**, **Printmaking** and other mediums for tots, teens, adults and specialty classes just for Active Adults! Little ones can explore in **Art for Tots** or **Canvas and Cookies** classes.

### COOKING

#### COOKING FOR KIDS

Cooking helps build independence, persistence and confidence in students. Learn skills to use in the classroom and at home in a **Saturday Treats Workshop**.

#### COOKING FOR ADULTS

Classes are designed around the participants' desires and include recipes, in-depth instruction and sampling of the completed dishes. This summer, explore the **Cuisine of India**, gain the skills to host your own **Tapas Party**, and learn techniques for **Cooking the Mediterranean Way**.



## LEARN SOMETHING NEW

#### ART & HISTORY LECTURES

Challenge your mind and learn something new at **Tesoro Cultural Center's Art and History lectures!** Topics include various explorations of Colorado history, Native American history and much more.

#### LANGUAGE LEARNING

Build vocabulary and improve fluency and listening skills in an **Intermediate Spanish** class. Practice your English in a fun and relaxed setting at an **English Conversation Group** meeting! Have casual conversations and ask questions about slang, grammar, words and culture while making new friends.

### MUSIC

#### MUSIC FOR TOTS

Sing, dance and play! Enjoy interactive classes like **Music Together** and **Crocodile Rock** to lay the foundation for a lifetime of music appreciation.

#### FUN KEYS SEMI PRIVATE PIANO LESSONS

These fun lessons feature popular piano teaching methods with catchy rhythms, melodies and chord progressions that students love to practice.

### POTTERY



#### CLAY

Explore the possibilities of clay work without the wheel, from boxes and bowls to platters and free-form art pieces in **Pottery Beyond the Wheel**, **Adult Hand Building**, **Youth Clay**, **Youth Sculpture**, or **Clay for Tots** classes.

#### POTTERY

Give this craft a spin with adult **Pottery** classes for Levels 1-3, **Raku** and **Goodson Pottery Studio Open Lab Time**, and **Youth Pottery** or **Youth/Family Pottery** classes for young creators. In addition to the classes at Goodson, beginner pottery classes are now offered at Buck Recreation Center!





## DANCE

### DANCE CAMPS

Get moving this summer! Explore various styles at dance summer camps, learn a routine and perform on the final day of camp. Dress up to twirl with style at **Princess Dance Camp**. Combine art and movement to create masterpieces in **Encanto Ballet Dance Camp**.



## ACADEMY OF DANCE

Academy of Dance classes offer challenging, comprehensive dance training designed specifically for students ages 3-18. Youth receive quality studio instruction in a fun and engaging setting at a fraction of the cost of other studio classes. Learn more at [ssprd.org/Academy-of-Dance](https://ssprd.org/Academy-of-Dance).

### BALLET

Instill grace, balance and confidence through **Ballet**. Classes and conditioning courses available for dancers of all ages and abilities, from Level 1 to Level 4. **Ballet / Tap** and **Ballet / Jazz** combo classes are also available. Practice technique, correct stance, turnout, body structure and fully pointed foot extensions in **Strength and Conditioning**.

### HIP HOP

Groove to the beat while learning new skills and techniques. Students will learn **Hip Hop** moves while working on coordination, strength and teamwork. Beginning, intermediate and advanced levels are available.

### JAZZ

Experience the upbeat energy of **Jazz**, which combines classical ballet with modern and popular dance techniques. Beginning, intermediate and advanced levels available, as well as a **Jazz / Tap** combo class.

### LYRICAL DANCE

**Lyrical Dance** is perfect for anyone who wants to learn how to use movement to express emotions. Students work on balance, technique and creativity in beginning, intermediate and advanced sessions.

### TAP

Get into the rhythm and explore the energetic styles of **Tap**! Students will focus on timing and technique while learning exciting dances and routines. Beginning, intermediate and advanced levels available.

## ADULT DANCE CLASSES

### DANCE PROGRAMS

Practice grace and strength in **Adult Dance** for beginners or continuing dancers, or explore the many benefits of **Belly Dance**. Kick up your heels in **Line Dance** or move to your favorite songs in **Jazz / Broadway**! Try a **Beginner Partners Dance** class to learn popular ballroom, Latin and social dances. Dancers ages 15+ can sign up for a beginning, intermediate or advanced **Tap** class to enjoy a vigorous, high-energy and fun way to exercise.

## YOUTH RECREATIONAL DANCE CLASSES

### BALLET

Learn the fundamentals of ballet in **Pre-Ballet** classes. Various age groups are available for these shorter dance sessions, lasting from 1-8 weeks.

### HIP HOP

Learn **Hip Hop** choreography that is age-appropriate, high-energy and fun!

### IRISH DANCING

Learn the techniques of traditional Irish step dancing, with roots dating back to the 16th century. Bring a parent, grandparent or guardian to add to the fun!

### JAZZ

Combine classical ballet, modern dance and popular moves in upbeat and fun **Jazz** classes.

### YOUNG DANCERS

Your little ones can move and groove at classes designed for dancers ages 1-5. Play and learn with your child at a **Parent-Tot Dance** class, or let them explore rhythm and basic steps in fun classes like **Creative Movement** and **Princess Dance**!



## ESPORTS

### ESPORTS CAMPS

Whether you're a seasoned pro or brand new to the genre, duke it out with various enemies, weapons and characters at **Battle Royale Camp**. Love to tinker and build? Jump on the custom South Suburban Esports Minecraft server and bring your ideas to life at **Minecraft Camp**. Meet new friends and prepare for local tournaments at **Super Smash Bros Camp**.

Esports camps are coming to Sheridan Recreation Center this summer! Make new friends and play your favorite games at **Super Smash Bros Summer Camp** and **Mario Kart Summer Camp**.



**DROP-IN GAMING**  
**LONE TREE: MON-FRI 4-8 PM**  
**WEEKENDS 10 AM-4 PM**  
**SHERIDAN: MON-FRI 2-7 PM**

### OPEN PLAY GAMING

Join us for open play sessions during **Daily Drop-Ins**! Perfect your skills, try out new games, and meet friends while playing on our professional-grade equipment. Guarantee your spot by registering online or drop in and pay on-site.

