

SOUTH SUBURBAN

SPRING 2024

SSPRD.ORG

303.347.5999

MARCH 1-MAY 31

ICE SKATING

MARTIAL ARTS

PICKLEBALL

NATURE



**SOUTH
SUBURBAN**
PARKS & RECREATION



#ExploreSSPRD



SPRING & Summer



CAMPS

There's something for everyone at South Suburban spring and summer camps! register.ssprd.org



Have fun while learning in a safe and inclusive environment!



Stay in the Game with South Suburban Newsletters

Enjoy exclusive offers and the latest updates about the facilities and programs you love. From sports and races to art and nature, choose the newsletters that interest you!



Show us how you #ExploreSSPRD
Share your photos and tag South Suburban!

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SOUTH SUBURBAN'S COMMITMENT TO COMMUNITY

We are only as strong as the community we live in. At South Suburban, we strive to provide benefits that improve physical and mental health. In addition to these, our parks and facilities offer a place for other civic organizations and nonprofits in our neighborhoods and cities to connect.

South Suburban involves our partners in a number of ways. Last year, we celebrated the grand opening of the Sports Dome with a Touch-a-Truck event. The event wouldn't have been possible without the tremendous support of South Metro Fire Rescue, Arapahoe County Sheriff's Office, South Metro Safety Foundation, Arapahoe County Public Works & Development, and Centennial Airport.

Last spring, the Humane Society of the South Platte Valley was on-hand to inform and educate guests about the animal shelter during the grand opening of the David A. Lorenz Regional Bark Park.

Other recent community initiatives included support for municipal food and toy drives, Arbor Day celebrations, and volunteer hours at Food Bank of the Rockies. We want to say THANK YOU to everyone who contributed to our mission and goals this year. It's amazing what we can do together!



SOUTH SUBURBAN GOLF COURSE 50TH ANNIVERSARY

Cheers to 50 years! In 2024, South Suburban Golf Course is celebrating 50 years of remarkable golf. The clubhouse opened its doors in April 1974 and immediately became a community favorite! This course was the first within the District and was designed by renowned landscape architect Dick Phelps. The original design included the Par-3 course, which remains one of the best in the region today. The course design has only seen minimal changes since its inception and welcomes more than 90,000 rounds per year. The first golf professional at the course, Wes Squires, was responsible for creating men's and ladies leagues that are still going strong today.

"Celebrating 50 years at South Suburban Golf Course is due to the support of the local golf community and staff," said PGA Head Golf Professional Todd Marley. "We've had golfers that started here in our junior camps and continue to play as adults. The mountain views, quality service and family-friendly course are what truly make South Suburban unique and one of the best on the front range."

South Suburban Golf Course will be celebrating all year with drink specials, giveaways and nostalgic merchandise. We look forward to seeing you this spring!



REGISTRATION OPEN NOW FOR:
ALL 2024 GOLF PROGRAMMING
SPRING AND SUMMER NATURE PROGRAMMING

SUMMER CAMPS REGISTRATION OPENS:
CLUB CAMPS - FEB. 1
SPECIALTY SUMMER CAMPS - FEB. 8

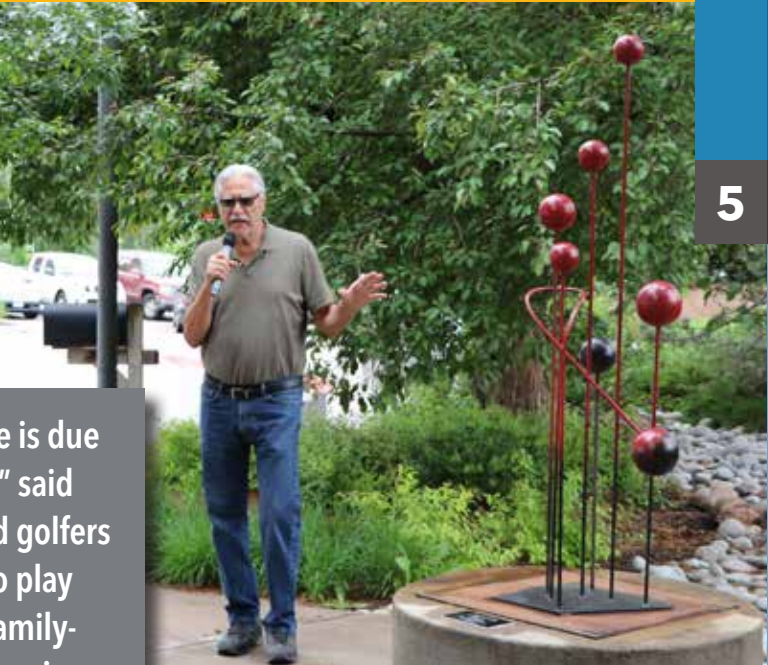
REGULAR SUMMER PROGRAM REGISTRATION
BEGINS APRIL 9



2024 ART ON LOAN APPLICATIONS OPEN NOW

Attention artists! Show off your work and bring art to community spaces with South Suburban's Art on Loan program. Local artists are invited to apply for the 2024 program and must submit applications by March 11.