### TABLE TOP GAMING

We enjoy old-school gaming as much as the new stuff here at South Suburban. Join us on weekends at the Lone Tree Hub for some analog gaming! Bring a group and games, or swing by solo to meet new adventurers.

## TOURNAMENTS

### FIGHT GAME COMMUNITY

South Suburban hosts weekly and monthly fighting game tournaments throughout the District. Choose from a variety of titles, including Super Smash Bros, Street Fighter 6 and many more. Follow South Suburban Esports on social media for updates on dates and times.

### ESPORTS LEAGUES

South Suburban Esports now has youth and adult leagues! Join as a team or get drafted to one by our staff team managers. Play in a mix of 5v5, 3v3 and 1v1 game titles that are voted on by the players! The season is eight weeks long with an in-person finale. Adult matches will be held on Saturdays and youth matches will be held on Sundays. Practice Monday-Friday during regular drop-in times at no extra cost. Learn more at [ssprd.org/esports](https://ssprd.org/esports).

### SOUTH SUBURBAN ESPORTS SPRING SHOWCASE

May 4

Join us for the 2024 South Suburban Esports Spring Showcase! The event is open to all skill levels and features Tekken 8, Super Smash Bros, Street Fighter 6, Rivals 2 and more. Enjoy local competition, connect with others, or just catch all the action! Learn more at [ssprd.org/esports](https://ssprd.org/esports) or [start.gg/ssprd](https://start.gg/ssprd).



Connect with us for the latest updates and information on upcoming events.

 @SSPRD Esports

 Discord:

 Twitch

[twitch.tv/southsuburbanesports](https://twitch.tv/southsuburbanesports)





# FITNESS

## GROUP FITNESS

### POSTURE & FUNCTIONAL TRAINING

Learn gentle corrective exercises for balance, strength and chronic pain relief in **Functional Motion** classes. Learn how to improve postural and movement habits with **Alexander Technique** private lessons and classes.

### DROP-IN GROUP FITNESS CLASSES

Drop-in fitness classes are included with daily admission to any recreation center. Cardio, strength, cycling, dance, aqua fitness, mind/body, SilverSneakers® and so much more! Visit [ssprd.org/drop-in-fitness.html](https://ssprd.org/drop-in-fitness.html) or scan the QR code below for times and locations.

### SMALL GROUP TRAINING

Feel comfortable and get motivated with South Suburban's group training sessions. Start with one of the free **Equipment Orientations** and gain strength with **Women on Weights**, **Active Adult Weight Training**, **Pelvicore Yoga Fusion** and **Commit to Get Fit**. Stay mentally fit and stimulate your brain in **Ageless Grace**.



### PARKINSON'S FOUNDATIONS

**Parkinson's Foundations** is designed for anyone experiencing mobility, cognitive, balance, or coordination issues, including Parkinson's, MS, TBI, stroke, or neuropathy. Each session focuses on exercises that will improve overall fitness, mobility, reflexes, voice strength, and balance, all in a fun and friendly atmosphere.

## HEALTH & WELLNESS

### MASSAGE

Call 303.483.7080 for an appointment with a certified, licensed massage therapist at Goodson Recreation Center. Single massages can be purchased at the front desk.

## MINDFULNESS & STRESS RELIEF

Practice a variety of ways to bring mindfulness into your life at outdoor **Mindfulness Workshops** at Hudson Gardens. Slow down and try the Japanese practice of **Forest Bathing** on a guided walk through nature. Experience the benefits of a **Sound Bath** at Hudson Gardens to promote mental clarity, increase focus and reduce stress.

## PERSONAL TRAINING

Achieve your goals through affordable training. South Suburban's nationally-certified trainers will provide safe, effective workouts designed for each individual's needs. Adult, youth and group rates available.

## PHYSICAL THERAPY

Receive an individualized treatment plan to help restore, maintain and optimize your activity.

### Active Adult Healthy Living Expo

- Enjoy interactive demos and learn about local resources at the Active Adult Healthy Living Expo on Wednesday, May 1 from 9-11 am at Buck Recreation Center.
- The expo is free and open to the public, no registration required.



Looking for Drop-In Fitness Classes?  
Scan the QR Code below for an up-to-date schedule!



Pro tip: Cut out this box and keep it on display or tucked away for easy access to the Drop-In Fitness calendar whenever you need it!

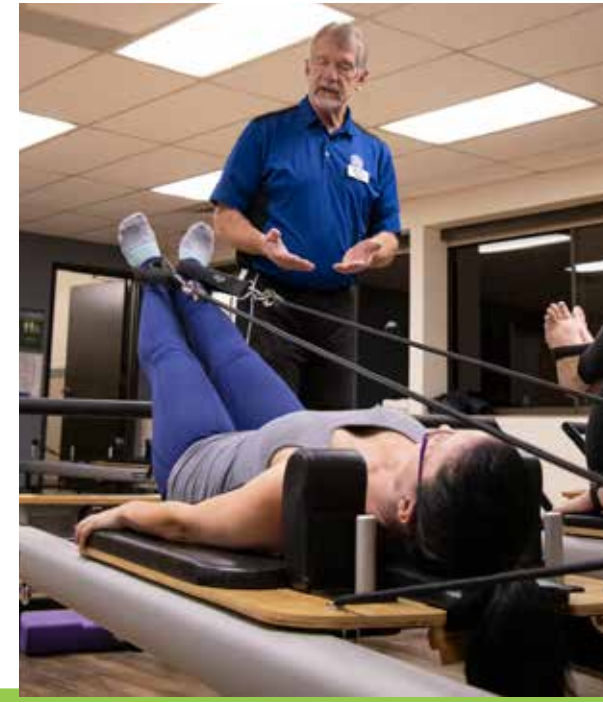
## PILATES

### PILATES 101

Pilates utilizes a unique system of simple yet challenging stretching and strengthening mat exercises that target the core. Suitable for all levels.

### PILATES REFORMER

Pilates Reformer classes offered for the beginner to the advanced student. Try it out at **Discover Pilates Reformer**, then move to **Reformer Level 1** and work your way up to **Level 3**. **Private Reformer** sessions for individuals or groups available as well. Plus, try the new **Jumpboard Reformer** class!