Selected sculptures will be displayed at Goodson Recreation Center or Hudson Gardens for a year, and artists will receive a \$500 honorarium for their display. The sculptures are selected by the Public Art Committee through a competitive process and approved by the South Suburban Board of Directors. Artists can learn more at ssprd.org/public-art.



2024 MATCHING GIFTS PROGRAM

Each year, South Suburban's Matching Gifts Program helps individuals, neighborhoods, homeowner associations, sports groups, businesses, and other organizations turn their ideas into reality. Applications for 2024 projects are open now!

Submit an application by 5 pm on March 1 to share your ideas for improvements across the District. Visit ssprd.org to learn more and view the application.



South Suburban Parks and Recreation Spring 2024



SPRING EVENTS

SOMEONE SPECIAL DANCE

Feb. 16
Goodson Recreation Center

Dress to impress and get ready to groove at the annual Someone Special Dance. Kids can bring their special person for a night of dancing, arts and crafts, light refreshments and a photo booth.



EGG SCRAMBLE

March 30
Sports Dome

It's back! Meet the Easter Bunny, search for eggs, and have a blast all morning long at the Annual Egg Scramble. This free event is sponsored by the City of Centennial.



ROCKIN' ON THE RIVER 5K

April 21
Mary Carter Greenway

Take in the view along the beautiful South Platte River on the Mary Carter Greenway for this annual 5K, which starts and ends at Hudson Gardens. Sign up at ssprd.org/RaceSeries.



WAR MEMORIAL ROSE GARDEN PRUNING WORKSHOP

April 27
War Memorial Rose Garden

Gardeners of all experience levels are invited to sharpen their skills at the annual Rose Pruning Workshop. The event is free, but registration is required. Learn more at ssprd.org.



ESPORTS SPRING SHOWCASE

May 4
Sports Complex

The 2024 South Suburban Esports Spring Showcase features Tekken 8, Super Smash Bros, Street Fighter 6, Rivals 2 and more. Enjoy local competition and connect with other gamers! Learn more at ssprd.org/esports.



43RD ANNUAL HIGH LINE CANAL 5K/10K RUN

May 11
High Line Canal Trail

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.



FREE CHIPPING & MULCH EVENT

June 1
Willow Spring Service Center

Need to get rid of large tree limbs? Residents are invited to bring materials for 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.



PARENTS NIGHT OUT

Various Dates
Goodson & Lone Tree Recreation Centers

Parents can take the night off while kids enjoy a movie, pizza and popcorn. Movie nights will be held at Goodson Recreation Center on March 8, April 12 and May 10, and at Lone Tree Recreation Center on March 1, April 5 and May 3.



SPRING BIRD WALKS

Various Dates
Hudson Gardens

Join an Audubon Master Birder from the Front Range Birding Company to discover the rich bird habits of Hudson Gardens! Learn about local wildlife, birding techniques, identification tips and more.



CONSTRUCTION ZONE

Look forward to breaking ground on several local park renovations this spring throughout the District. With warmer weather around the corner, the opportunity for outside play helps promote curiosity, creativity and critical thinking. For updates on all planning and construction projects at South Suburban, visit gameplan.ssprd.org.



Spring 2024 Completion

Abbott Park

A new, modern-themed playground and rubberized safety surfacing was installed in the park. Additional improvements include a post-tension basketball court with new hoops, new benches, upgraded ADA parking spaces and concrete walkways.

Little Dry Creek Park

Grab some shade under the new pavilion that allows for more seating, and the addition of a san-o-let and enclosure. The new playground and basketball court will be perfect for children of all ages.

Under Construction

Harlow Park

The park will feature a new playground, shade pavilion and park benches.

Columbine Manor Park

Look forward to a new playground, concrete access path, pump track and shade pavilion.

Fairways at Lone Tree Park

Upgrades will include a new playground, shade pavilion, san-o-let enclosure and landscape improvements.

High Line Canal Bridge Replacement at Elati Street

The new bridge has been placed and final construction will be completed in the spring. The new bridge and trail connection features a wider space to improve cyclist and pedestrian movements and safety. Additional amenities include a bench, landscaping and bird houses along the trail.

TrailMark Park

Improvements to this park include a new playground, rubberized safety surfaces and shade pavilion with new park benches and ADA picnic tables.