## SILVERSNEAKERS®, SILVER & FIT, RENEW ACTIVE/ ONE PASS

### INSURANCE BENEFIT PLAN ORIENTATIONS

Get a general overview of the SilverSneakers®, Silver & Fit, and Renew Active/One Pass programs and facility tours. All members are welcome.

### SILVERSNEAKERS® CLASSES

A variety of SilverSneakers® classes are offered to help you meet your health and wellness goals. Classes are included with daily recreation center admission. Try **SilverSneakers® Circuit** for a low-impact workout or **SilverSneakers® Classic** with a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. **SilverSneakers® Yoga** is also available for all abilities.

## TAI CHI

### TAI CHI

Relieve stress, improve balance and promote physical and mental well-being with **Tai Chi** classes. Start with the beginning class and move your way up to advanced, and build confidence with **Moving for Better Balance** classes.

### Private Yoga and Tai Chi Sessions

- Improve your yoga or tai chi practice in private sessions with our certified instructors. Contact your recreation center for appointments.

## YOGA

### YOUTH YOGA

Through poses, breath work, asanas and a lot of laughter, kids ages 6-12 will learn the physical and mental benefits of yoga. Parents are welcome to register and attend with their kids.

### YOGA WITH SUZANNE

Increase energy, gain flexibility and improve your overall physical shape in a class that focuses on good health and stress management. All levels welcome.

### Outdoor Fitness

- Enjoy the fresh air while staying active in outdoor fitness classes. Registration is open for **Outdoor Aqua Fitness**, **Tai Chi**, **Yoga** and more!





## GOLF COURSES

### FAMILY SPORTS GOLF COURSE



This 9-hole, par-31 executive golf course is perfect for those short on time, or those wanting to practice their short game. In addition to South Suburban's PGA teaching staff, GOLFTEC provides individual outdoor lessons onsite at Family Sports Golf Course.

Family Sports Golf Course also features the Denver metro area's only heated and lighted double-deck driving range, open year-round, and late into the night! Golfers enjoy infrared heaters while hitting range balls on cold days or nights.

Adjacent to the driving range is an award-winning short game practice area featuring two large practice greens, two bunkers and the ability to hit up to 75-yard-long pitch shots.

#### Avalanche Grill and Pro Shop

At the Avalanche Grill, catch your favorite sports on the big screen TV, watch the Colorado Avalanche practice on the ice below, or dine on the covered patio overlooking the golf course.

Stop by the pro shop where our certified professional staff will guide you through your purchase to ensure you have the right equipment for your game. Family Sports enjoys a very low tax rate. We will also assist you with any warranty-related issue.

### LITTLETON GOLF AND TENNIS



The par-63 executive 18-hole course is a great choice if you're looking to play a round on a naturally beautiful course. The title may say executive, but the challenge of the course will put your skills to the test. It features two par-5s, five par-4s, a grass driving range with water targets and a practice putting green.

#### Centennial Grill and Pro Shop

Stop in for a drink or bite to eat at the new Centennial Grill. It's the perfect casual dining spot, featuring great views, large TVs and a full-service bar. Take advantage of weekly food and drink specials.

### LONE TREE GOLF CLUB & HOTEL



A public course with a country club feel. The 18-hole, Arnold Palmer-designed, par-72 championship course features rolling fairways and greens and offers players incredible views of Denver and the Front Range. With five sets of tees, players can choose tee boxes to match their handicap. Lone Tree offers great practice facilities with a grass tee driving range, large putting green and a short game area consisting of two chipping greens, two sand bunkers and one grass bunker.

#### Lone Tree Grill and Pro Shop

The Lone Tree Grill is open seven days a week and is the perfect spot to grab breakfast before a round or a cocktail to unwind and relax. The Grill offers regular specials, music on the patio in the summer and themed parties. Stop in the newly renovated pro shop to receive a custom club fitting from professionals and enjoy competitive prices. It's the perfect spot to find a gift for the golfer who has everything.

#### Lone Tree Hotel and Events

The Lone Tree Golf Club & Hotel offers unique sophistication with a traditional flair for all types of events, including weddings, corporate events, life celebrations and more! Feel confident that you and your guests will receive care and attention from start to finish by hospitality professionals attending to every detail, so you can enjoy your day! In addition to 15 boutique hotel suites, Lone Tree offers a full catering menu.



### SOUTH SUBURBAN GOLF COURSE

Play a round against a picturesque mountain backdrop at this regional favorite! South Suburban is a superbly maintained, 18-hole regulation course, conveniently located in the south metro area. Whether your handicap is in the single or double digits, everyone enjoys playing this fun and challenging Dick Phelps-designed course. Take advantage of our short game practice area, which includes a 3,000 square-foot chipping and putting area, as well as a practice sand bunker.

#### Par-3 Course

The 9-hole, par-3 golf course is an excellent choice for those who are learning the game or have limited time.

#### South Suburban Bar and Grill and Pro Shop

Whether you're dining indoors or on the patio, the sweeping views of the golf course and mountains are the perfect complement to your meal. The Grill is open daily for breakfast, lunch and dinner, with full bar service, daily specials and happy hour Monday-Friday. The Grill hosts events and live music on select dates year-round, and is available for your next event, reception or outing. Reservations are accepted and gluten-free items are available.

Make any day a hole in one at South Suburban's two mini golf courses!

- Family Sports Center Mini Golf
- Colorado Journey Mini Golf (closed through April 2024)

## SUMMER CAMPS

### JUNIOR GOLF CAMPS

Focus on full swing and short game at a **Junior Golf Camp**, available at South Suburban, Lone Tree and Littleton golf courses. Students will learn basic fundamentals, safety and etiquette.

### JUNIOR GOLF - ADVANCED PLAYING CAMP

The **Family Sports Junior Golf Advanced Playing Camp** features on-course play with instruction and includes a take-home video analysis. Must be able to carry your own set of clubs and play 9 holes.

### JUNIOR GOLF & TENNIS

Try **Junior Golf & Tennis** for a fun opportunity to meet friends while trying new sports. Students will learn the basics of both golf and tennis at Lone Tree Golf Club & Hotel and Lone Tree Tennis Center.