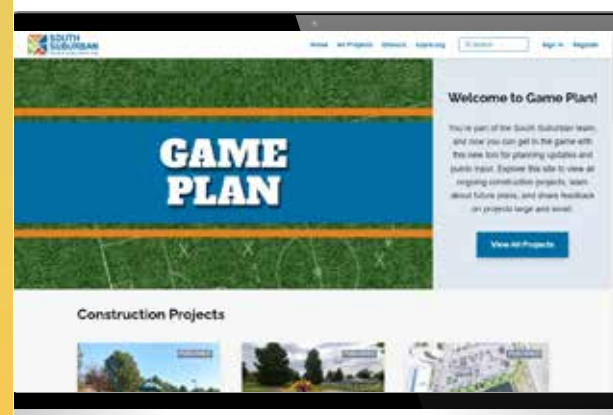
Future Public Input Opportunities in 2024

- » Cherry Knolls Park Playground Improvements
- » Milliken Park Playground Improvements
- » Ketring/Gallup Master Plan

Major Renovations Taking Place at Colorado Journey Miniature Golf

Colorado Journey Miniature Golf is undergoing major renovations this spring. This family-favorite will feature completely new turf on all 18 holes on both the Conestoga and Pack Mule courses. Staff are working hard to create new, exciting features and renovate the 18th hole on both courses.

We look forward to seeing you on the course in April! ssprd.org/Colorado-Journey



WANT TO KNOW MORE?

Keep up with the latest news about South Suburban planning and construction projects on Game Plan! Learn more about timelines, detours and improvements to facilities, parks and trails in your neighborhood.

View current projects and keep an eye out for opportunities to share your thoughts at:

gameplan.ssprd.org



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

SOUTH PLATTE PARK AND CARSON NATURE CENTER

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



Fishing at South Platte Park

For more amenity information, admission rates, facility rentals and holiday hours, please visit ssprd.org.

OUTDOOR SWIMMING POOLS

BEN FRANKLIN POOL

- 1600 E. Panama Dr., Centennial
- ssprd.org/Ben-Franklin-Pool
- 303.798.5922

COOK CREEK POOL

- 8711 Lone Tree Pkwy., Lone Tree
- ssprd.org/Cook-Creek-Pool
- 303.790.7665

HARLOW POOL

- 5151 S. Lowell Blvd., Littleton
- ssprd.org/Harlow-Pool
- 303.798.6269

HOLLY POOL

- 6651 S. Krameria Way, Centennial
- 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
- 303.799.9940

FAMILY SPORTS GOLF COURSE

- 6901 S. Peoria St., Centennial
- 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
- 303.770.5500

LITTLETON GOLF AND TENNIS

- 5800 S. Federal Blvd., Littleton
- golf.ssprd.org/Littleton-Golf-and-Tennis-Club
- 303.794.5838

TENNIS & PICKLEBALL

HOLLY TENNIS CENTER

- 6651 S. Krameria Way, Centennial
- ssprd.org/Tennis
- 303.771.3654

SSIA - PICKLEBALL

- 6580 S. Vine St., Centennial
- ssprd.org/pickleball
- 303.996.5474



TENNIS CENTER AT LONE TREE GOLF CLUB & HOTEL

- 9808 Sunningdale Blvd., Lone Tree
- 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 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

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 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.



ACTIVE ADULTS

PROGRAMS & CLASSES

5280+ SENIOR CHORALES

The **5280+ Senior Chorales** is a non-auditioned choir that emphasizes the social, emotional, physical and mental health benefits of singing for older adults. It is open to anyone "55 & better" who seeks art education and performance opportunities under the direction of professional artists, and is interested in a fun and challenging musical adventure (no prior choral experience necessary).



CLASSES

Find your new favorite hobby, or hone your skills at a craft you love. 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** 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** or **Poker** and more! All drop-in activities and games schedules can be found on 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.



RESOURCES

LOCAL INFORMATION & ASSISTANCE

Arapahoe County Council on Aging.....	accoa.info
Arapahoe County Department of Human Services.....	303.636.1130
Arapahoe County First Ride.....	720.540.5566
Centennial Senior Commission.....	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

Stay Informed!

Sign up for the Active Adults Newsletter at 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.



AQUATICS

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 or contact Anne Harston at aharston@ssprd.org.



RED CROSS CLASSES

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, Water Safety Instructor** and **Babysitter Training**. Fees, requirements and ages vary depending on course and experience.

SWIM TEAMS & LESSONS

SWIM CLUBS & CONDITIONING

Learn something new, practice your skills and stay in competitive shape all year long at indoor pools. Fine-tune strokes and maintain endurance at a **Pre-Competitive Swimming** class, or join our recreational **Wave Riders Swim Club**.