## GOLF CAMPS & CLASSES

### ADULT CLINICS

Up your game at **Golf Clinics** designed for intermediate and advanced golfers. Instruction includes putting, chipping/pitching, irons and driver.



### ADULT GET GOLF READY



**Get Golf Ready** offers basic instruction preparing the adult golfer to play the game at all four courses. Basic, intermediate and women-only classes.

### FAMILY SPORTS GOLFTEC LESSONS

**GOLFTEC** gives lessons to every player from beginners to serious competitive golfers. They will develop a customized plan to fit your game, your learning style and your goals.



### START SMART GOLF

Before your child steps out on the green, sign up for a **Start Smart Golf** program at the Sports Complex or Goodson or Lone Tree recreation centers. Players will enjoy fun activities while using specialized learning equipment and practicing the motor skills necessary to play golf.

### YOUTH LEARN TO PLAY GOLF

**Youth Learn to Play Golf** lessons are designed to cover the basic golf fundamentals of grip, stance, full swing, short game and etiquette. Available at all four courses.

## GOLF LEAGUES

### YOUTH & ADULT LEAGUES

All four golf courses offer a variety of youth and adult leagues for every golfer. Most leagues run April-October. Call your favorite pro shop for more information. Youth golfers can also compete in the **Junior Playing Series** at South Suburban Golf Course.

## MUSIC ON THE PATIO

WEEKENDS AT  
LONE TREE GOLF CLUB & HOTEL  
SOUTH SUBURBAN GOLF COURSE

Enjoy live music and specials  
on food and beverages!

View schedules at [ssprd.org](http://ssprd.org)



### Join the South Suburban Preschool family with Universal Pre-K

Your little one can grow and learn in South Suburban's Child Discovery Time program with unique activities like swimming, a full-sized gym for indoor play, an introduction to new sports with Kidokinetics, visits from the South Platte Express Nature Van, and more.

### Universal Pre-K pricing is unbeatable!

Cost per Month:  
2-day (T/Th) | 9 am-3 pm | \$51R / \$78NR  
3-day (M/W/F) | 9 am-3 pm | \$72R / \$96NR  
5-day (M-F) | 9 am-3 pm | Price Varies

### Learn more and apply for the Universal Pre-K program:



## LICENSED CAMPS / PRESCHOOL

### SUMMER CAMPS

#### ADVENTURE DAY CAMP

Have a new adventure at Family Sports Center! Camp activities include laser tag, euro bungee, ice skating, mini golf, crafts and sports. Special activities include HawkQuest, silent disco, tie-dye, and Kona Ice. Plus, explore on field trips to outdoor pools, botanic gardens, Aurora Reservoir, Denver Museum of Nature and Science, and the aquarium!

#### CLUB CAMP

Full day Club Camps at the Sports Complex, Buck, Goodson and Lone Tree recreation centers include crafts, sports, swimming, science, group games and more. This summer, special activities include HawkQuest, silent disco, tie-dye, and Kona Ice. Plus, explore on field trips to outdoor pools, botanic gardens, Aurora Reservoir, Denver Museum of Nature and Science, and the aquarium!



#### More Summer Camps

South Suburban offers a variety of camps and classes at over a dozen facilities and parks. At specialty camps, campers can try outdoor adventures like archery or BMX, explore the wonders of space and science, sharpen their photography or art skills and much more. View a full list of summer camps at [register.ssprd.org](http://register.ssprd.org).

## PARENTS NIGHT OUT

### PARENTS NIGHT OUT

Hey parents! Take the night off and bring your kiddos (ages 3-12) to a movie night, complete with pizza and popcorn. Movie nights will be held at Goodson Recreation Center on June 14, July 12 and Aug. 9, and at Lone Tree Recreation Center on June 7, July 5 and Aug. 2.

## PRESCHOOL

To register for the following programs, contact the Family Services Coordinators at Goodson (303.483.7091) or Lone Tree (303.708.3518). Registration will open on July 17 for the 2024-2025 school year. Fall sessions begin Sept. 3. Students may enroll at any time if the age and potty training requirements are met.

### Schedule a Preschool Tour

- Want to learn more about preschool activities, facilities and staff? Schedule a tour to see what makes South Suburban's Child Discovery Time preschool programs unique and perfect for your child at [bit.ly/CDTtours](http://bit.ly/CDTtours).



### PRESCHOOL / PRE-KINDERGARTEN

Children will socialize, develop self-esteem, engage in physical activities, improve verbal and listening skills, and work on math and reading readiness at this state-licensed preschool program. Half- or full-day classes available M/W/F, T/TH and M-F at Goodson and Lone Tree recreation centers.

- Preschool - ages 3-4
- Pre-Kindergarten - ages 4-5

### Camp and Preschool Registration Fees

- Payment of annual registration fees is required to attend South Suburban licensed camps or preschool programs.
- The fee is \$35 for licensed day camps, and \$135R / \$160NR for licensed child care and preschool programs.
- Visit [register.ssprd.org](http://register.ssprd.org) to learn more about these fees and for more details about signing up for child care, preschool and day camps.





# NATURE / OUTDOOR RECREATION

## SUMMER CAMPS

### ARCHERY

Have fun, learn about archery and develop skills at a week-long **Archery Mini Camp**. Learn survival skills while practicing your archery technique at **Target Sports Archery Camp**.

### NATURE CAMPS

Make every day a new adventure at nature summer camps! Discover the world around us and learn fun skills at:

- Discovery Camp
- Boom! Volcanoes Camp
- Mini Beekeepers Camp
- Mini Mountaineers Camp
- Nature Adventurer Camp
- Outdoor Explorers Camp
- Primitive Survival Camp
- Water Wonders Camp
- Woods Medicine Camp
- ... and many more!

### WATER SPORTS

Dive in and learn how to kayak, sail and stand-up paddleboard (SUP) at **Water Sports** camps. Try a **Sailing** camp, **SUP, Kayak and Sail** camp, **Wet and Wild Watersports** camp and more to make a splash all summer long.

### More Nature Summer Camps

Explore nature summer camps! There are tons of camps for children of all ages at South Platte Park, the Carson Nature Center and more locations all summer long. Visit [register.ssprd.org](http://register.ssprd.org) to view a full list of camps.