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.

Spring 2024 Swim Lesson Fee and Session Information	
Group Swim Lessons	
Indoor Pools	Session Dates: 2 Days or 1 Day per Week (M/W, Tu/Th or Sat)
Buck, Goodson and Lone Tree Rec Center	3/5-3/30: 3 weeks - Lone Tree Only; No lessons 3/18-3/23
	3/4-3/23: 3 weeks - Buck and Goodson Only
	4/1-4/27: 4 weeks
	4/29-5/18: 3 weeks
Fees:	
Parent-Tot/Preschool Age 6 months-5 years old	Tu/Th, 3 weeks: \$45R / \$59NR
	M/W or Tu/Th, 4 weeks: \$60R / \$78NR
	Sat, 3 weeks: \$25R / \$30NR
	Sat, 4 weeks: \$30R / \$39NR
School Age and Adult 6 years and up	M/W or Tu/Th, 3 weeks: \$44R / \$57NR
	M/W or Tu/Th, 4 weeks: \$58R / \$76NR
	Sat, 3 weeks: \$22R / \$29NR
	Sat, 4 weeks: \$29R / \$38NR
Sessional Private Swim Lessons	
Indoor Pools	Session Dates: 1 Day per Week on Fri
Buck Rec Center Only	3/4-3/23: 3 weeks
	4/1-4/27: 4 weeks
	4/29-5/18: 3 weeks
Fees:	
Ages 3-12 only	Fri, 3 weeks: \$94R / \$109NR
	Fri, 4 weeks: \$125R / \$145NR

Swim Teams

Enjoy competitive swimming in a fun, recreational setting when you join a South Suburban summer 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**. Practice times differ for each team and age group. Registration opens April 15 at 9 am, with the season starting in May.



ARTS / EDUCATION

Spring Break Art Camps

Create, dance and learn at unique and fun spring break camps! Visit register.ssprd.org to view all arts and education camps and workshops.



ACTING

YOUTH THEATRE

Learn to perform in front of others, use your imagination, create characters and build confidence in **Exploration of Theatre Arts** classes.

ARTS AND CRAFTS

ANIME CLUB

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

ART CLUB

Youth can 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**, **Sewing** 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 for Kids**, and **Drawing for Teens**. Explore seasonal themes at **Draw & Paint: Famous Artists Workshop**.

HOMESCHOOL ART PROGRAMS

These in-depth **Homeschool Art** 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.

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, or create together in a **Parent-Tot Art** class. The Creativity Lab is free with admission to the Sheridan Recreation Center. Creativity Lab drop-in hours are 2-5 pm on Mondays and 3-6 pm on Wednesdays. Sensory-friendly days available every Wednesday from 12-3 pm.



COOKING

COOKING FOR ADULTS

Classes include recipes, in-depth instruction and sampling of the completed dishes. This spring, embrace the world of cheese in **Everything's Better with Cheese**, learn how to host your own **Celebrity Chef** dinner, and explore the foundation of great cooking in **Mastering Sauces**.

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**.

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 during an **English Conversation Group** meeting.

MUSIC

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.

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.

5280+ SENIOR CHORALES

The **5280+ Senior Chorales** is a non-auditioned choir open to anyone "55 & better" seeking to perform under the direction of professional artists, and those interested in a fun and challenging musical adventure (no prior choral experience necessary).

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**, **Clay for Tots**, **Youth Clay**, **Pottery Basics** or **Adult Hand Building** classes.



POTTERY

Give this craft a spin with adult **Pottery** classes, **Raku**, **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 coming soon to Buck Recreation Center!

New: Pottery Classes at Buck

Look forward to new beginner pottery classes at Buck this spring! The recreation center will soon be home to five new pottery wheels. Visit register.ssprd.org to view classes and register.



DANCE



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.

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.

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.

STRENGTH AND CONDITIONING

Practice technique, correct stance, turnout, body structure and fully pointed foot extensions in **Strength and Conditioning**.

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.

Academy of Dance Spring Recital

Dancers will perform for family and friends at the Academy of Dance Spring Recital on May 16 & 17 at the Lone Tree Arts Center.

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!

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**.



DROP-IN GAMING MON-FRI 4-8 PM WEEKENDS 10 AM-4 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 from 12-8 pm for some analog gaming! Bring a group and games, or swing by solo to meet new adventurers.



TOURNAMENTS

Spring Youth & Adult Esports Leagues

Join us for the inaugural season for South Suburban Esports 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.

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 time.

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 or start.gg/ssprd.