### Nature Programs Are Available

#### Throughout the District!

Nature classes and events for explorers of all ages are available in parks across the District, as well as at South Platte Park and Hudson Gardens. Visit [register.ssprd.org](http://register.ssprd.org) to view a full list of nature programs and start planning your next adventure!

## ADULT NATURE

### CERTIFIED INTERPRETIVE GUIDE WORKSHOP

Earn the respected title of Certified Interpretive Guide (CIG) to increase your skills and open doors in your career. Take a professional certification course, offered in partnership with the National Association for Interpretation.

### GUIDED HIKES

Limited spots are left for popular **Nature Hikes!** Join a naturalist guide for adventures at regional parks and trails. Travel 3-6 miles with moderate elevation gain. Plus, hikers ages 55+ can explore the great outdoors on **Active Adult Hikes**. Celebrate the change of seasons on a **Sunset Solstice Hike**.



## CHILDREN'S NATURE

### CLASSES, WORKSHOPS & EVENTS

Learn and play at South Platte Park! Practice the basics at **Fly Fishing for Kids** and learn **Primitive Survival Skills** for thriving in the wilderness. See what it's like for native wildlife on a **Predator and Prey** adventure, build **Fairyhouses and Forts**, explore the journey **From Toad to Turtle** and much more.

## FAMILY NATURE & SPECIAL EVENTS

### ARCHERY

From weekly beginner classes to week-long camps, archers ages 8+ can develop skills with recurved, compound and crossbows from a certified instructor and range coach. This summer, South Suburban is offering **Indoor Beginner, Intermediate, Drop-in, Archery Tag** and **Explore Archery** options.

### ASTRONOMY

Explore a riverside forest by moonlight on a **Full Moon Walk**. Experience the biggest celestial show of the summer at the **Perseids Meteor Shower** viewing event.

### BEEKEEPING

Learn about bees and beekeeping at Hudson Gardens! Observe the daily tasks of a beekeeper and watch them handle live, active bees at a **Meet the Beekeeper** event, or take **Beekeeping Classes** to learn how to set up and maintain your own hive to support conservation efforts.

### GARDENING

Sharpen your gardening skills in **Vegetable Gardening** classes, **Rose Gardening** classes and **Japanese Beetle** classes, and gain useful knowledge at **Meet the Rose Gardener**, **Meet the Water Gardener**, **Meet the Veggie Gardener** and **Meet the Colorado Gardener** workshops at Hudson Gardens.



### HORSEBACK RIDING

Learn or improve skills from grooming to cantering in horseback lessons for riders of all ability levels. Aspiring riders ages 5-7 can build confidence in the **Kiddie Corral**, and riders ages 8+ can gain more experience in a group setting **Horseback Riding** course.

### NATURE ART & SKILLS

Join **Nature's Educators** and their animal ambassadors at Hudson Gardens to learn about snakes and owls, then get an up-close look! Discover treasures in the outdoors while **Geocaching**. Learn about different herbs and their medicinal properties in an **Herbal Education** class.

## NATURETEENS

South Platte Park's NatureTeen program is a summer volunteer experience designed to foster leadership skills, mentoring roles, and job skills for youth ages 14-18. Most shifts include outdoor leadership and guidance for children in nature programs and camps. Check online for details and training dates before the busy summer season.

## MORE FAMILY NATURE

Fill your summer with family-friendly adventures! Catch a glimpse of protected wildlife at a free **Cooley Lake Nature Walk**. Get your feet wet and learn **Family Fishing Skills**.



### Special Events

- Test your luck with **Gold Panning**. Experience live raptors like falcons, owls and hawks take flight before your eyes at **HawkQuest Night Out**, always a favorite during Western Welcome Week. Capture closeup photos of raptors at the **HawkQuest Raptor Photography Event** at Hudson Gardens. Enjoy the biggest celestial show of the summer during the **Perseids Meteor Shower** viewing event.

## WILDLIFE WATCHING

### BIRDING & WILDLIFE WATCHING

Calling all birders! Classes, hikes and events are available for birders of all abilities. Paddle silently past herons and ducks during the popular **Sunset Canoeing** or join other enthusiasts at **Wednesday Birding**, **Birdwatching for Beginners** or **Parent / Child Birdwatching**. Hike to catch a glimpse of an **Osprey**. Join an Audubon Master Birder to discover rich bird habitats on **Bird Walks at Hudson Gardens**.

### Nature Van, Field Trips & Homeschool Opportunities

- South Platte Park can bring our nature van to your school or community meeting to provide a hands on natural science experience. You can also book a field trip to the South Platte River for an adventure that aligns with local curriculum standards. Visit [ssprd.org/nature](http://ssprd.org/nature) to learn more and start planning your adventure!

### Nature Program Scholarships Available

Visit [ssprd.org/scholarships](http://ssprd.org/scholarships) to learn more and apply!

# KEEP CALM & ROCK ON!

Experience all Hudson Gardens has to offer this summer!  
Unwind, connect with nature, and rock out with our exciting summer programming.  
Plus, the gardens are open and free to visit 365 days per year.

## Forest Bathing

May 18, 9-11:30 am  
June 8, 9-11:30 am  
July 13, 9-11:30 am  
Aug. 10, 9-11:30 am

## HawkQuest Raptor Photography Event

July 20, 8-10 am

## Herbal Education

June 6, 9 am-12 pm  
July 10, 6-8:30 pm  
Aug. 17, 9 am-12 pm

## Mindfulness Workshop

June 19, 9-11 am

## Nature's Educators

June 3, 10-11 am  
Aug. 10, 1-2 pm

## Sound Bath

June 22, 10-11 am  
July 20, 10-11 am  
Aug. 24, 10-11 am

## FREE!

## Yoga at Hudson Gardens

June 1, 6:30-7:30 pm  
July 15, 6:30-7:30 pm  
Aug. 19, 6:30-7:30 pm

## Red, White & ROCK!

July 3, 5-9:30 pm

Live music by Super Diamond,  
The Neil Diamond Tribute  
Fireworks, Food Trucks & Kids Activities  
Tickets on sale now!