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



@ssprd_esports



Discord:



Twitch
twitch.tv/southsuburbanesports





FITNESS

Triathlon Training

- Develop your skills in running, swimming and cycling during Triathlon Training. Focus on transition work, core training and proper equipment needed to compete.



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 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** 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.

Free Equipment Orientations

- Learn safe and proper use of a variety of cardiovascular and weight machines from a certified personal trainer. Ages 10-13 may attend with a registered adult.

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.

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. Doug Geistert, MPT, has more than 25 years of experience and specializes in orthopedic injuries, stroke and neurological rehabilitation.

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.

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 at each of our recreation centers 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.





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 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 until April 2024)

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.

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 AT FAMILY SPORTS

Junior golfers receive golf instruction and on-course play with instruction each day. Full swing with a take-home video analysis is included, as well as short game with a 4:1 student-to-teacher ratio.

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. Visit golf.ssprd.org or call your favorite pro shop for more information.

Karaoke

at South Suburban Golf Course Bar and Grill

Step into the spotlight from 6-9 pm on the 4th Tuesday of each month!



Full menu available| \$1 off drafts, wells and house wine



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:



LICENSED CAMPS / PRESCHOOL

Spring Break at South Suburban

Have a blast at South Suburban spring break camps! Full-day camps are offered at Buck, Goodson and Lone Tree recreation centers, and Adventure Day Camp runs daily during spring break at Family Sports Center. Plus, enjoy the specialty arts, sports and educational camps and workshops listed throughout this catalog.

ADVENTURE DAY CAMP

Have a new adventure at Family Sports Center! During school breaks campers can explore activities including laser tag, euro bungee, ice skating, mini golf and regular camp activities like crafts and sports.

CLUB CAMP

This spring, full day **Club Camps** at the Sports Complex, Buck, Goodson and Lone Tree recreation centers offer a wide range of activities including arts and crafts, sports, science fun, group games, swimming and more for campers during school breaks.

Sign Up to Save on Summer Camp

Daily licensed summer camps for ages 6-12 will begin May 28. Registration for full weeks starts at 9 am on Feb. 1, and single day registration starts at 9 am on Feb. 20. Register in person or by contacting the Registration Office or Family Services staff. Sign up for 10 full weeks by Feb. 19 to receive 10% off! Payment plans available. Contact Casey White at CWhite@ssprd.org to learn more.

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 March 8, April 12 and May 10, and at Lone Tree Recreation Center on March 1, April 5 and May 3.

PRESCHOOL

To register for the following programs, contact the Family Services Coordinators at Goodson (303.483.7091) or Lone Tree (303.708.3518). Spring sessions begin Jan. 9, 2024 but 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.



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 Recreation Center and Lone Tree Recreation Center.

- 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 to learn more about these fees and for more details about signing up for child care, preschool and day camps.



NATURE / OUTDOOR RECREATION

Registration Open Now for All 2024 Nature Programs

Make plans now for 2024 nature adventures! Registration is open for all nature programs, including summer camps, classes and workshops for outdoor explorers of all ages. View a full list of activities and sign up today at register.ssprd.org.

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 certificate course, offered in partnership with the National Association for Interpretation.

GUIDED HIKES

Sign up this spring for popular guided hikes! Join a naturalist guide for adventures at regional parks and trails. Travel 3-6 miles with moderate elevation gain.

FAMILY NATURE

Spring Break Nature Camp

Plan now for Spring Break Nature Camp adventures! Different activities each day include nature play, finding wildlife, hiking and warm-up indoors with games and crafts.

ARCHERY

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

ASTRONOMY

Explore a riverside forest by moonlight on a **Full Moon Walk** to see this spring's Crow Moon, Pink Moon or Flower Moon.

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.

HORSEBACK RIDING

Learn 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 **Horseback Riding** classes.

MORE FAMILY NATURE

Experience nature this spring! Catch a glimpse of wildlife on a **Cooley Lake Nature Walk** or at **Parent / Child Birdwatching**. Enjoy nature films during **Friday Night Films at the Nature Center**. Discover outdoor treasures while **Geocaching**.



WILDLIFE WATCHING

BIRDING

Calling all birders! Classes, hikes and events are available for birders of all abilities. Have an adventure while **Birding by Bicycle**, and join other enthusiasts at **Wednesday Birding** or **Birdwatching for Beginners**. Learn about different ducks at **Bottoms Up! Duck Identification**, and hike with a naturalist to seek out **Great Horned Owls**. Enjoy a guided outing to spot corvids like crows and ravens at **A Murder in the Park**. Join an Audubon Master Birder at monthly **Bird Walks at Hudson Gardens**.

MORE WILDLIFE

Join other animal enthusiasts of all ages to see native wildlife at various events in South Platte Park. Seek out dens on a **Coyote Trails** trip, and hear small but mighty frogs sing the night away at **A Chorus Line...Of Frogs!**

Nature Program Scholarships Available

Visit ssprd.org/scholarships to learn more and apply!

South Platte Express 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 to learn more and start planning your adventure!



Volunteer Opportunities

Love the great outdoors? Us too! Make a difference by volunteering at South Platte Park or Hudson Gardens. A variety of opportunities are available, from trail work to field trip guides. Learn more and sign up at ssprd.org/volunteer.

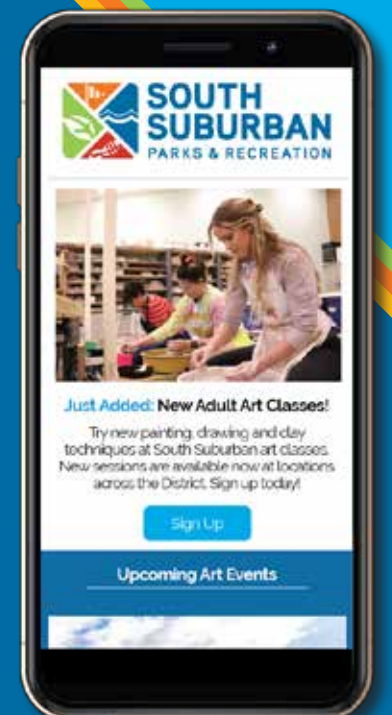
Feeling out of the loop? Sign up for South Suburban newsletters for monthly updates!

Sign up for the email newsletters that interest you to receive updates about your favorite programs, leagues, classes and events. The news you care about, delivered straight to your inbox!

Newsletter Topics Include:

- Active Adults Trips & Tours
- Arts & Education Programs
- Athletics & Leagues
- Buck Recreation Center
- Golf
- Goodson Recreation Center
- HOA Updates
- Lone Tree Recreation Center
- Pickleball
- Race Series
- Nature & South Platte Park News
- STAR Events (South Suburban Therapeutic Adaptive Recreation program)
- Tennis

ssprd.org/NewsletterSignup





SPORTS

Spring Break Sports Camps

Make spring break a slam dunk at a **Nothing But Net** basketball camp, learn new skills at **Gymnastics Camp**, and more! View all camps and sign up today at register.ssprd.org.

BASKETBALL

BASKETBALL CLINICS

Players ages 4-12 can practice basic basketball skills at a **Swisher Basketball Clinic**, and players ages 6-15 can learn from experienced coaches at **Nothing But Net** camps.

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



BIKING

CHAMPS CAMP

Riders ages 5-12 can discover BMX skills in this exciting **BMX Champs Camp**, held on our sanctioned County Line BMX Track.

ssprd.org

STRIDER CAMP

Strider Bike teaches kids ages 2-8 to ride, balance and steer on two wheels. Ignite a passion for riding with fun, socialization and instruction.

FENCING

FENCING CLASSES

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

FLAG FOOTBALL

CLINICS

Focus on developing hiking, passing, flag-pulling, catching, and throwing skills at the **Rising Rushers Flag Football Clinic**.

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

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.

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.

PRIVATE LESSONS

Is your child having trouble mastering one or more gymnastics skills? Private, semi-private and small group lessons are available for all ages and ability levels. Call 303.483.7085 or email 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 March 4 and April 29.

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 Freestyle** 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**, **Ice Dancing** and **Theatre on Ice** 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.

For youth hockey league information visit ayhl.com.

BLACK ACES

Lace up your skates and join South Suburban's new Adult Hockey League! Our new lunch league will have four seasons – Fall, Winter, Spring and Summer. Each season will be 10 weeks long with single elimination playoffs. Learn more at 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.

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 to learn more and get started.

PICKLEBALL

CLINICS, CAMPS & DROP-IN

Meet new friends and ace your game at a **Pickleball Clinic**, **Boot Camp** or **Drop-In Pickleball** at various indoor and outdoor locations! View drop-in schedules and programming updates at ssprd.org/pickleball.

For league information, see pages 30-31.





RACE SERIES

Visit ssprd.org/raceseries to learn more and register for upcoming South Suburban races!

ROCKIN' ON THE RIVER 5K

Take in the view along the beautiful South Platte River on the Mary Carter Greenway for this annual 5K, which starts and ends at Hudson Gardens on April 21.

HIGH LINE CANAL 5K/10K RUN

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 Trail on May 11.

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 **Soccer Instruction** classes. Hone your skills and development at a **Premier Soccer Academy** training program.

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



Spring Track

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



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 the ROGY program, with a focus on high school and tournament level play. Visit ssprd.org/tennis for additional information and registration links.

Looking for More Tennis Info?