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



## SPORTS

### SUMMER CAMPS

#### BMX / BIKE CAMPS

Ignite a passion for riding! Discover BMX skills in an exciting **BMX Champs Camp**, held on our sanctioned County Line BMX Track. **Strider Bike** teaches kids ages 2-8 to ride, balance and steer on two wheels.

#### MULTI-SPORT CAMPS

Learn the fundamentals of soccer, kickball, flag football and more at a **Multi-Sport Champs Camp**, **Skyhawks Sports Camp** or **FUNdamental Youth Sports camp**. Campers can play and explore in **SuperTots Sports Camp**. **Outdoor Adventure Champs Camp** allows campers to hike, geocache, play disc golf, ride at the BMX track and more. **Sport & Splash** camps include fun drills and games to teach sports fundamentals, plus a half day of open swim.

#### SKILLS IMPROVEMENT CAMPS

Develop skills at **Fundamental Development Lacrosse Camp** or **Advanced Skills Lacrosse Camp**. Players can learn from experienced coaches and improve their game at a **Nothing But Net Basketball Camp**. Practice and grow at **Soccer Skills Development Camp** or **Diamond Club Baseball Advanced Camp**.

#### SPORT CAMPS

Campers can practice their favorite sports and try new ones at a variety of summer sports camps! Work on coordination, improve fundamental skills and make new friends at sports camps including:

- Basketball Champs Camp**
- Flag Football Champs Camp**
- Figure Skating Camp**
- Gymnastics Camp**
- Junior Tennis Champs Camp** or **Swim & Tennis**
- Junior Golf & Tennis**
- Lacrosse Camp**
- Soccer Champs Camp** or **Skills Development Camp**
- Triathlon Camp**
- Volleyball Camp**



## BASKETBALL

### BASKETBALL CLINICS

Practice basic basketball skills at a **Swisher Basketball Clinic**, where participants focus on ball handling, dribbling, passing, shooting and rebounding. Players can learn from experienced coaches and compete in a fun environment at **Nothing But Net** camps.



For youth and adult league information, see pages 30-31.

## FENCING

### FENCING CLASSES

Youth can develop balance, reflexes, confidence and self-esteem while exploring the art of **Fencing**!

## GYMNASTICS

### C.A.R.A. COMPETITIVE TEAMS

South Suburban partners with the Colorado Association of Regional Athletics (C.A.R.A.) to offer this girls competitive program. For more information, call 303.483.7083 or email [sparks@ssprd.org](mailto:sparks@ssprd.org).

### DROP-IN GYMNASTICS

Enjoy extra practice time or burn off excess energy at **Drop-In Gymnastics**! Trained staff supervise sessions, but do not offer instruction or structured activities. Learn more and view schedules at [register.ssprd.org](http://register.ssprd.org).

### PRIVATE LESSONS

Is your child having trouble mastering one or more gymnastics skills? Private, semi-private and small group lessons are available for ages 6+ and all ability levels. Call 303.483.7085 or email [kborawa@ssprd.org](mailto:kborawa@ssprd.org) to request a coach.

### GYMNASTICS CLASSES

Various levels of instruction offered for gymnasts ages 6-11, from **Beginner to Advanced**. Active little ones ages 18 months-5 years can jump, tumble, learn and explore at gymnastics programs including **Mighty Munchkins**, **Tiny Tots**, **Tumble Bugs**, **Tumble Tykes** and **Kindernastics**.

New gymnastics sessions begin July 8.

## ICE SKATING

### ADULT LEARN TO SKATE

**Beginner, Intermediate** and **Advanced** ice skating lessons for skaters ages 18+.

### YOUTH LEARN TO SKATE

From **Parent-Tot** to **Advanced Freeskate** and everything in between for ice skaters ages 2-17. Beginners can develop basic skills in **Learn to Skate** levels 1-6, and experienced skaters can learn even more in **Freestyle** and **Ice Dancing** classes.

## HOCKEY

### ADULT AND YOUTH LEAGUES

South Suburban offers adult and youth leagues for all ages and abilities.

For adult hockey league information visit [ssprd.org/Adult-Ice-Hockey](https://ssprd.org/Adult-Ice-Hockey).

For youth hockey league information visit [ayhl.com](https://ayhl.com).

### BLACK ACES

Lace up your skates and join South Suburban's new Adult Hockey League! This lunch league has four seasons – Fall, Winter, Spring and Summer. Each season is 10 weeks long with single elimination playoffs. Learn more at [ssahl.sportngin.com/blackaces](https://ssahl.sportngin.com/blackaces).



### LEARN TO PLAY - HOCKEY

Focus on hockey skills in the new Learn to Play series for all abilities. Learn basic moves and then develop your technique with **Mighty Mites** (ages 4-8) or **Mighty Warriors** (ages 9-17). Play actual games in **Junior Warrior House League** (12U & 17U). Must provide your own gear. Learn to Skate Pre 1 & Pre 2 or Level 1 are a prerequisite for Learn to Play.

For youth hockey league information visit [ayhl.com](https://ayhl.com)

## LACROSSE

### CLINICS & CAMPS

Learn fundamental skills at **New Player Lacrosse Camp** or **Fundamental Development Lacrosse Camp**, and improve your game at **Advanced Skills Lacrosse Camp**.



## MARTIAL ARTS

### AIKIDO, KARATE & TAE KWON DO

Practice self-defense, discipline and other essential skills at one of South Suburban's many martial arts classes for all ages and abilities. Different levels offered for **Aikido**, **Colorado Budokan Karate**, **ISKF Colorado Karate** and **Tae Kwon Do** classes. Adults, youth and families can learn techniques and gain confidence in **Self-Defense** classes.

### Personal Training at the South Suburban Sports Complex

Denver Human Performance (DHP) provides private, small group and team training for any athlete or sport team seeking to improve their physical capabilities while strengthening camaraderie and discipline. Search for **Sports Complex Sports Performance Training** at [register.ssprd.org](https://register.ssprd.org) to learn more and get started.

## PICKLEBALL

### CLINICS, CAMPS & DROP-IN

Meet new friends and ace your game at **Drop-In Pickleball** at various indoor and outdoor locations! View drop-in schedules and programming updates at [ssprd.org/pickleball](https://ssprd.org/pickleball).

For youth and adult league information, see pages 30-31.



## RACE SERIES

Visit [ssprd.org/raceseries](https://ssprd.org/raceseries) to learn more and register for South Suburban races!

### PANCAKE STAMPEDE 5K

Work up an appetite for a deluxe post-race breakfast at the Pancake Stampede 5K on Sunday, Aug. 11. The race takes place on the Mary Carter Greenway along the South Platte River, and is part of Littleton's Western Welcome Week celebration.

### BLUFFS 8K TRAIL RUN

Challenge yourself to a tough 8K race with breathtaking views at the Bluffs Regional Park in Lone Tree on Sunday, Aug. 25. The course is fine crushed gravel with some rugged, steep areas along the route.

### TRYATHLONS

Swim, bike, run! South Suburban's TRYathlons are the perfect way to "try a tri." Challenge yourself and learn more about these exciting races in a friendly environment open to athletes of all levels.

**Goodson TRYathlon:** Sunday, June 23

**Cook Creek TRYathlon:** Saturday, July 27

Racers ages 6-12 can prepare for a race at a **Triathlon Camp!**

For more details, distances and to register visit [ssprd.org/tryathlon](https://ssprd.org/tryathlon).



### CARA Summer Track

Competitors ages 6-15 can develop skills for different track events while working on running form, speed, distance and endurance in this summer track program!

## SOCCER

### PROGRAMS & CAMPS

Learn coordination, teamwork and perseverance at soccer programs for players 12 and under. Various levels are offered for **Colorado Soccer Buddies**, and players can learn even more at a **Soccer Instruction** class.



## TENNIS

### ADULT TENNIS

Learn essential drills designed for NTRP level, cardio, or for those brand new to tennis in a **Quick Start** program.

### JUNIOR TENNIS

The Junior **ROGY** Program uses a step-by-step progression to help players develop strong fundamental tennis skills.

Red Ball (ages 5-7) on a mini court

Orange Ball (ages 6-10) on a short court

Green Ball (ages 11-14) on a full court



### LITTLETON TENNIS ACADEMY

A progression program for players ages 12-18 advancing from ROGY program, with a focus on high school and tournament level play. Visit [ssprd.org/tennis](https://ssprd.org/tennis) for additional information and registration links.

### Looking for More Tennis Info?

Visit [ssprd.org/tennis](https://ssprd.org/tennis) for information on all South Suburban tennis facilities, programs, classes and more.

## VOLLEYBALL

### YOUTH

**Volleyball Instruction for Youth** includes fun drills and training techniques to build foundational skills.



# SUMMER LEAGUES

2024 ADULT SPORTS LEAGUES							
Sport	Season	Registration Range	League Starts	Fees	Games	Types of Leagues	
Basketball	Summer	April 8-June 5	June 10	\$575	8 + playoffs	Women's, Mens Rec, Mens Comp & Mens Open	
Field Lacrosse	Summer	April 8-June 7	June 12	\$1,150	6 + playoffs	Mens Rec, Comp, Masters 35+	
Pickleball	Session I	Summer	April 1-May 13	June 3	\$154	6 weeks + playoffs	Mixed Doubles, Men's Doubles, Women's Doubles, Age 50+
	Session II	Summer	May 1-June 10	July 30	\$154	6 weeks + playoffs	Mixed Doubles, Men's Doubles, Women's Doubles, Age 50+
Racquetball	Summer	March 29-May 17	May 21	\$49	8 weeks + shootout	Intermediate & Advanced	
				\$59			
Soccer	Arena	Summer	April 15-May 31	June 3	\$650	7 + playoffs	Men's 30+, Coed & Women's
		Fall	June 17-Aug. 2	Aug. 13	\$650	7 + playoffs	Men's 30+, Coed & Women's
	Indoor Field I	Summer	April 1-May 10	May 20	\$925	8 + playoffs	Coed, Men's A & B
	Indoor Field II	Summer	June 1-July 19	July 29	\$650	8 + playoffs	Coed, Men's A & B
	Outdoor Field	Summer	April 15-May 15	May 24	\$1,050	8 + playoffs	Coed
Softball	Summer	April 8-May 29	June 3	\$605	9 + playoffs	Men's Rec, Men's E, Men's Open Coed D, Coed E	
Volleyball	Indoor	Summer	April 8-May 29	June 7	\$195	14 + playoffs	Coed 4v4
	Outdoor	Summer	April 8-May 29	June 3	\$225	14 + playoffs	Coed 4v4



### WEATHER HOTLINE

South Suburban has a weather hotline: 303.219.1150. Download the free app RainoutLine Search: SSPRD [rainoutline.com](http://rainoutline.com)

2024 YOUTH SPORTS LEAGUES							
Sport	Grades	Season	Registration Range	Practice Start (week of)	Games Start (week of)	Fees (R/NR)	
Baseball - Boys	2nd-3rd	Summer	Jan. 1-May 5	May 27	June 3	\$85/\$103	
	4th-8th	Summer	Jan. 1-May 5	May 27	June 3	\$99/\$119	
Basketball	3v3 Outdoor	Summer	April 15-June 14	N/A	June 24	\$45/\$50	
	Indoor	Fall	June 10-Aug. 23	Sept. 2	Sept. 6	\$95/\$120	
BMX Racing League	K-12th	Summer	March 25-June 12	N/A	June 3	\$150/\$175	
Field Lacrosse	K-12th	Summer	April 1-May 31	June 10	June 17	\$95/\$115	
	K-12th	Fall	June 3-Aug. 16	Aug. 26	Sept. 7	\$95/\$115	
Flag Football	K-3rd	Fall	June 1-Aug. 18	Aug. 26	Sept. 7	\$75/\$90	
	4th-8th	Fall	June 1-Aug. 18	Aug. 26	Sept. 7	\$85/\$100	
Little Sluggers	June	Pre-K	Summer	Jan. 1-May 5	N/A	June 3	\$44/\$54
	July	Pre-K	Summer	Jan. 1-June 30	N/A	July 8	\$44/\$54
Softball - Girls	2nd-3rd	Summer	Jan. 1-May 5	May 27	June 3	\$85/\$103	
	4th-8th	Summer	Jan. 1-May 5	May 27	June 3	\$99/\$119	
Tee Ball	K-1st	Summer	Jan. 1-May 5	May 27	June 3	\$85/\$103	
Volleyball	2nd-12th	Fall	June 3-Aug. 9	Aug. 26	Sept. 14	\$75/\$97	