Visit ssprd.org/tennis for information on all South Suburban tennis facilities, programs, classes and more.

VOLLEYBALL

YOUTH & ADULT

Volleyball Instruction for Youth includes fun drills and training techniques to build foundational skills. Adult players can have fun and stay active at **Over 50 Volleyball**.

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



SPRING ADULT SPORTS LEAGUES

Join one of our adult leagues this spring. All levels offered throughout the District for basketball, lacrosse, soccer and softball.

Basketball Registration: Jan. 15-March 14

Lacrosse Registration: Feb. 13-March 31

Soccer Registration (Indoor): Jan. 1-Feb. 14

Soccer Registration (Arena): March 1-31

Softball Registration: Jan. 8-March 14

southsuburbansports.com





Find out more and register for all adult/youth leagues at **southsuburbansports.com**



Spring/Summer 2024 Adult Sports Leagues						
Sport	Season	Registration Range	League Starts	Fees (R/NR)	Games	Types of Leagues
Basketball	Spring	Jan. 15-March 14	March 18	\$575	8 + playoffs	Mens Rec, Mens Comp & Mens Open
	Summer	April 8-June 8	June 12	\$575	8 + playoffs	Women's, Mens Rec, Mens Comp & Mens Open
Field Lacrosse	Spring	Feb. 13-March 31	April 10	\$1,050	7 + playoffs	Mens
	Summer	April 8-June 7	June 12	\$1,150	6 + playoffs	Men's Rec/Comp/ Masters 35+
Flag Football	Spring	TBD	TBD	\$750	7 + playoffs	Mens
Pickleball	Spring	March 1-March 27	April 13	\$130/\$150	6-8	Mixed Doubles, Men's Doubles, Women's Doubles
Racquetball	Spring	Jan. 19-March 8	March 12	\$49/\$59	8 + playoffs	Intermediate & Advanced
	Summer	March 29-May 17	May 21	\$49/\$59	8 + playoffs	
Soccer - Arena	Spring	March 1-March 31	April 8	\$650	7 + playoffs	Men's 30+, Coed, Men's 18 & Women's
	Summer	April 15-May 31	June 3	\$650	7 + playoffs	
Soccer - Indoor Field	Spring	Jan. 1-Feb. 18	Feb. 26	\$925	8 + playoffs	Coed and Men's
	Summer	TBD	TBD	TBD	8 + playoffs	Coed, Men's A & Men's B
Softball	Spring	Jan. 8-March 14	March 18	\$505	6 + playoffs	Men's Rec, Men's E, Men's Open Coed D, Coed E
	Summer	April 8-May 29	June 3	\$605	8 + playoffs	
Volleyball	Spring	Feb. 19-April 3	April 5	\$195	14 + playoffs	Coed 4v4
Volleyball - Outdoor	Summer	April 5-May 30	June 5	\$225	14 + playoffs	Coed 4v4
Volleyball - Indoor	Summer	April 8-May 31	June 16	\$195	14 + playoffs	Coed 4v4

Spring/Summer 2024 Youth Sports Leagues							
Sport		Grades	Season	Registration Range	Practice Start (week of)	Games Start (week of)	Fees (R/NR)
Baseball		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	Individual	5th-8th	Spring	Jan. 1-March 15	N/A	April 5	\$95/\$120
	3v3 Outdoor	3rd-8th	Summer	April 15-June 14	N/A	June 24	\$40/\$45
Field Lacrosse		K-1st	Spring	Nov. 13-Feb. 2	Feb. 26	March 9	\$150/\$170
		2nd-8th	Spring	Nov. 13-Feb. 2	Feb. 26	March 9	\$185/\$215
		K-12th	Summer	April 3-May 31	June 10	June 17	\$95/\$115
Flag Football		K-3rd	Spring	Dec. 1-March 10	March 18	March 23	\$75/\$90
		4th-8th	Spring	Dec. 1-March 10	March 18	March 23	\$85/\$100
Softball		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
T-Ball / Little Sluggers		K-1st	Summer	Jan. 1-May 5	May 27	June 3	\$85/\$103
		Pre-K-June	Summer	Jan. 1-May 5	N/A	June 3	\$44/\$54
		Pre-K-July	Summer	Jan. 1-June 30	N/A	July 8	\$44/\$54
Volleyball		2nd-12th	Spring	Jan. 1-March 8	March 25	April 13	\$75/\$87

Spring 2024 Tournament Schedule				
Sport	Title	Divisions	Fee	Date
Youth Basketball	3v3 March Madness	Boys & Girls 5th-8th Grade	\$65/team	March 16



WEATHER HOTLINE

Get updates on league and program status with South Suburban's weather hotline: 303.219.1150. Download the free app RainoutLine Search: SSPRD rainoutline.com



STAR

South Suburban Therapeutic Adaptive Recreation

EVENTS

DANCES AND PARTIES

Dance and listen to the DJ play your favorite tunes each month at the **Friday Night Dances**. Meet old friends and make new ones. Enhance the fun by dressing according to each monthly theme. Spring themes include St. Patrick's Day, Neon/Glow in the Dark and a MORP Dance! Splash around and swim with your friends at the **Harlow Pool Swim Party**.