Register for all adult/youth leagues at [southsuburbansports.com](http://southsuburbansports.com)



2024 TOURNAMENT SCHEDULE				
Adult Tennis				
Title	Divisions	Fee	Date	For more Information
Lone Tree Cup	Mixed Doubles - 3.0-4.5	\$36	Aug. 9-11	<a href="http://southsuburbansports.com">southsuburbansports.com</a>
Colorado Tennis Championships - Senior Divisions	Men's/Women's Singles & Doubles: 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+	\$30-\$44	Aug. 21-25	<a href="http://southsuburbansports.com">southsuburbansports.com</a>
Adult Pickleball				
Firecracker Finale Doubles	Men's/Women's/Mixed 2.0-5.0	\$30	July 6-7	<a href="http://southsuburbansports.com">southsuburbansports.com</a>





# STAR

South Suburban Therapeutic Adaptive Recreation

## EVENTS

### DANCES AND PARTIES

Dance and listen to the DJ play your favorite tunes each month. Meet old friends and make new ones. Enhance the fun by dressing according to each monthly theme. Summer themes include **Colorado Rockies Dance**, **4th of July Dance** and **70's Dance**.

### STAR TRIPS AND TOURS

Enjoy outings with friends on STAR trips and tours this summer! Explore Colorado and make summer memories at **STAR Club**. Roast s'mores at the **Craft and Bonfire** night. Spend a day in Bailey soaking up the fresh mountain air and fishing on the annual **Rainbow Roundup Fishing** trip.



### STAR Fitness Buddies

Work out with one of our buddies and increase your fitness level and gym independence. Work toward your goals with fun and challenging exercises through cardio, weights, stretching and more. Contact Brendan Lawbaugh at [blawbaugh@ssprd.org](mailto:blawbaugh@ssprd.org) / 303.730.4614 for more information.

## PROGRAMS

### AQUA EXERCISE

Work on a variety of exercises including range of motion, cardio and more in the warm water therapy pool. Must be able to swim in five feet of water.

### GAMES & SPORTS

Stay active as you play a variety of creative games and sports each week in **STAR Gym Games**, **STAR Turf Field Games**, **STAR Kickball**, **STAR Flag Football** and **STAR Golf**.



### Stay Connected!

Sign up for the STAR email newsletter for the latest updates on trips, events and more. Scan the code to sign up or visit [ssprd.org/NewsletterSignup](https://ssprd.org/NewsletterSignup).



# LET'S CELEBRATE YOU!

Choose how to enjoy your special day with unique birthday packages at locations across South Suburban. Planning your celebration with us is a piece of cake!

### Art Parties

Celebrate your birthday with a creative twist! Art parties for kids or adults include a room and art activity instruction. Choose from dance, clay, painting, cupcake decorating, theatre or the Creativity Lab.

### Colorado Journey Mini Golf

Explore the wonders of Colorful Colorado and make your birthday a hole-in-one. Choose from a variety of mini golf party packages including 18 holes, a reserved party area and more. *(Closed through April 2024)*

### County Line BMX

Riders, get ready to race! Hit the track with an adventurous BMX birthday party, including exclusive track access and a sheltered picnic table area for festivities.

### Esports & Gaming

Show off your skills with a gaming party at the Lone Tree Esports Lounge! Play your choice of over 250 games on professional gaming computers with headsets and gaming chairs, or on today's most popular gaming consoles. We also offer a virtual reality add-on!

### Family Sports Center

There's something for everyone at a Family Sports Center party, from ice skating and laser tag to bumper cars and a rock climbing wall.

### Gymnastics

Have a blast at a fun and energetic gymnastics party! Enjoy the obstacle course, foam pit, trampoline, parachute activities and games.

### Nature

Calling all explorers! Celebrate in the great outdoors with a nature birthday party, including naturalist-guided programs on creepy crawlies, river treasures, geocaching, fairy parties and more.

### Pool Parties

Make a splash on your special day! Pool parties are available year-round at Buck or Lone Tree's indoor pools, or plan a summer party at Cook Creek Pool.

### Sports Complex

Lace up your skates or cleats and get ready to have some fun! Choose from ice, turf field or basketball court party packages, including party room space.

### Tennis

Ace your special day with a tennis party, great for guests of all ages and abilities. Enjoy a court rental, instruction from a tennis pro, and food and beverage options.

Learn more at [ssprd.org/birthdays](https://ssprd.org/birthdays)





# ADULT SOFTBALL

## Summer Adult Softball League

9 games + playoffs  
June 3 - August 2  
Cornerstone, Bowles Grove & deKoevend parks

**Dust off your glove, lace up your cleats and enjoy recent upgrades at many of our fields!**

- New scoreboards
- Freshly painted dugouts
- Freshly painted press box at deKoevend Park

**Sign Up Today!**  
[southsuburbansports.com](http://southsuburbansports.com)



## JOIN OUR TEAM THIS SUMMER!

**Part-time, flexible hours, sweet perks and some money in your pocket. It doesn't get better than that.**

### We need:

- Lifeguards • Swim Instructors
- Customer Service Representatives
- Ride Attendants • Party Hosts
- Skate Hosts • Mini Golf Attendants
- Batting Cage Attendants • Site Supervisors
- Youth Sports Instructors • Youth Sports Officials
- Gymnastics Instructors • Golf Cart Attendants
- Golf Maintenance • Concessionaires
- Kitchen Staff • Park Interpreters

**Check out your options at [careers.ssprd.org](http://careers.ssprd.org)**



# WE ARE HIRING



4810 East County Line Road  
Littleton, CO 80126

ECRWSS  
POSTAL CUSTOMER

# SUMMER SPLASH PASS

## UNLIMITED ADMISSION

TO ALL FOUR OUTDOOR POOLS

ON SALE STARTING MAY 1  
**SSPRD.ORG/SPLASH**

**NOW  
HIRING**

ALL POOL POSITIONS  
[careers.ssprd.org](https://careers.ssprd.org)