STAR TRIPS AND TOURS

Enjoy outings with friends on STAR trips and tours this spring! Check out scaly animal exhibits at **Repticon**, play in the arcade and go bowling at **Main Event**, and have a fun day fishing with friends at the annual **Rainbow Roundup**.



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 / 303.730.4614 for more information.

PROGRAMS

ART & MUSIC

Express yourself and build skills in various art mediums, from canvas painting to clay work, in **STAR Creative Crafts**. Play all kinds of instruments and move to the beat at **STAR Music and Dance**.



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 games and sports each week in **STAR Gym Games**, **STAR Indoor Golf**, **STAR Turf Field Games** and **STAR Virtual Games**.



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/Newsletter-Signup.



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 until 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 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

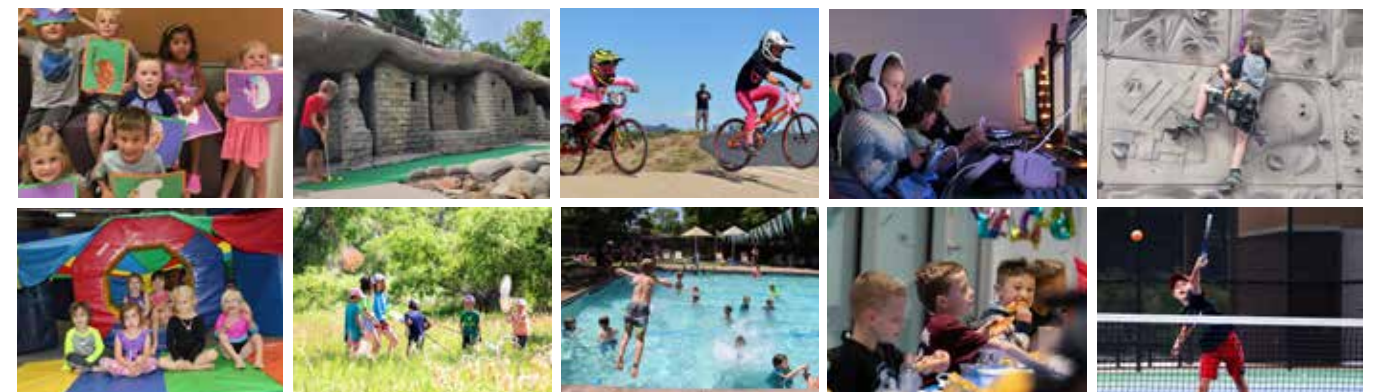
Lace up your skates or cleats and get ready to have some fun! Choose from ice, turf field or basketball court party packages, including party room space.

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





Hudson Gardens & Event Center

- * Three Venue Options
 - The Inn
 - The Bloom Room
 - The Pavilion
- * Scenic Views
- * Experienced Vendors
- * Competitive Pricing
- * Free Parking

Learn more about event and meeting rentals at Hudson Gardens.



Celebrate Life's Special Moments

Honor your recent graduate or say "I do!" with South Suburban

Leave the planning and clean up to us this spring. South Suburban has the perfect space for your next celebration. With two unique locations, we can host intimate or large groups during the day or evening. Our experienced staff will help make the process as seamless as possible and ensure you and your guests enjoy every moment.

Lone Tree Golf Club & Hotel

- * Five Unique Event Spaces
- * Scenic Golf Course Views
- * Customized Food and Drink Menus
- * 15 Boutique Hotel Rooms
- * Competitive Pricing
- * Free Parking

Learn more about event rentals at Lone Tree Golf Club & Hotel.





4810 East County Line Road
Littleton, CO 80126

ECRWSS
POSTAL CUSTOMER



Hey YOU! Yeah YOU!
Need a job?

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

Check out your options at careers.ssprd.org

We need:

Day Camp Aides and Leads • Lifeguards • Swim Instructors • Customer Service
Representatives • Ride Attendants • Skate & Party Hosts • Mini Golf & Batting Cage
Attendants • Youth Sports Instructors & Officials • Gymnastics Instructors
Golf Cart Attendants • Golf Maintenance • First Tee Host Starters
Park Interpreter • Park Rangers • Concessionaires
Restaurant Staff • Day Porters

